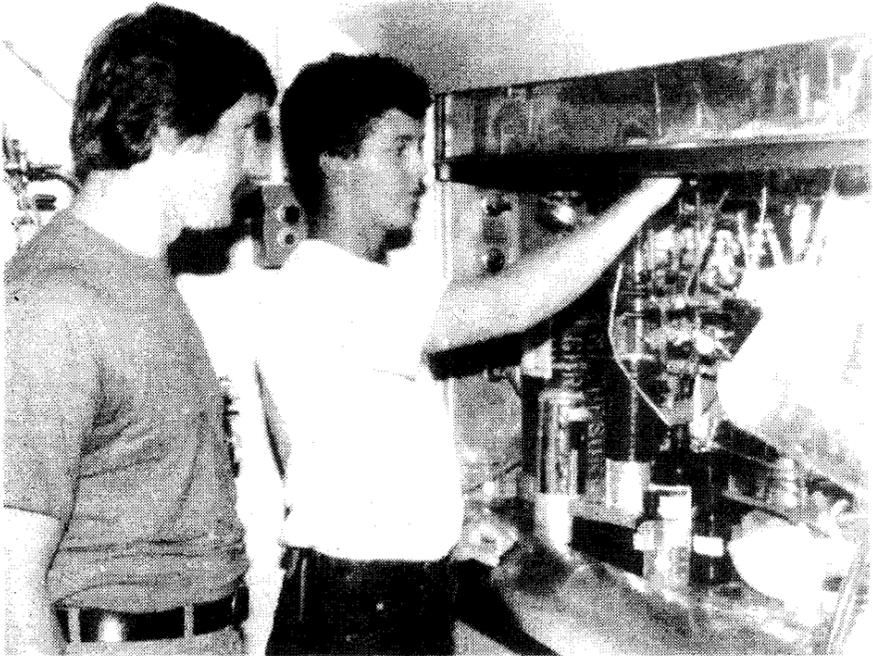


# Redstone Rocket

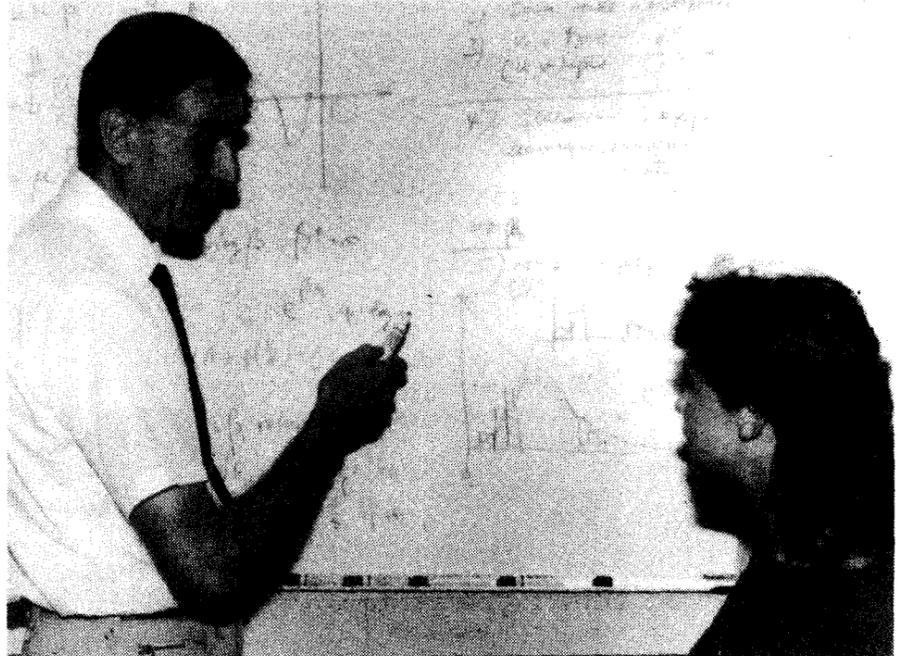
Vol. 35 No. 11

Published in the interest of personnel at Redstone Arsenal Al.

August 13, 1986



LAB WORK — Robert Johnson, a research chemist, assists student Scott Smith.



MATHEMATICS — Dr. Siegfried Lehnigk, a mathematician here, works with student Wendy Richards.

## Program gives students experience, career options

BY SKIP VAUGHN

High school students who spent much of their summer doing research work in Army facilities here don't seem to regret it.

"I think it's a great program," said Scott Smith, a senior at Huntsville High School. "It gives us the opportunity to learn some things we wouldn't normally get to learn about the field of science and engineering."

This was the first time the Missile Command participated in the Defense Department's Science and Engineering Apprenticeship Program. Select students were assigned to workers who volunteered to provide summer research projects for them.

The program began June 16 and continued for eight weeks through Aug. 8. The 21 students were paid for their individual research. Each did the work at his or her mentor's work site; mentors were volunteers from the Research, Development and Engineering Center. The students got together for weekly lectures and presented the results of their individual research on the last day.

Projects included work in such areas as aerodynamics, chemistry, physics, mathematics, lasers, and optics.

"I liked it, I thought it was good experience," said

Wendy Richards, a junior at Randolph School. "And it helped me in deciding what field of work I might want to look into for a career choice."

Richards had a math research project with her mentor, Dr. Siegfried Lehnigk, a mathematician in Research Directorate. They worked on "a probability density function to describe a histogram," she said. Besides the paperwork, Richards got a chance to see experiments done in a laboratory.

She learned about "being careful with my numbers," she said. "And I didn't know the Army did as much as they did; it's such a wide range of things, but they all fit together somehow."

Richards plans to finish high school then "probably go up to Alabama and get into engineering." She said she is leaning toward aerospace engineering and may someday work for an Army contractor.

"It (the summer program) showed me that a lot of the things I was looking at doing I don't know I can do for the rest of my life; so, it's cut off a lot of career choices but it's also opened up a lot more," Richards said.

"I just hope that next summer this will continue and a new batch of people will be able to come in and have this experience that we got," she said.

Smith, the Huntsville High School senior, worked

this summer with Dr. Ann Stanley, a research chemist here. His project was "trying to find a more efficient means for making germanium which is used for infrared optics," he said.

Smith plans to enter some field of engineering; he isn't sure what type yet. "This (program) showed me what research is," he said.

"It's given me a chance to get education a different way— practical education, not just sitting in a classroom," Smith said. "And it's taught me what a real research lab does, (which is) totally different from the laboratory at school."

He learned about safety in the laboratory and about the role research plays in the Army. "I didn't know how much research does in the Army," Smith said. "So working in research showed me the different types of research people are doing."

Smith plans to go to Auburn University unless he is fortunate enough to get a scholarship. After that, he may "possibly" go to work for the Army. "That's definitely one of the roads I might go down," he said.

"It (the program) showed me things I might not be interested in doing but it showed me about 10 others I might consider — that I wouldn't have even known about if it hadn't been for this opportunity," Smith said.

## Army rejects contractor' school bus badge plan

The Army has rejected a contractor's plan to furnish badges for children who ride the school buses at Redstone.

Also, school bus registration is being held at Bicentennial Chapel and not in the motor pool area as originally planned by Datac Inc. of Huntsville.

"The children do not have to have the badges to ride the buses and they will register at the Bicentennial Chapel, not at the motor pool area," said Sharon Couch who works in the installation contract management office. Registration continues through Aug. 15.

A flyer signed by Lt. Col. William Katholi, acting deputy post commander, was distributed to residents of the housing area after an article appeared in last week's *Rocket*. The article, quoting Jean Breeden of Datac Inc., detailed the company's plans for a badge system and registration. The flyer states "that the

*Rocket* was incorrect, they will register at the Bicentennial Chapel, and they will not have to wear badges," Couch said.

The article was based on information furnished by Breeden, administrative supervisor for Redstone's school transportation service.

School bus transportation from Redstone is for children of active duty members in quarters who register for the program. "If they don't get registered, they cannot ride (the buses)," Couch said. "And the only reason we get them registered is to know how many ride and how many buses, that kind of thing."

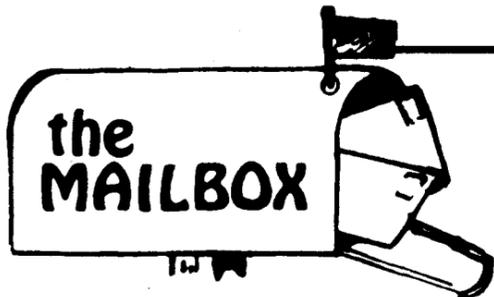
When contacted Friday, Breeden of Datac Inc. said she was told about the location change for registration. She was unaware, however, that the Army had rejected her company's plans for identification badges

for the children who ride the buses. "Whatever they say is what we'll do of course," Breeden said.

Badges had already been printed, according to Breeden. "We were ready to go on it," she said.

The letter from Katholi, dated Friday, stated "...Registration of school children for this school year will be accomplished in the Bicentennial Chapel, building 376, Aug. 11 through Aug. 15, 1986. This new registration site will provide a more convenient,

centralized location with ample parking. Children registered will not be issued or required to wear badges in order to be provided bus transportation to and from school. We regret any inconvenience brought about by the *Redstone Rocket* article and the change in the registration site."



## Thrown on table

### Editor:

Since it appears that some have beat a "dead horse" to death concerning the smoking policy, how about changing the agenda? We, as Americans love a parade/the flag/music, apple pie and motherhood. The subject which I would like to throw upon the table is the plight of a local combat veteran. This country has always attempted to support its armed forces and veterans. President Lincoln once stated during the Civil War that this country must take care of its veterans. However, most of us are aware that the Vietnam veterans have in some cases been treated as second-class citizens.

This command currently has a 40 percent disabled veteran within the Missile Logistic Center who has been at the GS-4 level since 1970. What about the 40 percent disability? During a nighttime attack, the Vietcong over ran his bunker. He was wounded four times (automatic fire/grenade) and played dead in order to survive. All others within the bunker were killed. He was not a draft dodger or a free loader. Our country called and he responded.

Since 1970, a lot of water has flown down the old Tennessee River, including para-trainee positions and assignments for future advancement. Here is a combat veteran who in my opinion and others has not been dealt a square deal. We are all fully aware of former employees who later were knighted to a para-trainee position for one reason or another. They are now performing at the GS-9 thru the GS-13 level. Never served their country in the military or saw combat in support of their country's mission in war. However, the managers did receive their "silver stars" in their crowns for promoting these actions, thru their merit pay at the end of the year. There is no "silver star" in promoting this combat veteran.

