

Redstone Rocket

Vol. 35 No. 14

Published in the interest of personnel at Redstone Arsenal Al.

September 3, 1986

Former POW recalls nightmare of captivity

National POW/MIA Recognition Day is Sept. 19, 1986. It's a day set aside to make people aware of the pain and suffering that thousands of American POWs went through in all of the wars in which the United States has participated. It also is a day established by Congress and proclaimed by the president to call attention to the fact that more than 2,400 Americans are still missing in Southeast Asia.

The Tomb of the Unknown Soldier represents more than 3,300 World War I, 78,700 World War II and 8,100 Korean War servicemen whose remains have never been repatriated.

There are thousands of stories that could be told about what POWs went through to preserve the liberty we all cherish.

This is one of them...the story of former POW, Army Special Forces Master Sgt. Jon R. Cavaiani, who is also a Medal of Honor recipient. His story explains what led up to his capture by the North Vietnamese and his life in a POW camp. The Editor

BY SGT. MAJ. RUDI WILLIAMS

American Forces Information Service

"I don't know that I've really sat down and faced Vietnam as some of the more fortunate people have; it still bothers me," said Army Special Forces Master Sgt. Jon R. Cavaiani, a former POW and a Medal of Honor recipient.

After being released on March 27, 1973, Cavaiani was hospitalized for nearly six months. "They spent nearly five months trying to teach me how to walk again, how to swing my arms...I still had a bullet in me," said Cavaiani, who lost 106 pounds during his incarceration. "They were trying to get me back both psychologically and physically."

He was captured in June 1971 by a "69-year-old North Vietnamese soldier carrying a Soviet single shot, bolt action rifle equally as old," as Cavaiani lay in darkness awaiting daylight so he could enter a friendly forces camp. He was suffering from extensive wounds received 11 days earlier in a fierce North Vietnamese barrage. His actions in helping other members of his platoon escape the attack later resulted in Cavaiani's receipt of the Medal of Honor.

Cavaiani spent the next 23 months, often being brutally interrogated, in POW camps such as "Plantation Gardens" (where he spent most of his time), "The Zoo," "The Hanoi Hilton," and "D-1," a camp south of Vinh. He was moved to the "Hanoi Hilton" on Dec. 27, 1972, and "fattened" on Russian meat

and other "goodies" before being released after the war.

Flashing back to the days of his captivity, Cavaiani said he thinks he caused his own worst beating when he was first captured. The North Vietnamese political officer hit him across his face and Cavaiani said, "Hell, my grandmother hits harder than that..."

"That was my worst interrogation, both psychologically and physically," said Cavaiani. "He (the political officer) told a couple of guys to take off their sandals and they just kicked the living hell out of me. They busted six of my ribs and six of my vertebrae. They strung me up about five feet over an incline, cut me loose, and I busted my back near the top of my shoulder."

Cavaiani was already suffering from extensive burns to his hands, face and back, a wound from a bullet that had hit him in the lower back and stopped near the base of his neck, and close to 30 fragment wounds.

"They bandaged my hands and face because they were burned, and if spotted from the air, it would look like I was receiving medical treatment," said Cavaiani. "But they wouldn't do anything else."

The North Vietnamese eventually removed the bullet—rather crudely—causing Cavaiani problems as he healed. Since his captors wouldn't remove the fragments, Cavaiani sharpened a bamboo stick and dug them out himself.

American POWs were beaten for even minor infractions of camp regulations. A "normal" beating was 124 lashes with a rubber hose.

They lived in two—to eight—man rooms in a barracks—type building "in the middle of 4 million Vietnamese." Their beds consisted of a wooden plank, a little mat and a blanket—all bug infested. Depending on the weather, the POWs wore long or short red, pajama—style uniforms with reddish-gray stripes. Their shoes were called "zeps," a Vietnamese sandal made of inertubes and tires.

"There was no reason to get up in the morning, but they gave us regimentation," said Cavaiani. "You'd get up about 7:00 every morning, fold your stuff a certain way and sit on your bed and talk to the other guys."

After a meager breakfast of weak tea and French bread, Cavaiani and his fellow POWs tried to entertain themselves by playing cards, "talking" movies, exercising or whatever else they could do to combat boredom.

"We got a deck of cards about every six months, so we'd cut them in half and make two decks," said



Cavaiani. "Talking a movie could take up to two hours or more—that was two hours you were not in prison."

POWs were given haircuts about every month and a half. They shaved every three or four days.

How well or how badly the POWs were treated depended upon a North Vietnamese political officer's whims. "The first one I had thought we should be punished and just sit there idle," said Cavaiani. "Then we got another political officer who was an educator. He brought in books for us to read, both fiction and nonfiction. Instead of just sitting there thinking about ways we could mess with the guards or plan an escape, he thought we should occupy our time reading."

"There wasn't much outside time, no exercise time, but some prisoners did their own thing, like working up to 2,000 situps and 1,000 pushups a day," he said. "The camaraderie amongst the soldiers was really the best part."

Reflecting back on 23 months in a North Vietnamese POW camp, Cavaiani said, "I hope we never get involved in another war period. But we have a right to defend this country and that's what we're going to do..."

Military retirees have their day this weekend

An annual event for military retirees will be held Saturday at the NCO Club.

Retiree Activity Day features speakers who will discuss topics of interest to military retirees and their family members. That afternoon, representatives from various community activities and agencies will be available at tables in the spirit of a county fair.

"It's informative," said Sue Forrester, chief of the transition point of the military personnel division. "It presents new changes on legislation dealing with entitlements to retirees which is very important."

The annual free event is for military retirees, their family members, and widows or widowers of retirees. In conjunction with the post, it is sponsored by the Redstone Arsenal Retiree Advisory Council, a 24-member group of military retirees.

Members of the council are appointed by the commander of the Missile Command. The group serves as "the eyes and ears of the commander for retiree activities," said Brandon Parker, a retired Army colonel and past council chairman. The current chairman is Adelbert Miller, also a retired Army colonel.

