

Redstone Rocket

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Arthritis

Joint disease can vary from mild to crippling

BY SKIP VAUGHN

Almost everyone eventually gets some form of arthritis.

And when the joint disease strikes, it usually doesn't go away. That's why educating the patient is so important, according to Capt. Ted Gutierrez, chief of the physical therapy clinic at Fox Army Community Hospital.

"I have found that I can't just treat them for today," he says. "I can't just put a hot pack on them and send them off. I've found that I'm much more effective if I teach them, if I educate them to treat themselves."

More than 30 million Americans have some form of arthritis. Each year it costs the economy more than \$14 billion in lost wages, medical care and other expenses. "Arthritis is only second to heart problems as a cause of disability and disability payments," Gutierrez says.

The word *arthritis* means inflammation of the joint (*arthro* meaning joint, *itis* meaning an inflammation). There are at least 100 different types of arthritis. Some of them are hereditary, some are developmental. They can range from mild cases to very crippling.

Different types

The two most widespread types of arthritis are osteoarthritis and rheumatoid arthritis. Osteoarthritis is more of a degenerative process. It's a chronic problem that is more due to overuse, disuse and age.

"Probably every person over 60 has a mild form of it to some extent," Gutierrez says. "Some of them don't even notice any symptoms. Others, their joints get stiff or they feel pain in the morning. Osteoarthritis is a real chronic problem but it can be treated and deformities can be prevented."

Osteoarthritis (also called degenerative joint disease) can be treated through anti-inflammation medica-

tions, physical treatments to help reduce swelling and pain in the joints, and a balance of rest and exercise.

"The most serious form of arthritis is rheumatoid arthritis. It's the most serious, it's the most painful, and it's the most potentially crippling. It can affect all age groups, it doesn't just affect the elderly," Gutierrez says.

Rheumatoid arthritis can affect more than just the joints, too. It can attack other systems of the body such as the lungs, skin, blood vessels, muscles, heart,

and eyes. Mostly the symptoms are loss of joint motion and severe deformity of the joints. This can include gnarled hands and swollen joints. Unlike osteoarthritis, which develops gradually, this form of arthritis strikes quickly.

Physical therapy

About 40 percent of the 80-100 patients Gutierrez treats each day have some arthritic problem. He at-

(Cont'd on page 4)



ARTHRITIS PATIENT — Alene Vander Heyden, wife of a retired Army officer, has her neck motion measured by

Capt. Ted Gutierrez, chief of physical therapy clinic at Fox Army Community Hospital.

Activities planned for 'month of the military child'

April's "month of the military child" begins with a college fair this Saturday.

Events have been planned by the Army Community Service and by the Child Development Services. Secretary of Defense Caspar Weinberger declared the observance for the third year.

"Our children are our future, that's what it's all about," said Evelyn Fox, ACS honorary volunteer supervisor.



On Saturday, alumni throughout the arsenal will represent their colleges from 1-4 p.m. at the Teen Center in building 114. More than 30 colleges are to be represented at this College Fair '85. "It is geared for students eighth grade and up, and servicemembers are welcome," Fox said.

Application forms, catalogs and scholarship information will be available at the college fair. "Also the Education Center will be there with information on every college in the United States, besides those that are represented by alumni," Fox said. "Capt. Rankin Clinton is chairman of the college fair and he's a member of the ACS Education Committee."

An Easter Party for children has been scheduled for 2 p.m. this Sunday at the Recreation Center. Admission is free.

The "Week of the Young Child," April 7-13, will feature activities aimed especially for preschoolers. Plans include a balloon launch in which balloons are sent skyward with notes written by children asking that letters be mailed back. The special week is "in recognition of young children and all the different programs that we offer for young children here," said Shirley Sterbenk, chief of Child Development Services.

"It also gives us a chance to publicize, through art displays, what these kids can do," she said. The preschool program has some 45 children, ages 3-5. The Child Development Center has an average daily attendance of 101 children, ranging in age from 6 months to 12 years. The CDS family child care program will also be involved in the upcoming activities, Sterbenk added.

Army Community Service will be accepting posters through April 6 in any medium displaying the theme

"My Mommy/Daddy is in the Army," according to Susan Carr, an ACS volunteer and co-chairman for the special month. The posters will be for display in the Commissary, Post Exchange and ACS building. Exhibits will be rotated each week during April 8-30.

Children age 9-15 will have a chance to create an original gift for Mother's Day on two consecutive Thursdays, April 18 and April 25, from 4-5:30 p.m. The ceramics crafts shop will accept reservations from the first 15 youngsters who call 837-1984, Carr added. There will be a 25 cent charge.

In local schools with military children, an ACS volunteer plans to ask those children to bring in certain items for display at the schools. These are to include pictures of their favorite places, and posters listing their longest and shortest plane rides and schools they have attended, said Patricia Shamlin, ACS volunteer and co-chairman for the special month.

"I'm going to be working with the principals and we're going to ask children of the military to bring in these items to display them on a bulletin board or showcase," Shamlin said.

On April 20, a Fun Fair is to be held from 10 a.m. to 3 p.m. on the grounds of the Recreation Center. Parents are encouraged to participate with their children. Events are to include a pet show, spring bonnet and top hat parade (for children through kindergarten age), putt putt golf tournament, pony rides, and a small crafts workshop (inside the recreation center). Ongoing activities are to include fitness games and Boy Scout demonstrations. There will also be bowling at a discount for children that day at the bowling center.



Has a suggestion

In response to the letter "On driving slow" (March 20 *Rocket*): The speeder and reckless driver justifies his/her action with the philosophy that "the slow driver makes me do it". Those few words say it all. They clearly describe the level of driving incompetency of so many individuals that are actually licensed to operate a motor vehicle on our streets.

In addition, the writer complains about Huntsvillians; presumably we don't measure up to his/her standards. We have highways and byways going in all directions, buses and airplanes leaving several times a day to all those exciting places around the country and the world. I suggest the letter writer use whatever mode of transportation is most convenient and expedient. No one twisted your arm to come here and I'm certain no one will beg you to stay. Adios!

Name withheld by request

No free coffee

Editor:

In the past customers in the cafeteria located in building 5250 have enjoyed that second cup of coffee "compliments of the house." That courtesy is eliminated.

In view of the fact that every restaurant in town serves that second cup of coffee free and sometimes provides a potfull for the price of a cup, I found this very unusual.

Name withheld by request

Soldiers struck by vehicle remain stable

Three 7th Student Company soldiers were listed in stable condition this week at Fort Campbell, Ky., after being struck by a car while marching at Redstone on March 18.

Pvt. Dean Jahnke of Rainelle, W. Va., was undergoing followup surgery March 25, according to the Fort Campbell public affairs office. He suffered leg and head injuries. Pvt. Timothy Cullen of Lake City, Fla., had surgery that morning and was reported doing well. He suffered leg fractures. Pvt. Brian Kalstad of Austin, Texas, previously had surgery for leg fractures.

Meanwhile, the driver accused in connection with the incident remained free on bond.

Definitive answers

Editor:

Here are the definitive answers to the questions puzzling Capt. Knoll.

Beginning a sentence with "Honestly" means the speaker is about to exaggerate wildly, such as "Honestly, you're the most fascinating man I've ever met." What she really means is that in the fascinating league you are in the running for the cellar but she will endure the tedium for another free dinner.

A captain should know the obvious answers to the diet questions. The weight you lose goes to a holding tank inside the earth and will be returned to you when you break your diet and go on a gluttonous splurge. You don't want to carry around someone else's used fat, do you?

Yes, it is possible to lose weight from your brain. Some of us civil servants do it all the time. The longer we are employed by the government, the less we make use of our brains. The cerebrum slowly atrophies and turns to fat which weighs less by volume than brain matter. Some "high grade" employees are even in danger of the fat expanding to the point of swelling the cranial cavity while the production of logical thought ceases entirely.

A question for the captain: Is life real?

Name withheld by request

Letters to the editor should be signed (name withheld on request) and sent to: The Redstone Rocket, DRSMI-6. Unsigned letters will not be used.

AER drive starts Monday

The 1985 fund campaign here for Army Emergency Relief will be held April 1 to June 15.

"AER makes interest-free loans and/or grants to both active duty and retired military personnel and their family members when they have emergency situations beyond their own means," said Juanita Adams, Redstone's AER officer.

This year's campaign goal is \$40,000. The drive last year raised \$38,312 while a total of \$90,014.78 was provided in loans and grants during 1984.

A campaign kick-off meeting and briefing of key representatives will be held from 10-11 a.m. Monday in room B-200 of building 5250. The drive's project officer is Capt. Charles Brandon, adjutant for Special Troops.

"The key people will not be soliciting from civilians. However, civilians may contribute," Adams said. "Each year many civilians do contribute to help support this worthwhile program."