If we can have a program to support other groups, then it would appear that we should demand a program to support our combat veterans. I therefore challenge this command, including the MLC to take a look at its code of ethics concerning the plight of its combat veterans.

Name withheld by request

## Bit ambiguous

### Editor:

A statement in "Rather agitated" (Mailbox) Aug. 6) seemed a bit ambiguous to me. "Religion belongs at home and church, not at work" left me wondering whether the author would deny individuals the right put their faith into practice on the job.

But in reference to "Everyone equal" (also Aug. 6):

## THE REDSTONE ROCKET

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The Redstone Rocket is published weekly on Wednesday. The publisher will receive editorial content for publication in the Redstone Rocket through the Public Affairs Office, Army Missile Command, Redstone Arsenal, AL 35898, Bldg. 5250, Room A-134. Extension 876-1500.

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

I was surprised at being called a bigot—that was a first for me—but I was more surprised at what I was portrayed as having said. I was challenged for calling ours a "Christian Nation" when, in fact, my letter (July 30) said the opposite. I never meant to imply that Christians have any more of a right to claim this country than do non-Christians (although quite a number of the early settlers came here to spread the Gospel), and I really can't see how anything I said could be taken that way. Also, contrary to the "Everyone equal" letter, I didn't "bring up a suggestion" regarding illegitimate births in the Armed Forces—I asked for suggestions, in response to "Foul Language" (July 23).

The letter also said. "You made it sound like 'Christian' was the only religion." I'm not sure what he meant, but (to me) the first half of that paragraph "sounds like" the author thinks that Catholics and Episcopalians are something other than Christian. I don't imagine that's what was intended.

I believe in and support everyone's right to believe as he or she so chooses. I also believe in a person (not in a religion) and I take at face value a rather "exclusive" statement he made in John 14:6. Does this belief make one a bigot? If so, a lot of us had better get used to that name.

Jon Schoenfield  
Product Assurance Directorate  
Bldg. 4566

## Satisfied parent

### Editor:

During the month of July, I had custody of my two children, Rachel and Jonathan. During the workday, my children stayed with the terrific ladies that run the Redstone Child Development Center. My children and I were completely impressed with the loving care and individual attention that these fine ladies gave the children under their care. I was also impressed with their busy activity schedule which included skating, swimming, bowling, picnics and various tours. My children thoroughly enjoyed their stays at the center and looked forward to going there each morning. The Child Development Center is an extremely good operation run by exceptional ladies that have my respect and heartfelt thanks for working very hard to give a good program to the children of Redstone.

Thanks also goes to the outstanding folks at the Troop Dental Clinic and the Pediatric Clinic at Fox Army Hospital who treated my children. With all the bad press going around these days about military health care, these folks need to know that their hard work and professional dedication is sincerely appreciated. I appreciated the patient, friendly and polite manner in which my children were treated. The staffs took that little extra time to relax my children and made the exams pleasant for the children. I saw none of the cold impersonal self-serving attitude so often displayed by many civilian health care personnel before I entered the Army.

In short, thanks to the fine folks listed above for providing the professional care my children deserve. I know you do not hear the words of thanks as often as you hear criticism and I just wanted to let you know that you have one very satisfied parent and two beautiful children who appreciate your efforts.

Capt. Mark Curley  
AMCPM-AD-SA

## Lightning disrupts phone service

If you tried to call Redstone Arsenal Monday morning, you didn't have much luck:

Lightning hit a tree by Gate 1 on Martin Road, went down the tree into the roots, and damaged an underground cable. This knocked out most of the arsenal's telephone service.

"You'd have to see it to believe it," said Bill Dortch, deputy for communications here. The phone service was out from late Sunday night to Monday night. Offices could call each other on-post but off-post calls were severely limited because of the outage.

"It knocked out the whole post as far as the '876' exchange is concerned. We could not call off post by

## Smoke breaks

### Editor:

We the non-smokers in building 5429 need help (64 non-smokers, 16 smokers). We thought with the new DOD and Department of the Army regulations, we were saved from smoke pollution; but no, we still have it. Our building has four separate air moving units. Our break/lunch room is one of the return air ducts. Guess what—this room was designated as the smoker's paradise. This includes approximately 15 minutes each have for smoke breaks (every time they take a smoke break). Now we can't take a break or eat our lunch in the room. Also, the smoke that goes into the return duct comes out of all of the vents in a quarter of the building with concentrated smoke.

We need help from above or across the road (building 5250 IG's Office).

Name withheld by request

## Softball team

### Editor:

Let me start by saying thank-you to the Rocket for putting the CWF softball standings in the paper. There is no other way for those of us playing to know the statistics.

But...MED was only mentioned in one article. Yes, the fact that we won or lost was mentioned but there was only one write-up. As for the write-up in the Aug. 6 edition (apologies, that makes two) yes Max Vaughn was the most valuable player not Max Baughn. He also hit three home runs (not in-field home runs, but over-the-fence home runs) in one game!

Since we won over COE 22-6 and over PAD 12-2 I'd like to congratulate everyone on the team. Everyone deserved A MVP award in my book. It's been a great season guys, but next year we'll win the East Division title too!

Margell L. Curry  
Maintenance Engineering Directorate

## Gate guards

### Editor:

I was always told that the gate guard had to be super sharp as the first impression visitors to a post received of that installation was at the gate. That apparently has changed with the replacement of military police with civilians on the gates. However, one would think that some semblance to the days of past would exist. The Redstone civilian guard force, for the most part, is slovenly and seems unusually arrogant. They give the impression of not being very interested in their work and any sustained demonstration of traffic direction at the gates is isolated at best. In fact, if vehicle operators receive more than a begrudged nod at most gates they are indeed fortunate. The recent addition of a second sentry at some gates only means that the taxpayers now support two unproductive people as opposed to one. Perhaps my biggest concern is installation security. Why bother to issue vehicle decals, post all sorts of signs at the gate, create a traffic cone obstacle course only to have gate guards ignore incoming traffic or wave/nod at anything with one or more wheels?

I respectfully suggest some of our senior officials traverse the various gates in unmarked or unknown vehicles to find out firsthand how poorly the current crop of gate guards are representing this command.

MSgt. John P. Hayes

dialing 9," Dortch said. "What we had essentially was the world's largest intercom."

The Autovon (dial 8) system was not affected since "we go out on satellite," he explained. The FTS (dial 7) system and the local off-post calls (dial 9) system were both knocked out, however. Most of the service was restored by Tuesday morning. "Everybody has equal access to what service is back up," Dortch said early Tuesday. "They're 99 percent back up now."

This was the first major phone outage Dortch could recall in his six years at Redstone. He was told by others that the devastating tornado that struck here in 1974 caused a similar problem. "All the people have been very understanding," Dortch said.

# Army begins recommended changes of NCOPDS

WASHINGTON — The Army is moving to carry out some of the recommendations of the Non-commissioned Officer Professional Development Study completed earlier this year and the Training and Doctrine Command's Enlisted Personnel Management System Review.

NCO assignments, utilization during a tour, and elimination of mandatory secondary military occupation specialties are the first areas that officials from the U.S. Army Military Personnel Center in Alexandria, Va., will be concentrating on.

"Implementation efforts will not significantly change how the Army does business. Although some improvements are needed, the NCOPDS concluded that the Army has a strong NCO Corps and a basically sound professional development system," said Lt. Col. Allan Hesters, who heads MILPERCEN's NCO studies implementation team.

In addition, a new Enlisted Efficiency Report, incorporating the eight NCO requirements identified during the study, is being developed.

Hesters commented that several of the assignment issues being worked on concern utilization. One change will be limiting soldiers' assignments in non-primary specialties and undocumented positions to not more than 12 months.

"This benefits soldiers and the Army because it keeps soldiers in assignments that will promote career progression for which they have been trained," he said. An example would be an 11B infantry sergeant working for not more than 12 months as a 71L administration NCO. This change has been approved and will be published in the next revision of AR 600-200 (Enlisted Professional Management System) due out this fall.

Another change being finalized includes limiting back-to-back NCO assignments which are outside the soldiers' normal career patterns. If this is adopted, enlisted soldiers would no longer be allowed to go from a recruiting job straight into a drill sergeant assignment or an ROTC job. The intent of these actions is to keep soldiers in the mainstream while supporting individual soldier professional development interests, he added. Soldiers assigned to special duty jobs like recreation service will continue to be limited to 90 days.

During the next year, MILPERCEN officials will test changes in the centralized assignment process for enlisted soldiers. Hesters said that they will be making recommendations in writing to assist the gaining command in making final assignments for in-bound soldiers. These recommendations would take into consideration the soldier's training and experience and will be provided to the gaining command as an assignment tool. "The gaining command will still make the final call on what assignment the soldier gets based on unit needs," he said. This test is planned to begin this fall.

Another change due to start this fall calls for the elimination of mandatory secondary MOSs for promotable sergeants and above. This change would affect soldiers in all but the space imbalanced MOSs, Hesters said. Too many soldiers have secondary MOSs in their files for which they have not been trained, yet if assigned in that speciality are expected to perform. He cited an example of a 19E armor crewman being mandatorily assigned 71L and expected to supervise others that may have far more experience and training in that field.

"We are not doing away with secondary MOSs, we're just getting rid of the mandatory requirement and awarding secondary MOSs only after appropriate training. If a soldier has had formal training or experience in a field, then a secondary MOS would be retained," Hesters said.

The Non-commissioned Officer Professional Development Study identified eight NCO requirements which define the responsibilities and duties of NCOs. These include job proficiency, MOS competency, physical fitness and military bearing, basic education skills, leadership skills, training skills, commitment to professional values and attributes and personal responsibility.

Currently, a new Enlisted Efficiency Report is being

developed with these eight requirements included on the new evaluation form. Surveys were sent in July to 2,400 NCOs asking for their recommendations concerning the new evaluation. To date, more than 60 percent of the surveys have been returned and a concept decision on the new EER is expected as early as

September or October. The new EER should be fielded by the fall of 1987, he said. (Arnews)

## Individual water purification pump eyed

WASHINGTON — The U.S. Army Natick Research, Development and Engineering Center at Natick, Mass., is developing a hand-held, manually-operated fresh water purification device (FWPD) that will enable soldiers to produce potable water while in a nuclear, biological or chemical environment.