Registration for retiree day will be held from 8-8:45 Saturday morning. Maj. Gen. Thomas Reese is scheduled to give a welcoming address. Other speakers are to include Col. Ronald Crowley, director of per-

sonnel training and force development; Max Beilke, deputy division chief of retiree and veterans activities at Department of Army in Washington, D.C.; Lt. Col. Russell W. Cooper, chief of the mobilization plans division at the Army Reserve Personnel Center in St. Louis; and Joseph Rhame, director of CHAMPUS Service Operations in Columbia, S.C.

After a 15-minute break, a panel of Redstone community officials from the hospital, post exchange, and so on, will field questions. A closing ceremony will be held by noon, followed by lunch (which attendees can purchase at the NCO Club). The county fair-type activity starts after lunch.

Those to be represented at tables that afternoon include Fox Army Community Hospital, the dental activity, military personnel division, chaplains office, American Red Cross, The Retired Officers Association, American Legion, Veterans of Foreign Wars, state Veterans Affairs, the Social Security Administration, and Army Community Service. Also there will be representatives from the crime prevention unit and morale, welfare and recreation.

"We have about 10,000 retirees in the areas of concern (north Alabama and southern Tennessee)," said Parker, past chairman of the retiree council. "We have anywhere from 500 to 700 people that come in for

retiree day." He added that the chapels, as a new facet this year, are having "Retiree Sunday" on the following day.

For more information about Retiree Activity Day call Lewis Spencer, the retirement services officer in the transition point, at 876-2022.

Voting encouraged

WASHINGTON — Armed Forces Voters' week, Sept. 8-12, is receiving Secretary of Defense Caspar W. Weinberger's emphasis on motivating military personnel to exercise their right to vote.

Many installations have planned activities during the week focusing on voting issues. Weinberger recently encouraged commands to develop educational programs geared toward young people—since voting turnout often is related to age. A 1984 voting survey showed that only 28 percent of 18- to 20-year-old servicemembers voted absentee as compared with 52 percent of those 45 and older. He said that young people should realize that their vote does count and that not voting is like having no opinions about events that affect their lives. (Arnews)



Use headlights

Editor:

Monday morning, Aug. 25. Approximately 6:30 a.m. Hazardous driving conditions; extreme fog.

While traveling south on Dodd Road early Monday morning, I couldn't help but notice that several of my co-workers obviously have not read the "Daily Bulletin" (exact date unknown) in regard to the use of parking lights in hazardous driving conditions (rain, fog, snow, etc.).

Many cars passed me (in both directions)—lightly-colored cars like grey, silver, white and pale blue—either with parking lights or not lights at all.

It is to these people that I write this letter. Take a piece of advice...YOU CANNOT BE SEEN until it is too late. Especially the owner of the pale green Pontiac traveling north on Dodd Road at excessive speed (60 to 65 m.p.h.) in my lane. All I can say is "Buddy, be glad I've had defensive driving—cause if I hadn't your car and mine would either be in a body shop or the junk yard!"

I'm not writing to preach but to plead with you unconscious drivers to please turn on your headlights before it's too late.

I am not certain if using headlights in hazardous driving conditions is mandatory by law—but it certainly is a courtesy.

The next time the fog rolls in I'll be watching out for you with my headlights on. I just hope I can see you in time.

Name withheld by request

Respect rights

Editor:

Yes, I am a smoker but I respect the rights of non-smokers because, my daughter having asthma, I do understand how it can affect you. I am writing this for people in general. I did not know we had so many perfect people in this world, I know of only one. No, not me, I'm about the most imperfect. I think people should tend to their own faults instead of looking at other peoples' faults, I'm sure we all have plenty. In other words mind your own business.

Oh! I have a question for the person that drives 55 m.p.h. mentioned in the letter entitled "To Impatient People" in the August 20 *Rocket*. Are you saying that just because you drive 55 m.p.h. you will not have an accident. Granted, it may lessen the risk but in driver's education as I recall they always stressed Defensive

Driving. Now getting back to the subject, I do feel people get into other peoples' affairs too much. So don't look at peoples' habits or faults but at the person inside. Have you looked in the mirror lately, perfect person?

Name withheld by request

Screaming cadence

Editor:

Every weekend on their way to the dining facility soldiers from the 8th Student Company are screaming cadence. Being a soldier myself, I greatly enjoy singing cadence, but with consideration to my fellow soldiers, I refrain from doing it.

I am fully aware that these soldiers from 8th SC are here on A.I.T. and RSA is considered a training post, but it would be greatly appreciated if these soldiers would refrain from cadence during the morning hours on the weekends. Weekdays are no problem since the majority of the soldiers are up preparing for either PT or duty.

There are soldiers in the billets (permanent party) who are on shift-duty and would like to have a decent sleep. It's bad enough they have to put up with the noise within the billets, and sure do not need help from the outside.

So Drill Sergeants think now—how would you and your family feel if a company of soldiers came marching/running by your house screaming cadence during the morning hours, especially on a weekend when you and your family are trying to get some sleep?

Sgt. T.E. Beldad
Special Security Detachment — Redstone

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: Redstone Rocket, AMSMI-IN.

Training planned for those using hazardous materials

Beginning this fall, those at Redstone Arsenal who handle hazardous materials will undergo special training to ensure that they understand how to work safely with the materials.

The training is in response to a Hazard Communications Standard issued by the Occupational Safety and Health Administration that gives employers the responsibility for making sure that employees are knowledgeable of the health and physical hazards of materials they work with and protective measures that should be employed.

Requirements of the Hazard Communications Standard include hazard determination, a written hazard communication program, labels and other forms of warning, material safety data sheets, and employee information and training.

Local training will be brief, an hour or so in the classroom for supervisors who will be furnished lesson materials to use in training their own employees at the work station. "The supervisor will go back and he will

Insurance firms to get medical bills

WASHINGTON — Private insurance companies carrying policies on military family members or retirees will have to pick up the bill for inpatient health care administered in military treatment facilities after Oct. 1.