Army Emergency Relief's slogan is "Army people helping Army people." The program was created in 1942. Last year it provided to Army people more than \$24,245,000, a record amount for the fifth consecutive year.

For more information call Adams, in building 3491, at 876-5468.

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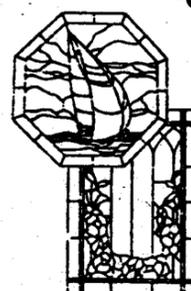


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A look at the state of Army medicine

BY CARMEN FINSTAD

WASHINGTON — Considering its mission and what it does with its limited resources, the Army's health care system works quite well. Medical officials acknowledge that the system has shortcomings, and they're continuing to review policies, programs and practices toward improving health care provided to soldiers and their families.

That summation comes from Col. (Dr.) Graham E. Beard, the Army's chief of medical quality assurance.

Since 1982, when the first of several well-publicized cases of questionable medical care surfaced, Congress and the Department of Defense have been putting unprecedented emphasis on tightening control over the quality of health care provided by the Army, Beard said.

At that time, the Defense Department studied the medical care system and identified four major problem areas: physician credentials, patient records, qualifications of emergency room staff, and supervision of non-physician health care providers, such as nurses and corpsmen.

Then in fiscal year 1983, at the direction of Congress, the Army set up a quality assurance program. In general, the program strives to keep Army health care facilities operating as efficiently and properly as possible, Beard said.

"A lot of quality-control programs had been put in place and are being done," Beard said, "but with all the attention it would appear, 'gee, this is just being started.'" During the past two years, the Defense Department and the Army have issued several directives aimed at insuring quality improvement.

A matter of time

Nevertheless, a 1984 Army audit of two major commands and eight Army hospitals in the United States, Germany and Panama found problems similar to those brought out in the 1982 DOD survey. Though the latter report said the "identifiable cases of questionable health care account for a very small part of (the) workload," it questioned Army practices in verifying the credentials and performance of medical personnel, monitoring the quality of patient care, assigning unqualified staff to the emergency room, record keeping on patients and doctors, and controlling distribution of addictive drugs.

"After the DOD audit, we had begun to set the machinery in motion," Beard said. "But as in any bureaucracy, you cannot correct everything overnight. It literally takes time." He said the Army had to write

directives and messages, acquire manpower, and change the mindset of personnel. "It deals with human nature," he said.

Before the Army's study results were released to the media, quality assurance personnel already had taken concrete steps toward correcting deficiencies in the health care system.

Changes already carried out include the following:

—The Army has run a complete audit verifying credentials of American-trained active-duty military physicians. Verification of credentials for foreign-educated and civilian physicians continues.

—A quality assurance office has been established in the office of the Army surgeon general and in all U.S. and European medical command headquarters. In addition, full-time risk management teams have been assigned to eight Army treatment centers, and quality assurance offices have been established at each of the Army's 50 hospitals to integrate and monitor hospital quality assurance programs. Beginning in October, 115 more civilians will join the medical staffs to perform hospital quality assurance functions.

—The Army has updated its regulation 40-48, which prescribes policy on physician supervision of nurses, corpsmen and other physician assistants. Also, a new edition of AR-40-66 incorporates more-stringent pre-credentialing and credentialing policies, procedures and reporting requirements.

—Quality-assurance education and training seminars were conducted recently for commanders of medical treatment facilities, and a world-wide hospital quality assurance training course for QA coordinators was held in February.

—Physicians also are being required to complete an "occurrence screening" report on each patient they treat in an Army hospital. The report contains 18 situations that must be checked when a patient is discharged or when a physician encounters them during treatment. Situations include cardiac or respiratory arrest, post operative complications and organ failure not present on admission. The results go into the physician's permanent file.

Getting the best

Aside from introduction of the quality assurance program, Army health care has improved over the years, in Beard's view, because the service initiated an active recruitment program to attract quality personnel. Initiatives included use of the armed forces health professions scholarship program that provides an almost fully paid medical education in return for at

least 11 years' active-duty military service. Founding of the Uniformed Services University of the Health Sciences in Bethesda, Md., which began teaching in 1976, also influenced the influx of quality doctors into the Army. The Defense Department runs the university for career military medical officers.

Beard said most of the service's medical care problems originated in the mid-1970s, just after the draft ended, when physician strength fell to 3,500. "The Army didn't have as much choice in selecting doctors as they have now," he said.

Currently, physicians number 5,100. Beard attributes the increase to the rising costs of obtaining a medical degree (about \$25,000 per year at Georgetown University in Washington, D.C.) and of maintaining a practice in the private sector.

Even though 25 percent more doctors have joined the team in the past 10 years, Beard said the Army still faces a challenge because support personnel strength remains at the same level. "That makes it kind of difficult," Beard said. "If you increase the workload and the services, you need to have some sort of support."

Beard said the Army's recent realization that emergency room care requires unique skills also has led to improved patient care, "the specialty of emergency room medicine has been recognized only in the last two-to-five years," he said. "It certainly is one of the newest specialties we have."

In the past, administrators relied too heavily on emergency room staffing rosters, rather than on a match-up of medical qualifications, to determine who held duty. "They had medical degrees, so they were sent on down there to do it," Beard said.

"The hope was, as in anything, that nothing would go wrong."

In relative terms

"Basically, I feel that for all of our problems we're providing more care than the outside world," Beard said. For the 407,000 admissions and 23 million outpatient visits in fiscal 1983, fewer than 400 malpractice claims were filed against the Army. He said the Army still would come out ahead even if soldiers were subtracted from the total number of patient visits. (Soldiers are prohibited, by law, from suing the government for medical negligence.)

Beard further supports his case by adding that patients admitted to an Army facility will find the whole team — doctors, nurses, corpsmen and administrative personnel — on the ward. "You're not going to see that (kind of staffing) in a civilian hospital — I don't

Medicine (Cont'd on page 6)

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Arthritis

(Cont'd from page 1)

tributes this to the fact that he treats a large number of retirees, and older people are more susceptible to osteoarthritis. "I have very few patients with rheumatoid arthritis. Usually they're referred to a local rheumatologist," he says.

Physical therapists work together with physicians in the treatment of arthritis. "We're mostly involved with helping the patient learn the prescribed exercises, certain rules about posture, a variety of adjustments to their activities of daily living to help the patient avoid further stress on their joints and pain," Gutierrez says, "teaching the person the proper balance of rest and activity, and also teaching the patients the use of modalities. That's the different applications of heat or ice."

Gutierrez is on the board of directors of the Northeast Alabama chapter of the Arthritis Foundation. He tries to get involved with the predominant problem he finds wherever he is stationed, he says, and arthritis is the main one he sees here. "When I was at Fort Jackson, S.C., I was very involved with training-related injuries. Here, my emphasis has changed," he says.

The 35-year-old San Antonio, Texas, native has been an Army physical therapist since 1975. He received a master's degree that year from the Army's Academy of Health Sciences at Fort Sam Houston

which has a physical therapy program in conjunction with Baylor University.

Arthritis Foundation

On April 28 Gutierrez is to appear on the local segment of a national telethon for the Arthritis Foundation. The telethon is set for 10 a.m. to 5:30 p.m. that date (locally on ABC affiliate Channel 31).

"They'll have breakaways to the local sites. I'm supposed to appear between 3:00 and 4:00 for two 10-minute sessions," Gutierrez says. "And during that time, I want the Redstone Arsenal community to make their pledges of donations."

Gutierrez, to appear in uniform, is to be asked questions about arthritis and physical therapy. The telethon is for raising money to help provide services the Arthritis Foundation gives, he says. It's for establishing the arthritis treatment centers, supporting research for treatment, and supporting local chapters which provide voluntary assistance and information for arthritic patients. The local chapter is located at 316 Longwood Drive, SW Huntsville (phone 536-9117).

Arthritis "will probably affect each one of us at one time or another in our lives," says Gutierrez. "It'll affect either one of us or one of our loved ones."

AUSA opens membership campaign

A membership drive is under way here for the Association of the United States Army.

The goal is to increase the membership of the Redstone-Huntsville chapter to 2800, according to campaign workers.

AUSA is open to civilians and military people, including retirees. The national organization was formed 35 years ago. Its 1985 resolutions include a realistic Army budget, a strong Army, a modern Army, the projection of landpower, and support for soldiers.

A leaflet lists the group's main objectives as "educa-

tion of the public, liaison with industry, support for the people who serve in the country's uniform, and their professional military development."

The membership drive began Monday, March 25, when Maj. Gen. Jerry Max Bunyard was scheduled to renew his membership. The drive will continue through April 30.

