

Redstone Rocket

Vol. 14 No. 4037



Soldiers of the 56th Field Artillery Command fired three Pershing II missiles in an operational exercise at McGregor Range north of El Paso on Feb. 14. The Army said the missiles and soldiers performed as expected. The unarmed missiles hit on target on White Sands Missile Range. The story below is one observer's impressions of that day.

'That's the one the Russians are afraid of, isn't it?'

BY DAVE HARRIS

Newman, 8:55 a.m.

The man in the dirty white shirt lifts the plastic cup of coffee with both hands, sets it on the window ledge, then returns to his can of beer.

"If I knewed they were gonna set a road block this morning I woulda bought more coffee," he says.

"They had it on the radio," says the customer outside who, tasting the coffee, mourns his quarter.

"Don't have a radio," says the man in the dirty shirt.

The man with the coffee walks back to a small group of people standing beside Highway 54, pouring the contents of the cup on the ground as he goes.

The woman in the purple sweater and the teenagers riding with her are on their way to the space museum at Alamogordo. The truck driver in the polished boots has a load for Wichita. The college kids with their skis

strapped to the roof of the Honda are bound for one of the snow-covered mountains far off on the northeast horizon.

A hundred yards up the highway, right where Texas becomes New Mexico, military police have the road blocked. The travelers wait for the Army to do whatever it is going to do this morning and let them go about their business.

The smiling MP who worked her way down the line of vehicles told them all the same thing: Traffic has been halted here and 20 miles north at Orogrande so a missile can be fired across the highway. They'll be allowed to go on in just a few minutes.

Here is Newman, Texas, five miles north of where Highway 54 leaves El Paso, necks down from four lanes to two and angles northeast into the desert. Newman is, from south to north on the west side of the road, an abandoned yellow gas station with a collapsed roof; the Longhorn Bar, not yet open; an unnamed bar that is open; a two story cinder block structure with a single window through which the man sells cof-

fee; and a house. Across the highway is a railroad track; beyond it, the desert.

"Oh, there it is," says the woman in the purple sweater.

As she points, the man holding the empty coffee cup is surprised to see the missile climbing fast and almost straight up, far to the right of where he had expected it to appear.

"Do you know what it is?" she asks.

"A Pershing II," the man replies, tipping his head back, keeping his eyes on the missile which now appears to be directly over head.

"That's the one the Russians are afraid of isn't it?" she asks.

"Yes," the man says as the missile cuts off and its contrail ends in a tiny white puff.

McGregor, 10:30 A.M.

Beyond the soldier with the rifle, the dirt road runs straight north for about a half-mile and ends at a
(See Pershing cont'd on Page 3)



Play ball

Editor:

The Civilian Welfare Fund 1986 basketball season has finally ended. This season reintroduced the women's league - if it could be called a league. This is a letter of complaint, signed by members of the Foreza women's basketball team, and while letters of this nature rarely accomplish anything, we felt some protest was warranted.

Several areas concern us - specifically, safety, fairness, officials, scorekeepers, timekeepers, league tournaments, facilities and politics.

This year's CWF league president failed in his efforts to make this a competitive and fair league. While some improvements to the league were noted, many things were handled ineffectively and gross unfairness and nepotism were evident all year.

The officials, scorekeepers, and timekeepers were obviously friends of the league president, who in addition to his league president duties, also played in the men's league, coached a men's team, and coached a women's team. The scorekeepers and timekeepers evidently were not trained or did not fully understand the rules of basketball. The officials, also friends of the president, did not, could not or would not control the game. This led to injuries, unsportsmanlike conduct, and total confusion within the women's league. In addition, the league president also blatantly disregarded official rules and proper etiquette in organizing the women's league tournament which resulted in his team (Security) having an advantage over the other teams in the tournament.

It is recommended that in the future, the president of the CWF League be totally disassociated with any team, either by playing or coaching. It is also recommended that someone within the CWF Council review these complaints and come up with some possible solutions to a very bad situation.

If this year is indicative of the CWF sports program and of CWF recreation in general on Redstone Arsenal, we don't want it or need it.

For the Foreza women's team:
Anita Whitaker, Laura Pullum
Missy Richards, Tina Poole
Shelby Williams, Brenda Neely
Sandra Recio, Missy Lackey
Kristi Miller

Editor's note: Col. John J. Walker, deputy post commander, responds:

"Thanks for your letter concerning the CWF women's basketball league. Immediate action has been taken to investigate and resolve any improprieties of favoritism or mismanagement. Specifically, each item of complaint will be reviewed to determine if current league rules and training of league officials provide for fairness in keeping with sportsmanlike conduct, safety

and the spirit of competition. Measures will be taken to revise and enforce rules where appropriate. I will personally be apprised of the results of the review.

"To set the record straight, we don't do business this way nor condone it either. As recommended, the Foreza women's team complaints, to include the degree of participation by the president of the CWF league, will be reviewed and acted upon by the CWF Council. The Chairman of the CWF Council will personally respond back to you on your request. For the future, I highly encourage that problems be surfaced as soon as possible so we may provide timely resolution to assure an equitable and most enjoyable sports program."

Sign your letter

Letters will not be considered for publication in the Redstone Rocket unless they are signed and contain an address or phone number for the writer. Names are withheld on request but unsigned letters will not be used. Send letters to: The Redstone Rocket, AMSMI-IN.

Safety program gets high priority

Safety has been given top priority by the Army Materiel Command and its major subordinate commands, including MICOM.

The Missile Command is a member of working groups under the AMC Safety Board. According to a September 1985 regulation, the board was created "to analyze and recommend solutions to significant safety problems affecting Army supplies or materiel or AMC operations, facilities, or employees that have not been resolved through the existing AMC management processes."

Chairmen of the board's working groups include deputy chiefs of staff at Army Materiel Command. MICOM is a member of the safety engineering working group, the explosive ordnance safety working

group, and the nuclear and health physics safety working group.

Besides participating on the safety board, MICOM has its own ongoing efforts in this area.

"Gen. Burbules stated, from his first staff meeting on, that safety is his number one priority within this command," said Frank Hart, chief of the safety office here.

The safety office includes such programs as occupational safety and health, missile system safety, radiation protection, explosive safety, and post safety support to tenant activities.

"We have a deep interest in protecting our personnel and our resources from accidents," Hart said. "Safety is important both from a system readiness standpoint and from a dollar-loss standpoint."

Auditorium closes indefinitely for asbestos test

The Rocket Auditorium has been closed indefinitely as a precautionary measure to check for the presence of asbestos.

This action was taken after an ecologist and an industrial hygienist found material they suspect to be asbestos in a mechanical room in the basement of the auditorium at building 7120. The grayish insulation material, covered by cloth, was on the outside of an air handling unit.

Based on preliminary tests, the air handling unit was shut off and samples of the insulation material were sent to the U.S. Army Environmental Hygiene Agency. "The tests that AEHA is performing will be conclusive but it will take four to six weeks to get back to

us," said Ron Hagler, ecologist in the master planning, construction and environmental office of Facilities Engineers.

"Asbestos is not a hazard to anyone if it's encapsulated. If the material's being held in its covering, there's no hazard. The hazard comes when it's airborne," Hagler said. He said the material appeared to be on the outside of the air ducts, not the inside, and was wet from water.

The auditorium was closed "as a precautionary measure, we don't want to take any chances now that we have a highly-suspect area," Hagler said.

"We've requested that there be no more meetings scheduled in that auditorium. If there is a meeting in there, it should be on critical need only and we're asking that we be notified before it is (held)," he said. This will continue until the presence of asbestos is officially confirmed or denied and, if necessary, is removed.

Last summer the master planning, construction and

environmental office became the central coordinator for the asbestos management program here. It gets support from the safety office and preventive medicine activity. Plans are to have a three-part program that would include faster confirmation of asbestos, early identification of asbestos before construction work starts in an area, and survey for asbestos throughout the arsenal.

Work to remove the potential health hazard has been conducted in a number of buildings on post. These include the post bowling alley, building 5681, building 4500, boiler plants, several warehouses, and facilities in the school area.

Asbestos was widely used for many years as an insulating material and is still being used for automotive brake and clutch linings. Inhalation of asbestos can cause lung cancer. The fibers can become embedded in the lungs and the disease not show up for many years after exposure.

Some civilians slated for drug testing

Drug testing for civilians in selected job categories is beginning at Redstone, according to an official here.

Jane Seltzer, director of the Community Counseling Center, said center staff will handle the testing, just as it has been doing for military personnel.

Pre-employment urinalysis has already begun, and workers in the areas of law enforcement (both civilian guards and members of the crime prevention team), aviation and chemical surety, as well as members of the Community Counseling Center staff will undergo testing beginning in June. Supervisors of these workers should be receiving a letter this week informing them of the testing.

Seltzer said the Civilian Personnel Office is adding a clause to the affected workers' job descriptions making the test a condition of employment. Those who refuse testing can be moved to another position or fired from government service.

Once the program becomes established, workers will be tested at least once a year, with the test announced the day it is given. Supervisors can decide to test more

frequently, and can test an employee any time they have probable cause to expect drug use. The test is mandatory if the individual is involved in any incident which compromised the safety of people or property, Seltzer said.

"If the test is positive, the employee can be subject to adverse actions, and should be offered counseling by the Community Counseling Center," she said.

The test will reveal if someone has used marijuana, cocaine, or amphetamines recently, Seltzer said.

"Nobody needs to fear losing their job for using a drug legitimately. That's not the intent of this. They don't need to worry about coming up positive if they're on medication," she remarked. She believes people will accept the requirement for urinalysis.

"People realize their roles are important to the mission, and if they're drug affected, it's a deterrent to the national defense. We need to make sure we're doing all we can to ensure the national defense and do all we can to help people if they're using drugs," she said.

THE REDSTONE ROCKET

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Pershing

(Cont'd on Page 9)

cluster of white trailers, a sand colored Butler building and a couple of antenna towers ringed by rental cars and a few large Army vehicles. On all sides, the desert waits to take it back. MICOM's outpost at McGregor Range is not one of the destinations the airlines use in their ads.

Pershing Project Control sits in America's last big vacant lot, a place of great, empty distance; sudden, sometimes even violent, wind; sand blasted sage brush and harsh, direct sunlight which even in February demands respect. Listen a while and someone wearing boots and a turquoise and silver tie ring is sure to say that the desert is beautiful this time of year. Those who visit occasionally from Alabama, Florida, Germany and other green places observe that the natives use the same line in spring, summer, fall and winter.

Off to the east about 2,000 feet, two Pershing II missiles are visible above the brush tops, resting on their erector-launchers.

Close to the Butler building, soldiers in battle dress, their faces mottled with camouflage, climb around on the erector-launcher used earlier to fire the first missile.

They've had a good day in the desert. Now they check the launcher for blast damage, talk about the shot and about going back to their units in Germany. The NCOs tell one another why Pershing II is a better system than Pershing Ia. A heavy odor of newly-burned rocket propellant clings to them and the launcher as they rub off exhaust residues and scorched paint with wire brushes and sandpaper.

"PII even smells better than Pla," one says.

The others laugh and nod their heads in agreement.

Project Control, 2:03 p.m.

If missiles played in the band, Little Fat Fella would carry the tuba. The bright orange and yellow recovery bands girding it accentuate its fireplug stubbiness, make it look even more like a missile with something missing. The entire second stage is what's missing. For the short-range shots fired from McGregor into White Sands, there is no need for both rocket motors that can hurl a Pershing II re-entry vehicle 1,200 miles.