Legislation signed April 7 requires the Defense Department to collect reasonable inpatient health care costs for dependents and retirees who have insurance coverage with private insurance groups. The law applies to all insurance, medical service or health plan agreements entered into, amended or renewed since April 6. In the past, the military had admitted and treated insured patients to military facilities without collecting from private insurance companies.

Under provisions of the law, the Defense Department will bill insurance companies the full inpatient rate (currently \$441 per day), said Maj. John F. Armstrong, a patient administrator from the Army surgeon general's office. This rate will include hospital charges, physician charges and miscellaneous charges. (Arnews)

Contracts awarded for anti-tank ideas

The Missile Command has awarded competitive contracts to Hughes Aircraft Co., Ford Aerospace and Communications Corp., and Texas Instruments for a technology demonstration program of the Army's new advanced anti-tank weapon system-medium (AAWS-M).

Under the firm fixed price contracts, worth approximately \$30 million each, the companies will conduct a 27 month proof-of-principle demonstration of their respective systems. Following that, the Army plans to proceed into full scale engineering development with the most promising system.

AAWS-M is intended as a one-man-portable, medium-range, anti-tank weapon that will replace the Dragon, and will give the soldier substantially greater anti-tank capabilities than Dragon provides.

Col. James Higginbotham is project manager of the advanced anti-tank weapon systems project office here and James Hughes is his civilian deputy.

train all his employees in the hazards of materials that they use, for example oxidizers, gases, poisons, explosives, corrosives, carcinogens, solvents," explained Dian Avery of MICOM's Safety Office.

Workers will also be trained to interpret the material safety data sheet which OSHA requires be packaged with a hazardous material. It lists the chemical makeup of the material and its physical properties such as flammability or explosiveness; effects of overexposure and protective measures and treatment; spill response procedures and other data.

While the Hazard Communications Standard is causing some employers to make "big, big changes", according to Avery, she points out that it is having much less impact on places like Redstone Arsenal that already have good safety programs in place. "We've been doing it for years. We're just trying to marshal the forces we have and comply with the letter of the law, even though we're now complying with the intent," she said.

Federal Women's Programs present awards

More than 300 people gathered at the Officers Club last week to celebrate ratification of the 19th Amendment to the Constitution. At the 12th annual Women's Equality Day luncheon, Huntsville area Federal Women's Program managers presented awards to six outstanding women achievers and four supervisors for their accomplishments in support of the FWP and equal employment opportunity.

Outstanding achievement awards were presented to Dr. Marcile L. Bagley, librarian at the Missile and Space Intelligence Center, Missile Command; Victoria J. Crawford, personnel management specialist at the

U.S. Army Ordnance Missile and Munitions Center and School; Helen Jenkins, program analyst at the Strategic Defense Command; Marilyn L. Lang, training specialist at the Huntsville Division of the Army Corps of Engineers; and Jimmie H. Self, logistics and program management specialist, MICOM.

Supervisor of the year awards were presented to Bill Bailey, chief of program cost, plans, analysis and evaluating branch in the MICOM Hellfire/GLD, Project Office; Clyde D. Bean, director of administrative operations office, MSFC; Stanley W. Clements, super- (See Awards cont'd on page 14)

**THE REDSTONE
ROCKET**

Editorial Offices..876-1500
Advertising Offices 539-3980

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.

The Advertising office of the Redstone Rocket is located at 108-B South Side Square, Huntsville, AL, phone 539-3980. Post Office Box 5351, 35805.

Advertising deadline for display and commercial classified is 5 p.m. Friday before Wednesday publication.

The Redstone Rocket is distributed free of cost to personnel at Redstone Arsenal, NASA and Industrial Park. Huntsville mailing rates off post for the Rocket are \$20.00 a year, tax included.

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.

Code of Conduct serves as guide for prisoners of war

BY TOM JOYCE

American Forces Information Service

"I am an American fighting man."

Those words begin the Code of the U.S. Fighting Force, a code first expressed in written form in 1955 but based on time-honored concepts and traditions that date back to the days of the American Revolution. And as the people of this nation prepare to commemorate National POW/MIA Recognition Day on Sept. 19, those concepts and traditions, and the code, take on special significance.

The Code of the U.S. Fighting Force outlines the duty of every member of the armed forces: to oppose all enemies of the United States in combat, or, if captured, in a prisoner of war compound.

It is the responsibility of every member of the Armed Forces of the United States to be familiar with the Code of the U.S. Fighting Force, more commonly referred to as the "Code of Conduct." And to live up to the code, your service dictates that you must know not only its words, but the ideas and principles behind it.

Experiences of captured Americans reveal that to survive captivity honorably demands great courage, deep dedication and high motivation. To sustain these personal values throughout captivity requires that you understand and believe strongly in free and democratic institutions, love your country, trust in the justice of the U.S. cause, be faithful and loyal to your fellow prisoners and hold firmly to your religious and moral beliefs in time of trial.

The code is a guide to help you endure the terrors of captivity, prevail over your captors and return to your family, home and nation with honor and pride.

Of the 566 American fighting men released during Operation Homecoming, after being held prisoner of war in the Vietnam War, many considered the six articles of the Code of Conduct to be a major ingredient of their ethical and spiritual lives during their captivity.

1st Lt. Bill Mayall was a B-52 navigator on his third mission over Hanoi when he was shot down on Dec. 22, 1972. "Yes, I was aware of the Code of Conduct," he said from his office in the Pentagon where he is now adviser on POW/MIA affairs to the chairman of the Joint Chiefs of Staff. "It was part of my navigation training, and I had received briefings on the code at survival school just eight months before I was shot down."

Mayall, now a major, sees the code as a set of guidelines that prisoners should strive to follow. "I personally found the code very effective," he remembered. "It was a road map to follow."