Col. Billy Sharp, serving as individual membership chairman, can be reached for more information at 876-8071. Missile Command workers can also call Emily Dykes 876-2780.

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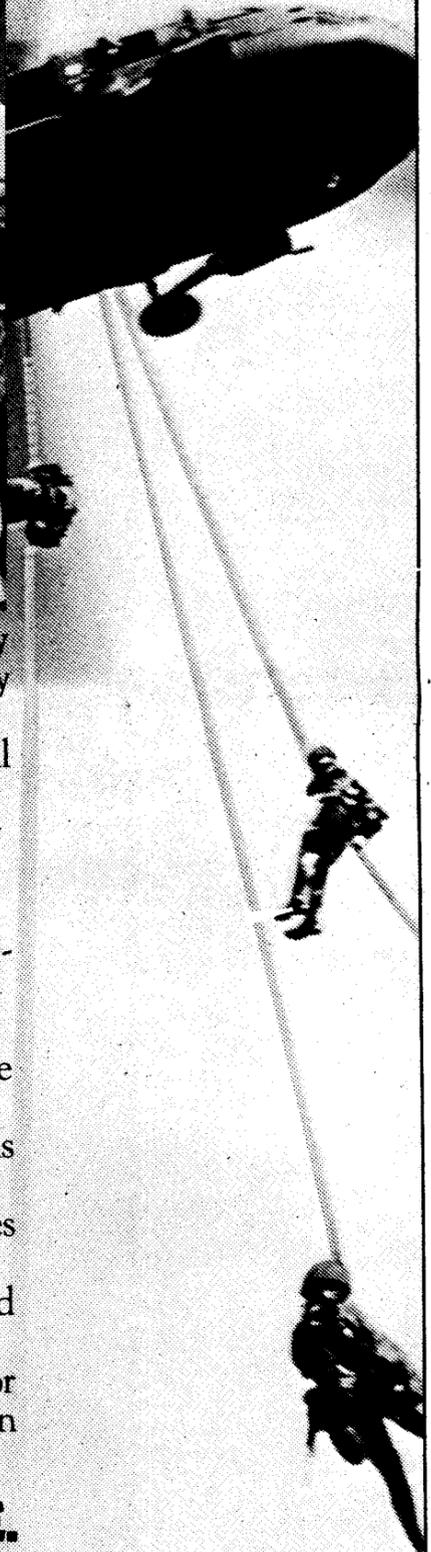
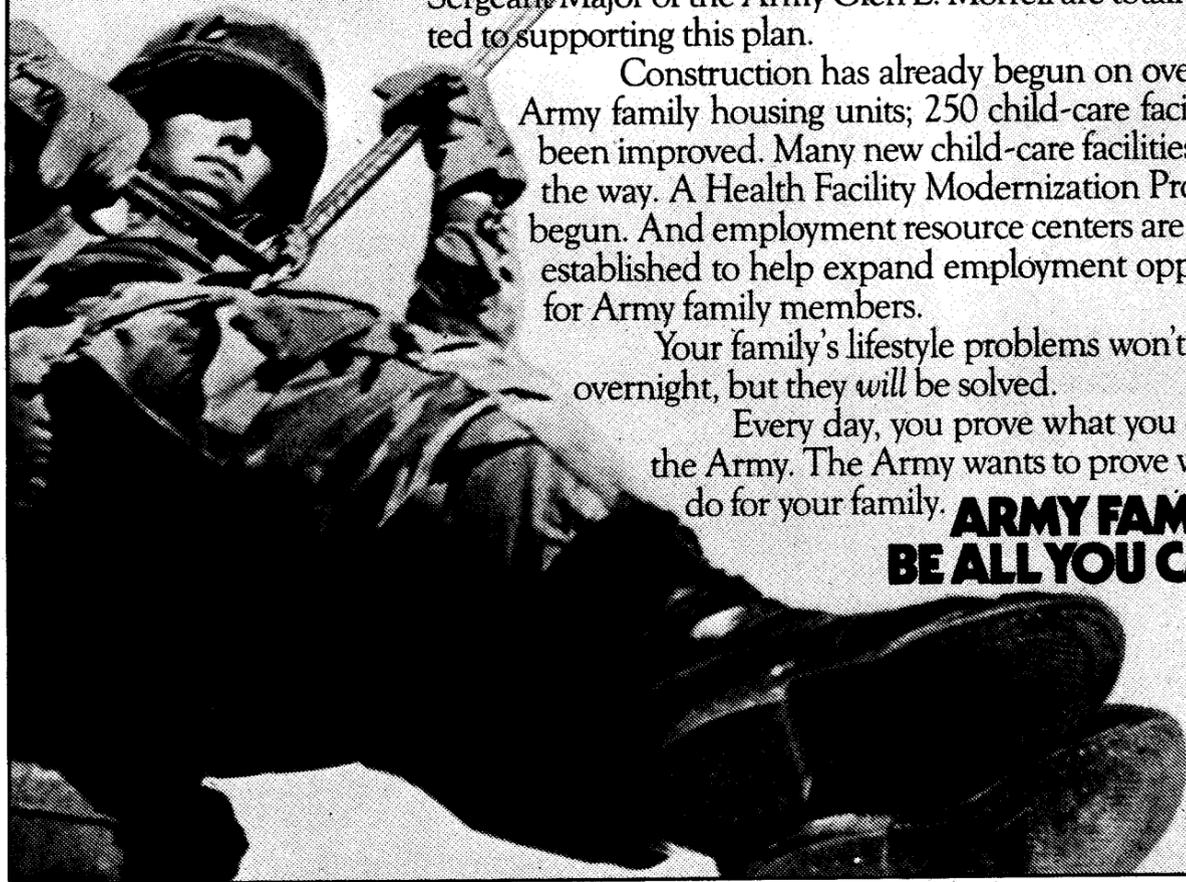
The Chief of Staff, General John A. Wickham, and Sergeant Major of the Army Glen E. Morrell are totally committed to supporting this plan.

Construction has already begun on over 2,500 Army family housing units; 250 child-care facilities have been improved. Many new child-care facilities are on the way. A Health Facility Modernization Program has begun. And employment resource centers are being established to help expand employment opportunities for Army family members.

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Medicine

(Cont'd from page 3)

care how good it is — unless you're paying very dearly for it," he said.

Beard said that through the quality assurance program the Army strives to have its patients feel they are

receiving care at least equivalent to what they'd receive anywhere outside the military. "Our goal is to have people feel comfortable with the care they're receiving," he said. "We want them to feel pleased and proud that they are receiving quality care."

(Carmen M. Finstad is an associate editor of the Army News Service.)



A STEP AT A TIME — Armies through the ages have moved on foot and students in the officer basic course here got a chance to practice this time-tested method of troop movement with a nine-mile march last Friday. Thirty-three

lieutenants carrying 35-50 lb backpacks trekked from a training area near the river on the south arsenal via Patton Road to the school area. They covered the distance in about 3 hours and 45 minutes — all but five who fell out.

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March post soldier prepares for life after Army

BY PAM ROGERS

Sp4 Gary Yenny joined the Army so he could travel and earn money for college.

Yenny is a nuclear weapons specialist in the 515th Ordnance Detachment's Nuclear Weapons Support Division, and he's post soldier of the month for March.

Although the Army was not quite what he expected, he believes he's gained good experience.

"I've learned quite a bit about mechanics and electronics, and as far as the world goes, I was in Europe for one and a half years. That was a whole different culture," Yenny said. He was stationed in Italy, and earned to speak Italian.

He plans to work and attend college when he has fulfilled his commitment this July.

"I have a couple of job offers, one in Florida and one in Texas, so I'll have to decide," he said. The college he attends will depend on his job location, but he knows he wants to be an electrical engineer.

Yenny feels that preparing for soldier of the month competition improved his knowledge of Army manuals and regulations.

"I think it's something everyone should do,

especially if they're planning to make a career of the Army," he said.

Yenny was born and raised in Trenton, N.J. His family was a little surprised when he decided to join the Army. He has three brothers, none of whom have served in the armed forces.

He finds Alabama a bit different from his home state, but says Huntsville is a nice town, not too different from Trenton.

Yenny's hobbies include running, hunting, fishing and coin collecting.

"I like running— I ran all through school and I try to keep it up now," he said. He hasn't had much time lately for his other hobbies.

He would advise any young person who is considering enlistment that it's not a decision to be taken lightly.

"You need to be sure you want to dedicate three years of your life to this. You have to be in the right frame of mind or you'll wash out. While you're in your first tour, you should decide if you want to make a career of it. I can't see myself making it a career. It's a good life, but it's not my kind of life," he said.



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For sale: motorcycle helmet \$20; motorcycle rainsuit, \$15, Call 882-9355.

