

Redstone Rocket

Vol. 32 No. 42

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April 4, 1984

Bluebirds flourish on arsenal as nest box project enters eighth year

This spring for the eighth straight year a Missile Command worker and a group of boy scouts are preparing homes for bluebirds on the arsenal.

Bill Friday, a laser physicist here, and members of Troop 15 of Huntsville's First United Methodist Church have been busy cleaning out nest boxes and building and putting up new ones.

Bluebirds are a familiar site on the arsenal today. But when Friday and the scouts began nailing nest boxes on arsenal fence posts in 1977, bluebirds were a rare sight here and in fact were regarded nationally as an endangered species. Changes in land use and competition with other birds for nesting space had driven the colorful, shy birds to the brink of extinction.

The arsenal now has a nesting bluebird population of approximately 100 pairs compared with less than 20 pairs when Friday and the scouts started their work here eight years ago.

Their work has been so successful that it has formed the basis for a study expected to yield new information on bluebird behavior that will help ensure continued well-being of the species nationwide.

For the study, Friday and the scouts are working with Marcy Lawton, a local Ph.D. sociobiologist interested in the population dynamics of the bluebird.

Since 1981 she and Friday's group have been putting leg bands on baby bluebirds in the nest.

This year they are catching banded adults using a trap device that fits inside the nest box. After installing the trap, an observer watches until a bird enters the box, tripping a wire which causes a flap to fall and block the entrance hole.

The bluebird is then taken out, its band data recorded and the trap is removed from the nesting box.

Friday said the banding program is expected to yield information on how bluebird families disperse to avoid inbreeding and whether males and females pair for one time or forever, along with information on other aspects of bluebird behavior.

For Friday, who is 39 and a boy scout worker nearly 15 years, working with the bluebirds is "like keeping a pet. They are wild creatures that respond to things I do and there is satisfaction in it for me."

He finds it particularly satisfying in that "In this case it is a creature that needs help" as a result of human interference "and I can help repair that damage."

The principle factor in the bluebird's demise was the loss of nesting habitat. In the wild, bluebirds will not nest in forests, only in open fields and then only in cavities such as woodpecker holes in dead trees and fence posts.

Bluebirds could not compete for these nest cavities with more aggressive starlings and house sparrows of European origin imported into this country and consequently the bluebirds were not reproducing and dying off.

But people like Friday and his scouts maintaining



nest boxes at Redstone Arsenal have proved that the bluebird can flourish when people who care will step in and provide what nature cannot.

"The arsenal could probably support 300 pairs of birds with no strain at all yet there were only 19 pairs

in 1977 when we started," Friday explained.

"Now there are 100 pairs but the number of pairs is limited to the number of boxes I provide.

"It's really very simple: no boxes, no birds."

Computerized testing begins for electronics students

BY MAGGIE CUMMINS

Instructors in the Electronics Technology Training Department at the Missile and Munitions Center and School are programming into a computerized learning system the end-of-course tests for each of the 17 military occupational specialties they teach.

"According to TRADOC regulations, testing and training should be done by someone other than the trainers," said Maj. Andrew Rohaly. "With 17 different MOSs, manually correcting 17 different points of instructions makes the situation difficult. By automating the instruction blocks on the PLATO system, the questions on the tests may be randomly selected and presented to the student on the monitors.

The computer can check the tests after students

enter their answers and weak area can be noted from the feedback. This helps detect the areas that students are having trouble in. In turn, after students have completed the end of course exam, they may join the enhancement program and work on their problems areas.

"We now have an electronic circuit schematic where students can observe and be tested on circuits," Rohaly said. "Interaction from student to system comes through touch control."

He said the computer does all of the administrative functions. It corrects the tests, compiles data on the tests (by taking the average grade of individuals taking the test and comparing them to those who have com-

pleted the test earlier), and the system can also analyze the test itself (by checking the validity index of questions or checking the distraction answers and making sure they are not too close to the actual answers). There are also written manuals to back up the system for students who want to read the material.

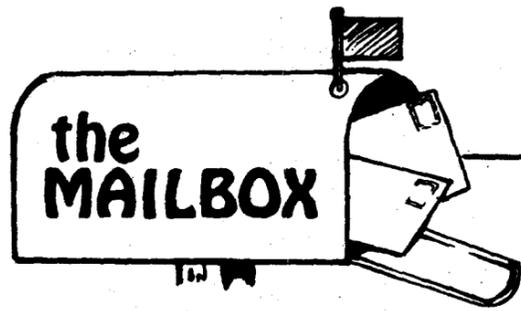
There are six terminals for the students and one for an instructor who monitors the students. The Accounting Director, CWO 2 Allen B. Smith, also has a terminal to monitor the students.

"The deciding factor to 'go' with the automation was the systems ability to accurately display the circuit schematic" says Rohaly.

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stitute an endorsement by the Department of the Army of the products or services advertised.



Make it fun

Editor:

We would like to say thanks to the staff of the MICOM Learning Resource Center for the fine job they are doing. They have been not only helpful, but cheerful and interested, as well.

The methods of instruction are many, but are generally self-paced and geared to the individual. We have found teaching through the use of audio and video disks, with or without written material, to be an effective way of learning. Their computer even says, "Congratulations, you're right".

School Brigade soldiers have mass reenlistment

In what may be the largest mass reenlistment here ever, 18 members of School Brigade were to reenlist in the same ceremony this week.

The soldiers were scheduled to recite the oath together at 8 a.m. April 2 at the Recreation Center. Col. James Hall, School Brigade commander, was to be the reenlistment officer.

"I don't think they've ever had a mass reenlistment this big at Redstone," said SFC Mitchel Starling, School Brigade senior retention NCO. About the largest reenlistment ceremony he has heard of was 20 soldiers at another post.

Twenty-four soldiers were to reenlist April 2 but 18 in one ceremony, according to Starling.

"A lot of people think reenlistment is a dying thing right now. There's still as much emphasis placed on it as there ever was," he said. "Reenlistment's still there and it's still important."

The 18 vary from specialist four to master sergeant. Four are first termers and the rest midtermers and careerists. Units represented include A, B, and C Companies and 2nd Student Company.

SFC Kenneth Boggs, 34, of Tullahoma, Tenn., was reenlisting for the third time. "It's a good life," he said.

"I enjoy my job," said Sp4 Germaine Kinnebrew, of Rome, Ga. "I like working." She was reenlisting for the first time.

SSgt. George Cruz, 25, of Vallejo, Calif., was reenlisting for the second time to "try to make a career out of it."

Here is a list of soldiers who were scheduled to reenlist, the number of years they were reenlisting for and the option they were reenlisting for: Sp5 Maggie Annmins, six years, overseas; Kinnebrew, three years, school (correctional specialist); Sp5 Billy Bunn, three years, Redstone; Sgt. Orville Wilson, three years, Redstone; Sp5 George Howe, three years, Redstone; Gregory Atwood, six years, Redstone; SSgt.

The subjects offered are numerous and geared to many needs and interests and the scheduling is quite flexible. But most important, the staff, one and all, make education fun.

Sarah H. Kelly
Jean Pennington
Geraldine Travis
William Adams
Patriot project office

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.

Lilton Monteith, six years, overseas; Cruz, four years, Redstone; SSgt. Richard Baynes, six years, Redstone; MSgt. Russell Tetreault, three years, Regular Army; SSgt. John King, six years, Redstone; SFC Calvin Harris, three years, Regular Army; Boggs, six years, Regular Army; MSgt. Nathan McRae, three years, Regular Army; SFC Jimmy Ramshur, six years, Regular Army; SSgt. Donald Williams, six years, Redstone; SSgt. Carl Pickard, four years, Redstone; and SFC Curtis Gardner, six years, Regular Army.

Purple Heart awarded 66 years after the fact

WASHINGTON—An 89-year-old veteran wounded during World War I finally received his long-awaited Purple Heart medal.

Some 66 years after the fact, former PFC Adam Raczkowski received the medal from Secretary of the Army John O. Marsh Jr., at a March 20 Pentagon ceremony.

Raczkowski was wounded in August 1918 during a massive gas bombardment while serving with Company E, 2nd Battalion, 308th Infantry, 77th Division. Hospitalized in Paris, he was later returned to the United States and discharged.

It took so long to get the medal because he didn't know that he had to apply for it. "I also thought you had to be wounded with shrapnel or a bullet to get the Purple Heart," he said. "I didn't think you got it for being gassed."

"The Army never wants to overlook proper recognition of those who served it well," said Marsh as he pinned the medal on Raczkowski.

"I'll cherish it the rest of my life," said Raczkowski as he wiped away tears. (Arnews)

This month in history

42 years ago: The manufacture of chemical munitions began at the Huntsville Arsenal (April 1942). Among the munitions produced were mustard gas, chlorine, lewisite, phosgene, white phosphorus, thionyl chloride, arsenic trichloride, tear gas, incendiary bombs and grenades, and white and colored smoke pots, shells, grenades, and canisters.

39 years ago: The Huntsville Arsenal reservoir, located on the west slope of Madkin Mountain, was named Valim Reservoir in honor of Sergeant Antone Valim (April 20, 1945). Valim was one of the first enlisted men to test incendiary bombs at the Huntsville Arsenal airport and gave his life in the performance of this duty on June 27, 1944.

34 years ago: The "for sale" sign was removed from the Huntsville Arsenal, the chief, chemical Corps relinquished jurisdiction over it to the chief of ordnance, and the installation was consolidated with the Redstone Arsenal, forming a combined area of some 40,000 acres (April 1, 1950). With the arrival of the Von Braun group from Fort Bliss in April 1950, Redstone Arsenal entered the guided missile era.

28 years ago: The first Redstone missile battalion was officially activated at Redstone Arsenal and attached to the Army Ballistic Missile Agency (April 15, 1956).

10 years ago: A tornado struck the northern end of the installation causing more than \$13 million damage to MMCS facilities and other government property (April 3, 1974). This was the worst natural disaster in Redstone's history.

Compiled by Mary T. Cagle
command historian

THE REDSTONE ROCKET

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\$9,338 suggestion award shared by two workers

BY SKIP VAUGHN

Two workers here came up with a money-saving idea for repair requirements at Army depots.

Keith Mack and Larry Hunt found that the Army was overestimating the number of depot-repairable items it would need for weapon systems managed here. In one system alone, their suggestion saved \$1,227,663, according to officials.

Mack and Hunt, both of the Missile Logistics Center, shared a \$9,338 suggestion award for their efforts.

"We were stockpiling too many items for use in the depot overhaul program," said Hunt, a supply systems analyst. The idea to refigure the needs affected more than 1700 items managed by the missile systems division of the Missile Logistics Center.

Mack and Hunt found that the Army was buying based on overhaul factors that "were way too high," said Mack, a supply management representative. "They were well above the condemnation rate when they should have been the same."

The two civilians worked on their idea while they were both inventory managers in the same branch of the missile systems division. It resulted in Mack's first suggestion award. "It was a long hard road to hoe to get there, it required a lot of hard work and staying with it to get it approved," he said.