Article Three of this code outlines a service member's duty to resist the enemy and make every effort to escape. Mayall said that during his initial capture, the situation "precluded any reasonable chances to escape." During his four-month stay at the infamous "Hanoi Hilton" and "Zoo" prison camps, it still wasn't feasible to plan an escape, Mayall recalled. "One consideration in attempting an escape was what might happen to those who were left behind," said Mayall. "However, as a matter of conscious determination, the code gives guidance that you must plan to escape, try to escape and assist others to escape."

As a prisoner of war, Article Five of the code dictates that you give only name, rank, service number and date of birth. Mayall said "that is the ultimate,

what you are striving for." But he cautioned that if the enemy wants something from you badly enough, he will get it.

"There are other forms of torture," he said. "There is mental torture. As in the case of threatening to withhold medical attention from lower ranking people if a senior officer did not divulge information. Again, the Code of Conduct is something to shoot for."

Another former POW, Navy Capt. (Ret.) Charles Plumb, agreed that the code is a guide, not a blueprint for action. "We found immediately that it was only a code, not a regulation," he said. Plumb, now a businessman in New York, spent 2,103 days as a prisoner of war after being shot down while flying an F-4B off the USS Kitty Hawk.

"The Code of Conduct was a set of parameters around which we could form a response to the enemy," he said. "We found that in Vietnam, the guy who tried to follow the code to the letter of the law was the one who would get into trouble and eventually spill his guts," he said.

"Resisting was considered belligerent and the enemy did not stand for belligerence. Fifteen folks with ropes, irons and whips would come in and show you who was boss."

Plumb said POWs decided to resist their captors to the point of permanent physical damage. "At that point, we would give in gradually. But we would lie to them and found they would believe the lies," he said.

One former POW summed it up like this: "If you keep the spirit of the code, that's what counts. If you can keep to the letter of the...code, that's much better. But your country realizes that if the enemy wants something from you bad enough, he'll try real hard to get it."

Communication a key element to POW survival

BY TOM JOYCE

American Forces Information Service

How important was it for Americans held as prisoners of war by the North Vietnamese to be able to communicate with each other?

Lt. Col. Bobby D. Wagnon, writing in Air University Review magazine, summed it up this way: "Good communication is truly the key element...to survival in a POW situation."

And Lt. Cmdr. John S. McCain III, a prisoner of war for six years, agrees. McCain wrote shortly after his release in October 1967: "As far as this business of solitary confinement goes, the most important thing for survival is communication with someone, even if it's only a wave or a wink, a tap on the wall, or to have a guy put his thumb up. It makes all the difference."

The North Vietnamese also recognized the importance of communication. Fearing prisoner resistance and morale would increase, their effort to interrupt communication among prisoners was intense. Penalties for communicating were severe and included beatings and other forms of torture. Even prisoners who were not caught in the act of communicating—and only thought to have the means to do so—were punished severely.

American prisoners of war, even under some of the harshest conditions, eventually developed ingenious ways to communicate with each other. But what is known as the tap code became the standard form of communication because it was simple and could be used in a wide variety of situations. Thus, getting the tap code to newly arrived prisoners of war became a top priority.

The tap code is based on the following 25-letter arrangement of the alphabet with the letter "K" left out.

The letter "C" was used whenever a letter "K" was needed.

CODE BLOCK

	1	2	3	4	5
1	A	B	C	D	E
2	F	G	H	I	J
3	L	M	N	O	P
4	Q	R	S	T	U
5	V	W	X	Y	Z

The first series of taps identifies the horizontal line; the second series the vertical column. For example, to spell "be" you tap once for the first row and twice for the "B," then once for the first row and five times for the letter "E." Longer pauses signify numbers. For example, 13 is one tap, long pause, followed by three taps. As prisoners became more proficient with the code, standardized abbreviations for some words were also worked out.

Prisoners at various camps were also able to send messages while they were emptying their toilet buckets (known as "honey buckets"). "As he (the prisoner) rinsed his bucket with water and scraped it with a stiff bamboo broom he sent a brief morning greeting to his fellow Americans with his scrapes and thumpings," as how retired Navy Capt. Jim Mulligan described it.

But emergency situations called for emergency measures. One way information was delivered was via

the local tap code. Developed by then-Navy Capt. Jeremiah Denton, the vocal tap code utilized coughs, hacks and spitting to send messages. A prisoner returning from an interrogation session might give a loud hack and one cough for the letter "Q" indicating the interrogation session involved quizzing or simple interrogation. Other letter combinations meant communications interrogation, biography interrogation, or other forms of interrogation.

Communications among prisoners in the various camps around North Vietnam were so ingenious that even written coded communications were routinely delivered. In one section of the "Hanoi Hilton," prisoners exchanged messages using a drop and pickup system. Using a written code, the messages were placed in various areas of the camp usually the latrine area, and picked up by other prisoners.

Mulligan wrote: "Communication was the linchpin that governed all POW resistance activities...the communications network was so effective that the senior American POW established the release procedure, whereby POWs would go home, sick and wounded first, then in order of shoot-down."

(See related articles on page 9)



Huntsville's Favorite Since 1959

TERRY'S PIZZA

3612
Governors Drive
536-3389

7540
Memorial Parkway SW
881-5987

WE DELIVER EVERYTHING ON OUR MENU!

ROLL TIDE! WAR EAGLE!

SPECIAL

Any Medium 12" Pizza
With 2 Toppings & Cheese

\$4⁹⁵
(A \$6.45 Value)

EAT IN ONLY

WITH COUPON ONLY - EXPIRES 10-31-86
Not Good With Other Coupons

The smoking habit

Be a quitter and have a healthier life, experts say

BY PAM ROGERS

If you're a smoker, chances are you've been hounded on all sides by people who want you to quit. Your spouse, children, parents, friends and doctor all have that annoying way of nagging you about something you enjoy, something that, by this point, you may think you have no control over.

If you're tired of the nagging and if you don't care to have the statistics shoved down your throat, you can stop reading right now. But if you'd like to know what tobacco is doing to your body and how you can stop or even reverse the damage smoking has done, read on.

Dr. Irene Roan, chief of Preventive Medicine here, gave the *Rocket* some statistics from the American Cancer Society.