The FWPD, which consists of a pump and filter, weighs about two pounds. It gives soldiers the capability of purifying contaminated pick-up water under emergency field conditions, at the rate of one pint per minute, said Morris Rogers, chief of Natick's materials protection branch, science and advance technology Directorate. However, salt and dissolved minerals in the water will pass through the filter, Rogers said.

According to Rogers, the pump was developed in response to a special operations forces requirement. It will be used by SOF elements operating beyond the forward line of troops and beyond the range of standard supply and support where resupply is risky and difficult. The FWPD will assure them that their drinking water has been purified and meets Army drinking-water standards. Iodine tablets will also be used in the canteen to prevent recontamination, he said.

The pump, filter and connecting tubes will be carried by the soldier in an NBC-safe pouch or carrying case which is attached to his web gear, rucksack or other load-bearing equipment, much like his canteen, Rogers explained.

In the prototype, the pump is attached to the end of the filter. One end connects to the soldiers' canteen cap. The other has a prefilter and floating device to weigh it down into the water, but, at the same time, keep it off the bottom of the lake, river or other source

of water. This will prevent mud and dirt from clogging the filter.

The purified water can be added directly to the standard canteen or through the NBC-modified canteen cap. Rogers noted that a small modification still needs to be developed on the canteen cap so the tube from the filter will fit properly and relieve the pressure by allowing the air in the canteen to escape as the water enters.

Water is pumped from the contaminated water source by the small hand pump, where it passes through a disposable carbon filtering cartridge before entering the canteen.

The carbon filter can microstrain and remove water-borne disease microorganisms and other parasites, chemical contaminants such as pesticides, chemical agents, and other debris such as dirt and asbestos fibers, as well as radioactive fall out. It can provide up to 400 quarts of purified water before cartridge replacement is needed, depending on the water source and amount of undissolved and dissolved solids that are present, he explained.

The soldier holds the pump filter unit in one hand and operates the T-handle for the pump with the other. Water is forced through the carbon cartridge on both the up and down strokes of the pump. It will be easy to pump the water through the filter, Rogers said — much like operating a small version of a bicycle-tire pump. However, when pumping becomes difficult, it is time to change filters.

The new device is expected to be field tested by SOF personnel during fiscal year 1987. Further development effort may be required following the field tests before the unit can be fielded. (Arnews)

## Field training exercise gets environmental okay

An environmental study has determined there will be "no significant impact to the environment" from School Brigade's field training exercise.

The conclusion of the environmental assessment, on a permanently based FTX at Redstone Arsenal, was released by Facilities Engineer Paul Hancock. The field training exercise is bordered on the east by Triana Boulevard in Huntsville and bordered on the west by McDonald Creek on Redstone Arsenal. The exercise will involve about 60 persons, six days per week, 50 weeks per year.

"The City of Huntsville's Solid Waste Incinerator facility is proposed to be located in the southeast corner of this area. The FTX will not impact this operation," states the release from the facilities engineer.

"A cultural resources survey has been conducted on the area of concern," the release continues. "There

are several archaeological sites in the area but all have been disturbed by pre-arsenal activities and are not judged to be significant. Four cemeteries are located in this area. These cemeteries will be protected and maintained as required by DA regulations.

"Some noise will be generated at this site by field generators for electricity and also simulated warfare. This activity is similar to exercises conducted in this area since the 1960's."

The environmental assessment concluded that "there will be no significant impact to the environment from this action."

A copy of the assessment is on file at the Environmental Office here. Any comments or inquiries should be directed to Paul Hancock, facilities engineer, AMSMI-RA-FE, Redstone Arsenal Support Activity, Redstone Arsenal, Ala. 35898.



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# Consumers advised about joining 'buying clubs'

Several Restone Arsenal soldiers and their spouses have recently had a bad experience with 'buying clubs'. Since many people are unaware of exactly what they are getting into when they join a buying club, this article will pass along some information provided by the Better Business Bureau of North Alabama.

A buying club is an organization that sells memberships by representing that members of the club will get brand-name products at prices lower than those found in retail stores.

When you join a buying club, you may be asked to pay a large initiation fee 'up-front', or in advance of receiving any products. Eighty percent of the 239 buying clubs questioned in 1976 by the Federal Trade Commission charged \$200.00 or more—just to join. Initiation fees from \$400 to \$600 are not unusual. Often, contract credit arrangements to pay these fees are offered by the club. One club currently operating in Huntsville charges \$849.

After paying the initiation fee, or signing an installment contract to pay the fee, buyers are free to make purchases in the club. If you make enough purchases to recoup your initiation fee, you can then begin saving money through the club. The question you need to ask is whether or not you are likely to make that many purchases in the club. If you are considering signing an installment contract for the initiation fee, you need to ask whether it is a smart move to go into debt to save money.

The answer finally comes down to basic mathematics. If you pay \$500 to join a buying club, and if the club guarantees a 25 percent savings on everything you purchase through the club—you would have to purchase \$2,000 worth of goods before you broke even.

The Federal Trade Commission obtained income statistics from 166 buying clubs nationally. The actual income from the sale of merchandise in these clubs was \$3.5 million. The income for the clubs from the sale of memberships was \$21.4 million.

Look carefully at savings claim made by the club. The only way to make sure you are really getting a good deal is to compare prices. Be careful! Some clubs will not let you examine their prices until after you have joined. Some clubs will not even let you in their showroom until after you have joined.

Some clubs employ high-pressure sales techniques. They will attempt to rush you into a immediate buying decision.

Historically, a major drawback to buying club participation has been their instability. Only two clubs investigated by the FTC had been in business over eight years, and 192 clubs went out of business during the course of the FTC investigation.

Discount stores have lowered the appeal of buying clubs for many city or urban residents. Many major retail stores offer substantial savings on merchandise during sales events. The PX system is a good savings source also.

For persons who live in rural and sparsely populated areas, or areas where there is little retail activity, buying clubs can offer a wide variety of merchandise.

Whether or not a buying club is right for you is a question that should be weighed very carefully before you sign the contract. Remember, a buying club installment contract to cover initiation fees could obligate you to pay over \$1,000 in principal and interest.

As with any contract, you should ensure that you fully understand a buying club contract before you

sign it. You should adamantly resist high pressure sales techniques. You should take several days to evaluate the claimed benefits of membership before you join. You should honestly evaluate your buying habits to determine whether or not you are ever likely to buy enough of the club's merchandise to warrant joining. Lastly, you should remember that "if it sounds to good to be true, it probably is."

Eligible persons may get advice from the Legal Assistance Office on any contract they are considering signing. Dan Kelly, the financial assistance and consumer affairs specialist at Army Community Service, building 3491, phone: 876-2859, can assist you in sorting out the advantages and disadvantages of this type of program. The local Better Business Bureau will be happy to give you assistance. Check with these programs before signing the contract.

If you have already joined and are not satisfied, or need help, the Consumer Advocacy Program at the Army Community Service may be of assistance to you. Again, contact Kelly at 876-2859.

*(This article was provided by Army Community Service.)*

# Panther remains mystery animal

The panther that reportedly roams Redstone Arsenal remains a mystery animal, following an unsuccessful attempt to clarify a long-range photograph taken of an animal thought to be one.

The photograph, shot on Buxton Road July 28 by Steve Anderson, an environmental technician working here with the Olin Corp., was enlarged and enhanced by Marshall Space Flight Center using a special technique for satellite photos, but the image could not be clarified sufficiently to identify the animal.

"Unfortunately, it's not anything we can definitely say is a panther," said Tom Atkeson, manager of Wheeler National Wildlife Refuge. His disappointment was evident as he related how his people had ex-

amined the photograph and studied a blow-up projected on a screen but were unable to make positive identification of the animal.

There have been numerous credible panther sightings reported here but never any physical evidence and Atkeson had hoped that the picture the would establish the long-elusive proof.

"It's just not definite enough to say what it is. I want to make a panther of it as bad as the next fellow but apparently there's just not enough there to do it," the wildlife refuge manager said.

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# Aerobics class offers 'fun' way to get into shape

BY SKIP VAUGHN

Sp4 Ira Ward enjoyed an aerobics class at the post gym so much that she got her sergeant major to go.

And he became a member, too. In fact, the class has gotten so popular it outgrew a small room and was given half the gym floor.

The aerobics class, offered for free to active duty military and their family members, is held three times a week. The other two days are spent toning up with the instructor on light weights at the gym's weight room. There are male and female participants.

"We have an age group from 4 to 50," said Ward, a regular participant.

"She (the instructor) welcomes everybody. You come and she takes your name and asks you what you want to work most." If someone wants to tone up his or her stomach, for example, the instructor will tell what exercises would be helpful.

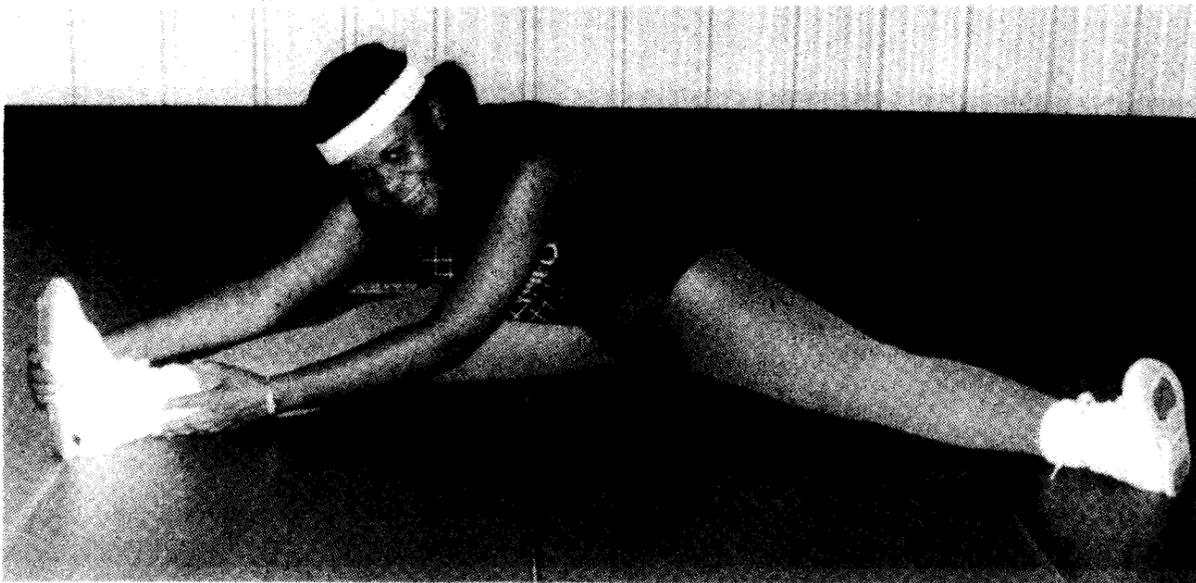
Ward, an admin clerk in the land combat training department at OMMCS, arrived at Redstone in October 1985. She found out about an aerobics class at the Recreation Center but there was a fee. Ward decided to start working out on her own. She went over to the post gym, saw an aerobics class there, and joined in.