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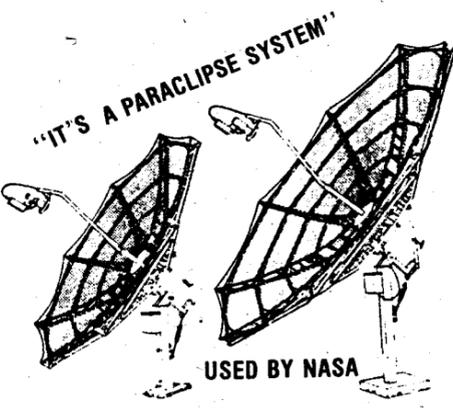
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- Type or legibly print a brief description of what you want to sell on an 8½x11 inch piece of paper (no 3x5 cards or torn paper accepted). You must list a price, your home phone number, your home address, and your duty status (active or civil service).
- Sign the ad.
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Mail Rocket Classified ads to Sara Grant & Associates, Attn: Redstone Rocket Classified, P.O. Box 5351, Huntsville, Alabama 35805.

The Redstone Rocket will not accept free classified ads by telephone.

The Redstone Rocket is not responsible for typographical errors or for omissions in this section.

Comptroller has plans for his 'family' organization

BY PAM ROGERS

The Missile Command's comptroller believes worker professionalism has helped build a superior agency.

"MICOM is head and shoulders above other places I have been, both in and out of AMC," said Col. George Laslo, who has been here since Jan. 14.

That doesn't mean he's not planning any changes within his organization, though.

He believes the best way to accomplish his mission is to concentrate on the morale of the employees.

"I'm very people-oriented. I believe in mission performance, but I'm cognizant of the fact that you only get things done through people. You have to develop and recognize the people who work to get those things done," he said. "I can provide direction and assistance, but the organization functions in the way every person performs. It's extremely important that everybody in the organization knows where we're headed as a group.

"I believe that every employee in my organization tries to do well. They just need to know where they're headed, the rules of the game, and they need to be recognized for their work performance. Then people will do what they're supposed to do, and do it willingly."

Laslo conducted his own survey among the 529 employees of the organization in an attempt to determine problems. The most serious is a perceived deficiency in communication.

"Communication up and down the chain of command, and laterally, needs to be improved. There is a lack of understanding between divisions," he said. Laslo believes the wide physical separation of the employees is a hinderance, but added that people are so busy with their own specialties, they don't fully appreciate what goes on outside their offices.

He believes employees will react favorably to the changes he has in mind. He wants to upgrade the working environment, especially in the Finance and Accounting building.

"I'd like to see everyone get more involved beyond the workplace. I'd like to have both social and professional activities that allow us to get together as a group," he said.

He plans to organize a chapter of the American Society of Military Comptrollers here. The professional organization is open to military personnel and civilians who work in resource management.

Laslo is also planning seminars on smoking cessation, nutrition, exercise and stress management for his workers.

"I believe this to be a positive approach to dealing with sick leave abuse and employee absenteeism. The whole nation is on a health kick, and that's appropriate. I'd like to afford folks the opportunity to learn what they can about making themselves feel better, physically and emotionally.

"I've always felt, in every organization I have been a part of, and especially those I have been head of, an

organization must function just like a family in order to work. I'll continue to refer to this organization as the comptroller family because I honestly feel that's what it's got to be.

Laslo has a more conventional family. He and his wife, Martha, have four children. Their oldest son, Herbert, is an Army captain stationed in Schweinfurt, Germany. Second oldest son Stefan works for the Columbus, Ohio, police department. Their daughter Patricia is an AMC procurement intern at TACOM. Gregory, 13, attends Randolph School.



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Old fire station gets fiery send off

BY SKIP VAUGHN

It was more than an old building to the firefighters who gave it a fiery send off.

Building 7102 on Redstone Road had once served as a fire station. For two weeks before it was disposed of, the building had been used as a training aid for firefighters who put out fires in individual rooms.

Finally the shell of the building was set afire and allowed to burn to the ground. It seemed a fitting send off for a structure with a history in fire service.

"A lot of good men worked here," said Capt. Thomas Stephens, fire department training officer, as he watched the old building burn. It had been built in the early 1940s and served as a fire station and jail. Back then firefighters also had guard duty.

The building was fire station number one, the department's headquarters, until 1974 when it became station three. It was closed two years ago when the department got two new fire stations.

Using the structure as a training aid saved the government a lot of money, according to Stephens. "Whenever we've got to send anybody to (Defense Department firefighters') school, they've got to go to Chanute Air Force Base, Ill.," he said. "Figure up per diem and travel for about 40 men, you're saving a good sum of money."

The Redstone firefighters got to use their own equipment, rather than equipment at Chanute AFB, he added. Plus the department saved the government the expense of tearing down an old building. "They couldn't get anybody to buy it," Stephens said.

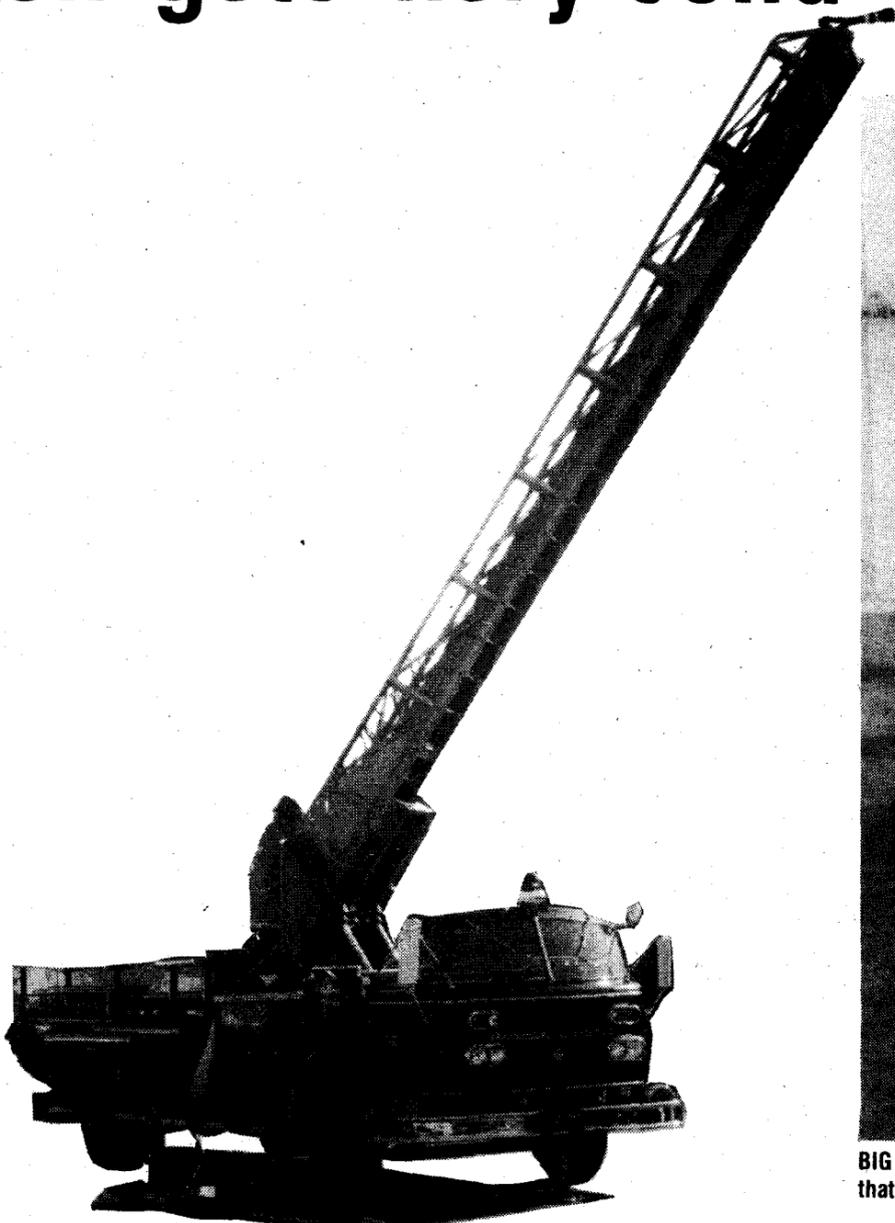
In the two weeks it served as a training aid, "we really got excellent training," said Fire Chief Sam Taylor.

On Saturday, March 16, Stephens and the rest of his crew spent their duty time preparing the building for disposal. The members of station three, B shift, included Stephens, driver Bobby McFarland, and firefighters Steve Dunham, Charles Terrell and Buford Smith. McFarland, the assistant training officer, called in Monday morning and announced that he wouldn't be able to attend the scheduled burning because his wife had given birth to a baby boy.