Three tons lighter and eight feet shorter than the two-stage missiles deployed in Europe, Little Fat Fella uses the same massive first stage loaded with four tons of high performance rocket propellant. When told to go somewhere, Little Fat Fella gets there in a hurry.

About a minute ago a corporal turned a brass key

and told this one to go somewhere. High overhead the motor has just cut off and separated. The re-entry vehicle is on its way to White Sands and the small group of civilians and soldiers standing beside the instrumentation van are no longer watching the missile. Some of them look at one another. Some look at trajectory charts. Some look over the shoulders of the guys holding the trajectory charts. One is content to leave the charts to the engineers, secure in the belief that his blue necktie, worn to every PII shot but the first, has enough residual magic to get this one on target.

No one says a thing. They listen to a nearby loudspeaker and the voice of a man inside the van who can see the displays of the data coming back from the re-entry vehicle.

The voice is cool, reassuring.

"Just passing through 200 kilometers. Looking good," the voice says.

Everyone smiles.

"Ten seconds to apogee. Looking good," the voice says.

The smiles are broader.

Almost 200 miles above earth, the re-entry vehicle coasts up to the high point of its arcing flight.

"Lost all telemetry," the voice says.

The smiles vanish. A lot of things can cause loss of telemetry from a missile in flight. None are good. Most are very bad. Tell us something, voice. Tell us something fast.

"Regained telemetry. Looking good," the voice says.

The smiles come creeping back.

Launch Area, 5:05 p.m.

This one is like most desert coyotes, an unsatisfied appetite stuffed in a fur piece salvaged from an attic trunk. It has hidden in the sage brush all day while the men moved around in the cleared area nearby. Twice there have been brief, loud noises and fire and smoke in the sky.

Now the shadows spread as the sun drops toward the Organ Mountains. The men all ran away almost 30 minutes ago. The coyote stands up and tiptoes from brush clump to brush clump heading for the cleared area.

Sometimes the men drop things that the coyote can eat. Eating is the important thing. Deciding what to eat is not in the coyote's job description.

The man with field glasses sits cross-legged on the top of a van truck watching the missile on its launcher half a mile away. He says to the man beside him: "Hey, there's a coyote down by the missile."

The two men know something the coyote does not. Twenty minutes ago, Range Control called a hold because an airplane wandered into the restricted air space over White Sands. Now the plane is just about clear.

The voice from the nearby loudspeaker says:

"Standing by to pick up the count at minus two minutes..."

"Mark, time is running at minus two minutes."

The coyote walks toward the missile, taking its time, looking things over.

Horizontal on the erector-launcher as the coyote approaches, the missile suddenly, soundlessly, jumps erect.

The coyote freezes, one front foot still off the ground. Black smoke squirts from the base of the missile. The rocket motor howls into life. A tongue of orange flame and white smoke reaches out for the coyote. The missile leaps straight up as the coyote swaps ends and sprints for the nearest brush.

"Where's the coyote now?" asks the man on the trailer watching the missile disappear into the high overcast.

"Still running. Looking good," replies the man with the field glasses.

"No. Wait. He's slowing down. He's stopped. Looking back. He's walking toward the launcher again."

"That's a White Sands coyote," his companion says proudly.

White Sands, 5:12 p.m.

The movie camera has the same field of view as a man lying flat on his back. The men aimed the camera carefully, then flew away in a helicopter, leaving this camera and several others behind on the abandoned ranch tucked back in the San Andres Mountains.

Miles away now, one of the men closes a switch. The camera begins to run, looking up at the clouds.

Soon a black dot appears centered exactly in the camera's lens. The dot swells into a circle, a circle with a white center, a circle expanding swiftly.

Watching a Pershing II re-entry vehicle plummet right into its single, staring eye bothers the camera looking straight up from the target not at all.

Volksmarch to kick off armed forces celebration in May

BY PAM ROGERS

Imagine finding a way for your whole family to exercise, learn a little about the history of your community and even experience a foreign culture, all for only two dollars.

It can be done by walking in the Armed Forces Celebration Volksmarch, which will be held May 17. It marks the beginning of the second annual tribute to the nation's armed forces by the military and civilian communities in Huntsville.

Volksmarch is German for "people walk." The activity has been popular in Europe for several years, and is quickly growing in popularity in this country as well.

Volksmarching is an organized sport which promotes good health, fellowship, and education among its participants. Usually volksmarch courses are routed through historic or scenic areas.

The Armed Forces event will take place in downtown Huntsville, and will include the Twickenham District and Maple Hill Cemetery. It's

sponsored by the Redstone Stompers, a group formed at the arsenal and sanctioned by the American Volkspport Association. Other sponsors are Morale Support Activities and the Armed Forces Celebration Committee.

CSM Robert Whiteford, chairman of the volksmarch committee, believes the event epitomizes the theme of this year's celebration, which is 'Partners in Peace.' "It's a sort of kickoff event for the entire week," he said.

Whiteford's committee began educating the community about volksmarching last month. He hopes that before the walk takes place, everyone in Huntsville will know what volksmarching is.

SFC F. J. LeBlanc, NCOIC of Morale Support Activities, sees volksmarching as a good way for families to be together.

"It's like walking away from everyday hassles. The course isn't timed, you're under no pressure. I've even made friends that way," he said.

Shelby Williams, outdoor recreation director and

project manager for the volksmarch, emphasized the positive aspects of the walk.

"Everybody's a winner. Anyone who registers gets a medallion at the end of the walk," she said. The medallion portrays a soldier and a civilian, representing the celebration theme.

Williams has invited volksmarching clubs from around the nation and from several foreign countries to participate in the walk. People came from as far away as New Mexico for a volksmarch held at the arsenal last November.

Planners are encouraging group participation. There are two group coordinators. Sgt Maj. Peter Salzburg is handling military groups, and Wallace Johnson, a retired lieutenant colonel, is working with businesses and other civilian groups. At the beginning of the volksmarch civilian and military groups will be paired to make the walk together.

At the end of the walk participants can buy German food and listen to German music performed by the Huntsville Youth Band.



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Chief of nurse corps visits post hospital

BY PAM ROGERS

The Army's highest ranking nurse paid a visit to Fox Army Community Hospital recently and liked what she saw.

Brig. Gen. Connie Slewitzke, chief of the Army Nurse Corps, said she was impressed with the building itself and with the services offered to patients and workers, especially since the facility is one of the smaller Army hospitals.

"This hospital is a beautiful facility," she said during her March 3 visit. She considered the newly redecorated family waiting room adjacent to intensive care "unique. It was really nice of the retired group to do this," she said. The room was refurbished as a community service project by The Retired Officers Association.

She also was pleased with the work accomplished in nursing research, continuing education through the hospital's learning resource center, and with the good relationship between the hospital and the UAH nursing school.

Slewitzke has seen sweeping changes in the nurse corps in her 28-year Army career. "When I joined, you couldn't be married or have children, and you had to live on post. It was a little more restricted, and there wasn't as much opportunity for rank. Now we're involved in many things Army-wide. Things are opening up. Back then you wouldn't have (nurses) attending the war college or command general staff college, but now we do," she said.

"I think these changes are good. If we didn't have them we would miss out. There are women (in the corps) who are married and may have four or five children, and they're still contributing," she said.

One thing hasn't changed over the years, according to Slewitzke. That's the high standard the Army requires all its new nurses to meet.

"We're getting the top (nursing graduates). We have very stringent entrance requirements, and we never compromise on our standards," she said.

"They're attracted to us not for money, but because

they see us as true professionals. We can influence care and speak for nursing. That's not always so on the outside," she said.

"We have always been a baccalaureate-prepared corps," Slewitzke said, adding that only within the last decade has the civilian nursing community begun pushing for degreed professional nurses.

"So we're way ahead there, and we're way ahead in nursing research. We have the ability to influence practices," she said.

One of the most important areas of research now is a study to better define patient needs to determine the number and skill level of nursing personnel necessary to provide adequate care. The present system of determining the level of care required isn't always accurate, Slewitzke said. Once the new workload management system is finalized, she expects it to be adopted by civilian hospitals.

Slewitzke joined the Army because she wanted to travel, and has served in several overseas assignments, including a tour in Vietnam.

"I was at the 36th Evac Hospital, and at Cam Ranh Bay at the 6th Convalescent Center," she said.

"At the convalescent center there were over a thousand patients, with malaria, hepatitis, and some surgical patients who were being rehabilitated for return to duty. It was unique—a very satisfying nursing experience. I got the true feeling of doing something for someone, and the GIs were so appreciative. Even though it was terrible to see people so ill and wounded, I feel I really contributed something," she said.

Slewitzke's Army experience helped her through her time in Vietnam, an advantage nurses who were new to the Army at that time didn't share.

"A person who came in directly out of school, with no experience with the Army, who had never been overseas in combat could be a little shocked. They had to learn a lot of things real fast. Those who had been in the Army had a good idea what it was like. That's why it's very important to have good leaders. Leadership

makes a difference in how a unit functions," she said.

According to Slewitzke, a good leader must have faith in her subordinate's ability to do a good job.

"I'm a participative manager. I trust people, and I hold them accountable. I encourage creativity, and I believe very much in mentorship. You have to establish trust, so your people can achieve their full potential. They're not frightened of messing up because you're there to help them do it," she said.

Slewitzke never expected to get into nursing administration when she joined the Army to travel almost 30 years ago, but now, as one of only four female general officers in the U.S. Army, she is satisfied with her career choice.

"I've never been sorry one day. The people I've met, places I've been and opportunities I've had could never be equaled."



TOP NURSE — Brig. Gen. Connie Slewitzke visited Redstone March 3.

IT'S HAPPENING



AT YOUR NCO CLUB!