Since joining about a month ago, Ward has seen the class grow in attendance from about 10 (including two males) to as many as 25 (including five males). "When it first started, we started back in this little cubicle room with no air and just a little fan; and since it grew so much, we have half of the gym floor," she said. A partition separates the group from the other half so there won't be any interruptions from, say, an errant basketball. The group has mats for its workout class.

"First of all, she'll start us off with stretching and loosening up our muscles. And then she'll put on a tape— one of (rock singer) Janet Jackson's tapes or something we can get started with," Ward said.

"And we'll start dancing around; continuous movement for 45 minutes with fast music. And then she'll slow it down and we'll work on the muscles in our stomach, doing sit-ups and pelvic pushes for the stomach muscles; and then she cools it all the way down. The whole time, she'll change the mood of the music. The (first) 45 minutes are fast and then, when we slow it down, she'll put on more mellow, relaxing music for that."

There is excitement during the workout period. The



**STRETCH**— Ward does stretching exercises to warm up for aerobics class at post gym.

participants yell, clap and try to motivate everyone to keep moving. This goes on 5-6 p.m. Mondays, Wednesdays and Fridays. The tone-up session, with light weights in the weight room, is held 5-6 p.m. Tuesdays and Thursdays.

"I think it's exciting and real fun," said Ward, who is from Washington, Pa., near Pittsburgh. "I think it's a good program. And the girls get so excited — they start screaming and yelling and clapping their hands and everything. So you really don't think about the pain."

She feels guilty when she misses a session, but leaves Aug. 13 for a four-week Primary Leadership Development Course at Fort Benning, Ga.

The workout class has "helped me a lot," Ward said. "The main thing it helped me with is the PT (physical training) I have regularly with my department in the military. And it's helped me lose a few inches on my waist and I feel alive and excited after the class." She even got her sergeant major to join.

"I thought it was outstanding," said Sgt. Maj. Charles Evans, the department sergeant major for

land combat training. "It was a lot harder than I thought it would be. You know, everybody gets the idea that aerobics is a feminine thing but it's tough. It'll get you in shape."

## Skill tests go on

**WASHINGTON** — Soldiers will continue to take Skill Qualification Tests as scheduled through fiscal year 1987.

Since May, various reports have been published announcing pending changes in the Army's Individual Training Evaluation Program with a final announcement expected this summer. However, U.S. Army Training and Doctrine Command officials at Fort Monroe, Va., are continuing to explore various alternative proposals to the current system.

While some of these proposals will be discussed at the Army's Commander's Conference scheduled for mid-October in Washington, D.C., soldiers will continue to be scheduled for and take the SQT for the foreseeable future, officials said. (Arnews)

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# Lightning shatters tree, shakes neighborhood



**AFTER THE STORM** - A lightning strike Thursday night reduced a cherry tree to splinters in a residential area on Simpson Drive. In photo at upper right, Jason and Sarah Richling stand beside remains of the tree that fell in their back yard. Jason said a "big boom" accompanied the lightning strike that shattered the tree and strewed splinters into their neighbors' yards.

A lightning strike in the military housing area Thursday night shattered a tree and briefly shook the composure of a quiet neighborhood.

"It was like an explosion," said Bill Richling of 439 Simpson Drive, looking at the splintered remains of a tree behind his house.

"Isn't it amazing," added his wife, Ruth. "I've never seen one blown apart like that."

The Richling children, Jason, 9, and Sarah, 5, both said it had been "scary".

The Richlings and some of their neighbors were outside Friday morning for a daytime look at what had happened at 9:00 the night before during a violent electrical storm.

A lightning bolt struck the lower trunk of a large cherry tree, blasting it into splinters. A 12 foot long splinter landed about 40 feet away in the back yard of Jack and Kim Grindstaff and smaller ones were strewn over the lawns of adjacent homes.

Kim Grindstaff said she was sitting at the kitchen table when the lightning struck and "it felt like I had jumped up". It sent flower pots crashing to the bathroom floor from a window sill and also broke the window.

The Grindstaffs and the Richlings had televisions damaged by the lightning as did others in the neighborhood. In neighbors' homes, "it knocked the medicine out of medicine cabinets", Bill Richling said.

Elsewhere around the arsenal, the storm caused brief power outages and a few other problems but damage overall was "very minimal", said Facilities Engineer Paul Hancock.

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# Snakes, scorpions, spiders and other dangerous things

**MY SGT. MAJ. RUDI WILLIAMS**  
American Forces Information Service

After lecturing students about the dangers of creepy, crawly creatures in the bushes, Army SFC Eric Timaeus skinned, cleaned and cut up a few four-to six-foot rattlesnakes and threw the morsels onto a barbecue grill.

If their stomachs could take it, Timaeus wanted to show the students that some venomous creatures are also flavorful, sweet-tasting chicken-like delicacies. In some parts of Asia, snakes are considered a choice delicacy, even an aphrodisiac.

But he warned: "If you fool around with a poisonous snake, it might 'juice you up.' Bothering a poisonous snake is stupid, particularly if you don't know what you're doing. All it takes is once."

Timaeus, who used to teach medical zoology to American military and foreign students at the Academy of Health Sciences at Fort Sam Houston (San Antonio), Texas, knows what he's talking about. He has been handling snakes since he was about 6 years old.

Snakes, the most distasteful reptile to man, are found everywhere except New Zealand, Ireland, some oceanic islands and at the North and South Poles. There are more than 3,000 known species.

There is a jungle axiom: "When troops move in, snakes move out." But troops on maneuvers in the woods can cause snakes to return by leaving food waste lying around; it attracts rodents and rodents attract snakes.

"About 30 percent of the people bitten are not venomized," said Timaeus, who recently traveled from Panama to San Antonio to deliver snakes and other tropical creatures to the zoo and the academy. "They receive 'dry bites.' Snakes can control the amount of venom they release. They know, for example, how much it takes to kill a mouse.

"Getting bitten by a snake is a pretty drastic thing," said Timaeus, who hopes to return to a teaching job at the academy after finishing his assignment in Panama. "It's very painful and produces a lot of trauma, swelling and tissue and muscle damage. People have lost feet, legs, fingers, hands and arms as a result of snake bites."

Service members on training exercises or vacation should remember that snakes have almost unlimited hiding places: nests, tree holes, crevices, briar patches and gopher tunnels, among others. But generally, snakes won't bother you if you don't bother them.

"Don't reach into a hole out in the woods if you don't know what's in it; there may be a poisonous snake in there," advised a spokeswoman for the National Zoo in Washington, D.C. "Don't reach over the edge of a cliff a snake might be lying there basking in the sun.

"When someone is bitten by a snake, it's usually on the foot and ankle or the hand and wrist," she said. "Of course, some people have sat on a snake...."

"But most bites are caused from stepping on them, poking at them with a stick, trying to kill them or picking them up," she continued. "Snakes try to get out of

the way of travelers in the bush, except when they're food-laden or pregnant and can't move very fast."

She advised that if you come across a snake, get out of its way. "You can walk faster than the fastest snake in the world can crawl," she said. "But their striking speed is fast."

The Panamanian fer-de-lance, perhaps the world's largest poisonous snake, strikes so fast the eye can hardly follow it. "It's said that the mongoose, which invariably masters the cobra, has only a 50-50 chance with the fer-de-lance," said Dr. Norman W. Elton, chief of the board of the health laboratory at Gorgas Hospital.

Never pick up a "freshly dead" snake. "It's dead, but its body doesn't know it," said the National Zoo spokeswoman. "Its nervous system is still defending the body—its head can still bite you. Either leave it alone or dig a hole and put it in with a stick."

Venomous snakes in the United States include the copperhead, cottonmouth or water moccasin, coral snakes (in the extreme south, Gulf Coast and swampy areas) and various types of rattlesnakes.

"Some people say snakes have personality," said Timaeus. "Some might border on the edge of thinking, like the king cobra that makes a nest and guards it. It's the only snake in the world that will attack you to move you away."

Timaeus said no matter what some people might think, "Never trust a rattlesnake." With as many rattlers as he has caught, caged, cleaned, cooked and eaten in his lifetime, he should know.

## Poisonous snakes have almost unlimited hiding places

**BY SGT. MAJ. RUDI WILLIAMS**  
American Forces Information Service

It's armless, legless, earless, voiceless, has only one functional lung and no eyelids. It's also soundless in motion and invisible at rest.

That's the description of a reptile called snake. And the venomous variety bit 33 soldiers, 42 Marines and 13 sailors in 1984. (Air Force statistics are not compiled service-wide.) These figures represent service members who were hospitalized. No one knows the number who were bitten, but didn't require hospitalization.

Venomous snake bites around the world average about 1 million each year and result in some 40,000 deaths, most of them in Africa and Asia. The majority of these deaths are attributed to inadequate medical treatment facilities.

In the United States, about 1,000 people are bitten each year. About 15 of these result in death. A large percentage of bites in the United States occur while snakes are being handled in zoos, while venom is being extracted, during exhibitions by showmen in carnivals and sideshows, during religious ceremonies by religious sects and while people are "playing" with their pet snake.

In 1983, poisonous snake and lizard bites caused seven deaths; hornets, wasps and bees stings resulted in 49; and five were caused by spiders, one by a scorpion and two by ants and caterpillars. These are the latest figures for deaths in the United States compiled by the Public Health Service.