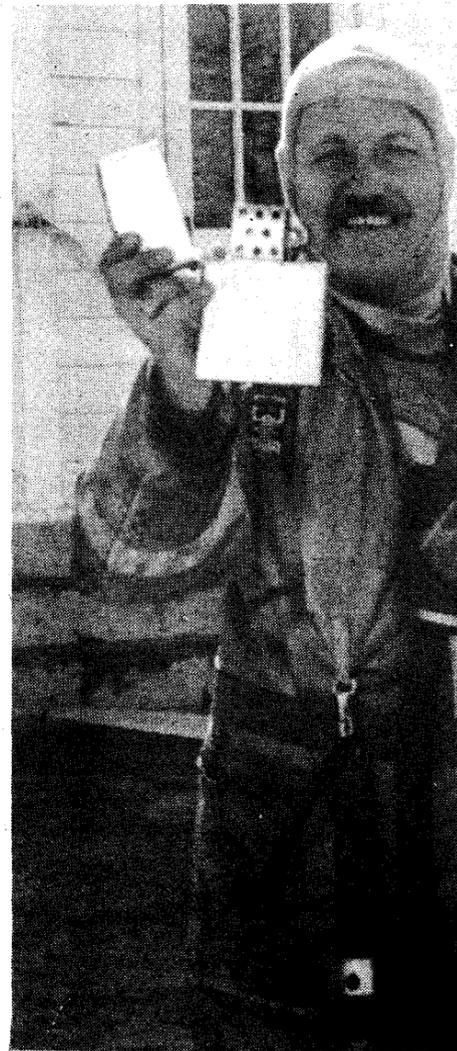
He will be able to see the building burn on videotape, however, Stephens said. The two weeks of training and the final disposal of the building were all filmed to find out where improvements could be made.

"The better trained you are the better the operations you're going to have and the less likely you are to have anybody hurt," Stephens said, "because in the best of times, it's dangerous."

The building was prepared so that it would burn quickly and completely. About 9:25 a.m. Monday, March 18, smoke started spewing from the mostly wooden two-story structure with about a five-story tower. Minutes later flames came from the building. A



LADDER TRUCK — Fire truck with ladder readies for action.



BIG LIGHTER — Capt. Tom Stephens, holding that "big fires call for big lighters."

firefighter on a ladder truck sprayed water on one side of the structure so that it would collapse inward.

"How'd you like to make a living putting them out?" firefighter Bo Hannon asked a bystander. "I tell you, I've been in a couple of them and they're about that bad."

Carl Upton, a maintenance foreman, was among the onlookers. He had done maintenance work on the building from 1980 until the fire department moved in-

to the new stations in 1983. "It's sort of hard to see it go down. After you work on one, you sort of get attached to it," Upton said.

The maintenance foreman pointed out the collapsed roof and told about how the tar had started "pouring down like water" when the heat became intense.

"These guys earn their money," Upton said. "If they don't fight but one a year, they earn their money."



ON FIRE — Flames roar from building 7102, an old fire station.

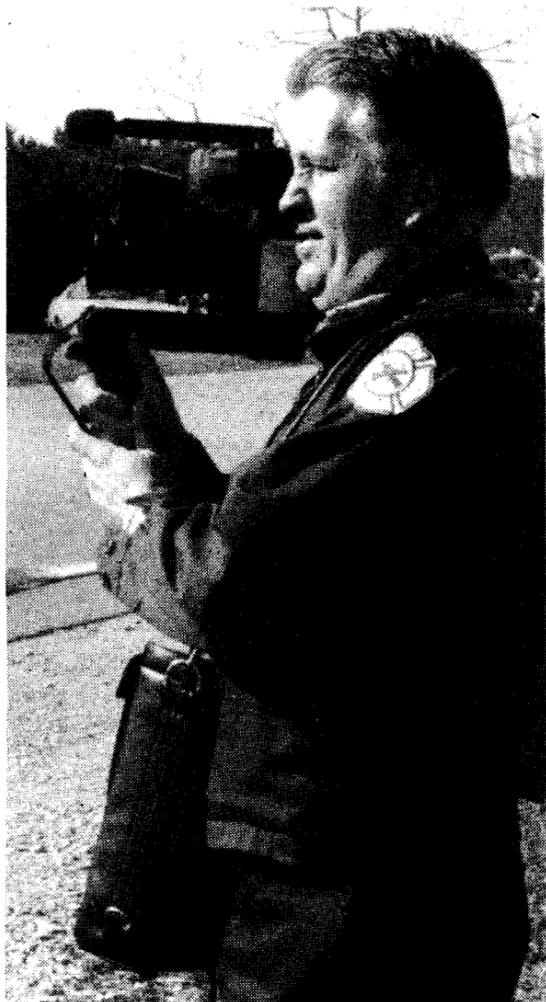
ON FI



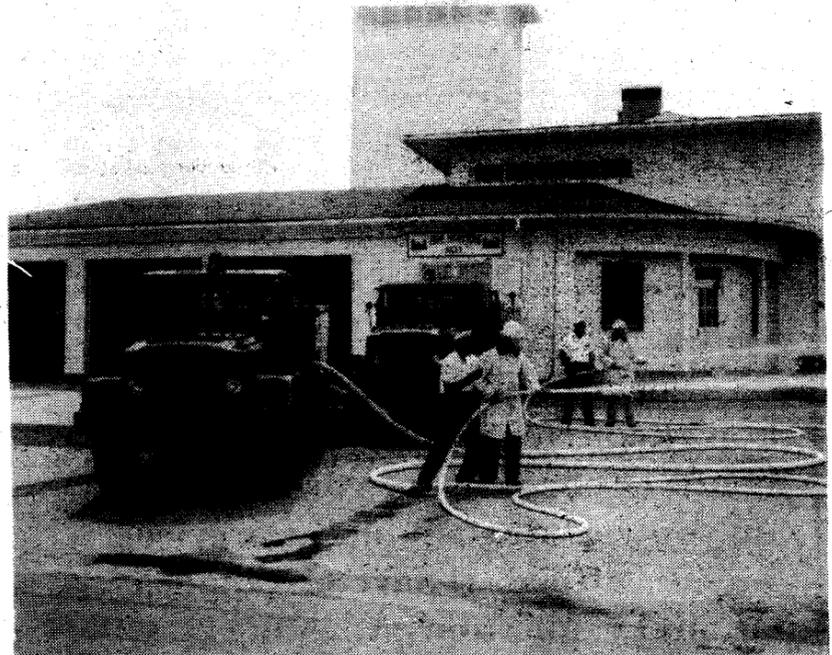
that will ignite the fire, quips



SMOKING — The old building begins spewing smoke.



Fire Inspector Bill Cross videotapes the action.



BETTER DAYS — The old fire station as it once looked. The occasion is a demonstration of new fire trucks in 1958.

Fire station stood out from other buildings

The old fire station on Redstone Road stood out among the buildings around it and had caught the fancy of architectural historians who described it recently as "a military building with unusual pretensions to style".

It was one of wood frame structures erected here in a hurry when World War II began and, while based on a standard design for Army buildings, had been embellished with architectural touches that gave it a look apart from the other buildings.

"The two-story wood shiplap-sided building is derived from a standard World War II Army building prototype but varies from the prototype through employment of such distinctive architectural features as a curved entry bay and five-story watch tower," architectural historians wrote in a historic properties report for Redstone Arsenal. The report was drafted in 1983 as part of a survey by Army Materiel Command to identify historic properties on AMC installations.

The old fire station was situated on a knoll in close proximity to the headquarters and other activities of

Redstone Ordnance Plant. From this vantage point, a fire watch in the tower had a clear view of the ammunition production lines to the east, where the work was dangerous and fires and explosions common.

Other original buildings in this old "headquarters circle" area that has figured prominently in the history of Redstone Arsenal have been torn down during the past decade.

The fire station was closed in January 1983. Up until that time, it held the distinction of being the oldest building on Redstone that had been continuously used for the purpose for which it was built.

The architectural historians who examined the building said it possessed "local importance" and recommended preserving it by finding an "adaptive use... that will not alter its distinctive architectural character."

However, officials determined that the cost of converting the old structure and keeping it up was too high.

British Falklands veteran talks about leadership

BY JEFF WATSON

A member of the Royal Marines from the United Kingdom recently visited Redstone Arsenal, addressing several groups on the subjects of low-level leadership within the military, and the Falkland Islands War.

Col. Andrew F. Whitehead, chief of staff for the British Defense Staff in Washington D.C., drew upon his professional training and experiences incurred during the war to express his ideas concerning the responsibilities, qualities, and ingredients of leadership.

In 1981, then Lt. Col. Whitehead, was given command of the 45 Commando Group, which is equivalent to a U.S. light infantry unit with approximately 750 troops. One year later in April 1982, the 45 Commando Group embarked for the South Atlantic enroute to the Falkland Islands.