Mack, a GS-12 in the materiel programming and budgeting division, has worked here for about nine years. He went through the DARCOM intern program. He and his wife Karen have three children—a son Ryan, 5, and daughters Kimberly, 3, and Amy, 2.

"The award showed that even though it was a lot of hard work, it pays off," said the 31-year-old Ohio native.

For Hunt it was his ninth suggestion award and he was named the Army's suggester of the year in 1980. The GS-12 in the logistics performance and mobilization division has worked here for 23 years. He is a 40-year-old Arab, Ala. native. He and his wife Barbara have a daughter Kristy, 17.

"I think everybody has suggestions, they just don't follow through on them. They don't turn them in," Hunt said. "I think suggestions are in everybody, it's just a matter of people taking the time to write them up."



MONEY SAVERS — Keith Mack and Larry Hunt suggested a way to save the Army money on depot-repairable items.

Display shows learning center courses by subject

Visitors to the Learning Resource Center should have an easier time finding courses they need.

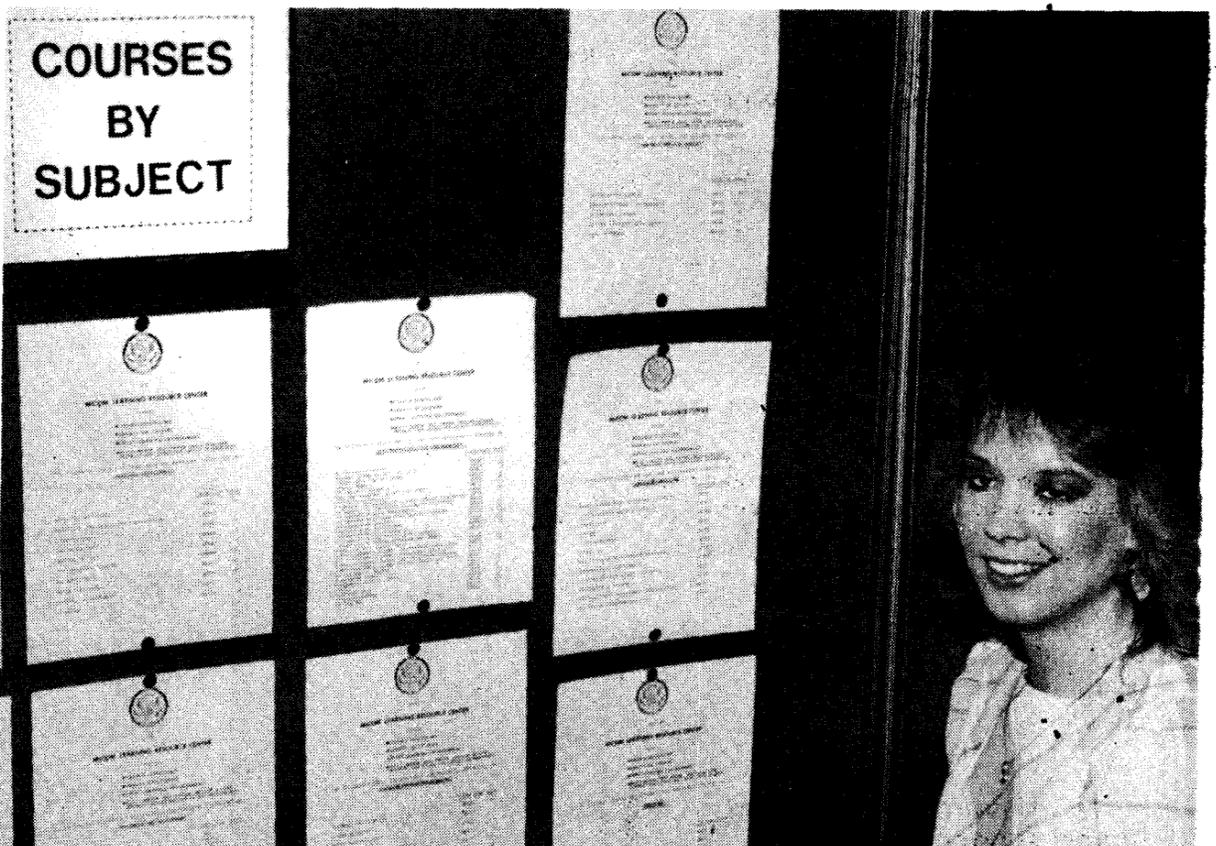
They can see a listing of LRC courses by area. The "Courses by Subject" bulletin board is a recent addition to the learning center located near the civilian personnel office.

"The courses offered here are done by subject so people could have easier access to them," said Yvonne Womack, the learning resource technician who prepared the display. About a dozen areas—ranging from computers to psychology—are posted on the board which has file folders underneath.

It took Womack about a month to finish the display. She started by taking each area and then going through the computer to list all its courses. She prepared each page for the display with a logo and various type faces.

"I've still got a few more (areas) to work on but its got most of them," Womack said. "There's like two or three areas I've got to finish up." Subject areas are to be updated whenever the LRC acquires new courses.

The display was Womack's idea, according to David Kieselbach, an education development specialist at the center. "I think it's quite attractive," he said.



COURSES BY SUBJECT — Display at Learning Resource Center was prepared by Yvonne Womack, an LRC worker.

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Personnel staffing specialist named 'woman of year'

BY SKIP VAUGHN

A personnel staffing specialist here was caught by surprise by the local chapter of a national business women's group.

Olene McGowen was named "woman of the year" by the Heart of Dixie Chapter of the American Business Women's Association. She has been a member of the chapter since 1981.

"I had no idea," she said, "a total surprise really." McGowen was awarded the trophy March 19 for the 1983-84 chapter year. Annually each ABWA chapter elects one of its members for the award based on achievements in business, education, community activities, and participation in the group.

McGowen joined a chapter in Hawaii in 1978 and transferred her membership when she arrived here. She has worked in the civilian personnel office for three years beginning as a personnel staffing clerk. Now she provides recruitment services for the Missile Logistics Center as a specialist in personnel's recruitment and placement division.

The Lockhart, Texas native got married after two years of college in Austin but returned to school in Hawaii 17 years later. She received a bachelor's degree in personnel management from Chaminade University of Honolulu in 1980.

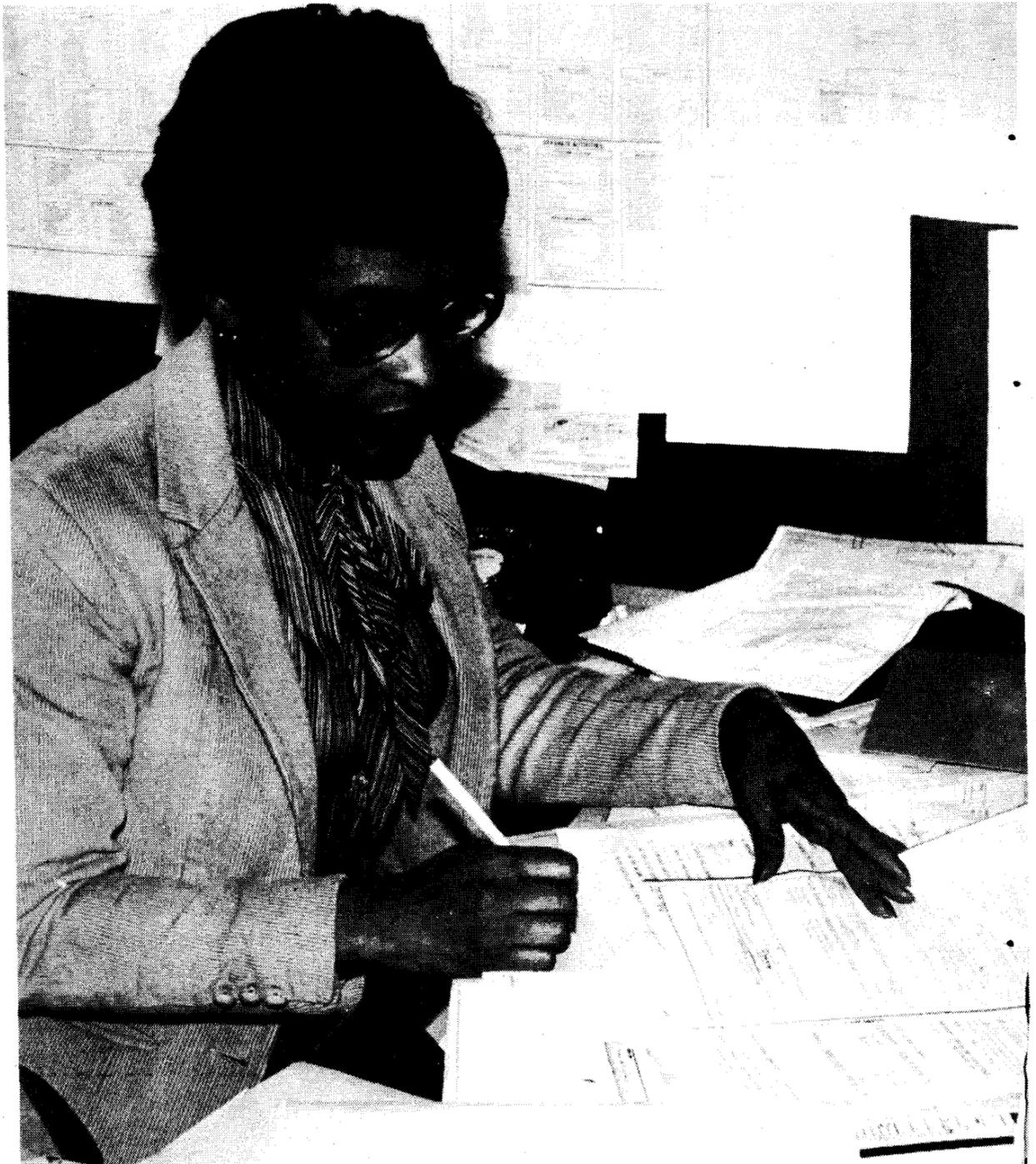
"I like helping people and I feel if a person has the time it's a good way to know different people," McGowen said. "It's twofold really. You help others and you help yourself."

She has served on the executive board for the Cub Scouts of America, been a co-chairman of the Hickam Air Force Base black history program, a co-chairman of the Seminar for Mature Women, and a co-chairman of the Federal Women's Program, representing Air Force Hawaii. She is a member of the International Personnel Management Association.

McGowen and her husband John have two sons—Christopher, 15, and Carl, 22. The recent award marked her first time being elected "woman of the year" by her ABWA chapter. She serves as the chapter's vice president and is on its board of directors.

"Special emphasis is placed on educational advancement for women. This is done through scholarships," she said. The college scholarships are awarded every May. Last year the Heart of Dixie Chapter gave two \$750 scholarships and selected a third local woman to receive an \$800 scholarship from the national organization.