Here is a list of some of the most venomous creatures people should be aware of when out in the woods:

□ *Scorpions* — evildoers in fables and legends — have been feared by man since ancient times. The Greeks respected them so much that they named the constellation "Scorpio," a zodiac sign, in their honor.

Some dangerous species live in the Middle East, Brazil, western Mexico and Arizona. They can cause death within a few hours. Their venom paralyzes the respiratory muscles and causes cardiac failure.

Scorpions usually live under rocks or other ground debris. They crawl into soil crevices or beneath bark.

□ *Tarantula spiders* are large, hairy and scary, but their bites are not highly venomous. The females, as a defensive mechanism, when approached by things they think will harm them, toss hairs that are irritating to the skin, eyes and nose.

□ A *Black Widow* is a small, jetblack venomous (See Snakes next page)



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# Snakes

(Snakes, cont'd from page 8)

spider. It has an hourglass-shaped red mark on the underside of its abdomen. Black widows are found in every state, except Alaska.

"But most reported human fatalities have occurred in the southeast United State," said Dr. Wayne D. Lord of the Armed Forces Pest Management Board in Washington, D.C. "They have a pretty potent venom that affects the nervous system, often causing convulsions, paralysis and shock. The most serious reactions we've seen are in small children."

□ "The brown recluse is a very secretive spider," said Lord. "They're usually found in old piles of wood or in basements where there are lots of old

newspapers, cardboard boxes and wood. Although their bite is rarely fatal, the venom they inject produces long-lasting flesh wounds, destroying any tissue it comes in contact with. Their bite can be debilitating, but not life threatening—particularly to infants and the elderly."

Brown recluse spiders grow to about a half inch. They have a violin-shaped marking on their back.

□ *Gila monsters* are pretty lizards with yellow or orange and black beaded skin. They are pretty, but their venom can kill. *Gila monsters* are found in southern United States and New Mexico. They grow to about 20 inches long and live under rocks and debris.



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# Readers rate *Rocket* in survey

A readership survey shows that nearly everyone at Redstone Arsenal reads the *Rocket*, and that a majority believe most of what they read and consider the newspaper a reliable source of information.

Questionnaires were mailed to 1,000 people randomly selected by computer from Redstone Arsenal's military and civilian workforce. Returns on the survey were 543 or 54 percent. The responses were computer-tabulated by Information Management Directorate.

Fifty-four percent of respondents said they read every issue of the *Rocket*, 41 percent read most issues and 4 percent say they seldom read it.

Fifty-four percent said they regularly find the *Rocket* to be a reliable source of information, 44 percent find it reliable sometimes and 3 percent seldom.

Among the respondents, 52 percent read most of the paper, 37 percent read about half and 11 percent read little of it.

Fifteen percent believe all they read in the *Rocket*, 67 percent believe most of it and 17 percent believe little.

A majority of respondents, asked to rate the level of coverage given selected topics, said coverage was "about right" in all but one category — civilian news, where the majority said coverage was "too little". This latter finding was borne out in a follow-on set of questions where readers were asked to select which topics they would include more and less of if they could select what appears in the *Rocket*. Here again, a substantial majority of respondents said coverage levels were about right except 52 percent favored more

civilian news. Ten percent said they would like to see more coverage of topical and controversial issues and current affairs, while 36 percent said they would like to see less sports. Fourteen percent wanted less awards and ceremonies.

The *Rocket's* appearance and content were rated in a four-question sequence:

- Art and illustrations were rated excellent by 20 percent, good by 66 percent, fair by 13 percent and poor by 1 percent.

- Photography was rated excellent by 21 percent, good by 64 percent, fair by 14 percent and poor by less than 1 percent.

- Overall appearance was rated excellent by 25 percent, good by 65 percent, and fair by 10 percent.

- The newspaper's content and appearance overall were rated excellent by 16 percent, good by 70 percent, fair by 13 percent and poor 1 percent.

Eighty-three percent of readers said they always get a copy of the newspaper while 17 percent have difficulty getting one.

The final question on the survey asked readers how well the *Rocket* does in presenting information that is interesting and useful. Forty-two percent said most if it is, 53 percent said some of it is and 5 percent said little of it is.

The survey had few military respondents even though they constituted 25 percent of the questionnaire mailing, but the majority of those who did respond gave the newspaper generally good marks.

## Editor's note

We are indebted to those who took time to complete the readership survey. We intend to increase our coverage of civilian news and adjust our levels of coverage of other topics to reflect reader likes and dislikes indicated in the survey. We will proceed carefully.

Appearance-wise, we want to work toward a more visually appealing paper with more imaginative layout of editorial copy and display elements.

We are gratified that most readers think we're doing a credible job overall, judging from the survey responses. We are pleased too that some readers took the trouble to share written comments with us. These

are helpful; for example, we learn from them that some readers think the *Rocket* should carry less advertising or none at all.

The *Rocket* is what the Army calls a civilian enterprise newspaper, meaning that it is published by a private firm at no cost to the government in exchange for the advertising revenue. The *Rocket's* ad-to-copy ratio is 50 percent which is less advertising than most commercial newspapers carry.

Finally, we are indebted to Charles Bagwell, Carol Sanchez and others at Information Management Directorate who handled the computer aspects of the survey and did their usual good work.

Skip Vaughn  
Editor

## Reader comments include bouquets, brickbats

Some of the people who responded to the readership survey included written comments. Here's what they said:

**CWO 3:** "It seems the *Rocket* stays away from letters/articles that are critical of MICOM and the RASA commanders. I feel the *Rocket* is not objective because it will not print anything that the boss doesn't like.

**GS-12:** We, my coworkers and I, enjoy the *Rocket*. Local color stories concerning people with whom we can identify are especially interesting. There are a lot of fishermen and boaters in this area. I'm sure articles on these subjects would be popular.

**GS-11:** My only complaint is too much advertising. **Civilian employee:** Keep up the good work.

**GS-13:** We have a hard time getting a *Rocket* in building 111.

**GS-3:** We have a hard time getting them in Cost Analysis, Bldg. 111, 2nd floor, Comptroller.

**GM-15:** Too much military in proportion to the number of military vs civilians at RSA. If military-type paper is desired, a separate publication similar to the NASA paper for civilians might be appropriate.

**GS-11:** The *Rocket* is an excellent news medium and provides an insight into the news at the Missile Command that is not covered by local newspapers. I feel that more stories are needed concerning civilian employees, such as personality sketches, legislation impacting civilian employees (i.e. pay raises, RIFs, retirement policies etc.), internship programs available etc. I think one or two pages in the back of the *Rocket* should be devoted to advertisements including classified ads. This should be designated in every issue so the reader can turn to an exact page each week. Another suggestion is that issues devote space to describing services/ activities available to MICOM

employees and their families, such as fishing areas and other benefits available to MICOM employees.

**GS-9:** Compared to what I consider a good base/post paper, the Wright Patterson AFB paper, the *Rocket* rates rather poorly. An installation the size of Redstone should put more effort into their paper.

**GS-11:** Our office of 14 people receives approximately three *Rockets* It would be nice if we could obtain seven newspapers.

**GS-11:** Need more followup/responses to questions raised in the letters submitted i.e. get an answer and publish it.

**Sgt.:** In reference to question 6, I feel that the topics listed are all important. The coverage on these topics is great as it is. There is coverage on all of them at some time or another.

**GS-5:** You should do more in-depth stories about (See Comments cont'd on page 12)

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# Women's group at chapel provides variety of programs

BY SKIP VAUGHN

A chapel group for women is like a family to its members, according to leaders of the Protestant Women of the Chapel.

The PWOC offers monthly programs, periodic Bible study, community projects, and exercise sessions. There are no membership dues.

"It's the women that go to the chapel, all the wives that go to the chapel belong," said Marge Kunhart, president. "You're automatically a part of it if you wish to participate. It's there for whoever wants to participate."

The group is for women in the community— not necessarily just members of either the Post Chapel or Bicentennial Chapel.

Activities include a meeting the fourth Thursday of each month at the Bicentennial Chapel. A variety of programs are offered such as a guest speaker, a tour, or a musical program.

"The main goal is to have a place for Christian women to gather once a month and be together and possibly feed them as much spiritual food as we can. And from there, they can branch out into other programs in the chapel," Kunhart said.

The PWOC sponsors a Bible study that is an addition to the weekly Bible study offered by the chapel. The group's study is offered at least twice a year and lasts from six to eight weeks. The next one is scheduled to start Sept. 22.

Community projects of the group include a "Good Sam" (short for Samaritan) program. This consists of making a meal for someone in the community who has suffered misfortune such as hospitalization or a death in the family. Once a month, the group is involved in "meals on wheels," a community project in which meals are delivered to elderly shut-ins. In another effort, members visit Fox Army Community Hospital each week and visit Huntsville Nursing Home monthly. The group is planning a welcoming committee to welcome new arrivals in the neighborhoods on post.

"We just want more family awareness in the neighborhoods," Kunhart said. "Since the military is one family, we need to help each other as much as we can."

Exercise sessions are held each week at the Bicentennial Chapel. An aerobics class, with instructor Joyce Zook, meets Thursday mornings. An exercise group meets without an instructor Monday, Wednesday and



MAKING PLANS— Kunhart and Neely go over plans for the Protestant Women of the Chapel.

Friday. "It's Christian exercise tapes that are used for both groups," Kunhart said.

An average of 35 to 40 women attend the monthly meetings. "And we have retired wives, active duty wives, young, old," said Kunhart, wife of Col. Thomas Kunhart. "We have a well-balanced variety of people from the arsenal here and off, the arsenal that come."

Pat Neely, second vice president, found "a family" waiting when she arrived in Huntsville four years ago

with her husband Col. Carl Neely. "Wherever there's a military chapel, there's a PWOC which makes it nice because it means no matter where you go you've got a family waiting for you," she said.

Club officers include Kunhart, president; Alice Bernaski, first vice president; Neely, second vice president; Boots Tubbs, third vice president; Ann Albertson, recording secretary; and Darlene Arnold, corresponding secretary. Lt. Col. Don Allison is the chaplain advisor.

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# Comments

(Cont'd from page 10)

some of the different programs going on here instead of so many feature stories and military stories.