One of three leading units facing the Argentines, Whitehead's unit made a successful amphibious landing, staying undetected since they had neither troop-number nor air superiority at the time.

After a 5-day beachhead preparation period, orders were given to move out. Traveling by foot through the tundra environment, and under 120-pound packs,

Whitehead's unit sought to secure their assignment mountain-objective.

At approximately 3 a.m. on June 11, the 45 Commando Group began their attack. Under the cover of darkness, Whitehead's men moved up the cold, wind-swept mountain known as the Two Sisters.

Once in position, the 45 Commando Group began the fight for the enemy-occupied high ground. Soon however, the superiority of the highly-trained Commandos became apparent, and the Argentines pulled back towards the coast.

After taking the Two Sisters from the Argentines, the next objective of Whitehead's unit was to make their way to the coast, thus entrapping the Argentines with their backs to the sea. So began the over 100-mile foot journey to the sea (vehicle-priority was given to ammunition).

Upon closing in on the enemy at the coast, the Argentines decided that they had had enough, and the white flags of surrender began to appear.

While Whitehead's unit did suffer casualties, some in important leadership positions, his operation was a success, enforcing his own personal philosophy on leadership.

Drawing from situations such as those he experienced in the Falklands War, and others in his 27-years of military service, Whitehead has developed his own combat hypothesis: in a combat situation there is only one thing for sure, plans will start to go wrong once you begin to execute them.

From lessons such as these, Whitehead stated, you learn about your people, and you find that leadership starts from the bottom, with the corporals and lieutenants.

Whitehead believes there are three characteristics, or ingredients, found in leaders.

First, leaders care about their troops, their families, their training, and their overall welfare.

Second, leaders should have the ability to accurately describe and define their problems and objectives.

Third, leaders must be able to give praise or criticism when necessary.

From these ingredients Whitehead defined a leader as an individual who people instinctively follow, often against their own judgment.

"Communication is essential to meet the objectives in the end," Whitehead stated. "Because nothing succeeds like success."

Medical screening program extends to Army reservists

WASHINGTON — Selected members of the Army's reserve components now are being included in the Army 40-and-over cardiovascular screening program," which up to now had been confined to members of the active component.

As set forth in Army Regulation 40-501, the program serves to conduct the medical clearance required before a 40-year-or-older person takes the Army physical readiness test. It has four phases of medical evaluation leading to the identity of persons having high-risk cardiovascular problems.

Army medical and operations officials have arranged for personnel in the troop program units of the U.S. Army Forces Command to undergo phase I screening

during the period of their quadrennial physical examinations. As to those other soldiers requiring earlier phase I screening because of the nature of their duties — such as troop leaders and drill sergeants — the program calls for them to be identified at FORSCOM for early, out-of-cycle examinations. Officials define "phase I screening" as the standard Army physical exam along with a cardiovascular screen, which consists of an electrocardiogram, a sampling of fasting blood sugar, the measuring of serum cholesterol level, and the taking of a cardiovascular history.

Soldiers not cleared in phase I might have to face a delay before they can obtain subsequent military-sponsored stress-testing. They also should know that

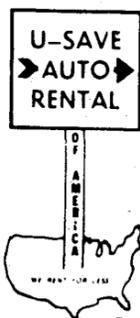
the phase I screening results "simply indicate they're in a high-risk category — not necessarily meaning they have coronary disease," explains Col. J.L. Bedynek, director of the Army surgeon general's task force on fitness.

Right now, a pilot effort is underway in Virginia, the evaluation of which is expected to lead to the program's full implementation during and after fiscal year 1986. In the meantime, officials point out that the 40-and-over men and women of the troop program units will continue performing the annual four-mile march until they're medically screened and cleared for taking the Army physical readiness test. (Arnews)

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Few tears shed for Tin City

Redstone's Tin City complex of buildings is being torn down, to the disappointment of almost no one.

Fifteen of the Quonset hut buildings on Patton Road have been razed. There are five remaining that will be left standing a few more years to accommodate barracks overflow, according to Tom Hood, deputy facilities engineer.

Run-down and dirty, cold in winter, hot in summer and leaky anytime it rains, the Tin City buildings have long been reviled, by soldiers who lived in them and, more recently, by those unfortunates assigned to provisional offices there for "temporary" periods that sometimes extended over several years.

Actually, the buildings themselves were "temporary" but have proved remarkably long-lived. They were brought here in 1958, second-hand from a Navy base in California, for stopgap use as troop housing for a year or two, Hood said.

"But those one or two years have stretched to 26 or

27 years," he added, while the engineers have been trying all the while to get rid of them.

Hood said the buildings have been a colossal headache, requiring continual re-sealing to keep out water and wind.

"The story of those things since '58 has been that the lap joints don't keep water from going in, they expand and contract from one season to another and I don't know how many times we've tried to seal them," said Hood.

The buildings have been earmarked for disposal many times "but every time we'd try to get them down, somebody would always come up with a reason to keep them," Hood said.

For most of the past decade they have been used mostly as transient barracks, billets for reserve personnel on summer training and overflow office space.

Hood said no one would buy the buildings and Facilities Engineering's heavy equipment unit is wrecking them.



BUILDINGS DEMOLISHED — Tin City on Patton Road has had a bombed-out look recently as Facilities Engineering's heavy equipment unit has battered the aging structures to rubble.

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New aide to general has paratrooper background

BY PAM ROGERS

A former Army paratrooper who participated in the invasion of Grenada in 1983 said he was honored when he was asked to work here.

Capt. George Pappas, new aide-de-camp to Maj. Gen. Jerry Max Bunyard, was a battery commander and fire support officer in the 82nd Airborne Division at Fort Bragg, N.C., before starting his present assignment on March 25.

"I'm kind of excited, because I've never done anything like this before. I'm anxious to start work.

"I've always been on the using end of the things done here, like TOWs and Stingers. We used them in Grenada. I've never been around R and D before—I may even decide to stay," he said.

Pappas, a New York City native, said he's used to being in the South since his assignment at Fort Bragg, and thinks he'll like Alabama.

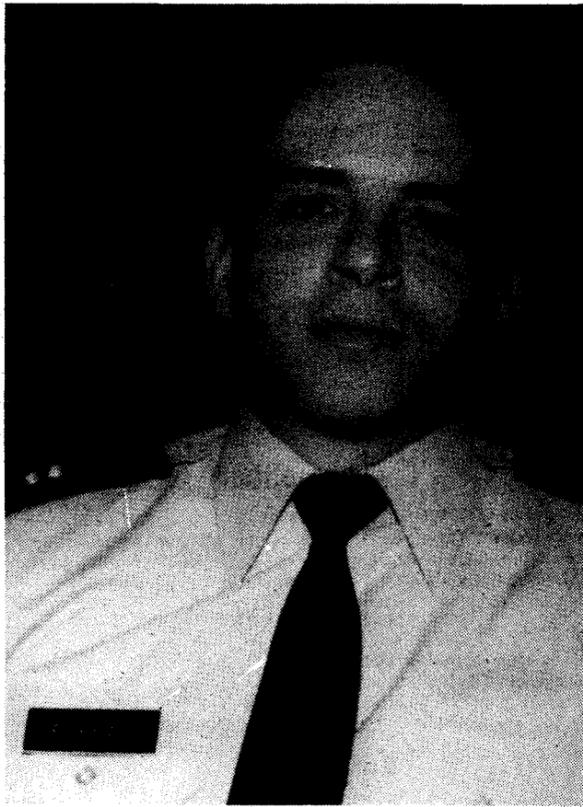
"This is a beautiful area. It was very flat around Fort Bragg. The mountains around here remind me of where I went to college." He is a graduate of St. Bonaventure University.

Pappas wants to see at least one University of Alabama football game while he's here.

"I've been watching Alabama football for a long time, but it's not the same without the Bear," he said.

Pappas, 29, has been in the Army for eight years.

"Obviously, if I didn't like it I wouldn't be here. It's like any other organization. People are going to make mistakes, but as long as you have people who are trying to do a good job, you'll overcome the mistakes," he said.



AIDE-DE-CAMP — Capt. George Pappas says he's excited about being at Redstone.

Pappas' decorations include the Senior Parachutist Badge, the Bronze Star, and the Meritorious Service Medal.

The previous aide-de-camp, Capt. David Keen, has accepted a position with the scientific staff of BDM Corporation in Huntsville.

PX workers honored

Two Post Exchange workers have received awards from the Army and Air Force Exchange Service, according to PX Manager Robert Davis.

Peggy Harrison, retail supervisor for the military clothing sales store at the main exchange, received the highest possible award for exceptional performance and achieved results. She was the first known Redstone Arsenal recipient of the superior accomplishment award from the Army and Air Force Exchange Service.