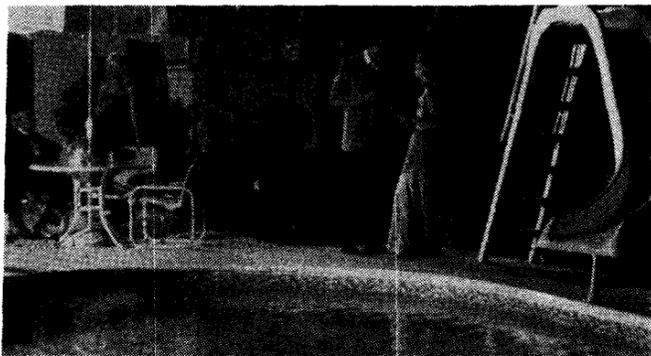
The business women's association has more than 2,000 chapters and more than 110,000 members throughout the United States and Puerto Rico.



AWARD WINNER — Olene McGowen works in the recruitment and placement division of the civilian personnel office.

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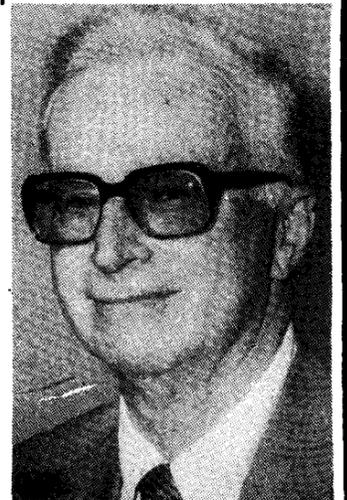
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Commissary patron is among magazine money winners

A military lifestyle magazine made a lucky winner out of an Army lieutenant colonel here.

Lt. Col. Harry Durgin, assistant project manager for readiness, Patriot Project Office, won \$1,000 in Ladycom magazine's "commissary cash" game. The magazine is distributed free at commissaries to service members and their families. The contest appeared in the February issue.

"My wife picked it up then the kids found it. We read it over, read it over again, and finally figured it out," Durgin said.

Before the contest he had been "one of the most unlucky people you've seen in your life" and had won "nothing to speak of." His luck changed with the product-label matching game. "I tell you, it was quite a surprise," he said.

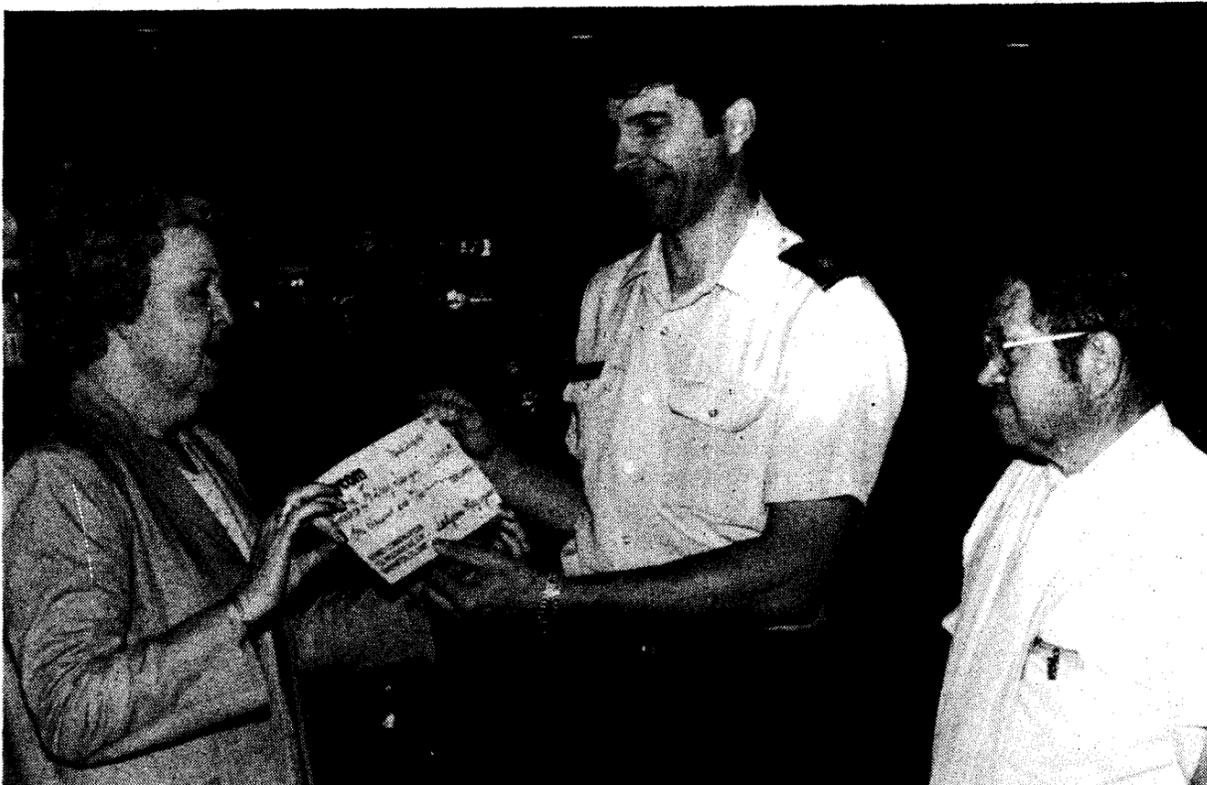
Eloise May, the magazine's distributor for the Redstone commissary, presented a \$1,000 check to Durgin last week. "Overall there were only five \$1,000 award winners," she said. Depending on the number of matches, participants could receive \$10, \$100 or \$1,000. At least one match means a contestant is eligible for a \$10,000 cash drawing.

"We could be lucky enough to be back here in a couple of weeks," Durgin said, referring to his chances for the grand prize.

He has to divide his present winnings seven ways—"one for Uncle Sam at the IRS and six for the family." Besides himself there is his wife Ellen and sons Tex, 14, Robert, 13, Drew, 9, and Alex, 5. The Redstone commissary patron has been here four years.

Ladycom magazine is published 10 times each year and reaches more than a million readers each issue, according to the publishing company in Washington, D.C.

"Aren't you lucky?" May asked Durgin.



CHECK PRESENTATION — Eloise May presents \$1,000 award to Lt. Col. Harry Durgin as Glenn Mullins, commissary store manager, looks on.

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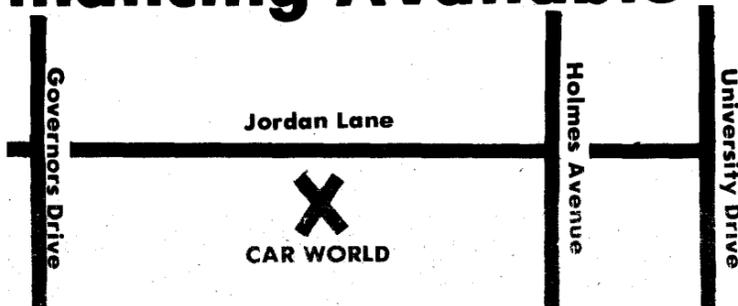
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Tornado struck arsenal 10 years ago

Ten years ago yesterday the worst natural disaster in Redstone Arsenal's history occurred.

At approximately 10:40 p.m. the night of April 3, 1974 a tornado moving northeast from Morgan County crossed the Tennessee River and touched down near Gate 7 on the arsenal's west boundary, brushed Marshall Space Flight Center, then shot through the gap between Weeden and Madkin Mountains.

Roaring like a freight train, the storm slammed into the missile school and troop area where more than 1,000 soldiers lived.

Boards, bricks, shards of glass and chunks of metal were driven through the air with unbelievable force as the violent twister reduced buildings to rubble, threw cars around and snapped trees and power poles like matchsticks, even hurled a trash dumpster through the third floor wall of a barracks building.

Thirteen buildings were destroyed and 83 more damaged. The destruction amounted to more than \$13 million. It all occurred in a matter of seconds.

The Army hospital here treated 26 injured soldiers, five family members and 16 civilians. Miraculously, there were no deaths on the arsenal although tornadoes killed 14 people elsewhere in Madison County and another 14 died in Limestone County. Statewide there were at least 80 tornado deaths that night.

The arsenal has been hit hard by tornadoes on two other occasions. In March 1952 on a Saturday afternoon late a twister hit ammunition line 6 on the arsenal's southeast corner, lifting 12 rail freight cars completely off the tracks and smashing them into concrete loading docks.

On Dec. 18, 1967 at about 3:30 a.m. a tornado ripped into the 7400 warehouse area of the arsenal, leveling three buildings and damaging 54 others.

Alabama ranks fourth in the nation in the number of killer tornadoes and fifth in the number of deaths. In Huntsville and Madison County, 18 tornadoes have touched down during the past 20 years with occurrences in March, April, May and December.

Tornado researchers have theorized that Hunts and North Alabama may be a "crossroads" area giant tornadoes in the United States.

"Although we in Huntsville and Madison County have not experienced a major tornado, since April 1974, we should not become apathetic to the threat because it can and may happen again," said a spokesman with the Huntsville-Madison County Office of Civil Defense.

"All citizens should become familiar with severe weather safety rules and warning procedures should develop and exercise individual and family plans so that they will be able to react quickly during severe weather emergencies. Whenever severe weather is forecast for Huntsville and Madison County, should keep a watchful eye on the sky and stay tuned to local radio and TV or monitor NOAA weather radio for the latest available information," the spokesman said.



AFTER THE STORM—This was the scene on Aerobee Road the morning of April 4, 1974. Thirteen buildings were destroyed and 83 more damaged.

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Tornado Safety

What makes tornadoes dangerous?

- Winds up to 300 miles per hour and a sudden drop in barometric pressure that can literally explode houses and other buildings.

What is the tornado "season" in the United States?

- Tornadoes can occur anytime, but prevailing weather conditions cause them to occur most frequently from March to early fall.

Where do they occur?

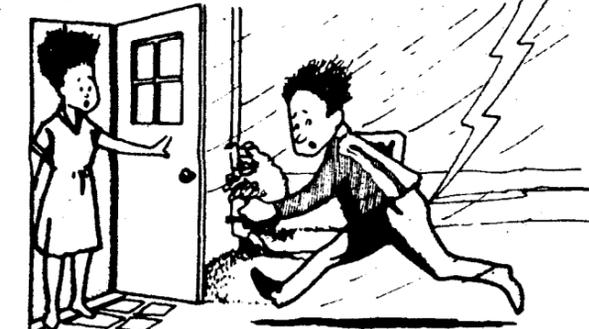
- Anywhere, but most commonly in the Midwest, South, and Southeast.

What do the terms "tornado watch" and "tornado warning" mean?

- They are both terms used by the National Weather Service. "Tornado watch" means that particular atmospheric conditions are such that tornadoes may be expected to develop, and you should stay tuned to radio or television and listen for weather bulletins, because a tornado can appear suddenly. "Tornado warning" means that a tornado has actually been sighted, and persons close to the danger area should take cover immediately.

DID YOU KNOW ?

TORNADOES ARE FREQUENTLY ACCOMPANIED BY LIGHTNING, IT CAN BE A KILLER TOO. HERE ARE A FEW TIPS:



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- AVOID TALL, ISOLATED TREES IN OPEN AREAS, FARM EQUIPMENT, MOTORCYCLES, BICYCLES, GOLF CARTS, AND OTHER METALLIC ITEMS.

Where should you take cover?