**GS-6:** I go over the entire *Rocket*, but I am not interested in most articles.

**GS-13:** The *Rocket* provides good promotional support for the annual U.S. savings bond campaign but does not publish notices of the twice annual U.S. Treasury series E/EE bond market-based interest rate. This notice of interest rate should be a routine feature of the *Rocket*.

**Civilian employee:** I would like to read more about the military maneuvers in Libya.

**GS-11:** I think the *Rocket* is excellent.

**GS-13:** There is very little information concerning USASDC activities. I would like to see more outdoor information i.e. hunting and fishing.

**GS-7:** Print only those letters to the editor that are signed "name to be released." Don't let people hide behind a bush and throw rocks.

**GS-12:** In asking my age, sex and other "personal" data you probably need a privacy act statement. No problem with me, but you may have problems with others.

**GS-13:** The *Rocket* is the only regular newspaper which provides a forum for the civilian work force at Redstone Arsenal. The official publications (DBs) limit the amount of civilian news, leaving the *Rocket* as a good supplementary source for this information. If a section could be devoted to weekly updates of DA/DOD policy statements, executive orders and legislative actions which affect the civilian workforce, it would be welcomed.

**GS-13:** Less public relations stories. More human interest stories.

**GS-6:** I enjoy reading and looking at the *Rocket* each week. I always look at the want ads and For Sale items.

**GS-12:** I appreciate locally-written stories over Arnews. Letters - I read these first. Updates on weapons.

**GS-13:** Sometimes I feel that advertising takes up too much space but I know it is necessary. Whatever the deficiencies it would be too bad if we didn't have the *Rocket*. The *Rocket* is quite useful.

**Civilian employee:** This is a civilian base with probably 80 percent DAC personnel, 20 percent military. Who cares if the generals' wives always win the golf tournament.

**GS-12:** Would like to read more on new or proposed regulations that affect civilian employees.

**GS-11:** I think it would be of benefit to the soldiers and families on the arsenal if more information was provided concerning some of the events taking place within the metro community. Not everyone gets the *Sunday Times* which provides a lot of this.

**GS-12:** The *Rocket* is an excellent paper, but often appears to be a vehicle used by management to pass on only that information that it wants the lowest level worker to know. There could be considerably more information published about personnel plans, policies, actions and etc. There seems to be many articles that are of little interest to most people except those involv-

ed. There are thousands of people who read the *Rocket*; why not more more articles on things that interest us all instead of just a few.

**GS-12:** Those commercial ads are taking up a lot of space that could be used for additional news.

**GS-15:** News in the *Rocket* is 3-5 days behind the *Huntsville Times*, so is of little value. The *Rocket* tends to be a "management booster" in that it presents the management line without comment, investigation or counter opinion. Most of the time, the only indication that there may be controversy on an issue is through the letters to the editor. The above makes the *Rocket* rather dull, but fast reading and no problem.

**GS-11:** Entirely too much advertising for a post paper.

**GS-13:** Sometimes the *Rocket* is not an independent newspaper — just a "house organ". Its credibility is then shot. Big long interviews with the commanding general or civilian personnel big wigs are too self-serving. Most of the "official" position presented is just a waste of ink. I would compliment the *Rocket* on its letters to the editor - over the years this is the best part of the paper - a real improvement.

**Civilian employee:** I recommend more *Rockets* be issued to organization and personnel systems division at Combat Developments Directorate, Bldg 3301, Rm 214.

**GS-14:** Print the classified advertisements a little larger so they can be read more easily and maybe more interest can be created in them.

**GS-13:** Over a six month or one year period of time, try to proportion the amount of column inches so that

the ratio of military-to-DA civilian related news items/features etc. is similar to the ratio of military-to-DA civilian personnel within the Redstone Arsenal community.

**GS-13:** Suggest that individuals recognized for awards be included in this paper and that the higher award winner for the week's photo be included.

**GS-13:** Being stationed on Kwajalein we rarely see the *Rocket*. Would be nice if we were placed on distribution.

**GS-15:** Letters to the editor is an excellent means of getting employee feedback to management.

**GS-12:** Make it more available to civilians to sell and buy items which are needed. Look at NASA's newsletter.

**GS-9:** Would like to see more letters to the editor and replies to these letters from the area discussed. Also would like more coverage on personnel policies that are being discussed in Congress; labor union or grievance rulings or other articles like the ones included in the *Federal Employee News Digest*.

**Sgt.:** Some of the military information has been said two or three times before you get it. Let's get rid of the old hat stuff and dig a little harder for new information.

**GS-5:** I especially enjoy the letters to the editor because of the different views presented. This section always leaves me with something to think about. Thank you for letting me take part in your survey.

**GS-11:** I think it's an excellent publication and I have found the *Rocket* staff always willing to work with me on various news items. Thanks for your support.



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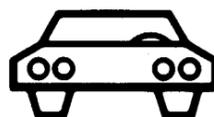
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# Gimmicks don't cure alcohol 'hangover' symptoms

BY TOM JOYCE

American Forces Information Service

Mellow, tipsy or tight; plastered, soused or loaded; dead drunk, under the table or out cold. Whichever term describes your last bout with alcohol, chances are the experience was followed by a hangover you thought could have won an Academy Award for special effects.

But the length and severity of that hangover tells a lot about your relationship with alcohol. With the occasional overindulgence, most people experience a headache, stomach discomfort and mild anxiety, and the symptoms usually disappear within a few hours.

But alcoholics experience much harsher symptoms. Their hangovers, write Drs. Jack Mendelson and Nancy Mello in their book, "Alcohol: Use and Abuse In America," are actually a withdrawal from alcohol.

Within six to eight hours after an alcoholic has his last drink, he develops a series of signs and symptoms. These symptoms usually become most severe in the next 24 hours and gradually diminish within the following 48 to 72 hours.

"The major signs include tremor of the arms and hands, and sometimes the tongue and torso, sweating, a flushed face, mild increase in the heart rate, rapid involuntary movements of the eye, hyperactive reflexes, nausea and vomiting," they write. Alcoholics also experience disorientation, nervousness, insomnia, nightmares and, occasionally, hallucinations, according to Mendelson and Mello.

But the hangovers associated with mild, infrequent

intoxication, while not as severe as the alcoholic's, are still uncomfortable.

Army Dr. (Col.) Harry C. Holloway, chairman of the Department of Psychiatry at the Uniformed Services University of the Health Sciences, the nation's only military medical school, said the mild discomforts that occur after an occasional overindulgence are actually very complex reactions occurring in the body.

"There are poisons in alcoholic drinks," he said. "And after a period of drinking, those toxins accumulate in the body in numbers high enough to cause some discomfort to the drinker."

Overindulgence in alcohol also results in a temporary imbalance of water and chemicals in the body. Alcohol, like coffee, is a diuretic. That is, it increases the amount of urine excreted. When you excrete more fluids than you take in, you may become dehydrated. The alcohol also shifts body fluid in unusual ways. The effects of the dehydration or fluid shift will be the "cotton mouth" and massive thirst associated with hangovers.

With the depletion of body fluids comes a depletion of electrolytes. "Electrolytes are like the battery acid of the body," Holloway pointed out. "They are chemical compounds like sodium, potassium and magnesium that help transmit the body's electrical impulses along the nerves."

Holloway said that symptoms of an electrolyte imbalance are the same symptoms associated with hangovers: pain, nausea, headache and some visual

disturbances. Muscle tone and coordination also deteriorate.

Still, many people are willing to occasionally suffer the mild and even more severe aftereffects of drinking. But is there anything that can be done to make the "morning after" more bearable?

Many people pop a tranquilizer to mask the symptoms of a hangover. Holloway cautioned against this practice since the combined effects of alcohol and other drugs are complicated and potentially fatal.

Drinking more alcohol to rid yourself of a hangover is a favorite among heavy drinkers. But that remedy, said Holloway, only prolongs the inevitable. Today's cure is tomorrow's hangover.

Some drinkers swear that inhaling oxygen rids them of their hangover. They say the oxygen is supposed to oxidize the alcohol, but in reality, a hangover is partly the result of oxidized alcohol.

Exercise won't help, but Holloway said it won't hurt either. But he recommended that before torturing yourself, drink tea with sugar or a commercial sports drink to replenish your supply of electrolytes.

By now you've probably guessed that stuffing yourself with greasy food or drinking nasty concoctions won't help either. You're right. Holloway recommended aspirin and fruit juices to make you feel a little more comfortable.

Unfortunately, there are many gimmicks but only one cure: Modern medical science says the only 100 percent sure way to avoid a hangover is abstinence.

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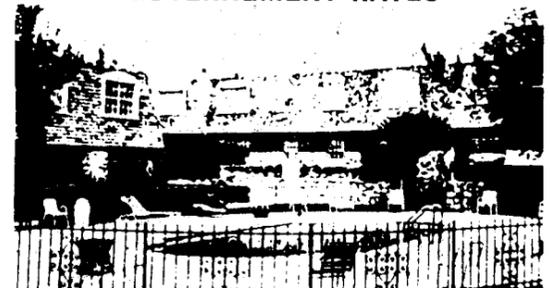
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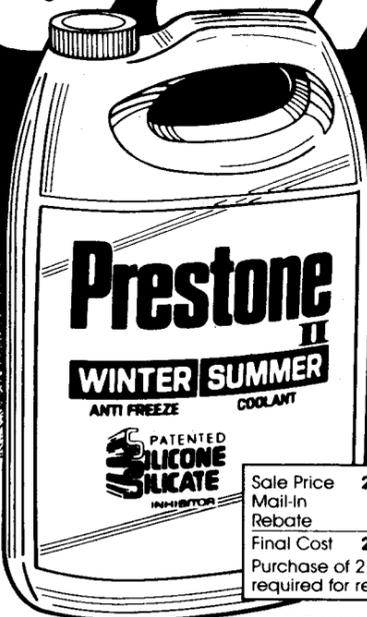
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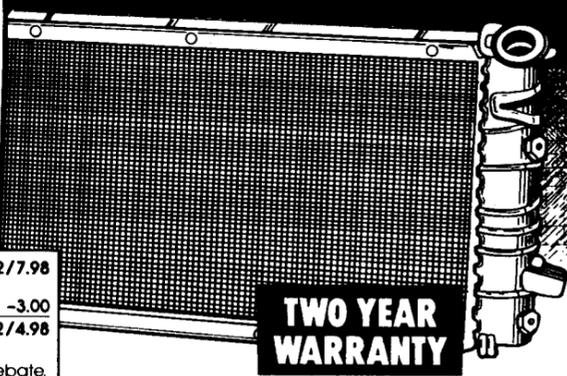
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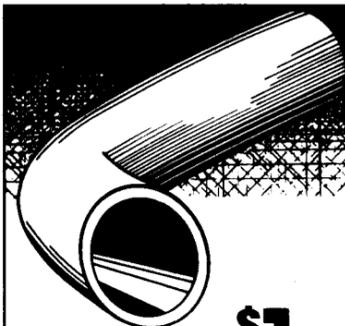
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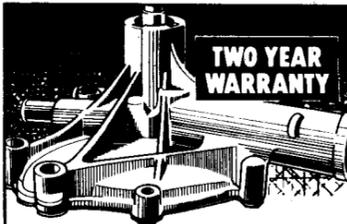
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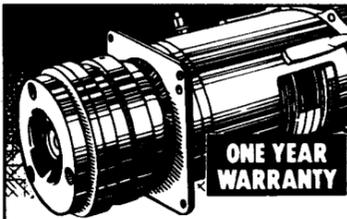
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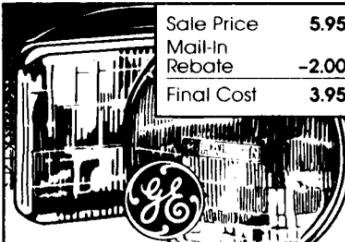
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# Moonlighting can have potentially embarrassing side