SCHEDULE OF EVENTS SUBJECT TO CHANGE

PLEASE READ "MANAGERS NOTES"

NCO CLUB — REDSTONE ARSENAL ALABAMA						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
18 SUNDAY BRUNCH Adults \$4.50 Children 5-11 \$2.25 Under 5 FREE	17	18 HUNGARIAN BUFFET \$4.50 EVERY TUESDAY GAMES 1900-?	19 PIZZA AND SPAGHETTI WITH TOSSED SALAD	20 GIGANTIC SCHNITZEL \$5.95 GAMES	21	22 NEW NEW NEW PO FOLKS BUFFET
23 GAMES EVERY SUNDAY 1400-?	24	25 GERMAN BUFFET \$4.50 GAMES 1900-?	26	27 SPECIAL EVERY THURSDAY	28	29
30 EASTER SUNDAY BRUNCH Adults \$4.50 Children 5-11 \$2.25 Under 5 FREE Easter Egg Hunt Children 11 & under	31	1 ITALIAN BUFFET \$4.50 GAMES 1900-?	2 EVERY WED NIGHT ALL YOU CAN EAT Adults \$4.50 Children 5-11 \$2.25 Under 5 FREE	3	4	5 EVERY SATURDAY DINING ROOM NEW
6 SUNDAY BRUNCH Adults \$4.50 Children 5-11 \$2.25 Under 5 FREE Reservations Recommended	7	8 ORIENTAL BUFFET \$4.50	9 ALSO AVAILABLE STEAK AND BEER RIP-OFF \$4.95	10 MORE THAN YOU CAN EAT Adults \$4.50 Children 5-11 \$2.25 Under 5 FREE	11	12
13 SUNDAY BRUNCH Club Opens at 1000 and Closes at 1800 on Sundays	14	15 MEXICAN BUFFET INTERNATIONAL BUFFETS ALL YOU CAN EAT Adults \$4.50 Children 5-11 \$2.25 Under 5 FREE	16 EMPLOYEE OF THE MONTH FOR FEBRUARY ROBERT JOHNSON FOOD SERVICE WORKER			

MEMBERSHIP BENEFITS; HERE'S WHAT YOU GET

1. Free haircuts, first come, first served. 2. Free coffee or tea in the evenings. 3. Free check cashing privileges—\$50.00 limit per day. 4. Free snacks in the Lounge every Tuesday thru Thursday 1700 until 1900. 5. Free entertainment in the Lounge (no cover charge) every Wednesday, Friday, and Saturday. 6. Free club use. No charge for room or rental for special functions. 7. Free professional party catering. We take care of all the arrangements. 8. Free bingo card for any dinner and/or brunch purchased during games sessions on Tuesday, Thursdays, and Sundays. 9. Steak and beer* Ripoff and all-u-can-eat, Pizza, Spaghetti, and Salad. 10. Lunch Specials, 1045-1300, every Monday thru Friday. 11. Dining Room Specials, Friday and Saturday, 1800-2100, every Tuesday thru Thursday, 17-2000. 12. Breakfast served a la carte every Saturday 0900-1130 and Brunch on Sundays 1000-1400. 13. Pay club dues for one year and save \$6.00; pay for six months and save \$1.50. 14. Keg Beer available. Iced and ready to serve in the club or to take out. 15. Reciprocal club membership in all military NCO clubs worldwide. 16. Membership in one of the finest military clubs in the world. The pleasant atmosphere, cordial service and great tasting food makes for an enjoyable and relaxed dining experience. 17. As a club member, YOU are our most important asset. We are pleased to serve you! *Soft beverage of your choice is available in lieu of beer or wine.

DESIGNATED DRIVER PROGRAM

Don't get caught short! When you party, have a designated driver. Your NCO Club will provide your designated driver with free soda all night and also give him/her a \$1.00 discount coupon for our Po Folks Buffet on Saturday nights. Let's keep it safe and we'll all benefit.

EASTER BRUNCH MENU

Sunday, March 30, 1986; 1000-1400 Hours

Steamship Round of Beef, Virginia Baked Ham With Raisin Sauce, Southern Fried Chicken, Creamed Beef, Crisp Bacon, Sausage Patties, Scrambled Eggs, Creole Sauce, Steamed Rice, Snowflake Potatoes, Potatoes, Au Gratin, Candied Yams, Corn O'Brien, Buttered Mixed Vegetables, Green Beans Almondine, Buttered English Peas, Crisp Tossed Salad, Fresh Fruit Salad, Potato Salad, Macaroni Salad, Three Bean Salad, Pickled Beets & Onions, Cucumber & Sour Cream Salad, Carrot & Raisin Salad, Assorted Jello Molds, Banana Pudding, Chocolate Pudding, White Cake, Soft Served Ice Cream, Fresh Biscuits & Butter, and Coffee Or Iced Tea. Adults \$4.95; Children 5-11 \$2.95 and Under 5 FREE. For Reservations Call 837-0751 (0900-1700)

ENTERTAINMENT MARCH 16-APRIL 15

LOUNGE (Wed., Fri., Sat.)

Band—"DENIM"

March 19, 21, 22

Band—"DENIM"

March 26, 28, 29

Band-To Be Announced

April 2, 4, 5, 9, 11, 12

BALLROOM (Fri. & Sat.)

Disco- D.C. RON'S DISCO & LIGHT SHOW

March 21, 22, 28, 29 & April 4, 5, 11, 12

COVER CHARGE EVERY FRIDAY & SATURDAY NIGHT

\$1.00 MEMBERS & \$2.00 NON-MEMBERS

BREAKFAST SERVED

Saturday 0900-1130 & Sunday (Brunch) 1000-1400

LUNCH SERVED

Monday Thru Friday 1045-1300

DINNER SPECIALS

Monday—Closed; Tuesday 1700-2000 Family Night/International Buffet (ALL-U-CAN-EAT) \$4.50; Wednesday 1700-2000 Pizza/Spaghetti/Salad (ALL-U-CAN-EAT) \$4.50; Thursday 1700-2000 Giant Schnitzel \$4.50; Friday 1800-2100 ALL-U-CAN-EAT CATFISH \$5.95; Saturday 1800-2100 Po Folks Buffet (ALL-U-CAN-EAT) \$4.50; Sunday 1000-1400 Special Brunch (ALL-U-CAN-EAT) \$4.50

BISUITS & BURGERS

Introduces the new Ham 'n Bacon Specialty Sandwich At Only \$1.25. It's a real bargain. So bring your family or just yourself to B & B for a good meal at an affordable price!

Redstone begins video conferences by satellite

BY SKIP VAUGHN

Face-to-face conferences by satellite can now be conducted at MICOM headquarters.

A video teleconferencing room has been completed and is in operational testing. It enables officials here to communicate with officials at other Army Materiel Command sites without having to travel.

"We currently have the capability of going point-to-point which is one room talking to one other room in a secure and nonsecure mode, up to and including secret," said Mike Hinckley, a video teleconferencing production specialist. "We will have multi-point capability, nonsecure, on April 1st."

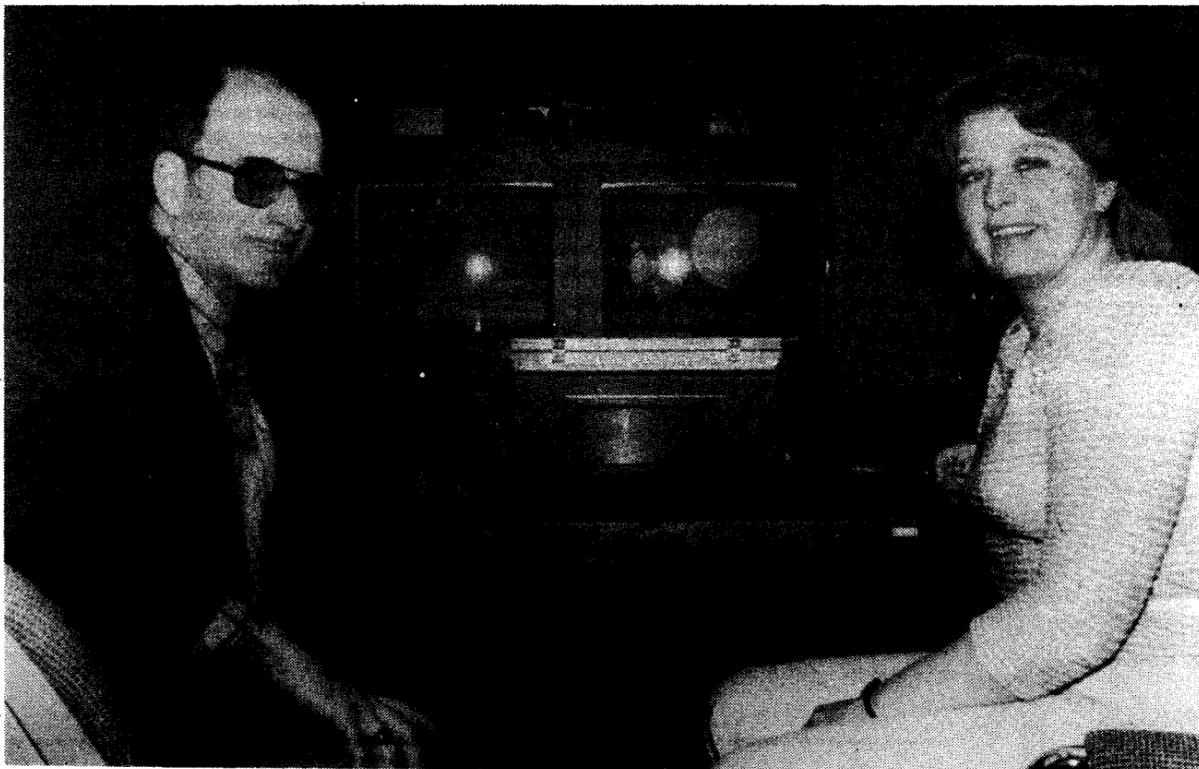
Redstone is among nine locations participating in the Army Materiel Command video teleconferencing network. The 10 studios include two at AMC headquarters and one each at Adelphi, Md., Aberdeen, Md., Fort Monmouth, N.J., Rock Island, Ill., St. Louis, Mo., Letterkenny, Pa., Warren, Mich., and Redstone.

"We're still in the testing phase in March," said Debbie Solomon, a video teleconferencing production specialist along with Hinckley. The first conference here was set for Friday, March 7.

The conference room on the third floor of Missile Command headquarters has been furnished with cameras and other video teleconferencing equipment. The satellite dish is located on Martin Road.

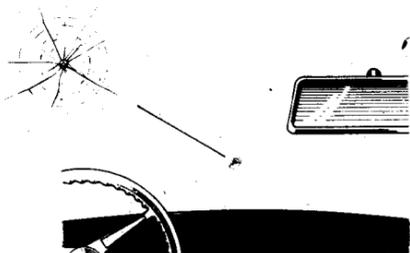
Projected benefits include cost avoidance by cutting travel expenses, improved productivity by enabling managers to stay at their home office, and improved communications within Army Materiel Command. The network can be used for such things as upper-level

(See Video, cont'd on Page 12)



VIDEO ROOM — Hinckley and Solomon sit in video teleconferencing room that is ready for conference reservations.

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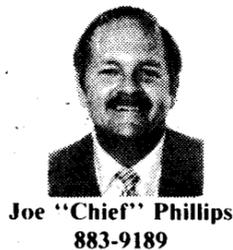
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Fox Hospital has Army-wide computer system

Fox Army Community Hospital is already participating in a computer system for Army hospitals worldwide.

By the end of next month, all 50 Army hospitals will be linked together by a computer system which will monitor the quality of care patients receive. The new project is called AQCESS, which stands for Automated Quality of Care Evaluation Support System.

Redstone went on line with the system last November, according to System Manager Betty Winchester, who is also the medical records librarian at Fox Army Community Hospital.

Although the AQCESS hasn't been in place long enough to make a big difference, Winchester can see changes coming, thanks to the computer.

"Within six months we should have enough of a data base to affect changes in the way we handle patient care," she said.

The quality assurance portion of the system keeps track of the number and types of adverse drug reactions, and can track physicians from one hospital to another, according to Winchester.

Patients should benefit most from the system when it becomes established. Since information can be provided in advance, some patients could be admitted

with no waiting. Data can be obtained from the Health Services Command with less turnaround time.

Capt. Jim Starcher, chief of the Patient Administration Division at Fox, is pleased with the smooth transition hospital employees have made to the new automated system.

"With most ADP systems, the employees are adverse to change and newness of automation, period. I've been pleasantly surprised with the attitude of the employees here. It's positive, and it's been sustained. I think with the positive attitude of the staff and the at-

Medical peer review supported

The officer who commands the Army's health care system in the United States has expressed full support for the introduction of civilian peer review to monitor the quality of medical treatment provided to the Army's 778,000 soldiers, their families and retired service men and women.

Maj. Gen. Floyd Baker, head of the Army's Health Services Command, predicted that peer reviews will confirm that the quality of care in the 376 medical treatment facilities in the United States equals or surpasses that of the nation's overall health care system.

titude of the ones running the system, there's no question it will be a success," Starcher said.