- Preferably in a storm cellar basement, underground excavation, or steel-framed or reinforced concrete building. In an office building or school, go to an interior hallway or the lowest floor or to a designated shelter area. Stay out of auditoriums, gymnasiums, or other structures with wide, free-span roofs. In homes without basements, seek shelter in the center of the home on the lowest floor in a small space such as a bathroom or closet, or under sturdy furniture.

What if you are caught in the open?

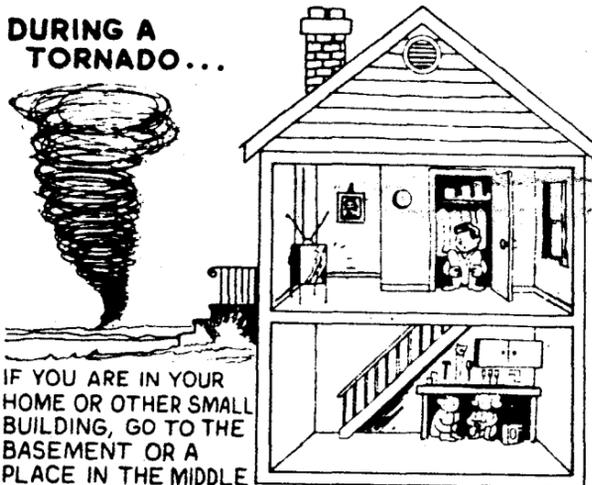
- If there is no time to find suitable shelter in a reinforced building, move as quickly as possible to a ravine, culvert, or open ditch and lie flat, face down, and protect your head with your arms. Do not take shelter in an automobile.

Can you escape a tornado by driving away at a 90 degree angle as fast as you can?

- It's unwise. Tornadoes are prone to change directions in a zig-zag fashion. Get everyone out of the car and into the nearest shelter immediately.

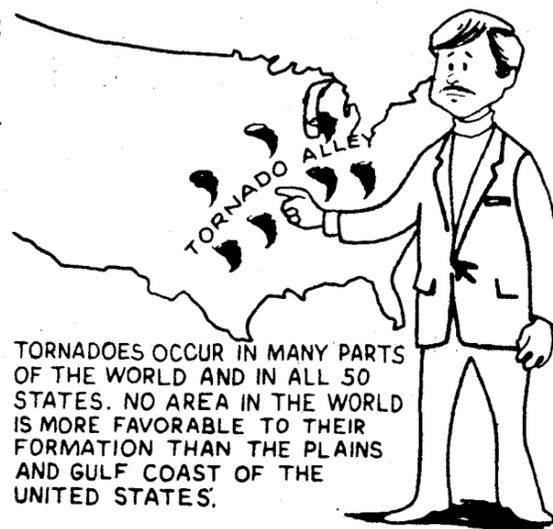
DID YOU KNOW ?

DURING A TORNADO...



IF YOU ARE IN YOUR HOME OR OTHER SMALL BUILDING, GO TO THE BASEMENT OR A PLACE IN THE MIDDLE OF THE HOUSE, LIKE A CLOSET, BATHROOM OR INTERIOR HALL, GO TO THE LOWEST FLOOR. GET UNDER SOMETHING STURDY.

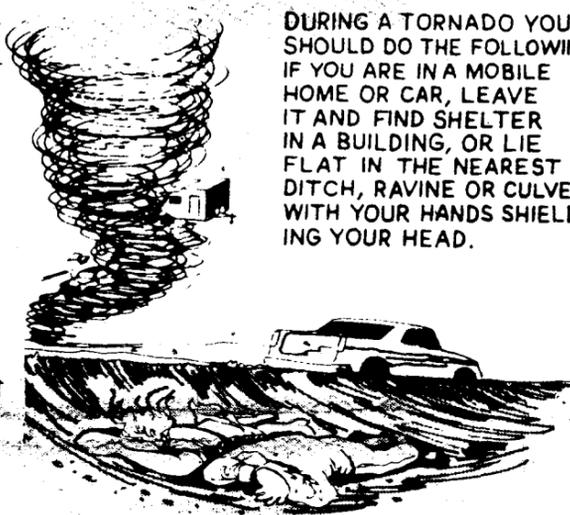
DID YOU KNOW ?



TORNADOES OCCUR IN MANY PARTS OF THE WORLD AND IN ALL 50 STATES. NO AREA IN THE WORLD IS MORE FAVORABLE TO THEIR FORMATION THAN THE PLAINS AND GULF COAST OF THE UNITED STATES.

Federal Emergency Management Agency

DID YOU KNOW ?



DURING A TORNADO YOU SHOULD DO THE FOLLOWING IF YOU ARE IN A MOBILE HOME OR CAR, LEAVE IT AND FIND SHELTER IN A BUILDING, OR LIE FLAT IN THE NEAREST DITCH, RAVINE OR CULVERT WITH YOUR HANDS SHIELDING YOUR HEAD.

Tornadoes travel at an average speed of 30 miles an hour, but speeds ranging from stationary to 70 miles an hour have been reported. While most tornadoes move from the southwest to the northeast, their direction of travel can be erratic and may change suddenly.

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Exchanges raise price of generic cigarettes

A 40 cents per carton increase in the cost of generic cigarettes sold in post exchange stores will take effect April 22.

Generic king cigarettes in exchanges in the 50 United States will increase to \$5.60 per carton and 100 mm generics will be raised to \$5.80. Individual generic packs will remain at 65 cents in all lengths.

Tax-free generic cigarettes sold in overseas exchanges will increase to \$4 per carton for kings and \$4.10 for 100 mm, while individual packs will be raised from 40 cents to 50 cents.

The price increase does not apply to name brand cigarettes. These will continue to be sold in U.S. exchanges for \$7.30 per carton (\$7.50 for 100 mm and 120 mm) and 85 cents for packs in all sizes, while overseas prices will continue at \$5.20 per carton (\$5.30 for 100 mm and 120 mm) and 65 cents for individuals packs.

School year starts with combat skills course

WASHINGTON—Officers going to the 1984-85 Command and General Staff College course will start their year of school with the combat skills comprehensive phase, or "comps".

Comps is designed to give students with different experience, educational levels and military specialties a common base of knowledge. Officials say that more time can then be spent later on advanced tactical applications, battle exercises and concentrated study.

Comps consists of two different phases: voluntary nonresident and resident.

Information regarding the nonresident phase is included in student's welcome packet; this phase can be completed before the student inprocesses.

The resident phase begins with a pretest that all students must take. The pretest results become the basis for further study and testing which is devoted to developing students' weak areas. Students whose performance is unsatisfactory will be able to take remedial programs. Officials say those who fail to master the material may fall behind as they progress through the course.

Officers who need to improve their tactical knowledge are being encouraged to participate in the voluntary nonresident phase. If they don't officials warn, they could find themselves at a serious disadvantage when they arrive at Fort Leavenworth. (Arnews)



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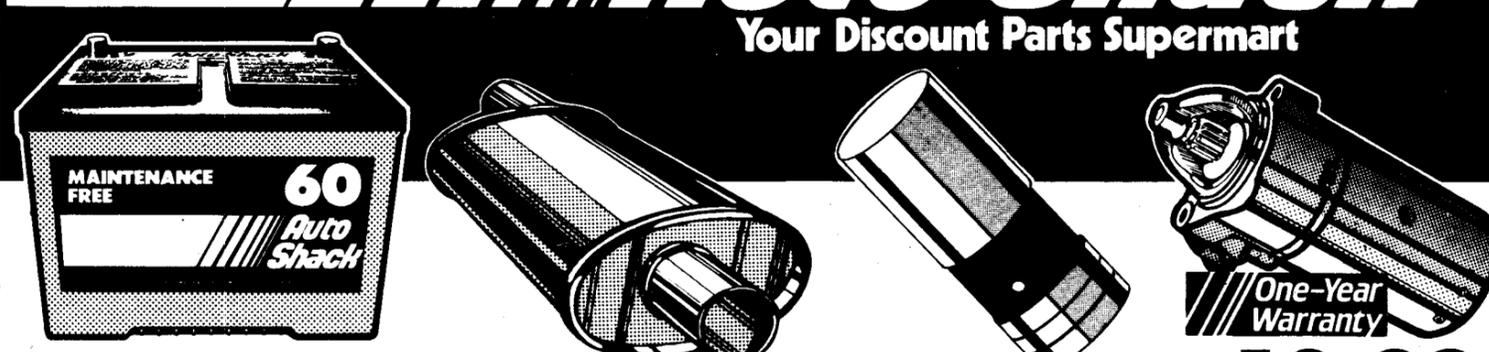
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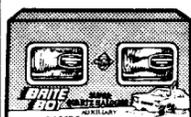
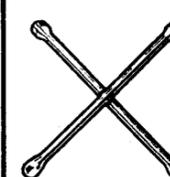
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Army's Fit to Win program promotes pride

The Army's "Fit to Win" program represents more than a new way to do PT. It's a complete and comprehensive fitness program rooted in nutrition, exercise, physiology, stress management, control of substance abuse and proper personal health habits.

Its goal is to combine personal health care, training and logistical policies and activities into a program that will improve combat readiness by producing soldiers with a high level of physical, mental and emotional fitness.

Of course, the program embodies other goals. Among them: A healthier force made up of disciplined soldiers who feel better, work better and have greater self-confidence and pride in themselves.

The key to attaining such goals involves an holistic approach; and that's the main difference in the way the Army is approaching physical fitness today, as compared to a few years ago.

The Army's "Fit to Win" program has come a long way since its inception in 1981. It's dynamic and growing. The soldier physical fitness center at Fort Benjamin Harrison, Ind., is the proponent for physical fitness they write the doctrine and teach the courses. Part of this includes their recently published "Individual's Handbook on Physical Fitness" (DA pamphlet 350-18)

At the U.S. Army War College at Carlisle Barracks, Pa., the Physical Fitness Research Institute is the Army's contact with fitness experts in other military services and the private sector. The institute concentrates on how fit soldiers actually should be and on what techniques best achieve the required fitness levels. Its staff works with the AWC students to teach them fitness principles and to supervise a vigorous fitness program.

Remember, the fitness program is directed not just

to active duty soldiers. The Army National Guard and the U.S. Army Reserve are just as committed to total fitness. Since they train only 39 days each year, they must be even more committed to fitness as a way of life. It's impossible to be fit in one weekend a month and forget the other three weeks.

By taking a systematic, well-planned approach to fitness at all levels, the individual, the unit and family, the Army will be not only healthier but also "Fit to Win." (ARNEWS)



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Division of Continuing Education
Office of Management Studies

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For Further Information Contact:

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Soldier wins Mr. Birmingham body building title

BY SKIP VAUGHN

Lifting weights six days a week has paid off for a Redstone soldier.

Sgt. Charles Smith, a radar technician, won the title of Mr. Birmingham in a recent body building competition. Now he has his eye on the Mr. Alabama contest in May.

Smith lifts two and a half hours a day except on Sunday when he does a light workout. The training regimen resulted in his first title March 24.

"It's a big stepping stone towards Mr. Alabama coming up May 12," said the 24-year-old soldier. "Mr. Alabama is the big contest of the year and that's what I'm shooting for."