Linda Chastine, retail supervisor at the main store, received the AAFES excellence award.

Both awards were authorized by the chief of the southeast exchange region. They were for improvements in productivity, inventory control, investment, direct operating profit, and sales as determined by financial reports for 1984 compared against previous years.

An awards ceremony was conducted by Col. Dahl Cento, commander of Redstone Arsenal Support Activity.

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Announcements

Black federal employees

The Black Federal Employees Association will meet in the Alpha House meeting room at 4301 Oakwood Ave. on Tuesday, April 2, at 7 p.m.

Spot bid sale

A local spot bid sale of government surplus property will be held April 3 in the Rocket Auditorium, building 7120 on Redstone Road. Registration starts at 8 a.m. and the sale begins at 9. Items for sale include typewriters, clothing, oscilloscopes, cash registers, copying machines, books, chairs, carpet, tables, pool tables, photographic equipment, hospital beds, electric motors, and magnetic tape. The property is located in building 7431 on Warehouse Road. Items may be inspected from 8 a.m. to 3 p.m. each day, excluding Saturday and Sunday.

Commissary sale

Army commissaries worldwide will offer thousands of products at reduced prices during a "Spring Festival Sale" from April 1-30. The Troop Support Agency says banners, posters and point-of-sale materials will feature the best deals available. Shoppers can save even more by using coupons to buy items marked down for the sale.

Positive living

The Huntsville-Madison County Mental Health Center will begin spring classes through the Institute for Positive Living in early April. Ten classes will be offered this quarter. Classes meet once each week from four to eight weeks, depending on the class. Cost of classes range from \$20 to \$75. Subjects include time management, effective parenting, divorce recovery, stop smoking, weight control, and relaxation. To register and for more information call 533-1970.

Turkey hunting

The spring turkey season is March 27 to April 9. For more information call the Outdoor Recreation Center 876-4868.

Blood program winners

Winners of the January blood drive included Human Engineering Detachment, 1-50 category; Chaparral/FAAR Project Office, 51-100 category; Multiple Launch Rocket System Project, 101-150 category; Test and Evaluation Directorate, 151-250 category; Missile Intelligence Agency, 251-400 category; and Missile Logistics Center, 401-over category. January collection totaled 754, down from December's 871. Collection at Redstone was 526 which included MICOM, OMMCS, NASA, BMDSCOM and contractors. Collection at the Red Cross Chapter House from MICOM, OMMCS, NASA and BMDSCOM was 228. Redstone's blood program coordinator is Naomi Whitaker who can be reached at 876-3124/2759.

Technical association

The National Technical Association will meet at 5:30 p.m. Monday, April 1 at the House of Barbecue on Pulaski Pike. For more information call Bobby Bradley 876-1208.

University women

The American Association of University Women (AAUW) will meet April 2 at the First United Methodist Church on Randolph Street. The meeting begins at 6:30 p.m. with a potluck dinner. The speakers will be Drs. Wayne Teague, Richard Chapman and Mary Jane Caylor. Teague will present his plan for excellence in Alabama

schools. Caylor and Chapman will present the programs through which local schools are complying with Teague's plan. For more information call 881-3308.

Art museum

On Sunday, March 31, The Huntsville Museum of Art will offer the first of four concerts of Southern music to accompany its current exhibition, "Art and Arts of the South: The Robert P. Coggins Collection." The first concert will feature the Madison County Ramblers. It will begin at 3 p.m. in the museum auditorium and is free of charge. For more information call the art museum 534-4566.

Thrift shop

The thrift shop will be open the first Saturday of each month, beginning April 6, on a three-month trial basis. Saturday hours will be 9 a.m. to noon. Consignments will not be accepted on Saturdays. Consignments are accepted only from 10 a.m. and 12:30 p.m. on Wednesdays and Fridays. Normal hours of operation are 10 a.m. to 2 p.m., Wednesdays and Fridays.

Civilian softball

A meeting for CWF softball will be held at 11 a.m. April 2 in conference room 204 at the Rocket Auditorium. All teams should either have a representative there or have notified John Pitcher 876-4694 or Mike McColpin 876-5373 of their intent to have a team.

Flea market

A flea market will be held from 10 a.m. to 4 p.m. April 6 in the parking lot of First Alabama Bank, Redstone Arsenal branch. Vendor space costs \$5. For more information call 876-2859 or go to building 3491 on Honest John Road.

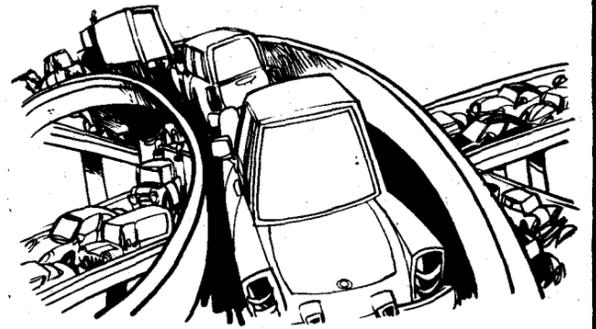
Surplus sale

The General Services Administration will conduct a sale of surplus NASA property on Thursday, April 4, at 9 a.m. at building 8025. Inspection and bid registration is on April 3 from 8 a.m. to 3 p.m. and on the day of the sale from 7-9 a.m. Items for sale include miscellaneous electronic equipment, batteries, typewriters, scrap electrical cable and scrap metal. For information call 453-5397.

NCO association

The Redstone Missile Chapter of the Noncommissioned Officers Association will hold its monthly general membership meeting Wednesday, April 3, at 6:30 p.m. at the NCO Club. Membership in the NCOA is open to all enlisted servicemembers in grades E-4 through E-9, including retirees. For information call SFC Ernest Holmes, 876-1092.

Carpool Hotline



Call 876-1500 to place your free carpool ad.

Athens

Carpool wanted from Athens to 8027, hours flexible. June Mann 876-2602/4743.

Guntersville

Two carpool members wanted from Guntersville to 5400 or 5250, hours 7:30-4. Shirley Pitts 876-4528/2790 or Nell Barnard 876-5131.

Patton Road

Ride wanted from Patton Road, south of Drake Avenue, to 5298, hours 6:50-3:30. Deborah Johnson 876-7111 (call between 11:00 and noon).

Decatur

Carpool wanted from southwest Decatur to 7442, hours 7:15-3:45 or flex 15 minutes either way. Anita DeGraffenried 876-4125.

Learning Resource Center

The Learning Resource Center offers a course entitled Army Materiel Plan Modernization System. It has been created to replace the System for Automation of Material Plans. AMP MOD consolidates management data and streamlines major item management by making the data instantly available to users working at computer terminals. The course covers the AMP MOD Sys.-Logon Logoff, Using System 2000 Parts I and II, Exploring the AMP MOD Menu, and other topics. To enroll submit a DD form 1556 to Civilian Personnel Office, Attn: AMSMI-JT/LRC, Learning Resource Center, building 7446. For more information call 876-1061/1416.



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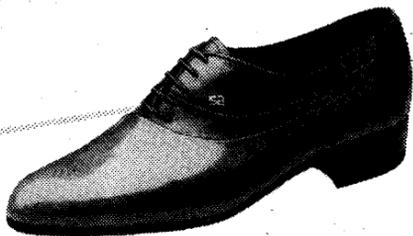
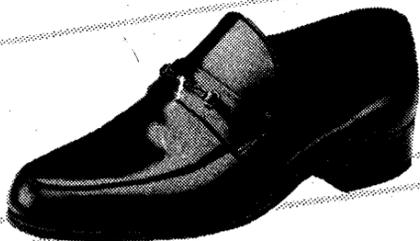
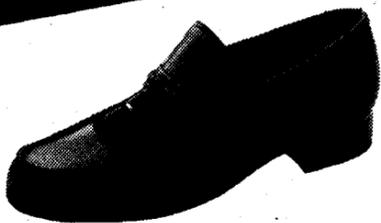
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- How to Manage Time, Tension, & Tough Situations April 15
- Employee Coaching & Counseling April 24-25
- Food & Beverage Controls; Monday Evenings 6:00-10:00 p.m. At the Sheraton Motor Inn April 29-June 17
- Microcomputers for Project Management April 29-May 1
- Microcomputers for Contracting, Acquisition, & Procurement May 2-3
- Professional Effectiveness Training for Engineers, Scientists, & R&D Personnel May 13-14
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Former missile engineer imprisoned in Florida

Former MICOM engineer Victor William Ruwe was to report Monday to the Federal Prison Camp at Eglin Air Force in Florida to begin serving a five-year sentence.