BY EVELYN D. HARRIS  
American Forces Information Service

Samuel Morison, the Navy intelligence analyst convicted of giving classified material to a British publication, is not the first Department of Defense employee to get into trouble for "moonlighting"—having a second job.

□ An Army E-4 decided to "be all he could be" off duty as a go-go dancer at a club off post. He was so popular that a local newspaper did a feature on him, mentioning that he was a soldier. His superiors asked him to make a choice: the Army or the spotlight. He chose the Army, but will have to live down the embarrassment his action caused his command.

□ An Air Force officer was a distributor for a home care products company. He conducted much of his

business in the office—and many of his customers were his subordinates. He was subject to prosecution on a number of grounds ranging from conduct unbecoming an officer to selling to subordinates to not doing his job.

□ A Marine Corps lawyer wrote an article critical of the military justice system. This is considered incompatible with his military mission, which is to uphold the military justice system. If, on the other hand, the same military lawyer were an expert on a difficult point of military law, it would be in the government's best interest for him to publish an article on the subject, since it would help other military lawyers do their jobs.

"The lawyer in the last example probably shouldn't accept payment for the article, since it is so closely tied

to his duties," said David Ream, a lawyer in the DoD General Counsel office. "On the other hand, if he writes about African violets or military law in the Civil War, he can be paid."

The government doesn't frown on secondary jobs for military personnel or civilian DoD employees, but there are basic guidelines. These guidelines are spelled out in great detail by the DoD "Standards of Conduct," (Directive 5500.7); "Off-Duty Employment by DoD Health Care Providers," (6025.7); and "Clearance of DoD Information for Public Release," (5230.9) which concerns procedures for DoD employees who wish to write articles or sell photographs to outside publications.

(See Moonlighting cont'd on page 17)

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SM 5132 Econ Issues in Management	8 Oct. 86	17 Dec. 86	Wed.
SM 5014 Management Information Systems	9 Oct. 86	18 Dec. 86	Thur.
SM 5022 (B) Analytical Methods in Management	9 Oct. 86	18 Dec. 86	Thur.
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## Moonlighting

(Cont'd from page 15)

The gist of these guidelines is this—work for off-duty employers:

- must not be done on government premises using government equipment and supplies or using privileged information;
- must not endanger national security;
- must not interfere with the individual's ability to do his or her government job;
- must not involve selling goods or services to subordinates; and
- must be compatible with the government's interest—usually meaning it must not embarrass the government as did the go-go dancer and the lawyer.

"The government tends to approve of some off-duty activities," said Robert Gilliat, DoD assistant general counsel. "Teaching, for example. It's perfectly fine for a government auditor to teach auditing, as long as he doesn't go into detail about a specific case naming a specific contractor."

DoD is especially concerned about moonlighting by military doctors who risk spreading themselves too thin. Rules applying to health care providers wishing to do off-duty work were tightened up in October 1985. Active duty and civilian physicians, dentists,

psychologists, nurses and other health care providers must now obtain their commanding officer's written permission before engaging in off-duty employment.

In general, off-duty work must not exceed 16 hours per week, and there must be a six-hour "rest period" between the end of the off-duty shift and the beginning of the military shift. Their employers must release them if they are recalled to military duty, and cannot charge CHAMPUS or military beneficiaries for services rendered by a moonlighting military provider.

Moonlighting military health care providers can't take off-duty jobs that are more than a two-hour drive from their duty station, and can't use government transportation, equipment or supplies in their off-duty jobs. They may not refer military patients to their off-duty employer unless it is unavoidable, in which case they must provide a written explanation for the referral to their commanding officer.

While it is fairly easy to make judgments concerning moonlighting by health professionals, deciding what is legal and ethical in other areas can be difficult. An especially tricky area involves military and DoD employees writing for outside publications.

There are two points at issue here. One involves not

publishing anything that is or should be classified. To avoid getting into difficulties such as those encountered by Morison, DoD employees are required to submit materials to their public affairs offices for security and policy reviews before publication.

The second issue is a matter of criminal law in addition to ethics—whether or not to accept payment. For example, if a government scientist publishes an article reporting findings of a specific government research project, lawyer Ream said he shouldn't accept payment. Under the law, only the government can pay him for doing government work.

On the other hand, the scientist *can* be paid for a research article on a related subject written on his own time. After all, the government hired him because of certain expertise.

Sometimes the lines between a job-related article and an independent article are clear. For example, James H. Webb, assistant secretary of defense for reserve affairs, recently published an article on fatherhood. That's a clear example of an article for which he can be paid. But an article on the Reserves would have to be considered official and non-reimbursable.

Persons with any question about moonlighting should check with their legal office.

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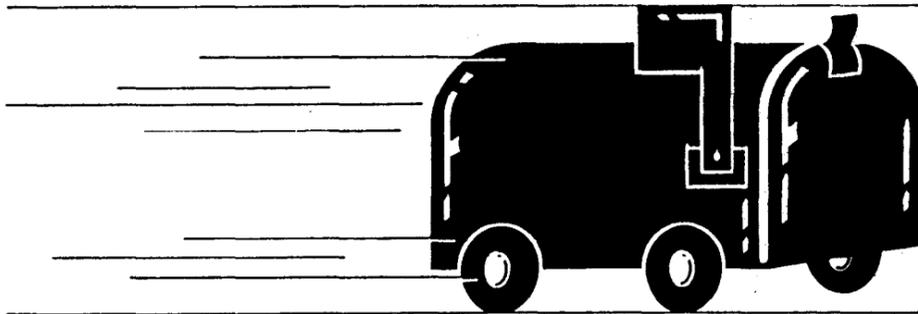
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## Announcements

### Women's Equality Day luncheon

Huntsville-area Federal Women's Program groups will co-host a Women's Equality Day luncheon on Tuesday, Aug. 26, at 11:30 a.m. at the Officers Club. Dorothy Stulberg, an Oak Ridge, Tenn. attorney, is guest speaker. The public is invited. Tickets are \$5 and must be purchased by Aug. 22. For information call Wanda Davis 895-5785 or Cathy Gant 876-3436.

### Newcomers coffee

A newcomers hosted by the OWC for officers' wives arriving between May and August will be held Aug. 26 from 10-12 noon at the residence of Maj. Gen. and Mrs. Thomas D. Reese at 1 Wadsworth Drive. RSVP by Aug. 19 to Diana Lamb 837-6565 or Mary Almond 837-2334.

### Five-mile run

HHC MICOM's third annual five-mile run will be held Sept. 20 at 8 a.m. The event is open to all Redstone people, including civilians, and trophies will be awarded to men and women in various age divisions. There will be prizes for children also. The runs begin and ends at building 3434 and the course is mostly flat. For entry forms or information call Lt. Doty or SSgt. White 876-5710.

### Found property

A bicycle, silver and gold in color, has been found. The owner can identify and claim this property by contacting the Investigations Section, Attn: AMSMI-RA-PM-LE-IN, building 3649, phone 876-2090/3449.

### Tuition assistance

Tuition assistance sessions for military personnel attending Calhoun Community College will be held at the Army Education Center, building 3222. Sessions are set for 9 a.m. Aug. 13; 11 a.m. Aug. 18; 8 a.m. and 4 p.m. Aug. 19; and 8 a.m. Aug. 20. Also, on-post registration will be held from 2:30-4 p.m. Aug. 13 at the Recreation Center, building 3711. And off-post registration will be held from 5-8 p.m. Aug. 20 at Huntsville High.

### Alcoholics Anonymous

The Redstone Arsenal Group of Alcoholics Anonymous has its "Happy Hour" meeting each Friday afternoon at 5:15 in room 11 of the Bicentennial Chapel. This is an open discussion meeting. Anyone interested in the subject of alcoholism is invited to attend.

### Red Cross blood program

Here is the Red Cross blood program schedule: Aug. 13 from 8-12, building 111 (bus); Aug. 15 from 7-1 at building 5681 (bus), and 8-12 at 7442 (bus); Aug. 16 from 8-12, building 3209 (8th Student Company); Aug. 19 from 8:30-12:30, building 4752 (NASA); Aug. 20 from 9-12, building 3711 (Rec Center); Aug. 21, 8-12, building 3434 (95th Maintenance Company); Aug. 22, 7:30-1:30, USADSC (buses); Aug. 29, 7:30-12:30, building 4488. For more information call Sp4 Diana Fox, installation blood program coordinator, at 876-1793.

### Family child care services

For active duty and retired service members, the Family Child Care Program has developmental child care spaces (full-time, part-time, drop-in, before and after school, infant care, 24-hour care, and TDY care). Call 876-2752/9298 for more information.