He took home four trophies from the posing competition in Birmingham by winning the tall division and overall in both Mr. Birmingham and the Southeastern District. "I had around 28 people in my class for Mr. Birmingham and I had around 20 in Southeastern District," Smith said. The district competition included body builders from Tennessee as well as Alabama.

Since the competition he has abandoned his pre-contest dieting. The 5-foot-10 soldier weighed 198 for Birmingham but was around 218 less than a week later. "I've been eating like a horse since this contest was over," he said.

But he hasn't stopped lifting weights. While the dieting was simply to "show more muscle mass and cuts," he likes to bulk up to around 225 pounds in the off season.

Smith started competing about two years ago when he placed fourth in the novice class for Mr. Michigan. He was fifth in a tournament last year in Gadsden and third in Mr. North Alabama on Nov. 12.

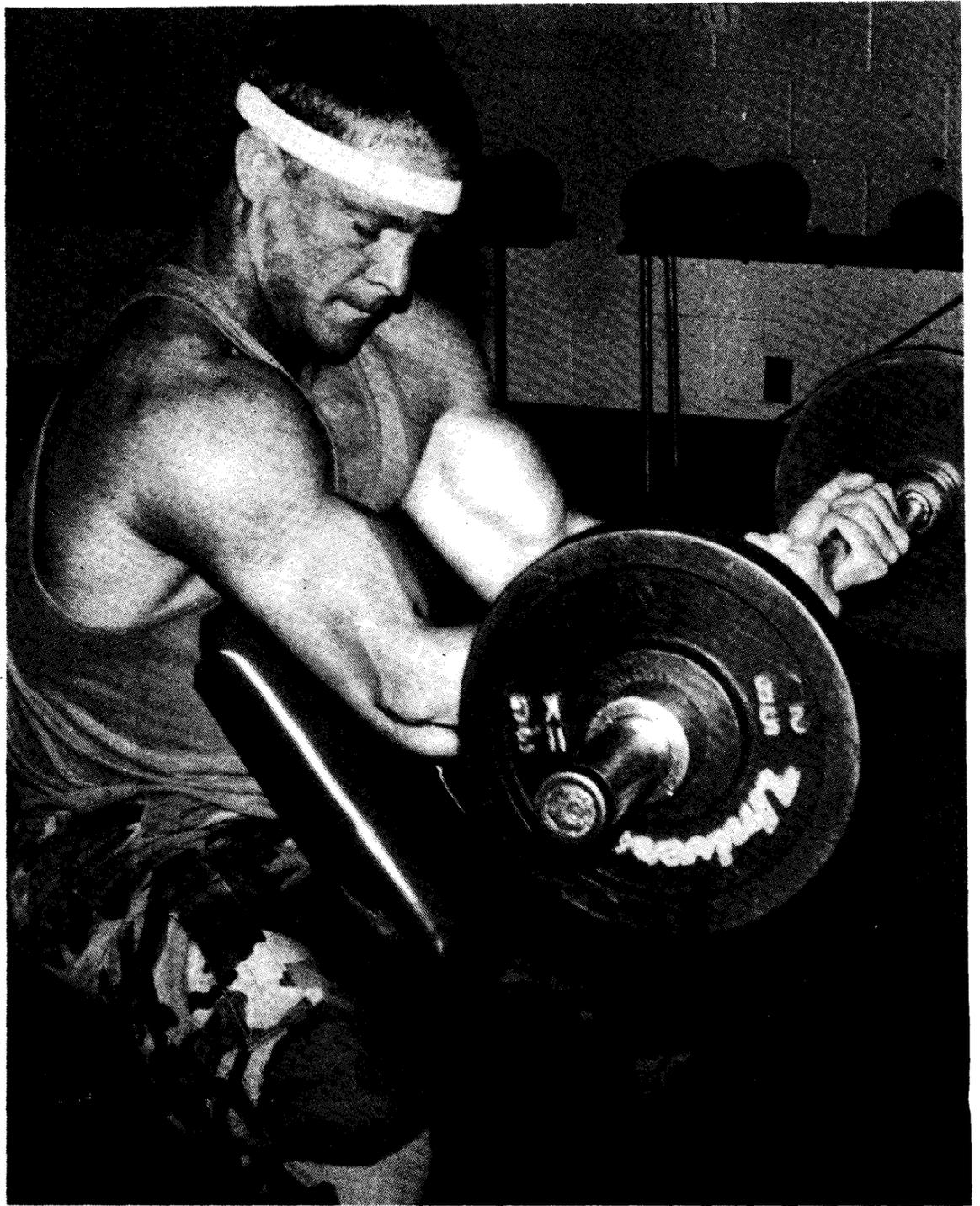
"My long range goal is to try to open a gym someday," Smith said. First he wants to win Mr. Alabama, place in Mr. America and become a professional body builder. "Having credentials will help you when you open up a business," he said.

He's working toward his goals with the help of his training partner, Sgt. Mitch Brown, a fellow member of MICOM's Headquarters and Headquarters Company. "It's good to have a partner to push yourself, especially when you're dieting," Smith said.

His training schedule focuses on various body parts. One day it'll be a biceps workout, that night a back workout, the next day a triceps workout, that night a chest and shoulders workout, and the following day a leg workout. The cycle repeats the next three days followed by a day off when he does light exercise. He also runs two to three miles three days a week with the rest of the soldiers in HHC.

Smith, who is from Detroit, and his wife Geri have a year and a half old son Justin.

Why does he put himself through grueling weight lifting workouts almost every day? "The achievement of getting your body in the best condition and someday make a career out of it," he said.



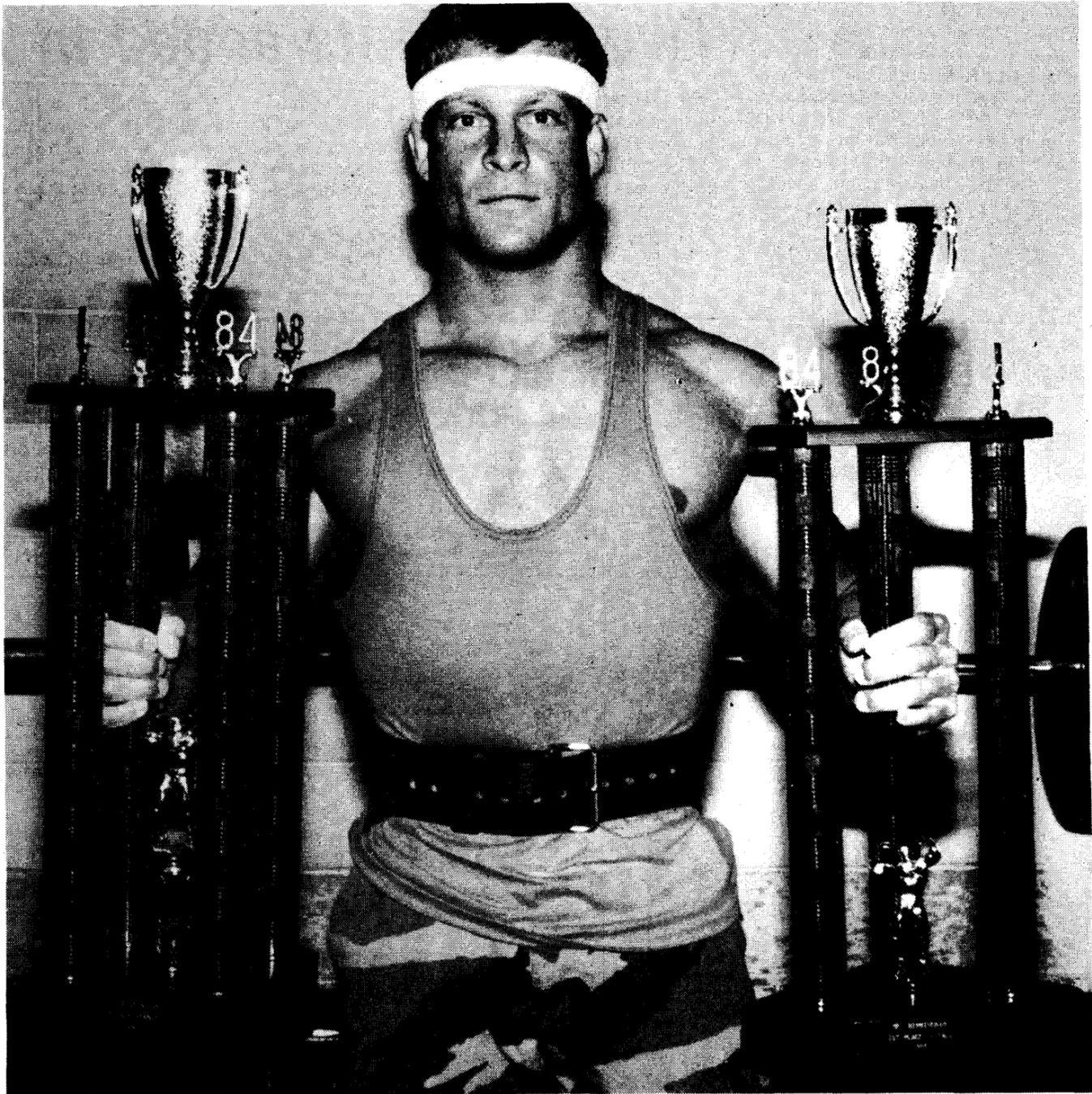
LIFTING — Sgt. Charles Smith stays in shape by pumping iron.



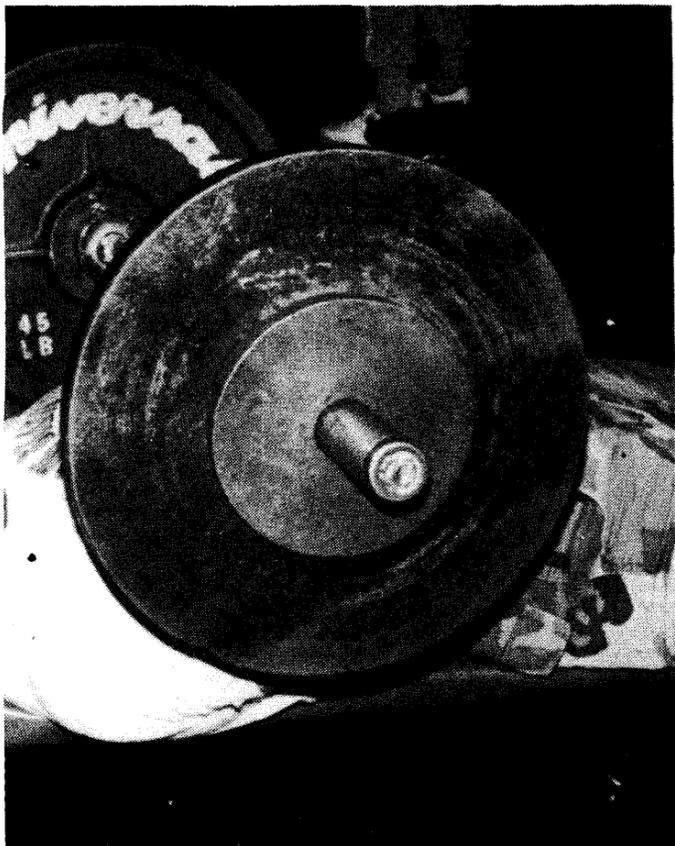
STEP ONE—Smith performs first step of triceps exercise with help of training partner, Sgt. Mitch Brown.