The system is used to collect, organize and monitor patient care information, providing data that previously was very difficult, or even impossible to obtain, according to the Tri-service Medical Information Systems, administrator of AQCESS.

With AQCESS, data entry and retrieval should eventually be faster and more accurate than with manual methods, which translates to better patient care.

He acknowledged that heavily-publicized incidents have spot-lighted isolated episodes that need correction. However, Baker said, "quality assurance has always been a priority and I fully support the Department of Defense effort to ensure that high standards continue for all military components."

"This gives us an opportunity to prove that Army medicine is top notch and that our physicians and supporting personnel are performing outstanding service to the nation," Baker said.

The Defense Department announced Jan. 30 that a \$4.6 million contract has been awarded to the Commission on Professional and Hospital Activities, a non-profit organization based in Ann Arbor, Mich. to organize and administer the peer review process.

Health Services Command operates 546 medical and dental treatment facilities including eight major Army medical centers. They are staffed by 3,606 physicians, 1,100 dentists and 2,852 nurses on active duty supplemented by 25,800 civilian employees. A total of 26,500 service members are assigned to the Army's health service activities.

Hospitals managed by Health Services Command contain 7,183 beds which annually provide inpatient medical and surgical care to 342,735 beneficiaries. An additional 50,120 patients are treated daily in clinics and other outpatient facilities.

March

(Cont'd from Page 3)

"The Chamber of Commerce is going to be the focal point for the volksmarch, with refreshments, the band, registration and restrooms," Whiteford said.

Pre-registration, which costs \$2 for each individual or group wishing to receive a participation award, has already begun, and will end May 15. The walk has two courses, one 10 kilometers (6.2 miles) and the other 20 kilometers. The 20K course follows the same route as the 10K, with an additional 10K loop. Both courses begin and end at the chamber of commerce. Routes will be mapped, marked and patrolled by Boy Scouts from the arsenal and Huntsville. They will also clean the course after the volksmarch.

Walkers can register until noon the day of the walk. The fee for late registration is \$3. Based on

preregistrants, there will be awards for the oldest and youngest participants, and one for the person who travels farthest to walk. Groups of 25 or more will receive a special award. There is no charge to walkers who don't want a medallion. Walkers can begin anytime between 7:30 a.m. and noon, and must finish by 4 p.m.

"We'd like to invite Redstone Arsenal and the Huntsville community to come out and get this celebration kicked off with a boom, and with this volksmarch truly make this a partners in peace type function," Whiteford said. For more information about the volksmarch call 876-4868/6854. For information about the Armed Forces Celebration call 533-4141.

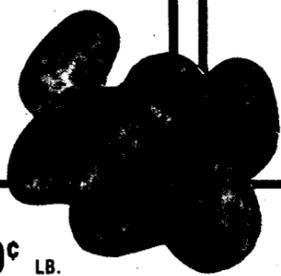


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Local command has its first full-time FWP manager

BY GERDA SHERRILL

After graduating from Alabama A&M University in 1965 with a degree in secondary education, Mary Peoples took her first job with IBM, then in Huntsville's Research Park. Twenty years later she landed just down the street as the first full-time Federal Women's Program manager for the U.S. Army Strategic Defense Command — Huntsville.

Until last December, the position was occupied by Lois Spruiell, at that time the command's deputy controller, as a collateral duty assignment.

Peoples explained that the Federal Women's Program, enacted by Congress in 1967, was established to enhance employment and advancement opportunities for women in the federal government. She thinks that the FWP has made great gains toward its goals. Women have advanced into many jobs predominantly occupied by men in previous years. They also have received the training necessary to prepare them for broader career opportunities.

"Currently a large percentage of women employees within the federal sector are still working in secretarial, clerical, and administrative positions," Peoples says. "However, they have succeeded in breaking through to occupations previously closed off to them."

Over the past fifteen years, women have advanced into executive and mid-management level positions. Yet, in Peoples' opinion, there is still a long way to go. "The woman's place in government will be whatever she chooses to make it. The only limitations in advancement will be those self-imposed by the individual," she added.

In addition to her duties as FWPM, Peoples also helps plan, develop, and implement the command's Equal Employment Opportunity program, advising both the EEO manager and the USASDC deputy commander.

Since this is her first experience with a military agency, Peoples says she is still adjusting to the Army structure. "I have been impressed with the agency's commitment to the Federal Women's Program and find my work stimulating, diversified, and challenging," she says. "I feel privileged to be part of this command because of its mission and functions contributing to the President's Strategic Defense Initiative program."

Peoples was born in Morgan County, Ala., moved to



FEDERAL WOMAN — Mary Peoples, the Federal Women's Program manager for USASDC-Huntsville, (at right) greets June Hajjar, director of FWP for the Army.

Madison County at the age of two, and lived in Huntsville until 1971. After working as a secretary with IBM for six years, she taught high school history and later adult education classes in an employment program for the disadvantaged. Then she took a federal job in Birmingham.

Her career has taken her from EEO specialist with the Federal EEO Commission in Birmingham to benefit authorizer with the Social Security Administration. She served on the FWP Advisory Committee at SSA. After moving to Huntsville, she became involved in the North Alabama Chapter of Federally Employed Women.

Peoples has lived in some major cities — San Fran-

cisco, Philadelphia, and Birmingham. But, she emphasizes: "There is no place like home, and I am happy to be able to return home while pursuing a career at the same time."

Her goals for the future include going back to college to obtain a graduate degree in the field of industrial/personnel relations. As she put it: "I plan on making a career with the federal government and I have aspirations of advancing in my career field to the highest level possible." As an afterthought she added: "I would also love to learn to play the piano."

She resides in Huntsville with her two sons, Matthew and Trent.

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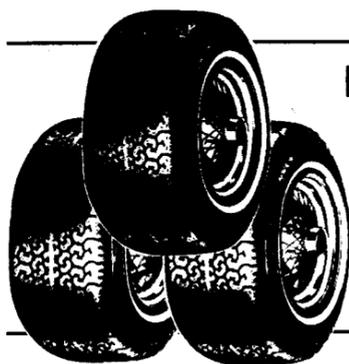
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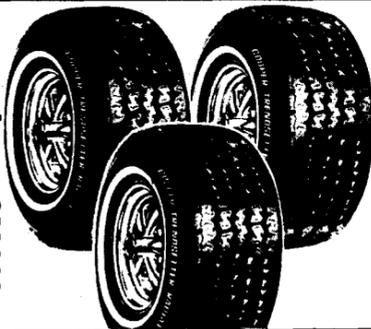
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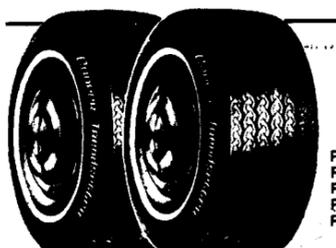
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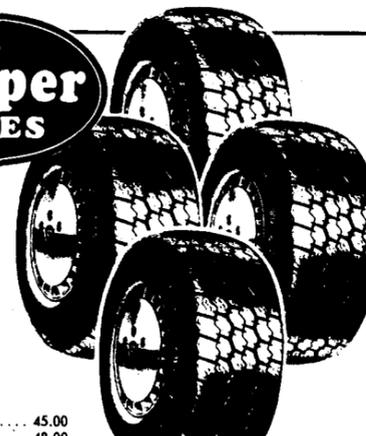


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Advice on how to take weight off, and keep it off

(Editor's Note: The American Dietetic Association's National Nutrition Month campaign throughout March encourages Americans to adopt healthier food habits by improving nutrition awareness.)

BY JUDITH WILLIS

WASHINGTON — What does it take to lose weight?

Millions of dieting Americans who try to starve it off, melt it off, and sometimes even sleep it off would like to know.

Some people claim to be unable to lose any appreciable amount of weight. Of those who are successful at losing, fewer than 20 percent are able to keep off the pounds they shed. The rest regain the lost weight.

Is there some deep, dark secret that, once revealed, will enable dieters to lose weight and keep it off? Promoters of some diet products would like the public to think so. But the answer lies not in complicated hocus-pocus, but in a few easily understood scientific principles.

The most basic of these principles is that the body needs a certain amount of energy, expressed as calories, to maintain weight. To lose weight you have to use up more energy than you take in through food. This means either eating less or exercising more, or a combination of the two.

Most of us who want to lose weight are probably aware of this concept. But this is easier said than done. It takes a good deal of effort and time, and dieters are easily tempted away from this rather unglamorous regimen by the vast array of articles, books, pills, potions and devices that promise to get the excess pounds off quickly and effortlessly.

Some of these products can produce quick weight loss. But they rarely have any permanent effect and often send dieters into a cycle of quick weight loss, rebound weight gain when normal eating is resumed, and even more difficulty losing when the next diet is attempted.

Some fad diets are dangerous

It seems that not a season goes by without at least one diet book high on the best-seller list. Some diets advocated by these books are simply variations of a basic, safe 1,000 to 1,200 calorie balanced diet. But others may be downright dangerous, as they emphasize one food or food group and the elimination of others. In other words, they advocate diets that are unbalanced.

Some of these diets fraudulently claim that certain foods have the ability to "burn fat." No food can do that. Body fat is "burned" only by using more energy than is supplied by food you eat. For example, in the 1970s, diets high in protein and very low in carbohydrates were promoted as panaceas for the overweight, with promises that they would "burn fat" more quickly than a regular balanced diet. This is the type of diet that provides a quick and substantial—but only temporary—weight loss because fatty acids are incompletely broken down. The technical name for this process is "ketosis" and can lead to an acid and alkaline imbalance. Ketone bodies, formed when fat deposits are broken down for energy more quickly than the body can use them, must be excreted in the urine. The dieter loses water—and weight—in the process. But the weight loss is not body fat and is quickly regained when normal eating is resumed.

Another reason for quick weight loss with these ketogenic diets is that the body is getting energy from muscles and major organs [known technically as "lean body mass"] rather than fat. Balanced diets contain

enough carbohydrates to provide glucose [a form of sugar]—the body's basic energy source. But when carbohydrates are lacking, the body must obtain glucose from other sources, such as the protein in lean body mass. At such times, the body may draw upon the muscles and major organs such as the heart for the needed glucose. While the body must expend 3,500 calories to "burn off" a pound of body fat, only about 480 calories are needed to get rid of a pound of lean body mass.

One extreme form of this type of diet—a liquid protein diet containing less than 400 calories a day—was linked to 17 deaths in 1977 and 1978. Scientists who studied the deaths found that the dieters died of irregular heart rhythms and cardiac arrest.

The Food and Drug Administration now requires warning labels on weight-reduction products when more than 50 percent of the product's calories come from protein.

Pills, potions and devices

In addition to "magic" foods and fad diets, people often are lured by promises that pills, potions or devices will take off and keep off unwanted pounds.

A few of these—like appetite suppressing eyeglasses with colored lenses that are supposed to project an image to the retina that dampens the desire to eat—border on the ridiculous. Yet hundreds of seekers of the svelte look are "taken" by such products before authorities step in.

One recently promoted device, the electrical muscle stimulator (EMS), has legitimate medical uses in physical therapy but is worthless for weight loss or figure firming. Claims that stimulation from these devices have the figure-toning ability of 3,000 situps, for example, are without any scientific basis. Further, these devices, often promoted through mail-order for

(con't on next page)

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(cont'd from Page 8)

home use, can be dangerous if not handled correctly. There have been reports of electrical shocks and burns, and the devices can be particularly hazardous to pregnant women and to people with heart problems, pacemakers or epilepsy.