Every time a smoker takes a puff on a cigarette, pipe or cigar, he or she is taking in carbon monoxide, nitrogen dioxide, hydrogen cyanide (the compound used in gas chambers), hydrogen sulfide and arsenic, Roan said.

"When you inhale carbon monoxide it gets into your bloodstream through the lungs and prevents oxygen from getting to tissue in all parts of the body. It deprives the heart of oxygen, which can lead to a heart attack," Roan said.

"Ten cigarettes smoked in a closed automobile produce a level of carbon monoxide of 90 parts per million. That's enough to interfere with the driver's judgment and cause an accident," she said. She added that the American Medical Association gives an average of 50 parts per million as the maximum amount of carbon monoxide a worker should be exposed to in an eight-hour period.

"Nicotine, the addictive part of a cigarette, constricts the blood vessels and cuts down on circulation.

"Hydrogen cyanide is not found in other forms of air pollution—it's a bad poison which interferes with the oxygenation of tissues. Exposure to a level of 10 parts per million over a long period of time is considered dangerous. A cigarette produces 1600 parts per million, but for a short period of time," she said.

Those are things every smoker experiences. In addition, smokers run a greater risk of developing cancer of the lungs, larynx, mouth, esophagus, bladder and pancreas than do non-smokers, Roan said.

Diseases

American Cancer Society statistics show there are 120,000 deaths each year from coronary heart disease which can be linked to smoking. "The risk sharply decreases after just one year after quitting," Roan said.

Chronic bronchitis and emphysema are two other diseases smokers frequently develop, and the lung damage they cause can be seen even in very young smokers, Roan said.

Women who smoke face another range of problems. Lung cancer is now the most common form of cancer in women. It used to be breast cancer. Women who smoke and take oral contraceptives have a greater risk of developing blood clots, Roan said.

Mothers who smoke when they're pregnant have more stillbirths, and their babies have lower birth weights. Babies born to smoking mothers are more vulnerable to disease and death than those born to women who don't smoke. Children whose mothers smoked during pregnancy are smaller and underdeveloped socially until seven years after birth, Roan said. She added that, if you're pregnant, quitting before the fourth month can give your baby a better shot at being healthy.

Quitting

In fact, quitting increases your chances for avoiding any of the smoking-related ailments already mentioned. But what about all those nasty withdrawal symptoms you've experienced if you've tried to quit? They're only your body's way of telling you it's getting well, Roan said.

Many people experience tingling sensations in their arms and legs. That means your circulation is improving. A light-headed feeling means your brain is getting more oxygen than it's used to, Roan said.

"Some people cough more. That's because the hair cells in your lungs are paralyzed by smoking. When you quit, they're able to move again and move the

debris out of your lungs. In two to three weeks, your lungs will clear," she said.

The most aggravating symptom, intense craving for a cigarette, is a result of nicotine withdrawal. According to Roan, the craving will diminish after one or two days, and disappear completely after two weeks.

"The best way to get rid of a craving is to ignore it. Divert yourself. Try touching your toes 10 times, or deep breathing exercises. Anything to divert your attention," she said.

While you're trying to quit it's important to drink plenty of water and to become more physically active, she said.

And how to quit? Unfortunately for smokers who want to quit, the best way is also the most difficult: cold turkey.

"Statistics show that 90 to 95 percent of those who quit do so on their own, and a great percentage of them quit cold turkey," Roan said.

The most important factor for success is a genuine desire to stop, Roan said. "The motivation has to be there, and it must come from within. You must have a clear idea of why you want to quit," she said.

For people who feel they need help in quitting, or who want to be in a structured class for support, Fox Army Community Hospital offers smoking cessation classes for military members and their families, and civilian employees at Redstone. The next course is Sept. 15-19 from 6 until 7:30 p.m. For more information and to register, call 876-3784/5780.

Organizations on post with a group of 12 to 15 people who have a firm desire to quit smoking can schedule a course called "Fresh Start," offered by the American Cancer Society. The course meets four times over a two-week period. The course can be arranged by calling Roan at 876-8831.



SMOKING — This is one area in which quitters are the winners.

ART AUCTION

* PATRICIAN GALLERIES PRESENTS *
ROCKWELL * LEROY NEIMAN * CHAGALL *
JOHN KELLY * MICHEL DELACROIX *
WOOSTER SCOTT * DALI * DAVID LEE *
AGAM * CALDER * MIRO * BOULANGER *
PICASSO * Just to name a few! These artists
are represented in lithographs, watercolors,
serigraphs, etchings, embossed engravings,
and original oils.

Each certified, custom framed work of art carries a Fifteen Year Exchange Privilege. Art in every price range - from \$35.00 to several thousand dollars. On Investment Art, an Extended Program is available **no interest charged**.

Our auctioneer will conduct an informative entertaining event. **COME EARLY. BROWSE. MINGLE. ENJOY!**

All Art Unconditionally Guaranteed

Visa * Master Card * American Express
Checks to be made payable to:
PATRICIAN GALLERIES

You and Your Guests are Cordially Invited to attend

**ART EXHIBITION AND AUCTION
SATURDAY, SEPTEMBER 6, 1986**

to be held at the
REDSTONE OFFICERS' CLUB
Redstone Arsenal, Alabama
Preview: 6:00 P.M. Auction: 7:30 P.M.
Donation: \$1.00

Champagne and Hors d'Oeuvres Preview
Dinner Served from 6:00 P.M. to 10:00 P.M.
(reservations suggested)

Hourly Door Prizes
Two Major Door Prizes = \$1000 & \$500 Values

CALL 830-2582

FOR MORE INFORMATION

Oklahoma picked to outdo UCLA in season opener

BY SKIP VAUGHN

The nation's No. 1-ranked team, the Oklahoma Sooners, opens its season this weekend at home against UCLA.