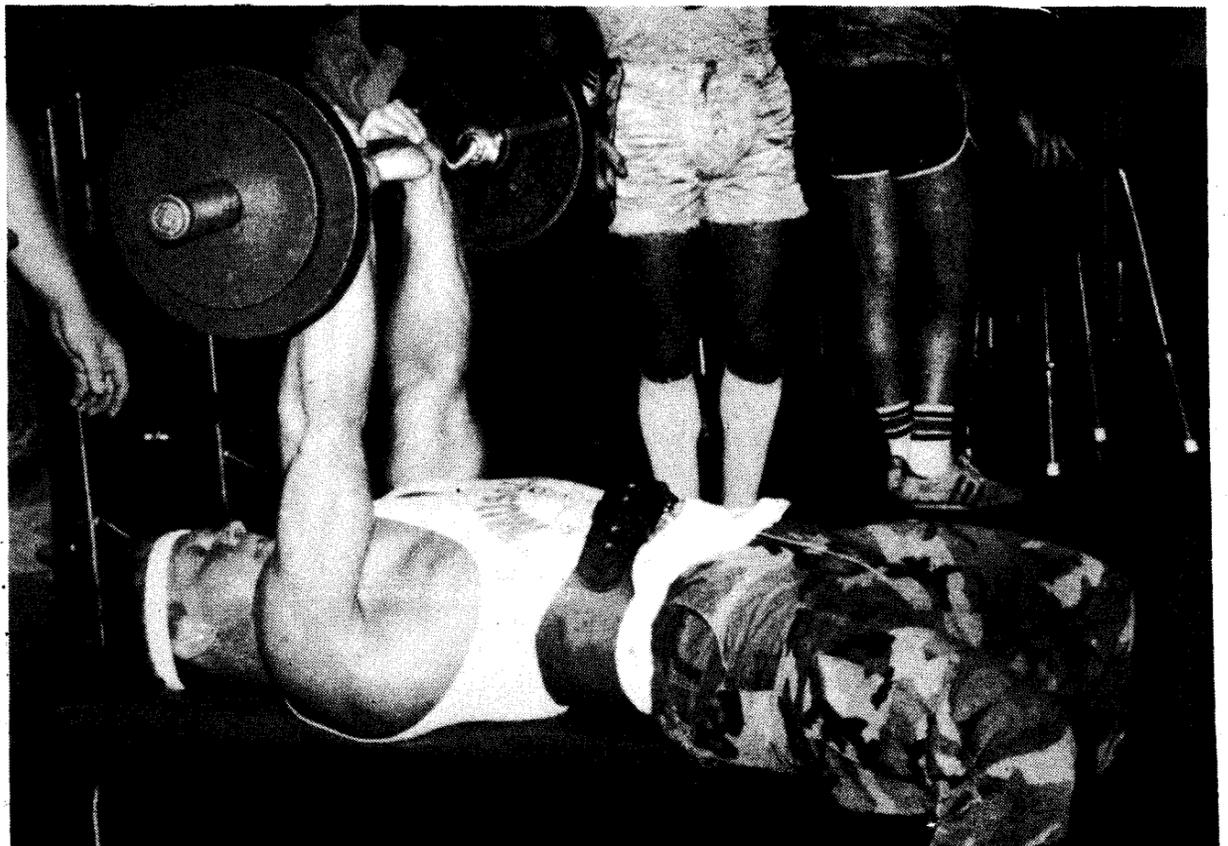
STEP TWO—Smith prepares to lift the



TROPHIES — Sgt. Charles Smith takes a workout break to show trophies from body building competition held in Birmingham.



eight off his chest.



STEP THREE—Smith completes the exercise in the post gym weight room.

P&P #2 team wins Army-NASA tournament title

P&P #2, champions of Redstone's civilian welfare basketball league, has added to its honors the 1984 Army-NASA tournament crown.

P&P #2 won the tournament title and ended a five year Army drought against NASA by defeating SSL, 86-76, last week in the championship finals.

Willie Epps, named to the all-tournament team along with teammates Michael Hardin and Ted Gunn, sparked P&P #2 with 29 points while Hardin had 14 and Gunn 12.

Epps and Hardin also hit several free throws in the final minutes to give the Army its victory margin.

For SSL, Charles Williams had 28 points and was named along with Epps to share honors as the tourney's most valuable players.

Other Army players named to the all-tourney team included Leon Williams and Abdullah Muhammad of

Security, and Auto Whitman of Missile Systems.

To reach the finals, SSL stopped Security 82-61, while P&P #2 rolled past the Blazers 104-70.

Charles Williams tossed in 37 for SSL while Leon

Williams, Abdullah Muhammad and Bob Hubbard had 12 each for Security.

Epps hit for 41, Hardin had 35 and Gunn 14 for P&P #2 while Mike Moon had 22 for the Blazers.

Two regiments added in April

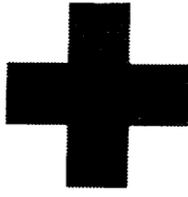
WASHINGTON—The Army will add two more regiments to the regimental system during April, Military Personnel Center officials have announced.

The 29th Field Artillery regiment will be composed of three battalions at Fort Carson, Colo., and three battalions in Europe.

The 68th Armor Regiment will have two batalions stationed at Fort Carson and an additional two in Europe.

Activation of these new units brings the total number of regiments operating under the regimental system to 13. Officials say more than 27,000 soldiers—10 percent of the combat arms force—will be affiliated with regiments by the end of April.

The regimental system permits soldiers to stay with one regiment throughout their careers, improving cohesion and enhancing combat readiness.(Arnews)



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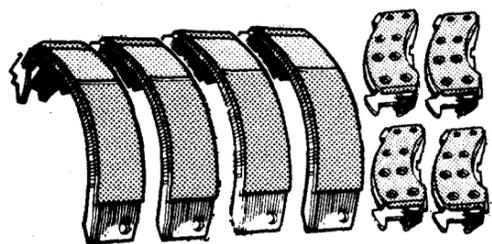
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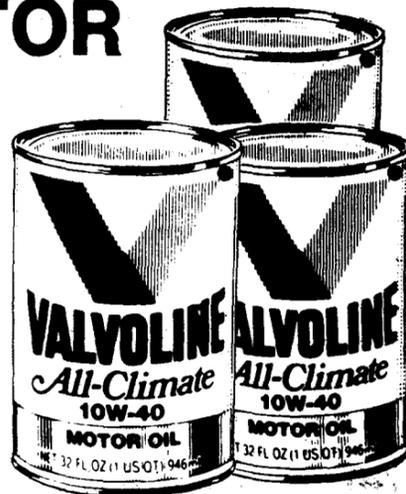
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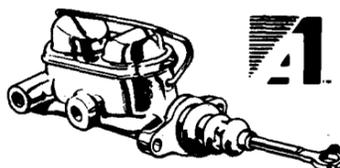


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Bluebird homes are inexpensive and easy to make

Since a local scout group began putting up bluebird nest boxes on the arsenal several years ago, others have followed suit but in some cases have put up the wrong type of boxes.

Bluebird homes should be eight inches tall and five inches wide with a 1 1/2 inch diameter entrance hole to keep starlings from entering. Wood of 1/2 inch thickness or less may not provide enough insulation to keep the sun from scorching eggs and baby birds.

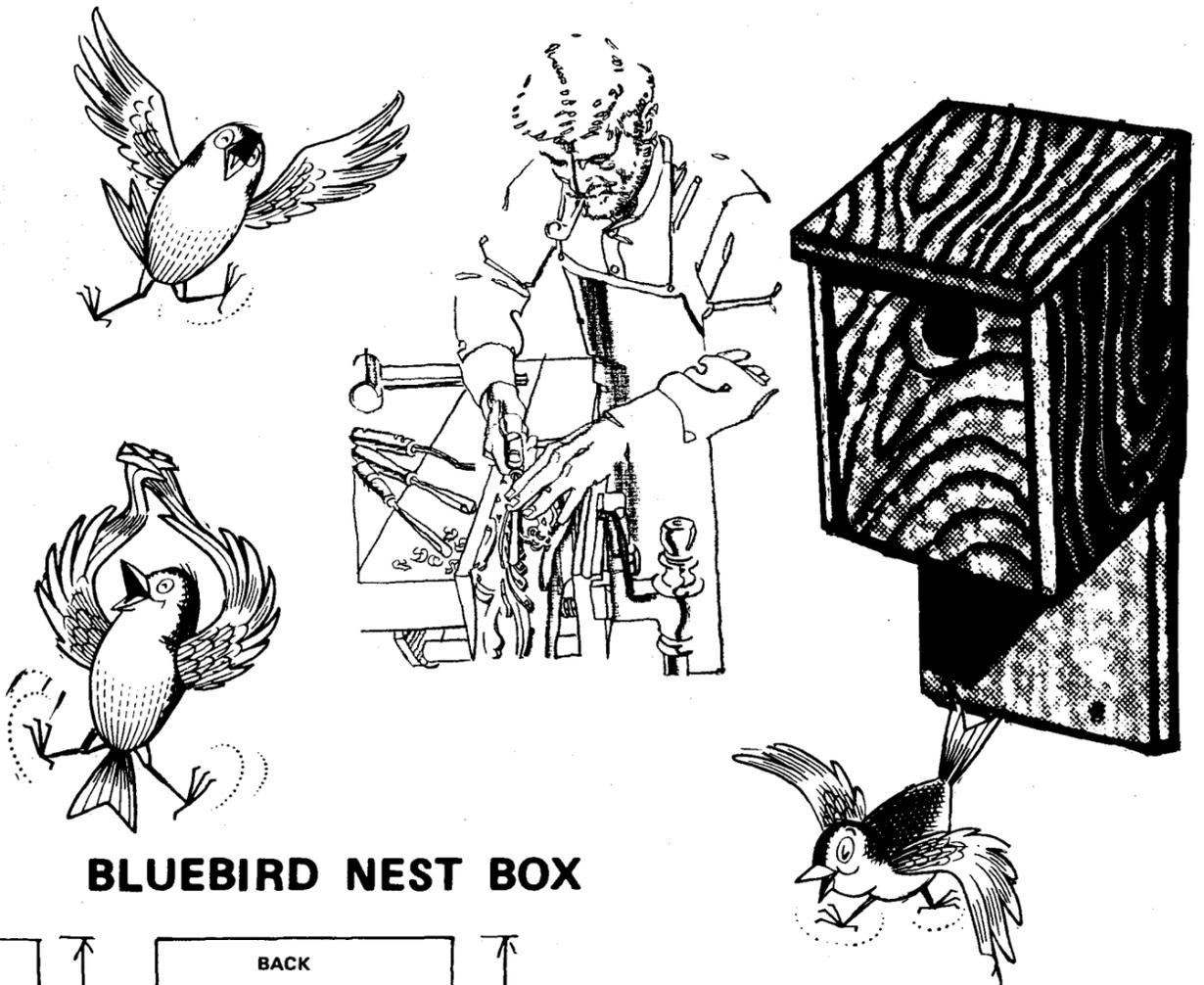
Bluebird homes should be mounted in open field areas where they attract bluebirds very effectively.