A wide assortment of wraps and garments, some with accompanying lotions to be rubbed on the body before donning the apparel, have been promoted as way to "burn fat." But facts show that only the consumer gets "burned," while the wallet gets lighter. The creams, gels, wraps, belts and sweat suits reduce body dimensions by removing fluids—that is, the user "sweats it off." This is a temporary loss because the fluid is regained when the person eats or drinks. Moreover, rapid and excessive fluid loss is potentially dangerous because it can cause severe dehydration and chemical imbalance. FDA has taken legal action against several promoters of these products for making unsubstantiated weight-loss claims.

The sensible approach

Before embarking on any weight-loss program, would-be dieters should consult their physicians to be sure there are no underlying medical problems and that the diet and exercise program they are contemplating is right for them. Talking to a registered dietitian or qualified nutritionist can also be helpful.

Women should be aware that they face more of a challenge in losing weight than men do. Because they generally need fewer calories than men to maintain their weight, women have to reduce calories to a lower level in order to lose. For example, most men can lose one to two pounds a week consuming 1,500 to 1,600 calories a day, whereas many women may have to cut down to 1,000 to 1,200 calories a day to achieve the same weight loss.

Because she is consuming fewer calories, a female dieter needs to pay especially close attention to the nutrient value of the foods she eats. Males or females considering a diet of 1,000 calories or less should discuss with a physician whether a vitamin-mineral supplement at the level of U.S. Recommended Daily Allowances is advisable.

Healthy way to lose weight

Although women may have more of an uphill battle than men when it comes to weight loss, the same basic



principles of a healthy way to lose weight apply to both:

- Consult a physician and, if possible, a dietitian before embarking on any very restricted diet.
- Aim for a moderate weight loss of one to two pounds a week. Research has shown that losses in excess of this tend to be losses not of body fat, but of water and lean muscle.
- Reduce portion size but maintain a balanced diet from the four basic food groups; grains and cereals; eggs and dairy products; fruits and vegetables; and meat, poultry and fish.
- Limit intake of fats, sweets, and high-calorie foods.
- Exercise regularly; increase exercise if possible. Some dieters also find it helpful to count calories in

order to keep track of how much they're taking in. It also can be helpful to eat several smaller meals, rather than three larger meals a day.

As for weight maintenance, once the pounds are shed, many experts recommend that dieters become aware of the eating habits that made them gain weight in the first place so that they won't return to them. One way to keep weight down is to stay with the same foods that were eaten during the diet, but with somewhat larger portions. After weight loss, some people find it useful to continue counting calories to keep from overeating again. Any exercise program undertaken while dieting should be continued as part of life's daily routine.

(Willis edits the FDA's Drug Bulletin, a publication for health professionals.)

Dietary guidelines help fitness and health

BY CECILIA DeWINNE

WASHINGTON — National nutrition time is here again, which means it is time for everyone to look seriously at their eating habits. The following dietary guidelines can help you in the area of physical fitness and health.

First, it is important to eat a variety of foods. No single food item supplies all the essential nutrients but by consuming foods from each of the major food groups you will obtain an adequate diet. The basic

food groups include fruits, vegetables, grain products [breads and cereals], dairy products, and protein foods which consist of meat, poultry, fish, eggs, and legumes.



The second dietary guideline encourages you to maintain ideal body weight. Being overfat increases chances of developing chronic disorders, especially problems associated with higher risks of heart attacks or strokes. Matching your eating habits [caloric intake] with your physical activity routine can help you achieve optimal body weight. An "honest" look in the mirror will let you know how well you are staying in shape.

Avoidance of too much fat, saturated fat and cholesterol in our daily diet is the third guideline. Choosing lean protein sources, moderating use of eggs and organ meats, limiting intake of fats such as butter, margarine, and shortenings, and avoiding fried foods can help reduce the chance of having a heart attack due to high levels of cholesterol or fat in the blood.

The fourth and fifth dietary guidelines concern carbohydrate intake. It is important to eat foods adequate in starch and fiber. The complex carbohydrates such as beans, fruits and vegetables, and whole grain products are excellent, nutrient-rich sources of the energy providing carbohydrate we need. These complex carbohydrates help to increase our fiber intake which is necessary for proper bowel functioning. Avoiding the simple carbohydrates, such as sugar, is recommended because they provide calories but little else in the way of nutrients. Too much sugar and poor dental hygiene tend to cause major problems with tooth decay.

Avoidance of too much sodium is the sixth dietary guideline. Excessive sodium is linked to causing high blood pressure. To reduce your sodium level, cut back on your use of salt in cooking, try not to add salt to foods at the table, and limit intake of salty foods such as salted snacks, cheese and cured meats. In addition, using less salt can enable you to enjoy the natural flavors of foods.

The last dietary guideline recommends that if you drink alcohol, do so in moderation. Alcohol is high in calories but low in nutrients. Excessive drinking can cause malnutrition. Heavy drinking can cause liver or neurological disorders. One or two drinks daily appear to cause no harm in adults.

These guidelines can assist you in making wise choices about your eating habits. Think before you eat. That's the key to enjoying top physical condition nutritionally. *(Capt. DeWinne is an Army Medical Service Corps dietitian assigned to the Army Nutrition Planning Committee at Fort Benjamin Harrison, Ind.)*

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5. If you wish to take advantage of spiralling inflation by deferring a portion of your automobile's price for a number of year's and then paying for that portion in inflated dollars. (Lease-purchase)
6. If your trade payoff is greater than its market value. (You can avoid this situation in the future by leasing.)

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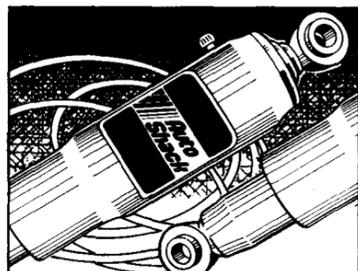
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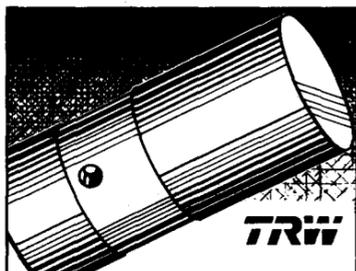
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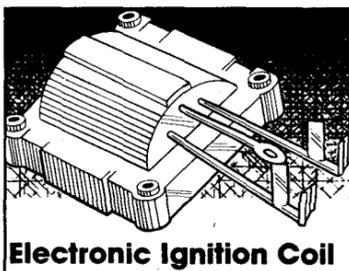
Auto Shack Air Shocks
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44⁸⁸ PAIR



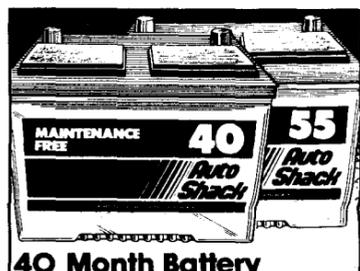
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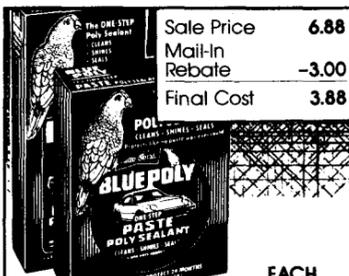
STP Oil Treatment
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.59 AFTER REBATE



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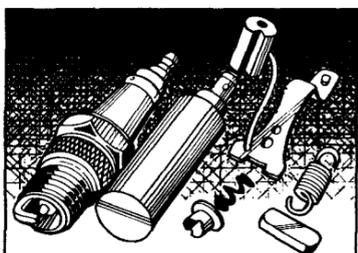
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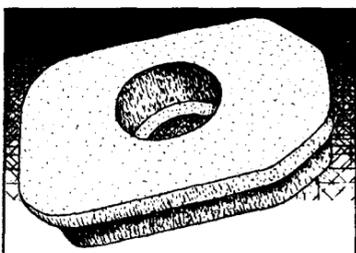
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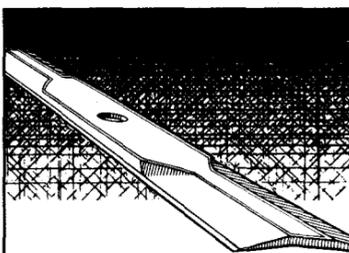
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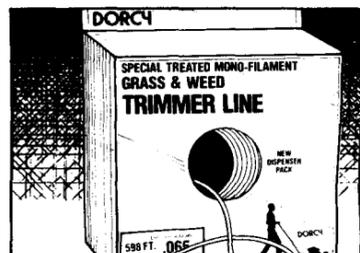
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Computer age comes to the commissary

Redstone's commissary customers will soon be on the receiving end of high technology when the facility installs new computerized scanners in the check-out lanes.

The scanners, which use a light beam to "read" the universal product code (black bars with numbers at the

bottom) on packages, will give both the commissary and its customers a more complete record of purchases, according to commissary manager Bill Penney.

The new scanners will mean some eventual changes for the facility, such as two additional check-out lanes, and fewer prices marked on packages (the prices will be marked on the shelves).

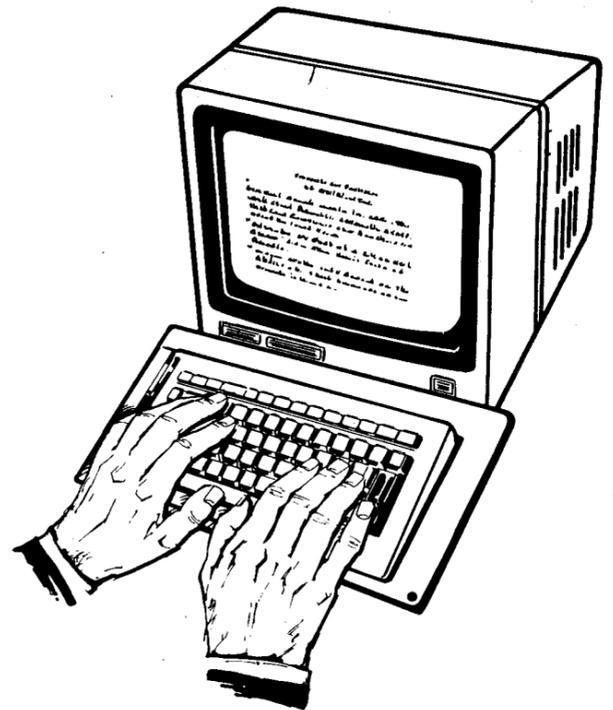
With the new system, when customers receive their receipts, they'll notice that every item is identified. Instead of the slip reading "frozen food," for example, it will now give the brand name or other identification and the size. The commissary also gets a record of each transaction, which helps track product movement and makes inventorying easier, Penney said.

He plans to set up two training lanes in May which will enable employees and customers to learn more about the scanner method.

"I'll probably have some groceries there that customers can pass across the scanners themselves, or they can watch an employee do it," he said.

He warns that lines may move a little slowly for the first couple of months after the entire store has made the change to the scanner.

"People should be patient for about the first 60 days, until the checkers become proficient," he said. The change is set to take place sometime this fall.



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Video

(con't from page 5)

conferences, budget reviews, strategy sessions, project coordination, and emergency meetings.