On paper, the Sooners are awesome. Sophomore quarterback Jamelle Hollieway last season made All-Big Eight conference and was named the league's Offensive Newcomer of the Year. Spencer Tillman leads the defending national champion's deep crew of running backs. The defense is led by All-America linebacker Brian Bosworth. Need I say more?

UCLA counters with 14 returning starters from last season's Rose Bowl champs. The biggest graduation loss is probably All-America placekicker John Lee. Field goals probably wouldn't have helped too much against the Sooners anyway. The pick here is...Oklahoma.

Other big games this weekend include Miami (Fla.) against Florida, and Florida State against Nebraska. Florida and Florida State are the upset picks here.

Results from last week weren't available at presstime because of Labor Day holiday. Here are Skip's Picks for selected games in major college football this weekend:

- Air Force at Texas El Paso— Air Force by 21.
- Vanderbilt at Alabama— Bama by 17.
- Houston at Arizona— Arizona by 14.
- Tennessee-Chattanooga at Auburn— Auburn by 21.
- Baylor at Wyoming— Baylor by 30.
- Rutgers at Boston College— BC by 7.
- Cincinnati at Virginia Tech— VPI by 3.
- Colorado State at Colorado— Colorado by 10.
- Miami (Fla.) at Florida— Florida by 3.



- Florida State at Nebraska— FSU by 1.
- Louisville at Illinois— Illinois by 7.
- Memphis State at Ole Miss— Ole Miss by 10.
- Mississippi State at Syracuse— Syracuse by 4.
- Alabama A&M at Mississippi Valley— Valley by 7.
- New Mexico at Tennessee— Tennessee by 21.

- UCLA at Oklahoma— Oklahoma by 13.
- Temple at Penn State— Penn State by 24.
- Utah State at Brigham Young— BYU by 17.
- Nevada Las-Las Vegas at Washington State— State by 3.
- Wisconsin at Hawaii— Wisconsin by 14.

LOSE WEIGHT FAST!
No Diet — No Exercise

- A doctor-recommended program used by millions during the last 5½ years (over TEN BILLION portions have been consumed)
- A safe and effective weight loss program
- Sound basic nutrition (for the whole family)
- Rapid inch loss
- Keep pounds off after you lose them
- Eat your favorite foods
- Fantastic energy level
- No fees or contracts

With Amazing Natural HERBAL PRODUCTS
 As Seen On National T.V. Find Out How
CALL US TODAY 852-9337 AFTER 5 P.M.
 "The only thing you lose using our program is weight."
Business Opportunities ALSO AVAILABLE

Lily Flagg Station Location
 Luxury Lifestyle
 8309 Whitesburg Way

- 1, 2, 3 Bedrooms
- TVA Certified Energy Savers
- Heated Pool—2 Tennis Courts—Patios
- Fireplace—Oversized Rooms
- Frost Free Refrigerator—Dishwasher
- Washer/Dryer Connections
- Excellent School Zone

Hours 9 a.m.—5 p.m. Mon-Sat. **881-7331**
 1-5 p.m. Sundays

LILY FLAGG STATION
 "Professionally Managed by Daniel Realty"

KWIK KLEEN CENTER
882-6684
 Dry Cleaning & Drop Off Service
COIN LAUNDRY

One of the Largest-Kept Clean
 34 Washers & 24 Dryers
 5 Big Washers
OPEN 7 DAYS 6:30 AM TIL 10 PM
 One Mile West of Parkway City Mall
 3113 Drake Avenue at Triana Blvd.

THOMAS ROAD LAUNDROMAT
 Coin Laundry with Clean Modern Equipment
 Located Next To Circle C Food
 On Drake Avenue Halfway Between
 Jordan Lane & Triana Blvd.



Now let Criterion un-hassle your car insurance, and....

...set you free from worries and problems. Criterion is a service-oriented company. That's why we invented no-hassle car insurance. Here's what it can do for you...

- Low down-payment and drive away.
- Convenient budget terms.
- Fast-action, 24-hour-a-day claim service.
- Protection everywhere in the U.S.A. and Canada.
- Money-saving deductibles.
- Offices near most military bases.
- Famous Criterion dependability.
- Phone or come in today for a free no obligation rate quote.

Call: 837-0551
 6210-C Old Madison Pike
 Huntsville
 (1 block west of Space & Rocket Center)

Criterion
 INSURANCE COMPANY
 A GEICO Affiliate

Modern checkout system in store for commissary

BY SKIP VAUGHN

Gone are the days of grocery store cash registers that cashiers had to type on furiously to keep lines of shoppers moving.

The Redstone commissary will soon join the many stores nationwide which use scanners to ring up items at the checkout line. The commissary already has the new checkout stands and is to get the new cash registers by early next week. After a training period, commissary officials expect to start using the scanning system on Sept. 17.

"I think it's an advantage, and it'll help out a whole lot," said Alberta Parker, lead sales store checker.

This is a system in which an item is moved across a bar of light that will indicate the price based on the bar code, a set of numbers on the merchandise. The bar code tells the register which item it is, the manufacturer and the price. The register then prints out the item and the price charged on the receipt.

If a price is registered, a green light will flash and a beep should be heard by the cashier, according to Commissary Officer Bill Penney. If the code did not register, a red light will flash and the cashier will run the item through until the green light flashes. Penney said that in instances when an item won't ring up on the register, the cashier can call the control room and get the information needed to ring up the item.

The only items without a bar code are the produce items which will be sold by each piece or by the pound. There are automated scales at the checkout stands and the cashier can manually ring in the price per pound and the code of the item. The scales will tell the final price, which the cashier rings into the register. The resulting receipt shows the kind of item, how much it costs per pound, and the final cost.

"We (the cashiers) won't have to go checking and hunting for the prices and there'll be price accuracy," said Parker, the lead sales store checker. Under the old system of having prices on items, there was a chance that a clerk accidentally put the wrong price on an item. That should not be a problem with the new



CHECKOUT — Alberta Parker, lead sales store checker, looks forward to the new scanning system.

system because the price is taken straight from the bar code, eliminating the price tag.