Ruwe was convicted Dec. 6 on multiple counts of conspiring to defraud the government and obstruct justice. He received \$20,000 in fines in addition to the five-year jail term.

Ruwe will not be eligible for parole until he has completed one-third of the sentence in November 1986.

He was sentenced in Montgomery, Ala. on Feb. 8. Motions to have the fine and sentence set aside pending an appeal were denied by U.S. District Judge Truman M. Hobbs in a lengthy written order March 4. He directed Ruwe to report to prison on March 25 as originally scheduled.

Ruwe, 47, was convicted of awarding contracts to Microelectronics Inc. of Auburn, Ala. in exchange for

gifts that included a scanner radio, luggage and \$4,000 in parts for his personal airplane.

Company officials testified their company was dependent upon Ruwe for contracts to stay in business and that he instructed them to give him the gifts and bill them as reimbursable material on Army contracts.

Assistant U.S. Attorney Charlie Truncale prosecuted Ruwe on 10 counts of criminal acts including receiving illegal gratuities, conspiracy to defraud the U.S. government and obstructing justice by lying to a grand jury. He was convicted on all 10 counts in a jury trial in U.S. District Court in Opelika, Ala.

Ruwe was employed in Army Missile Laboratory's manufacturing technology section. A coworker, Richard A. Kotler, 42, was indicted with Ruwe last June and received a \$4,000 fine and year's probation on a conflict of interest charge.

Academic course has physical requirement too

WASHINGTON — Graduation from a training and Doctrine Command professional development course requires more than fulfilling academic requirements. Soldiers now must pass the Army physical readiness test, as well.

Soldiers attending professional development courses at one of the 24 TRADOC schools for at least 56 days must pass the physical readiness test given at the end of the course, according to Lt. Col. Jon C. McIntire, chief of the TRADOC professional training branch. Officer basic course students who fail the test have up to 90 days after graduation to meet the fitness standards.

The new TRADOC policy also requires that school

commandants keep detailed quarterly statistics on physical readiness test failures. The results will be used by TRADOC headquarters to determine which commands frequently send students who can't meet the fitness standards.

Students failing the fitness test at the semester's end will be designated "non-graduates" and sent back to their units or to their next assignments, McIntire said.

The schools will administer a diagnostic readiness test during the first week of classes. Students failing the diagnostic test will participate in a mandatory remedial physical training program, which will continue until they can pass the test. (Arnews)

Bowling standings

Tuesday's Conference		
Team	W	L
(1)(2) C Company 1	413.5	161.5
(2) HHD, USATSG	396.5	178.5
(2) HHC	396	179
(2) Marines 1	355	220
(2)(3) A Company	344	206
(3) B Company 2	263.5	313.5
515th 1	270.5	304.5
6th Students 1	252	323
(3) B Company 3	236.5	313.5
(3) 7th Students 1	197	353
7th Students 2	154.5	420.5
515th 2	78.5	496.5

(1) Conference champs
(2) In tournament playoff April 2 & 4
(3) Has one match to make up

200 Games/600 Series Bowled:

Don Stephenson	222
Steve Cook	214
Leo Avizinis	212, 203, & 605
Elmer Loven	203 & 202
Don Stinson	203
Mike Detar	202
Joe Gerych	201
Jessie Hawthorne	201
Jim Anderson	200
Angela McDade	200

Thursday's Conference

Team	W	L
(1)(2) Meddac 1	416.5	158.5
(2) B Company 1	415.5	159.5
(2) B Company 4	408	167
(2) Marines 2	355.5	219.5
(2) 95th	333	242
7th Students 3	311.5	239.5
Meddac 2	242	333
7th Students 4	200.5	374.5
C Company 2	196	379
291st MPs	187.5	387.5
6th Students 2	167.5	407.5
Meddac 3	163	412

(1) Conference champs
(2) In tournament playoff April 2 & 4
(3) Has one match to make up

200 Games Bowled:

John Martin	235
Frank Lasher	225
Dave White	224
Mike Harney	220

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1983 FORD ESCORT L 4 door No. R2400	\$5,395
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1983 FORD ESCORT 2 door, air, AM/FM No. R2380	\$5,295
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1982 ESCORT L 2 door, air, FM radio No. R2408	\$4,495

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1983 FORD ESCORT L 4 door, automatic transmission, AM/FM tape No. R2412	\$5,395
1981 PONTIAC BONNEVILLE 4 door, fully equipped No. R2307	\$5,895
1984 FORD ESCORT L 2 door No. R2393	\$5,495
1980 DODGE OMNI 2 door, automatic transmission, FM radio No. R2392	\$2,895
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1981 OLDS CUTLASS SUPREME Fully equipped No. R2330	\$6,495

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Stinger production reaches milestone

Stinger has passed the 10,000 missile mark. General Dynamics just recently delivered to the Army the 10,000th Stinger missile to come off the production line since the shoulder-fired plane killer went into production in 1978.

Speaking to plant employees in a ceremony at the company's Pomona Division, Maj. Gen. Jerry Max Bunyard called the delivery a significant milestone in

the Stinger program and the modernization of our armed forces.

The successes associated with the Stinger program are a reflection of the hard work and dedication of General Dynamics and the Army and government team, the MICOM commander told them.

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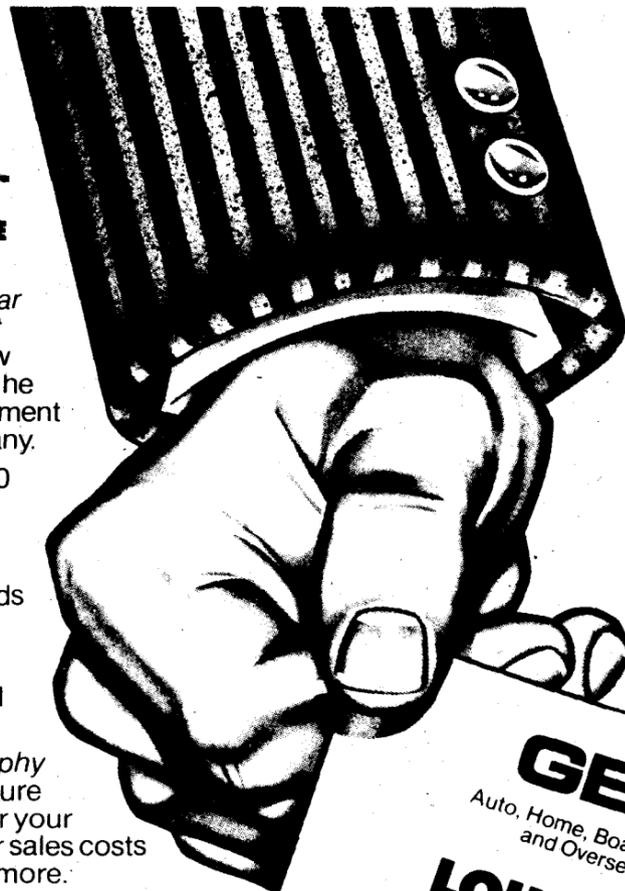
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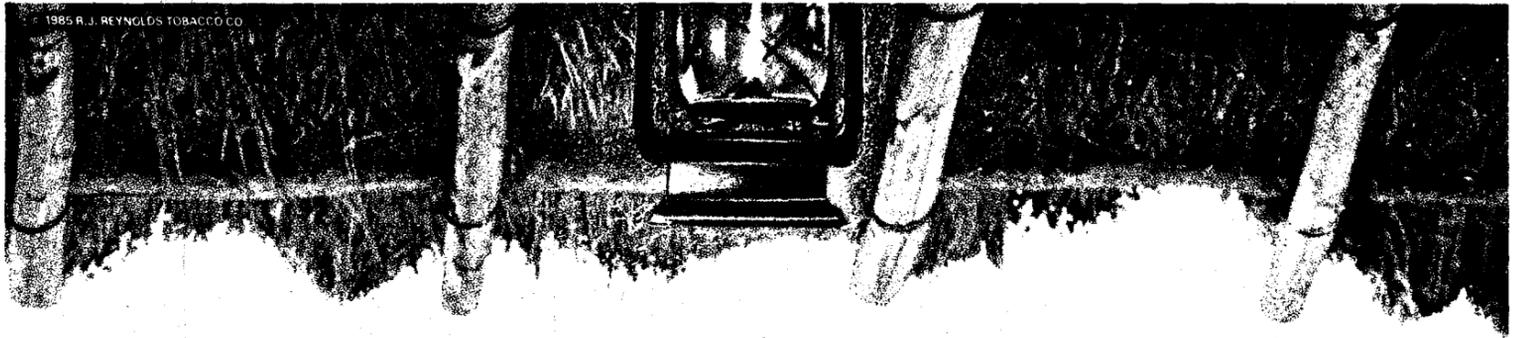
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