The first step for potential users here is to request a conference room reservation by calling 876-5104. Hinckley and Solomon would check whether satellite time is available by asking AMC via computer. They would then confirm a reservation with the people seeking it. They recommend a two-hour training session for potential users. "We also have a one-hour briefing," Hinckley said. "A lot of the same information is presented but we don't get as in-depth."

Shortly before the scheduled teleconference, Hinckley and Solomon help the participants in setting up for their conference. They remain available right outside the room in case the participants need help during the conference.

"We're the room facilitators," Solomon said. "We schedule system reservations for satellite time; we do user training; we provide the user with guidance in the planning of their graphics; and we propose video teleconference management techniques."

The room is 20-foot by 30-foot. It includes an over-

view camera and five cameras on surrounding walls; the cameras can be either voice activated or manually selected. A participant can hook on a microphone to talk. There are six chairs at the oval conference table and eight chairs against the wall behind it. The table includes a pop-up control panel and graphics square that can be lighted for transparencies.

Other features include a videotape recorder/player that can be remotely controlled to play back a videotape or record the conference for later use. A hard copy machine enables the participants to make a paper copy of an image of a drawing or document at another conference site. A no-dust, marker board is on a side wall of the room.

"It looks like it's going to be a wonderful thing for MICOM," said Solomon, a former video-production specialist with Boeing. "We're new to the Army and, just from the feedback we're getting from the people we've trained and briefed, they're just real excited about it. They think it's going to help them do their jobs better."

Estimated cost of using the system is \$200 an hour

for a 40-hour work week. "It's been funded to AMC level and MICOM is not being billed at the present time," said Marvin Solomon, chief of the audiovisual training and services section of Redstone Arsenal Support Activity. "AMC has a goal of a 60-hour work week for the facility."

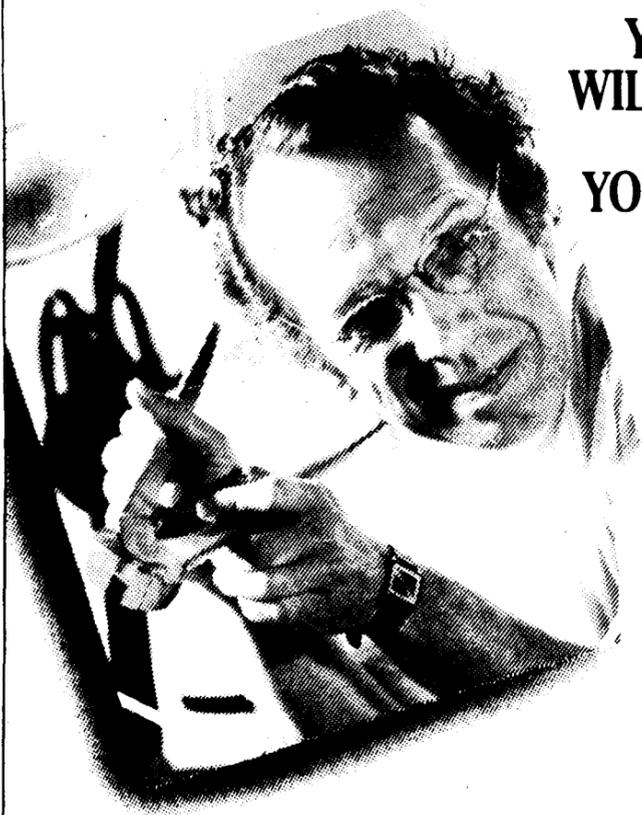
The walls of the conference room have sound-absorbent material. The outside is enclosed in metal to enable transmission of classified material. Using standard equipment in an enclosed room rather than having specified pieces of equipment was "more cost effective," according to Hinckley. The equipment was installed by American Telephone & Telegraph Co., prime contractor for the project.

"I think it's fantastic," Hinckley said, referring to the video teleconferencing network. "The potential for instant communication, the quality of the signals, the images, and the comfort that you feel inside the rooms is just very high. And I think it's going to go a long ways as far as saving the Army a lot of money."

"The people are not going to feel intimidated when they come in here," he added. "I know a lot of people may think the video teleconferencing room is this big cavernous area with lots of cameras and hot lights, but it's just the opposite of that."

Open house for the MICOM video teleconferencing center, room B-300 in building 5250, is being held 9 a.m. to 4:30 p.m. through Friday, March 14.

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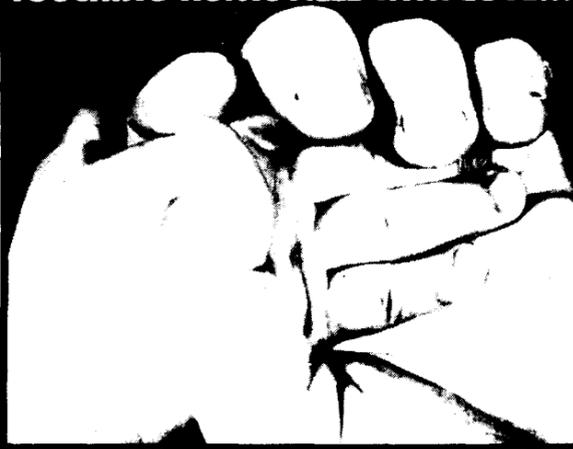
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About 26 members of Headquarters and Headquarters Company volunteered to help fight a grass fire in a test area on post last week.

The unit first sergeant, Steve Cox, heard about the fire the afternoon of March 5 from the staff duty NCO at MICOM headquarters then called the fire department. Cox asked the fire department if the unit members trained to fight fires would be sufficient help and was told "No, we need as many people as you can send."

The 26 volunteers and four unit members trained to fight fires went over to the test area in a military van and their personal vehicles. They were in the middle of physical training when the call came in.

"Some of them lost the soles of their tennis shoes,"

said 1st Lt. Marjorie Doty, the unit's executive officer. "They just answered the call."

"They had the fire truck out there and some of our people handled the fire hose with the water," Cox said. He added that the soldiers also used "fire beaters," a flat piece of rubber on a broom handle.

The fire broke out around 4 p.m. in a wooded area west of Dodd Road, on the south side of test area one. The soldiers were there helping the firefighters about an hour and a half.

Firefighters were on the scene until about 7 p.m., according to Redstone Fire Chief Sam Taylor. He said the soldiers helped extinguish the blaze with fire flaps, rakes and shovels.

"They (the soldiers) did a very good job," Taylor said.

Columbia College

REDSTONE ARSENAL EXTENSION

Session II
March 17-May 10, 1986



Building 3222
Phone: 881-6181

CLASS SCHEDULE FOR SESSION II

MONDAY-WEDNESDAY 5:00 TO 7:30 PM				MONDAY-WEDNESDAY, 7:30 TO 10:00 PM			
Course No.	Course Title	Prereq.	Instr.	Course No.	Course Title	Prereq.	Instr.
BUS 150	Intro To Business	None	Smalley	BUS 396	Corporate Finance	Instr. Perm	Smalley
CIS 150*	Intro. To Programming BASIC	Instr. Perm.	Jones	CIS 260*	Hardware/Software Systems	CIS 150	Jones
ENG 104**	Developmental English	None	Yates	ENG 111	English Composition I	None	Yates
PHIL/GOVT 320	Political Philosophy	Instr. Perm.	Cushman	MA 105	Intermediate Algebra	None	S. Patty
PSY/BUS 336	Industrial/Organizational PSY	Instr. Perm or BUS 150	May	SOC 350	Social Gerontology	SOC 111 or PSY 101	May
*Lab Fee **Tuition Free Course				*Lab Fee			
TUESDAY-THURSDAY 7:30 TO 10:00 PM				TUESDAY-THURSDAY 5:00 TO 7:30 PM			
Course No.	Course Title	Prereq.	Instr.	Course No.	Course Title	Prereq.	Instr.
BUS 485	Fund & Gov't Accounting	BUS 280 or Instr. Perm.	Jacobs	BUS 281	Accounting II	BUS 280	Jacobs
CJ 101	Intro. To Criminal Justice	None	Bill	BUS 360	Organizational Design	Instr. Perm.	Foster
ECON 294	Microeconomics	ECON 293	Traylor	CIS 170	Intro. Computer Info. Systems	None	Thomas
MA 250	Statistics	MA 150	C. Patty	CJ 306	Military Justice Systems	CJ 101 or Instr. Perm	Moon
				ENG 112	English Composition II	ENG 111	Mills

GENERAL INFORMATION

Academic Calendar—Session II March 17-May 10
 Registration Begins February 18
 Classes Begin March 17
 Late Registration Ends March 25
 Tuition Assistance Form Deadline March 25
 Last Day to Drop March 28
 Classes End May 8

Classes are opened to ACTIVE DUTY MILITARY, THEIR DEPENDENTS AND CIVILIANS employed on Redstone Arsenal. The Columbia College office is located in Building 3222, Army Education Center (South Entrance). Office Hours: 8:30-4:30 Monday thru Friday. Phones: 881-6181 or 876-4851. Counseling and Registration are available on a walk-in basis.

Developmental English (ENG 104) is a tuition free course and students receive three semester elective hours credit for the course. (First come first served basis). IBM PCs are used in our computer lab. ALL CLASSES ARE HELD IN THE ARMY EDUCATION CENTER. Building 3222.

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- Bachelors in Individual Studies
- Associate in General Studies
- Associate in Science/Computer Information Systems
- Associate in Science/Science Management
- Associate in Science/Criminal Justice

Arsenal blood donors praised for contributions

Blood donors on Redstone Arsenal have a great deal to be proud of, according to the Red Cross.

Deputy Post Commander Col. John Walker reported last year's figures for blood donations during a coffee in honor of donors and blood program coordinators last Friday.

"The arsenal supports 40 percent of the Madison County donor program," he said. "Last year we gave 9,412 units of blood for our community."

Ken Roberson, manager of the Madison County Chapter of the American Red Cross, spoke briefly to the group, telling them Redstone workers are the single largest donor group in North Alabama.

He also made an appeal for current donors to convince their friends to give blood. Roberson said the nation's blood supply is down 5 percent from this time last year, due in part to the mistaken notion by many people that acquired immune deficiency syndrome can be contracted by giving blood.

"A survey shows that one third of the population believes that you can contract AIDS from giving blood. You can't. There's no way to get AIDS by giving blood. We use sterile packs and sterile, disposable needles— use them one time and throw them away," he told everyone.

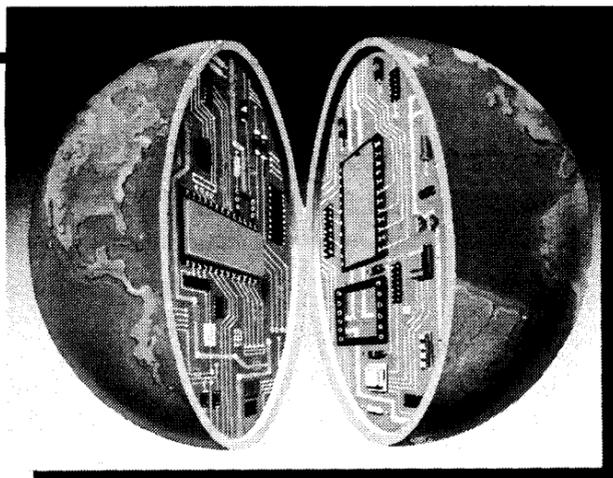
"Right now we're just keeping our chin above water. Next year we may see some serious blood shortages," he said.