Bill Friday, who with a local boy scout troop has built and installed hundreds of nest boxes here, receives many requests from arsenal people wanting to know how to build bluebird homes.

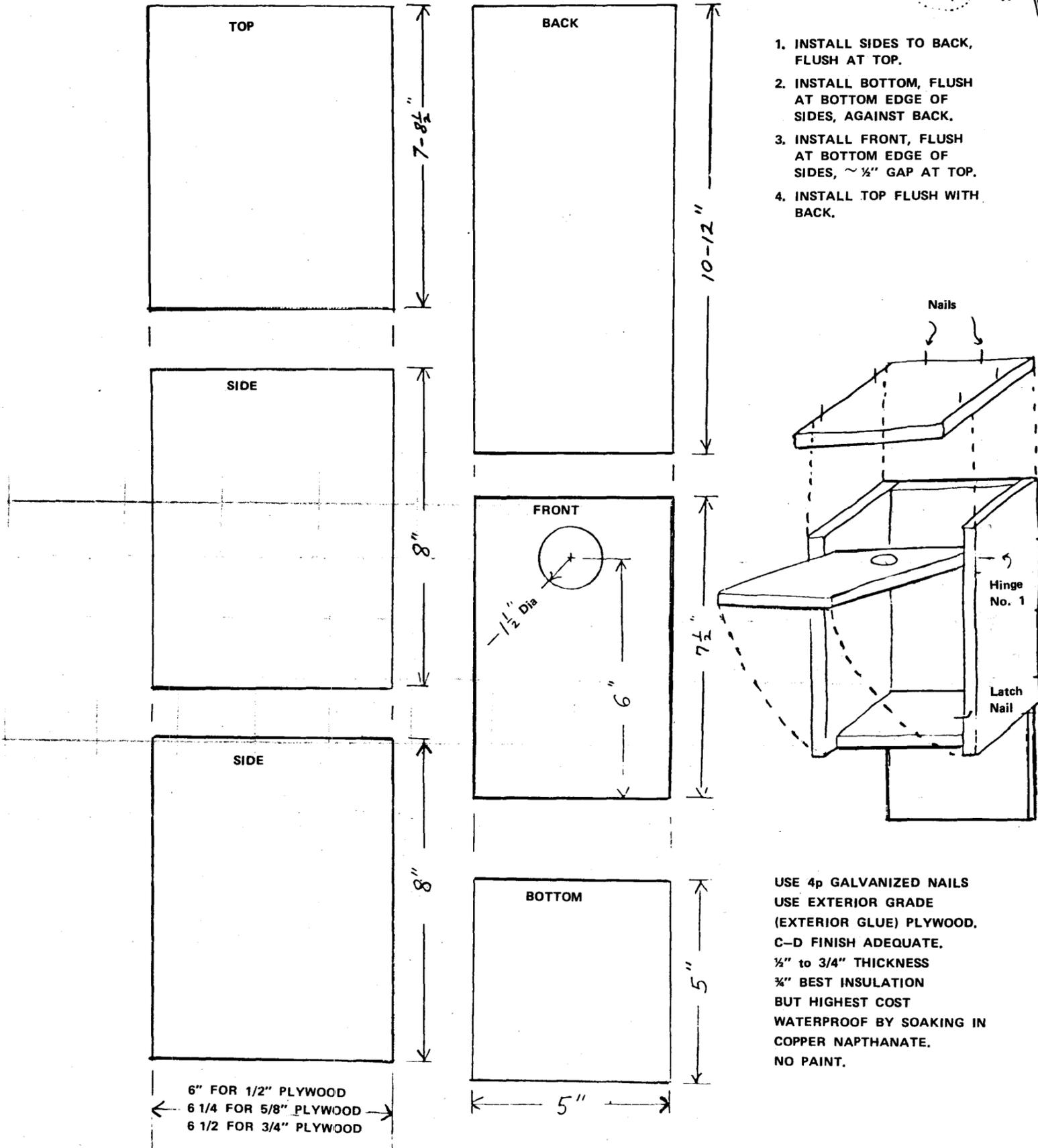
Friday builds them from plywood, obtaining 16 nest boxes per sheet. He uses roofing grade plywood which he finds on sale for about \$7 per sheet.

He has drawn up a set of house plans along with a diagram of the way he makes his cuts. They are reproduced here.

Friday requests that people putting up bluebird homes on the arsenal construct them so they can be opened from the front or side. This is so he can check their contents periodically as part of a banding study. He cautions that they should not be made to open from the bottom, since a nest full of baby birds removed for banding cannot easily be put back into the house through a bottom opening.



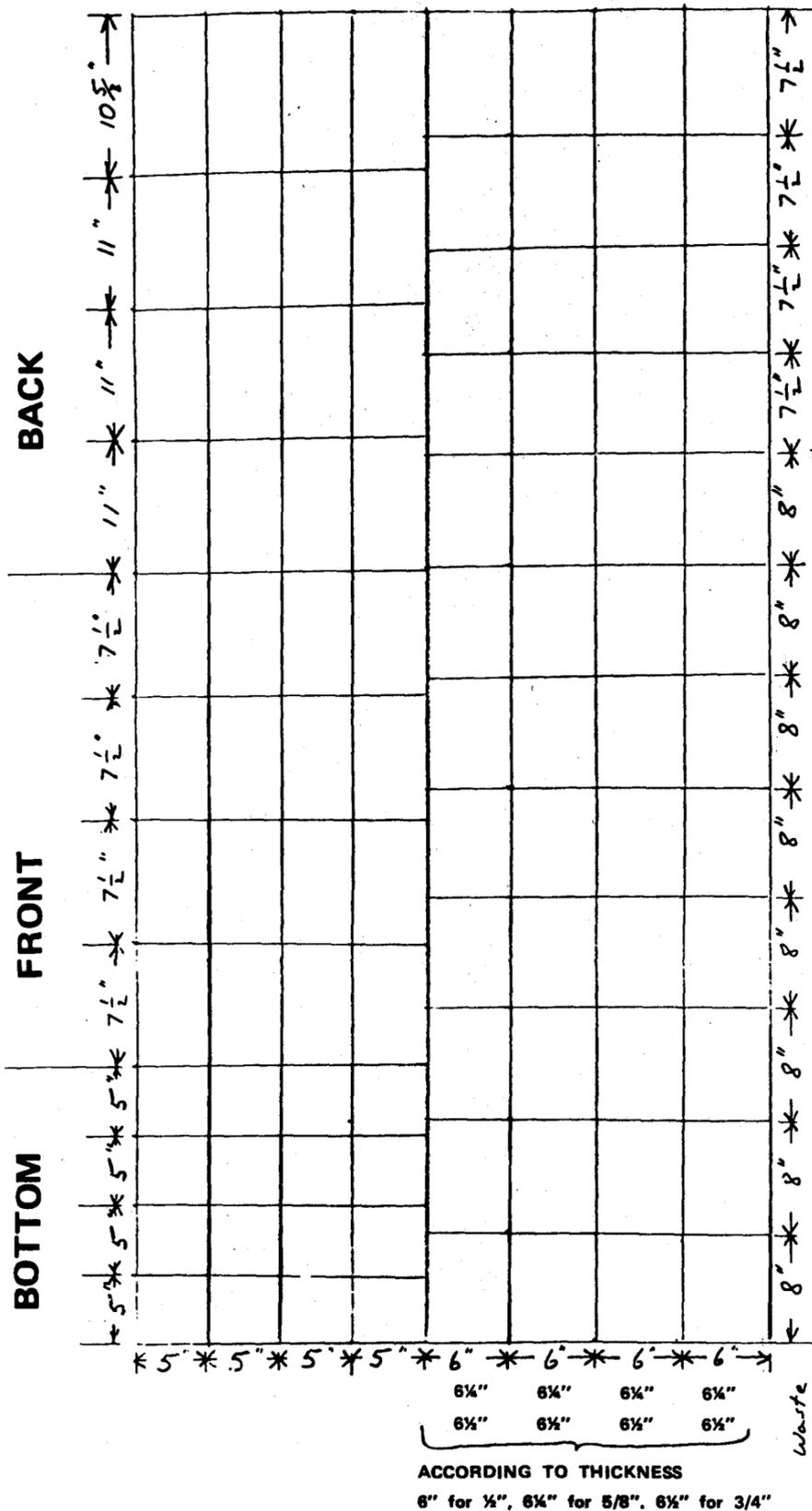
BLUEBIRD NEST BOX





SETTING A TRAP - Bill Friday shows how he installs a trap in a nest box to catch a bluebird so it can be examined for a leg band.

PLANS FOR 16 BLUEBIRD NEST BOXES



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- 4 STRIPS 6" if 1/2" THICK
- 6 1/4" if 5/8" THICK
- 6 1/2" if 3/4" THICK

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BACKS LAST SINCE THIS
LENGTH IS NOT CRITICAL.
SIDES FIRST, TOPS LAST,
SINCE THIS LENGTH IS NOT
CRITICAL.

Alcoholism hurts more than the drinker

By Sp5 Steven Silvers
Associate Editor, Army News Service

Bethesda, Md. (ARNEWS)—He told his wife that he was an alcoholic and she didn't believe him. She didn't want to.

John, a husky 23-year-old soldier from Fort Monroe, Va., sat in the lounge area of the tri-service alcohol recovery department at Bethesda Naval Hospital. Between drags on his cigarette, he quietly explained that he had been going through black-outs. He remembers one night drinking at the NCO club, then coming to hours later handcuffed in a police station. They told him he had busted his way into some lady's living room.

He ended up here, a full-time patient at the center. And he soon realized his problem was not his own. His family life was a mess. After all those months of craziness, depression, silence, anger, self-denial—the emotions and behavior had rubbed off on his wife.

"I called her from here and told her that I was having a problem and she said she didn't believe it. She didn't want to accept it," he said. "It takes time. At least now we can talk more openly. We've learned not to be scared, and she's beginning to understand some things."

Alcoholism is a family problem

Her understanding of John's problem—and how it affects her—results from the center's belief that whole

families need treatment for alcoholism. For every resident patient going through the 42-day recovery, every wife, husband, friend or relative is urged to come here for an intensive five-day recovery program of their own.

"Alcoholism is a family disease," explained Army Capt. William D. Geeslin, who oversees the center's family program. "Even though they don't drink, the family member is an integral part of alcoholism. There's usually a real shutdown in communications. We try to give them the basic tools on getting a relationship back together again."

The center's family program is an integrated part of the residential program, which handles drug and alcohol-dependent servicemembers or dependents classified as most severe cases. Patients—whose ranks regularly range from lowest enlisted to high-ranking officers—attend an intensive morning-through-evening schedule that includes anonymous meetings and physical training.

While the patient dries out, the center offers the spouse and some older children free transportation to come attend the family program. Most show up.