### Chapel events

A liturgy service for members of the Eastern Orthodox Church is scheduled for tonight (Aug. 13) at 7:00 at the Post Chapel; the Rev. Elias Scoulas of the local Greek Orthodox Church will be celebrating liturgy. A Protestant potluck supper is planned for 6 p.m. Aug. 17 at Bicentennial Chapel; all are invited to bring a dish to share and join the fellowship.

### Drug prevention seminar

A drug prevention seminar, planned by the provost marshal's investigations section, will be held today from 9-11 a.m. and again 1-3 p.m. in the post theater. The second annual event is for military and civilian personnel and everyone else in the Redstone Arsenal community.

### Recreation center

Tonight— Shuffle board at 7. Thursday— Bingo at 7. Friday— "Four" Connect game at 7. Saturday— Ice cream sundaes at 3. Sunday— Pearls of the Pacific at 7. Monday— Trivia quiz at 7. Tuesday— Pool tourney at 7.

### NCO Club membership meeting

An NCO Club general membership meeting will be held at 4 p.m. Wednesday, Aug. 27 at the club. Agenda items include a financial and facility renovation briefing. Members attending the meeting will be entitled to two-for-one steak dinners that evening.

### NCOA meeting

The Redstone Missile Chapter of the Non-Commissioned Officers Association will have a monthly general membership meeting on Friday, Aug. 15. The meeting at the NCO Club will begin about 4 p.m., right after the monthly junior NCO call. NCOA members are encouraged to attend; any non-members interested in attending are invited to do so. All enlisted personnel, E-4 or above, are eligible to join the NCOA.

### Learning center

The Army Learning Center has videotapes available for group check-out or for viewing in the ALC (building 7446). These include "On Incoming Calls," which deals with the "bureaucratic bounce, the dreaded hold, and how to get the caller's name every time"; "More-On Incoming Calls"; and "From Curt to Courteous." The combined courses last a total of three hours. To enroll, send a DD form 1556 to building 7446, AMSMI-CP-TC/ALC, Attn: Army Learning Center. For more information, call 876-1061/1416.

### City school registration

All new Redstone Arsenal students who will be attending Huntsville city schools may register through the first day of school at the following: Ridgecrest Elementary School, 3505 Cerro Vista SW, phone 532-4818; Morris Elementary School, 4801 Bob Wallace SW, phone 532-4795, starting Aug. 15; Westlawn Middle School, 4217 9th Ave. SW, phone 532-4767; and Butler High School, 3401 Holmes Ave. NW, phone 532-4920. New students must present an Alabama immunization certificate (blue in color). Military shot records will not be accepted. The certificate may be obtained from the pediatrics clinic at Fox Army Community Hospital, from physicians in Huntsville, or from the Health Department. For more information, contact the appropriate school or the main office of city schools 532-4600.

### Payment consent

The Finance and Accounting Office is now required to have the following signed consent statement on all personal checks which are submitted for payment when an individual is indebted to the government: "If this check is returned as dishonored, I consent to immediate collection from my pay for the amount of the dishonored check plus any related service or administrative charges." Individuals making payment at F&A will be required to sign this statement before payment can be accepted. When remittance is made by mail, the consent statement must be added on the back of the check and signed by the payee before it is submitted.



## Air Force unit has new commander

BY CINDY WATSON

Referring to the Air Force Detachment as the "blue cocoon," the newly appointed commander proudly spoke of his corner of the world at the Ordnance Missile and Munitions Center and School.

Capt. Patrick Tower, a former instructor of philosophy at the U.S. Air Force Academy, assumed command of the detachment here July 9. He said he likes the relationship the Air Force has with OMMCS. "Col. Taylor (2nd Battalion commander) is great. He will bend over backwards to make this an Air Force cocoon," Tower said.

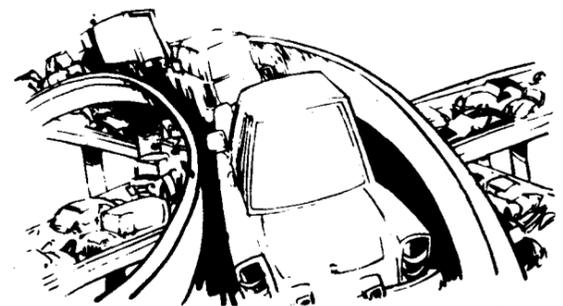
The new commander expects a challenging job. "The other services have clear identities. We have to teach our guy (the) Air Force and a career field," he said. He added that this can be done through good study and test-taking skills and, most importantly, through self-discipline.

"I stress this basic mission by motivating my enlisted and junior officers for EOD school by education about the field, challenges on a one-on-one basis to develop to the fullest potential, and instilling self-discipline, and study skills necessary to survive the school," Tower said.

The Air Force members here attend a two-week introductory course to the explosive ordnance field and then attend a 20-week course at Indianhead, Md.

Tower has to deal with a separation from his chain of command. "Our parent unit is at Indianhead and the next step is Denver, Colo.," he said.

## Carpool Hotline



Call 876-1500 to place your free carpool ad.

### Southeast Huntsville

Ride wanted from Golf Road area (Highridge Apartments) to 5400, hours flexible. Robin Whitworth 876-9403/9404.

### Hartselle

Carpool member wanted from Hartselle to 5250 vicinity (will consider other work locations), hours 8-4:30. Cooper Clayton 876-9404/9405.

## Capps nominated for first star

Col. Larry R. Capps, Patriot project manager at MICOM, has been nominated for promotion to brigadier general.

The Georgia native was one of 57 Army officers selected in Washington last week to receive his first star.

Capps came here in July 1985 to head Patriot, the Army's newest and most sophisticated air defense missile system.

A 1963 graduate of the U.S. Military Academy, he holds a master's degree in Operations Research from the Naval Post Graduate School.

Among service schools, he has attended the infantry officer's basic course, advanced ordnance course, and is a graduate of the Command and General Staff College, Industrial College of the Armed Forces, and the Defense Systems Management College.

He is married to the former Brenda Bailey of Covington, Ga., and they have two sons, Barry and David.



TOWER

He is proud of the small detachment here. "Our attrition rate is one of every three students, I would like to cut that (rate) in half," Tower said.



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**For Sale:** 12x60 Mobile home, 2 brm, 1 bth, gas heat, window air, washer dryer, refrig, range tie downs, skirting electric service hookup, small porch included, take over payments \$137.22 month 34 months remaining 876-8671.

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**For Sale:** Mobile Home 1979 Baccaneer, 12x56, 2 br, 1 bath, w/range/refrig./dryer. Madison \$6800 837-1676 after 6 pm.

**For Sale:** Golf clubs Wilson X31 woods 1, 3, 4, completely refinished including decals. Irons, Wilson X31 2 through SW. All clubs have new Golf Pride Victory green and black grips. Ultralite power groove. Lightweight steel "R" shafts swing weight D3's. Excellent condition, includes Wilson bag, Wilson 8833 putter and head covers. Call 881-9134.

**For Sale:** 1974 260Z, excellent condition, mechanical and otherwise drive to believe. For further information call Jason 883-6232 or Mickey 830-1434.

**Excellent baby sitter:** will baby sit anytime Monday thru Friday, located outside gate 8 and 10. Call 533-6960 anytime.

**For Sale:** antique quilts, 1 Dresden plate 63x92 \$175, 2 Shoo fly 68x85 \$150, 3 Patch quilt 68x80 \$100, Call 830-1784.

19 inch Magnavox Color TV with redestal stand, ideal for 2nd TV Call 881-3165.

**For Sale:** Pioneer PL88F front load programmable turntable \$125. Marantz SD820db cassette deck with auto-bias system, \$235. Both pieces for \$325. Call Ed after 5 p.m. at 895-9894.

**For Sale:** 1978 Toyota Cressida, beige, four speed auto, and high mileage. Asking \$1300 obo. 1976 Chevrolet Suburban with manuals, full time four wheel drive, high mileage, and automatic transmission \$1300 firm. 10,000 BTU window air conditioner, not pretty but it works. 110 VAC \$150 firm. Call Mike 876-5101 or 852-3272 after 5 p.m.

**For Sale:** Enclosed utility trailer, good for hauling camping supplies \$200 881-3165.

**For Sale:** Toyota Corolla 1977 model tan with black interior, economical and very dependable extremely good running condition, am/fm stereo cassette, air very cold only \$650 or best offer. Contact Wayne at 895-0601.

**For Sale:** 1982 Honda 1100 interstate. Many chrome and light accessories. Consider trade for boat, 536-8433, 876-4094.

**For Sale:** Fender Jaguar electric guitar \$200 obo, Belgian tapestry \$45 obo, Ford truck rims (15 inch) \$50 and hub caps \$20, sealy couch \$105 chair \$20, 876-4094 or 536-8433 Barry.

Help wanted part time or weekends experienced in building wire fences. Call 837-7139 after 4:30.

VHS camera/recorder for rent \$20 per day 852-4420.

**For Sale:** Yashica electro 35 camera and Lentar 90-190 200m lens \$180, 12 gauge riot shotgun, pump action, \$90. Stoneware dishset \$30, call 852-4420.

**For Sale:** Bell & Howell Super Movie camera, projector and screen, \$145. Sanyo TAS1000 telephone answering machine \$37, TI 5040-11 desk calculator \$33. Four shelf metal cabinet with glass doors \$185. G.E. smoke alarm new \$5. Expand-a-file ledger tray \$17, two metal file boxes with indexes \$18, hanging file folders (box of 25) \$8. High swivel chair \$105, baby bed and mattress \$85, stroller \$8, changing table \$5, kiddie 9 lb. fire extinguisher \$18. Call 837-5628.

1976 Volvo Wagon mint condition ac, stereo/tape, loan value \$4800 sacrifice price \$4000, call Jackson (w) 876-3089 (h) 859-2061.

**For Sale:** Baby crib with extra firm mattress, deluxe umbrella stroller and infant car seat all for \$130, call Kok at 876-1674 or after 5 pm 883-0027.

**For Sale:** 1979 Raised roof Chev. camper Van, very clean, well equipped, 350 engine, air conditioned, \$3500 call 837-2158 after 5 pm.

**For Sale:** Male Blues Coat, size 40r, complete with E7 stripes, service stripes (9 years), shoulder loops and sleeve ornamentation. Additional service stripes (15 years), cap hatband, chinstrap and ornamentation included. \$75. Contact 837-1430 ext 3612 after 4 pm.

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