Jean Meagher, a Huntsville resident, thanked the group for their compassion, which may have helped

save her life. She received from 12 to 15 units of blood when she underwent open-heart surgery three times.

Brig. Gen. John Drosdeck presented awards for organizations with outstanding donorship during 1985. Among the winning contributors were the Human Engineering Detachment of the RD&E Center, 1-50 category; Air Defense Command and Control Systems Project Office, 51-100 category; MLRS project office, 101-200 category; Missile and Space Intelligence Center, 201-400 category; and Missile Logistics Center, 401 and over.

Army workers recognized for their contributions included Charles Thompson, 13 gallons, four pints and Robert Newman, 10 gallons, four pints, both of the Missile Logistics Center; Leonard Jones, 11 gallons, two pints, of the Supply Division; Gert Schmitz, 11 gallons, four pints, of the Security Assistance Management Directorate; Keith Fowler, 10 gallons, four pints, of the Legal Office; Jim Capley, nine gallons, Jan Dykes, six gallons, six pints and Pearl Cooper, five gallons, three pints, all of RASA; Roosevelt Whitfield, nine gallons, one pint and Robert Parker, eight gallons, two pints, both of TMDE Support Group; Charles Ream, eight gallons, five pints, Sue Ashworth, five gallons, six pints and Janice Ray, five gallons, two pints, all of the Air Defense Command and Control Systems Project Office; Ruth Ann Burton, seven gallons, Chaparral-FAAR Project Office and Bill Green, eight gallons, three pints, Test and Evaluation Directorate.



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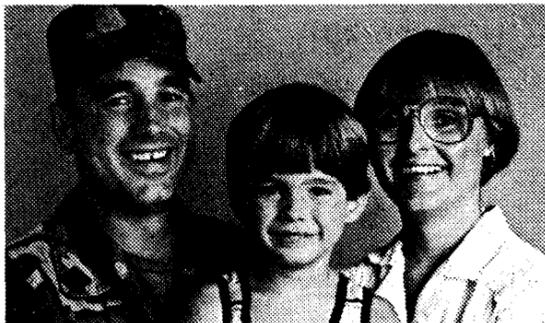
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"It sure didn't take us long to get comfortable in our new house here at Fort Polk. Connie loves the size and layout. Ronnie-Lee loves the playground. And there's even room to store my boat.



"We love our quarters. This house has been very important for us in making a good home.

"Because we're in the Army, people may not expect us to live this well. But the Army has changed a lot in the past five years. It's a good place to live, to be.

"Connie and I feel that the Army's really come a long way in housing and, you know, in taking care of its people."

The overall quality of quarters on posts throughout the Army continues to improve. And housing starts and renovations are at an all-time high. It's all part of the Army Family Action Plan in action.

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Post volleyball team takes third place

The Redstone Arsenal post volleyball team placed third out of eight teams in the Huntsville Invitational Men's Division "B" Volleyball Tournament.

Teams from Alabama, Tennessee and Kentucky participated in the tourney held at Huntsville High School on Saturday, March 1. The post team lost in the semifinals to eventual champion White County, Tenn.

In the finals, White County beat Vector Force (of Fort Campbell, Ky.) 15-13 and 15-12.

The eight teams were divided into two four-team pools. The first pool teams included the Huntsville Breakers, Huntsville Cheapshots, Redstone Arsenal, and White County. Redstone won its pool by finishing 8-0. The other teams were tied for second with 4-4 records.

The second pool included Vector Force, Scorpions (of Birmingham), Samford University, and Nissan (of Tennessee). Vector Force and the Scorpions tied for first with 4-4 records. Samford placed third at 3-5 and Nissan fourth at 1-7.

To determine second place in pool one, a one-game playoff to 15 was conducted between White County, the Breakers and the Cheapshots. The Breakers whipped the Cheapshots 15-7; then White County clobbered the host Breakers 15-6.

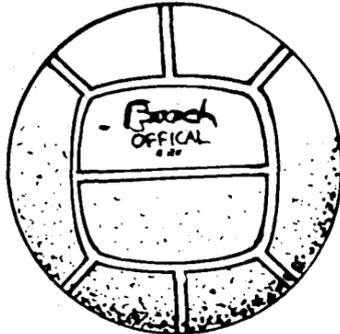
In semifinal action, White County clipped Redstone 13-15, 15-5 and 15-13. In the other semifinal, Vector Force routed the Scorpions 15-7 and 15-7.

Here are the results of pool play action for local teams: Redstone nipped Nissan 16-14 and 15-13, beat the Scorpions 15-10 and 16-14, defeated Samford

15-11 and 15-10, and topped Vector Force 18-16 and 15-5. The Breakers hammered Nissan 15-1 and 15-9, lost to the Scorpions 7-15 and 10-15, split with Samford 15-7 and 10-15, and split with Vector Force 15-9 and 2-15. The Cheapshots split with Nissan 7-15 and 15-5, split with Scorpions 16-14 and 15-17, beat Samford 15-2 and 15-10, and bowed to Vector Force 6-15 and 4-15.

Redstone's volleyball team planned to travel to Chattanooga this past Saturday to participate in the UTC Men's Division B tournament. Results were unavailable at presstime.

Members of the post team include Felix Milar, Richard Goodale, Lawrence Chargualaf, Angel Perez, SSgt. William Stover, Sgt. Jerry Miller, Sgt. Abigail Bosque-Gil, CWO Thomas Frush and Maj. Les Kahalekai.



Bowling standings

Here are the troop bowling standings after last week's games:

Tuesday's Conference		
Team	Won	Loss
A Company-1	354	171
95th	327	198
Marines-1	321.5	203.5
515th-1	321	204
C Company-1	296	229
TMDE	283.5	241.5
* 515th-2	253	247
291st MPs	261	264
6th Student Company-1	235.5	289.5
4th Student Company-1	208.5	316.5
4th Student Company-2	150	375
* 4th Student Company-3	110.5	389.5
* has one match to make up		
200 games bowled on March 4:		
Keith Deering	223	
Phill Weathington	200	
Thursday's Conference		
Team	Won	Loss
A Company (E&TTD)	412.5	112.5
B Company-1	355	170
Marines-2	336.5	188.5
MEDDAC-2	334	191
C Company-2	267	258
5th Student Company	262.5	262.5
MEDDAC-1	248.5	276.5
MEDDAC-4	247	278
MEDDAC-3	233.5	291.5
B Company-2	172	353
6th Student Company-2	144	381
7th Student Company	119	406
200 games bowled on March 6:		
Dave Hahn	204	
Dave Scott	204	
Keith Warters	201	

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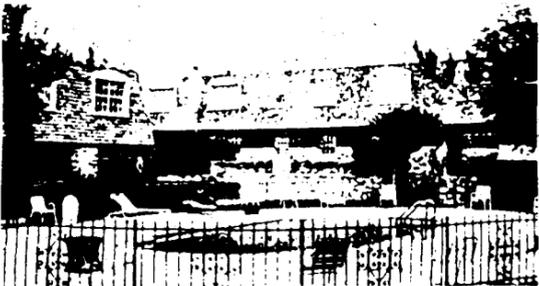
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Plaque memorializes 248 killed in plane crash

BY JEFF WATSON

A memorial plaque presented by an OMMCS group to the Fort Campbell, Ky. community pays tribute to 248 members of the 101st Airborne Division who died in a plane crash on their way home for Christmas.

The DC-8 charter flight crashed on take-off in Gander, Newfoundland three months ago today, killing all passengers on board. It was carrying members of the 101st Airborne's 3rd Battalion, 502nd Infantry on the last leg of their journey homeward from the Sinai.

"You always feel bad when something like this happens, and the fact that they were returning home at the holiday season just makes it that much worse," said SSgt. Patrick Hardin, who organized the plaque pro-

ject among members of the OMMCS Hawk Division.

"I just felt a need to recognize the men killed and their surviving families," he continued. "We (in Hawk Division) wanted something permanent and in writing so how we felt wouldn't be forgotten."

Hawk Division members presented the plaque to Maj. Gen. Pat Patrick in a small ceremony recently at Fort Campbell. The plaque reads in part:

No matter the distance, no matter the mission, we are a family. . .

The 12th of December will be with us always. We will not forget the ones you have lost, the ones we have lost. . .

We will remember them always, they were our family.



A REMEMBRANCE — SSgt. Patrick Hardin shows memorial plaque presented by Hawk Division to the Fort Campbell community.



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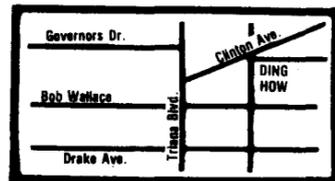
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Announcements

Chapel activities

The Catholic Youth of the Chapel meets on March 15 from 6:30-8:30 p.m. at Bicentennial Chapel; all Catholic youth in grades 7-12 are invited. The Protestant Youth of the Chapel meets on March 16 at Bicentennial Chapel; those in grades 4-7 should arrive at 2 p.m. for choir rehearsal; grades 8-12 should arrive at 2:30 when everyone is scheduled to leave for an outing at the Post Boy Scout Picnic Area; everyone will return to Bicentennial Chapel by 5:00. The Protestant Women of the Chapel Bible Study group meets at 9:30 a.m. March 19 at Bicentennial Chapel.

Spanish Retreat/Mass

A Spanish Retreat and Mass in Spanish is set for March 15 at Bicentennial Chapel. The Retreat begins at 1 p.m. and lasts until 6 when Mass begins. Willy Arias from Cuba will officiate. A Spanish potluck supper follows Mass and those planning to attend should bring a dish to share. For more information, call Ivette Arias 830-4143.

MICOM wives

The MICOM Wives will have a luncheon 11 a.m. March 18 at the Officers Club. Mr. Meacham, the guest speaker from Meacham Nursery, will discuss "What Grows Well and How to Grow it." For a reservation, mail by March 13 a \$5 check (payable to Officers Club) to Mrs. George Laslo, 42 Ripley Drive, Redstone Arsenal 35808. For more information, call 830-9208 or 881-3043.

Personnel management group

Huntsville-Rocket City Chapter of the International Personnel Management Association will have a seminar from 8 a.m. to 4 p.m. Saturday, March 29 at the Carriage Inn on University Drive. Topics will include motivation and self profile analysis, counseling techniques and interviewing skills, fashion and accessory show, health care, and listening techniques. There will also be information available on parenting, traveling, and smoking cessation. Cost is \$17.50 for IPMA members and \$29 for non-members. This includes coffee and doughnuts, lunch, door prizes, and a certificate of training. There is a special price for groups of five or more non-members. For reservations, call by March 20 either Karen Norris 876-2172 or Vivian Hollingsworth 876-5240.

Sci-fi group

North Alabama Science Fiction Association will have its monthly meeting at 7 p.m. March 15 at the First American Federal Savings and Loan Association, 4008 University Drive. For more information, call Jack Lundy 876-9414.

Toastmasters

Mason-Dixon Toastmasters meets at 6:30 p.m. each Monday at Bibb's Restaurant on Airport Road. The public is invited. For more information, call 533-3272.

Spot bid sale

A local spot bid sale of government surplus property will be held March 19 in the Defense Reutilization and Marketing building 7427 on Warehouse Road. Registration starts at 8 a.m. and the sale begins at 9. Items for sale include photographic equipment, telescopes, copying machines, paints and sealing compounds, bicycles, desks, beds, chairs, tables, books, clothing, electrical and electronic equipment and typewriters. The items are located in building 7427 and may be inspected from 8 a.m. to 3 p.m. daily, excluding Saturday and Sunday.