"I tell family members they're here for themselves," Geeslin said in a pleasant Alabama drawl. "At home they might have had a skid row concept of alcoholism, but here they learn that it's a disease, and that they've been emotionally involved."

Household members, he explained, could be called "co-alcoholics," because of their attachment to the drinker. "They become emotionally sick as well," he said. "The disease feeds on itself."

Threats, physical abuse, accusations

"The drinker's behavior commonly includes threats, physical abuse, accusations," Geeslin said. "The family in turn feels fear, shame, guilt and resentment. Their behavior becomes a lot like the alcoholics, and on occasion may lead to physical abuse."

"It's usually not evident to the family what is wrong. They're aware there's a lot of craziness going on, but it's not clear what it's about," Geeslin explained. "I get people here who have thought they were crazy. They accepted all the accusations and blame from the drinker. They were hostages to the illness."

Children, also, may react to the family disturbance by doing poorly in school or getting into trouble with the law, among other things, he noted.

Twenty-six-year-old Denise, a Navy wife in her third week of treatment, found her husband suffering as much as she. "He had taken a lot of responsibility that wasn't his," she said. "He thought it was his fault I was drinking. He tried to get me to quit; he threatened to leave me, but it didn't work."

Geeslin explained that many wives and husbands try the same thing—and end up with the usual disastrous results.

"It's amazing how many people think they can control their spouses' drinking problems," he said. "But if they're going to drink they're going to drink. The family can't stop it by begging or pouring out the liquor. With that kind of behavior it's almost a reverse process. The alcoholic slides backwards."

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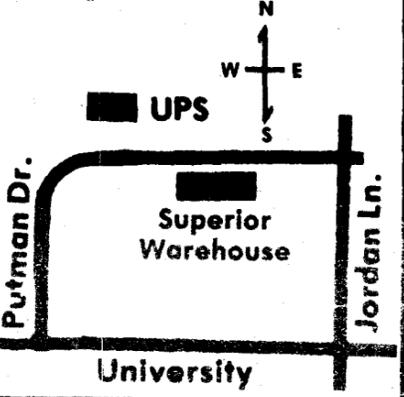
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Often times the spouse trying to handle the situation becomes what Geeslin called an "enabler," someone who actually helps the alcoholic to keep drinking. "A wife might call her husband's office to report him sick because he has a hangover, or cover for him in some other way. But it's just giving him more excuses to drink. He's getting a system built up," he said.

While it's commonly known that many alcoholics come from alcoholic families, Geeslin has found that almost half of the family members he deals with also come from alcoholic homes—perhaps explaining some of the ways they might act toward a spouse with the disease.

Learning to work together

With therapy, he said, families can learn to address the disease together. "What's missing out of an alcoholic home is a lot of love and good feelings. When families leave here they say they're communicating better than ever."

The naval hospital's center is one of only two such tri-service military facilities in operation. Although some local post centers can offer families help, Geeslin strongly suggested that others needing help find the nearest "Al-Anon," a civilian organization devoted entirely to family members of alcoholics and a close kin to alcoholics anonymous.

Many of the spouses who complete the center's own therapy go on to become active members in Al-Anon, he said.

Soon John would "graduate" from the center, receiving a single marble to symbolize the first step in getting his own sanity back. He looked forward to going home to his wife and kids, where they all would keep working toward keeping it together.

Al-co-hol-ism



It can hurt your relationship with fellow workers.



It can hurt your spouse and your friends



It can hurt your child the worst of all



Alcoholism, sometimes, habit, or addiction (NL alcoholism, fr. NL alcohol + L -ismus -ism) 1: continuous and usu. excessive use of alcoholic drinks; usu. : addiction esp. when compulsive to excessive use of alcoholic drinks 2: the state of being poisoned by alcohol; specif: the pathological results of excessive use of alcoholic drinks - see ACUTE ALCOHOLISM, CHRONIC ALCOHOLISM

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| Screaming Eagles | 2 | | | 4 |
| Sharks | 2 | | | 4 |
| Cowboys | | 2 | | 0 |
| Golden Eagles | | 2 | | 0 |
| Eisenhower league | | | | |
| Eagles | 2 | | 1 | 5 |
| Scorpions | 1 | | 1 | 3 |
| Wildcats | | 1 | 2 | 2 |
| Panthers | | 1 | 1 | 1 |
| Warriors | | 1 | 1 | 1 |
| Bradley league | | | | |
| Panthers | 3 | | | 6 |
| Tigers | 1 | 1 | | 2 |
| Vipers | 1 | 1 | | 2 |
| Strikers | | 1 | | 0 |
| Rangers | | 2 | | 0 |
| MacArthur league | | | | |
| Renegades | 2 | | | 4 |
| Cosmos | 1 | 1 | | 2 |
| Fury | | 2 | | 0 |
| Pershing league | | | | |
| Sting | 1 | | 1 | 3 |
| American | 1 | 1 | | 3 |
| Cullman | 1 | 1 | | 2 |
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- 4802 University Drive NW—837-1207

ANNOUNCEMENTS

Bloodmobile

The bloodmobile will be at building 3480N today from 10 a.m.—2 p.m. On Friday it will make two stops, at building 4566 from 8 a.m.—12 noon and at building 5400 from 8 a.m.—12 noon.

Supply management intern program

Application periods for federal workers to apply for the DAR-COM supply management intern program are scheduled in April and October. April applications must be submitted to DRSMI-JTE by April 30. Copies of the announcement PSA 1-74 may be requested from DRSMI-SS, Willena Richardson or Vickie Springer, 876-1531/1411.

Ground school

The Redstone Arsenal Flying Club will conduct an FAA approved private pilot ground school April 24—June 28 on Tuesday and Thursday evenings from 6:30—8:30 for persons eligible for membership. For more information call the Flying Club at 881-3980 from 8:30 a.m.—12:30 p.m.

AUSA membership drive

The local AUSA chapter is conducting a membership drive through April 30 with a goal of obtaining 3,000 members. For information on joining AUSA call Marie Sexton, 876-1880.

UNCF banquet

The local United Negro College Fund benefit banquet will be held April 19 at 7 p.m. at the Civic Center. Marla Gibbs who plays Florence on "The Jeffersons" television show will be special guest plus a "surprise" guest is scheduled. Tax-deductible tickets for the benefit banquet are \$30 for adults and \$25 for students. For more information call Emmett Florence, 876-7222. Tickets may be obtained by calling 837-1630 extension 251, or 536-2486.

Recreation Center

Tonight—**Ping Pong** at 7 p.m. Thursday—**Bingo** at 8:30 p.m. Friday—**Air Hockey** at 7 p.m. Saturday—**Kids' show "Hunting the Snark"** at 2 p.m. Sunday—**Coffee and doughnuts** at 2:30 p.m. Monday—**Video games and free refreshments** at 7 p.m. Tuesday—**Pool** at 7 p.m.

Post theater

Tonight and Thursday—**Hot Dog—The Movie (R)** at 7 p.m. Friday and Saturday—**Never Say Never Again (PG)** at 7 p.m. Saturday late show—**Risky Business (R)** at 9:40 p.m. Sunday and Monday—**Star 80 (R)** at 7 p.m. Tuesday—**The Dead Zone** at 7 p.m.

Lenten event

A "Lenten Intergenerational Event" for adults and school age children is scheduled April 8 in the Bicentennial Chapel assembly room. Protestants are to meet from 9-10:15 a.m. and Catholics will meet beginning at 10:45 a.m. Activities with a Lenten theme are planned along with coloring eggs and making pretzels. For more information call 876-2409.

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Carpool wanted from Athens area to BMDSCOM area, hours 7:30-4. Janice Christopher 876-8801.

Arab

Carpool wanted from Arab to 4488, hours 7:30-4 (flexible). Lisa Conley 876-8315.

Elkton

Carpool wanted from Elkton to 5678, hours flexible. Bill Ware 876-8590.

Pulaski

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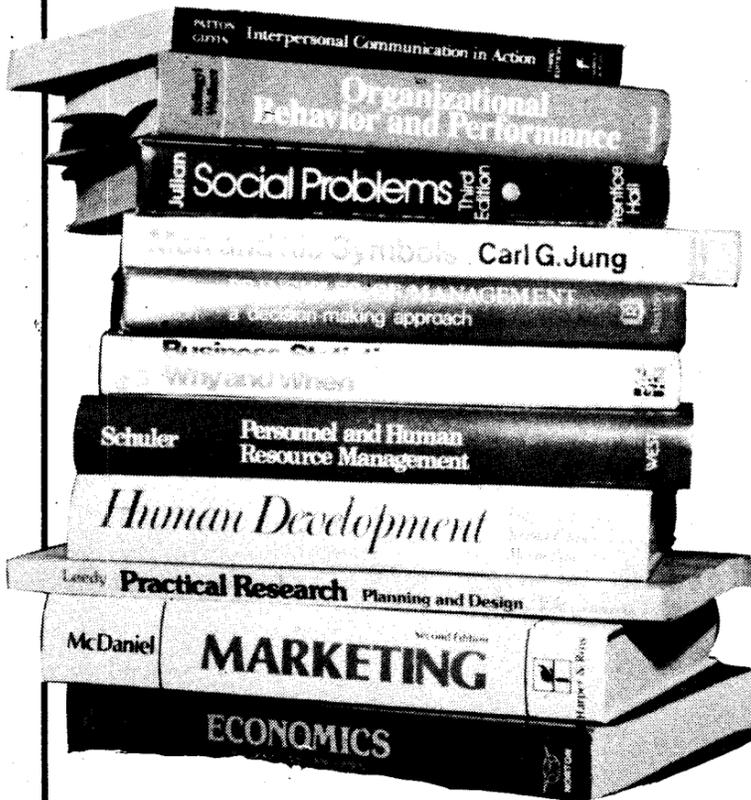
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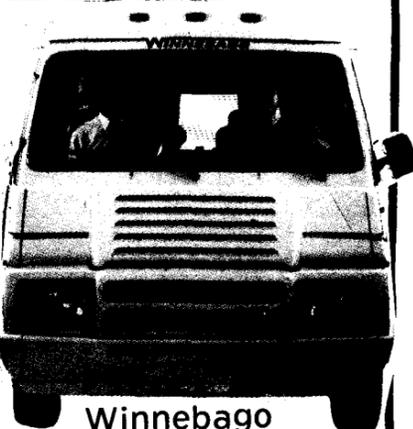
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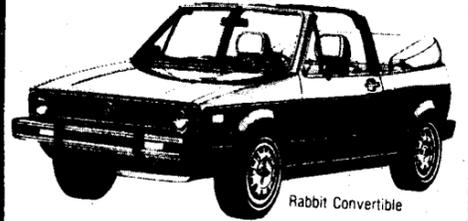


CLEANING UP— A drag line and several dump trucks from Huntsville's public works department came onto the arsenal last Thursday and Friday to scoop up and haul away debris lodged against the bridge over Huntsville Spring Branch on Patton Road. Tons of debris from the city washes downstream onto the arsenal. Some of it collects at the Patton Road bridge but most washes on into Wheeler National Wildlife Refuge where it hangs in swampy areas.

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