After an initial adjustment period, checkout speed should improve, commissary officials believe. Cashiers will no longer ring up a set of numbers and the price; they will simply pull an item over the scanning light.

The number of checkout lines will be increased, ac-

ording to Parker. "We have 13 lines," she said, "but there will be 15 when the scanner system comes."

Redstone's commissary will join a growing list of Army commissaries with the new system. Hours for the store— including an earlier closing time on Fridays, effective Sept. 5 - are as follows: 9 a.m. to 6 p.m. Tuesday through Friday, 9-4 Saturday, closed both Sunday and Monday.

WOODY ANDERSON FORD

Jordan Lane At Sparkman (205) 539-9441



1983 BONNEVILLE \$4975



1982 DATSUN \$3135



1983 THUNDERBIRD \$7975

OVER **150**
LATE MODEL
USED CARS TO
CHOOSE FROM.
CALL FOR YOUR
USED CAR NEEDS!
539-9441

EXT. 267



1984 200SX \$6775



1983 ESCORT GL WAGON ... \$3975



1984 TOWN CAR \$12,775



1985 BERLINETTA \$9585

Five-mile run set for military and civilians here

Registration is underway for a five-mile run for military and civilian workers at Redstone Arsenal.

The third annual HHC MICOM five-mile run will be held 8 a.m. Saturday, Sept. 20. It will start and finish at building 3434, the barracks for Headquarters and Headquarters Company.

Optional T-shirts can be ordered for \$5. If ordered on the entry form by Sept. 5, a T-shirt can be picked up on race day. Those ordered after that date can be picked up later. The shirts come in various sizes (extra small, small, medium, large, and extra large). There is a choice of scarlet, navy or gray.

"The T-shirts were designed by members of the company," said 1st Lt. Marge Doty, executive officer for HHC. "I think they're sharp myself. They have the logo on the left shoulder; it's a Hawk missile with two lightning bolts and says HHC MICOM five-mile run 1986."

The run itself is free. "If you just want to race for the joy of running then it's free," Doty said. Trophies will be awarded for first, second and third places in various age divisions. There are three age groups for men and two for women. These categories include: men 0-20, 21-30, and 31 and over; and women 0-29, and 30 and over.

It is open only to Redstone Arsenal military or civilian personnel. "They have to work on the arsenal," Doty said. She hopes there will be from 150 to 200 participants. "The MPs will give us lead and trail vehicles, and we'll have an ambulance in the area, too. And they'll be people at all the intersections," she said. Refreshments will be available at the finish.

"It's a good chance for all the companies to come out and show who they think has the best runners. Personally, I think we do," Doty said. "We've got people who are going to be doing under 30 minutes." Sp4

Whitney Byers of HHC finished the five-mile course last year in 27 minutes and 22 seconds, for example. Byers, 20, got first place for his age group.

Entry forms are available by calling Doty at 876-5710 or SSgt. Hyacinth White 876-4850. These flyers can also be picked up in the Post Exchange and in the post gym.

The run begins at the company, continues north on Zeus Drive in front of the school buildings, goes onto Mauler, west down Redeye, heads back south on Snooper Road, goes to Vincent Drive, down Kingfisher Road to Shillelagh Circle, onto Cajun Drive, heads east to Ajax Road, goes north on Ajax back up to the company area, goes to Aerobee Road, back to Zeus, and to the company on Honest John Drive. Asked whether the course is hilly or flat, Doty said "I think it's flat."

Governor must consent to National Guard mobilization

In January 1985, the governor of California refused to let 450 members of the California National Guard participate in a military training exercise in Honduras.

One year later, the governor of Maine kept members of that state's National Guard from participating in a road building exercise in Honduras and another exercise in Panama.

These are not isolated incidents. Why do they happen?

National Guardsmen serve both as state militiamen and federal reservists under legislation enacted by Congress in 1933. In addition, the Armed Forces Reserve Act of 1952 requires a governor's consent before his state's National Guard may be mobilized for federal service.

James H. Webb Jr., assistant secretary of defense for Reserve affairs, said this requirement - which has been used by certain governors and special interest groups to affect U.S. foreign policy at the expense of important National Guard training - has become obsolete and must be changed.

Webb said state governors' politically motivated

decisions not to send their National Guard troops for critical overseas training jeopardizes the readiness of National Guard units - readiness on which U.S. national defense depends.

"This is no longer a case of a few isolated incidents; it is a demonstrated way for dissent groups, state legislators and state governors to seize a forum to debate foreign policy," Webb told a subcommittee of the Senate Armed Services Committee.

Since January 1985: Three state governors have refused to permit National Guard members to train in Honduras. Three more governors said they will take similar action if asked. Six governors said they will approve National Guard training in Central America only on a case-by-case basis. Twenty state legislatures have taken up the issue and remain divided; the House in one state and Senate in another passed resolutions urging their governors to cancel participation or withdraw guardsmen from Central American training. In one state, two legislators pushed for a state constitutional amendment that would require the legislature's approval before their state's guardsmen

could be sent anywhere "where there had been armed conflict within two years."

Webb said this pattern is destructive to today's Total Force policy, which is based on the assurance that National Guard and Reserve forces are able to mobilize as quickly as the active forces.

Training in the terrain and climate in which they could be called to operate, with the differences in operating procedures and language they would confront, and using the same transportation and equipment, "provides the best environment that tests every member of a unit and enhances readiness," he said.

"We have increasingly staked our national security on the ability to mobilize, deploy and employ combat ready National Guard and Reserve members and units anywhere in the world rapidly," Webb said.

"Consequently, effective and realistic training throughout the world is a necessity if we are to rely on the men and women of the National Guard to perform their federal mobilization missions within the current deployment schedules."