Computerized information service

Presentations on an on-line computerized information service called Crosslink will be given March 18-19 at 9-11 a.m. or 1-3 p.m. at the Huntsville Sheraton by Information Handling Services. The presentations are for logisticians, supply and procurement people or anyone interested in the over-6,000,000 National Stock Numbers in the Federal Supply Catalog. The presentation March 18 is for government personnel only and the March 19 presentation is open to defense contractors. Additionally, Innovative Technology Inc. will give a presentation on the Technical Logistics Reference Network developed under Navy sponsorship.

Garden club

The OWC Garden Club will meet Thursday, March 20, at 10:30 a.m. at the Heritage Club at 111 Washington Street NE. Rosa Van Valkenberg will give a talk on irises and day lilies. For reservations call Madelyn Poteat 533-1483 or Linda Alt 536-3110.

Military comptrollers

The American Society of Military Comptrollers will meet Thursday at 11:30 a.m. at the Officers Club. Speaker will be Terry Placek, chief of the Appropriation Review and Analysis Division, Office of the Director of Army Budget, Comptroller of the Army. For reservations call Marilyn Schild 876-1208.

Singles dance

A special Shamrock dance for singles will be hosted by Singles United on March 15 at the Holiday Inn at Madison Square. Other singles groups participating include Christian Singles Fellowship, Civitan Singles, Parents Without Partners, Singles and Singles Again, Bachelors and Bachelorettes, Single Squares, Widows or Widowers, Western Two-Step Singles and guests of these groups. Social hour begins at 8 p.m., with dancing from 8:30 until 11. Cost for the evening is \$6 in advance and \$7 at the door. Dancers will receive one free drink, hors d'oeuvres and a chance at a door prize. For information and tickets call 532-7008.

Church fellowship

The Hispanic Church of God at 3806 Colonial Park Circle in Huntsville invites you to fellowship every Saturday at 6 p.m. For more information, call Pastor Ted Alejandro 830-6511.

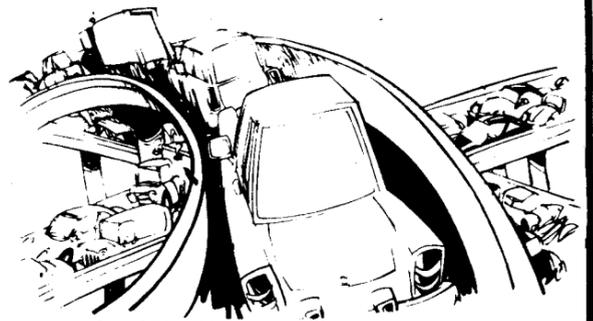
Crime prevention

Security officials say a good neighbor can help in crime prevention. The military police can't be everywhere, but you and your neighbors can. Call the MPs immediately if you spot something suspicious. Don't try to stop the criminal yourself; it could be dangerous. In other communities, people are joining with their neighbors to fight crime. Take the initiative—don't wait until a crime happens, say security officials.

Civilian recruitment

A team of recruiters from the U.S. Army Europe (USAREUR) Civilian Recruitment Center will visit Redstone on March 19-20 to find candidates for some hard to fill positions. The team will not recruit for wage grade or clerical positions. Applicants must have personal civil service status. No job offers will be made at the time of the recruiting session. Those interested should be at the post theater at 8 a.m. or 2 p.m. March 19-20. Bring a completed SF-171 form. For more information, call Olene McGowen of Civilian Personnel Office 876-5744.

Carpool Hotline



Call 876-1500 to place your free carpool ad.

Priceville

Carpool wanted from Priceville area to Strategic Defense Command building, hours 7:30-4 or flexible. Jimmie Derrick 895-3400.

Learning center

A course entitled "Money Matters" is offered at the Learning Resource Center. This computer-based, self-paced course provides review and practice in the basic math skills necessary for handling cash. It totals seven hours on the Plato computer system. To enroll in the course, submit a DD form 1556 to AMSMI-CP-TC/LRC, building 7446, Attn: Learning Resource Center. For more information, call 876-1061/1416.

Children's ballet

There will be a parents meeting March 13 for those interested in children's ballet classes. Other forms of dance will also be discussed. Only one parent need attend. The meeting will be held at 7 p.m. March 13 at the Youth Center, building 114. Instructor will be Valerie Gormes. For more information, call 876-KIDS.

Top graduates

The following service members received honor or distinguished graduate awards from OMMCS classes which graduated the week of Feb. 17-21: Sp4 Jeffrey J. Secor, honor, Land Combat Support System Test Specialist; Chieh Shan Tsai, honor, Ching Cheng Hsiao, distinguished, Improved Hawk Launcher Mechanical System Repair; SSgt. Jimmy D. Benson, honor, SSgt. Victor M. Medina-Ramirez, distinguished, Forward Area Alerting Radar Repairer BTC; SSgt. John P. Castle, distinguished, Sgt. Ulysses Roberson, honor, Nuclear Weapons Specialist BTC; Pvt. Robert V. Willem Jr., honor, Pvt. Patrick A. Evans, distinguished, Tow/Dragon Repairer; Sgt. Vernon R. Vinson, honor, Sgt. Keith M. English, distinguished, Ammunition Specialist; Pvt. Cynthia M. Bronson, distinguished, PFC Melvin L. Bruenger, honor, Ammunition Stock Control & Accounting Specialist.

Top graduates

Honor graduates of OMMCS courses for the week of Feb. 24-28 were Pvt. Marsha Sims, Lance system repairer; SFC Edward M. Pison, ammunition inspector; 1st Lt. Philip Reiner, 2nd Lt. James Landsman, 2nd Lt. Eileen Harlee, 2nd Lt. Mark Walworth, and 2nd Lt. Albert Cruz, Ordnance Missile Materiel Management OBC 4-9-C20-73A/9; 2nd Lt. Kim Montsch, 2nd Lt. Catherine Reese, 2nd Lt. Friedrich Aubrey, 2nd Lt. Daniel McAnulty, and 2nd Lt. Jewel Scott, Ordnance Munitions Materiel Management OBC 4-9-C20-75A/9; Pvt. Richard Flowers and Pvt. Gregory Manchester, Tow/Dragon repairer. Distinguished graduates were Pvt. Randy Mollett, Lance system repairer, and 1st Lt. Cecil Taylor, ammunition inspector.

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Moving Must Sell: 1983 Mazda SE5, factory air, AM/FM cassette, camper shell with professionally customized bed, excellent condition, \$4300. Call 837-7946.

For Sale: 1985 Trans Am, black and gold, loaded, tuned port injected, 305 V8, with performance suspension, performance stereo, f-tops, 10,000 miles. Extra sharp. No money down. Assume lease with option to buy. Payments are \$329.86. If interested call 837-7946.

For Sale: Grissom belt buckle, \$5; large canvas painting in teakwood frame—"Stallion in a Storm" \$100; Schwinn 10 speed man's 27" bicycle, \$100; Toshiba K-T 53 portable cassette player with FM radio in set, \$40; Pappasan Bamboo chair and footstool with gold cushions, \$70. Call 882-1641.

Lost: in the 200 vicinity of the of ficers housing area, a black persian cat with copper-colored eyes. This can needs medication. He answers to the name Carrington and is wearing a yellow collar with name tag. \$20 reward. Call SFC Richard Tiff at 876-5960 or at home 830-5535.

Lost: silk Paisley scarf border, label Liberty, in vicinity of Bldg. 5250 Thursday, March 6. Finder please call Janet, 876-4846.

Lost on Hansen Road: Wire hubcap with spinner for 1962 Corvair. Lost on Thursday, Feb. 27. Sure would like to find it. Call Gary at 876-3221 or 534-3429 if you should stumble across it. Thanks.

For Sale: 14 ft. aluminum semi-V fishing boat, 20hp Mercury motor, 6 gal. gas tank, and trailer (new lights on trailer). Exc. cond., call after 5 p.m. weekdays, anytime weekends, 837-7133, \$1000.

For Sale: 1984 Pontiac Sunbird, 12,000 miles, one owner, 5 speed, \$5250. Call 534-3421 or 828-4064 after 4 p.m.

For Sale: 1980 MGB, new convertible top and carpet, AM/FM stereo cassette, dark brown, 42,000 miles. \$3750. Call 881-3698 after 4 p.m.

For Sale: 1985 Camaro, air, AM/FM cassette, auto, PS/PB, great condition. Dark blue with tan interior, small equity and take up payments. Cindy, 876-8001 before 3:30.

For Sale: 1981 Chevette, silver, 4 door, 4 speed, air, AM/FM stereo, excellent radial tires. \$1995. Call 876-7259 or 880-2018.

For Sale: AKC registered German Shepherd puppies, 3 males, 3 females, 3 are solid black, 3 black and tan. Great bloodlines. \$150 each. Call 536-8454 after 5 p.m.

For Sale: 10 ton and 5 ton Ben chmaster Punch Presses w/8 position index tables, \$7000. Call 423-6491 after 6.

For Sale: Component Stereo: Yamaha receiver \$375; Marantz cassette deck \$270; Pioneer turn table \$145; Infinity speakers \$240 or best offer. Call Ed at 881-0753 after 5.

For Sale: 1982 Honda Accord four door sedan, silver with gray interior, 5 speed transmission, air conditioning, cruise control, rear window defroster, Alpine AM/FM cassette stereo, new tires, 50,000 miles, 536-8454 after 5 p.m. \$7000 or best offer.

For Rent: VHS Video camera/recorder for rent, \$20 per day. 837-2885.

For Sale: 1967 Nova, 6 cylinder, automatic, 2 door hardtop, bench seat; black on black, all original. Rebuilt engine, 25,000 miles. Good condition, \$1300. Call 876-1375 days or 615-433-8040 after 6 p.m.

For Sale: 1981 Pontiac Gran LeMans Safari station wagon, excellent condition inside and outside, AM/FM cassette, power windows and seats, tilt steering wheel, 66,000 miles. Must sell, moving overseas. \$3500 firm. Call Elliott Moseley at 895-3700/4114 during work hours after March 16.

For Sale: 1985 Blue Subaru GL10, four door sedan, AM/FM stereo cassette, auto, air, power brakes, power windows, electric sunroof, digital panelboard, cruise, tilt wheel, sports wheel and console, 11,000 miles, excellent condition, asking \$2500 and take over payments. Call 876-4466 or 837-7671 after 5 p.m.

For Sale: Scamper camper, pop up sleeps up to eight people with ice box, gas stove, sink, gas bottle, large storage area, only \$795 (firm). For information call 881-3330 weekdays.

For Sale: 22 ft. Catalina Sail Boat with 9 HP Mercury motor, 3 sails, trailer, boarding ladder, and all Coast Guard required equipment. \$5,100. Call 881-5598 or 876-7730.

For Sale: 1977 Buick Park Ave., 4 dr. sedan. White w/red plush interior, 77,000 miles, auto, cruise, all power \$3300. Must see to appreciate. Call 881-1549 after 4 p.m.

For Sale: Car top carrier, 17 cu. ft. \$75. Call 830-4724.

For Sale: 1984 Honda Aero, 125cc motorscooter, new tire and battery, 2 helmets. \$950.

For Sale: Mens 10 speed bicycle, good condition, \$50. Call 852-5202 after 4 p.m.

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