BACK-TO-SCHOOL

SPECIALS

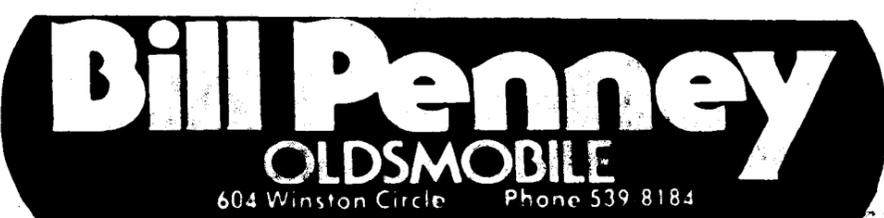
Redstone Arsenal Employees Get
Up To

\$1,000

When You Lease
AN OLDSMOBILE
Such As A
CUTLASS or CIERA

With No Money Down. You Pay
Only The Refundable Security
Deposit In Advance & First
Month's Payment

For Further Information Call
JIM JOHNSON
Leasing Manager
539-8184



Bill Penney
OLDSMOBILE
604 Winston Circle Phone 539 8184

BATTERIES

- New & Reconditioned
- Car, Truck, Boat
- Aircraft, Tractor
- Motorcycle, & Lawnmower
- Batteries For Any Need!

ECONO BATTERY SERVICE
803 Meridian Street, N.
536-1845

FOR SALE

Tennessee Acreage
By Owner. 6 Acres
\$4,000. 37 Acres
\$13,000. 77 Acres
\$31,000. Located
West Of Fayetteville,
TN. Partly Open
Terms. Call After 6
p.m. 615-833-5280.

NEW

Luxury Two Bedroom,
Two Bath Apartment. All
Appliances, Cable TV,
Walk-In Closets,
Storage. 1 8/10 Miles
From The Arsenal.
Resident Manager, \$445
Per Month. Call
882-1949

NEW FURNITURE SALE

Early American Couch,
Chair & Loveseat, extra
nice \$395-\$595

Queensize Sofa Sleeper
\$195

Western Couch, Chair,
& Loveseat, wide
wooden arms \$395

Couch, Chair, &
Loveseat in plaids,
stripes, & other designs
\$165

Round Oak Table 52"
With 4 chairs \$595

Glass Dinette Set With
4 Chairs \$195

Bedroom Suites New &
Used \$250-\$695 Very
Nice

For Rent
Chateau La Mer
Destin, FL

Condos-Completely Furnished
Private Beach-Lighted Tennis
Courts-Swimming Pool
Shuffleboard-Laundry Room
1 BR-565/Night \$325/Wk
2 BR-880/Night \$400/Wk
Call Ron or Carol
883-7390

FOUR GREAT NAMES
That Go Together!

- Airstream
- Holiday Rambler
- Winnebago
- Madison Travel Trailer

Serving You
With More Since '64
MADISON TRAVEL TRAILERS
1707 Jordan Lane
837-3882

Electric Hospital Bed
With Nite Stand \$275;
Over The Bed Tables
\$50

Sturdy Bunk Beds,
complete \$95 to \$180

Many Other Nice Items.
We Also Buy & Sell
Used Furniture. For
Appointment Please
Call 536-0205 or
534-4787

Insurance rates reduced for civilians

A 7.5 percent cut in rates for basic life coverage premiums has been announced for the more than 800,000 civilian employees of the Department of Defense who carry this coverage.

The effective date of the cut is the first pay period on or after August 1 for employees covered by the Federal Employees Group Life Insurance Program.

The new rates for government employees include reductions in premiums for both basic and optional coverages. The combined reductions are expected to save present and former federal workers \$69.4 million.

The Office of Personnel Management ordered the reductions following an examination of recent experience under the program, said that organization's director, Constance Horner.

"Using the most up-to-date mortality and economic data we were able to save a substantial sum for federal workers and the taxpayers. This is welcome news for the 2.5 million federal workers and 1.3 million annuitants who rely on the life insurance coverage of FEGLI (Federal Employees Group Life Insurance)," she said.

The following tables show the old and new rates for various options and age groups.

BASIC (Per \$1,000 of coverage)

	Old	New
Employee	.20	.185
Government	.10	.0925

OPTION B (per \$1,000)

	Old	New
Under 35	.04	.04
35-39	.05	.05
40-44	.08	.08
45-49	.16	.13
50-54	.27	.22
55-59	.60	.45
60+	.95	.85

OPTION A (\$10,000)

	Old	New
Under 35	.55	.40
35-39	.70	.50
40-44	1.00	.80
45-49	1.60	1.30
50-54	2.70	2.20
55-59	6.00	4.50
60+	7.50	7.00

OPTION C (Family Coverage \$5,000 for Spouse, \$2,500 each child)

	Old	New
Under 35	.30	.30
35-39	.31	.31
40-44	.52	.52
45-49	.72	.70
50-54	1.10	1.10
55-59	2.00	1.75
60+	3.00	2.80

Hatch Act limits political activity of federal workers

Each federal employee has the right to cast his vote in an election and is strongly encouraged to do so. However, attempts on their part to influence the votes of others is a different story.

The question of political activity by federal employees was first raised by Thomas Jefferson. But it wasn't until 1939 that Congress passed what is known as the Hatch Act, legislation that limits the political activities of federal employees, employees of the District of Columbia and certain employees of state and local government. Its premise: Political activity by certain government employees had to be limited for public institutions to function fairly and effectively.

Who is covered under the Hatch Act? Generally, all employees in the executive branch of the federal government including part-time and temporary employees. The Hatch Act restrictions also apply when covered employees are on annual leave, sick leave, leave without pay, administrative leave or furlough.

There are exceptions, but they apply mostly to appointed officials in government, including the heads of the military departments.

The following list shows both permissible and prohibited activities for employees covered by the Hatch Act.

Covered employees may:

- Register and vote as they choose
- Assist in voter registration drives
- Express opinions about candidates and issues
- Participate in campaigns where none of the candidates represents a political party
- Contribute money to political organizations or attend political fund raising functions
- Wear or display political badges, buttons and stickers
- Attend political rallies and meetings

(See Hatch cont'd on page 9)

AUCTION

Cole's Auctioneers go Anywhere and Sell Anything

SATURDAY SEPTEMBER 6 — 2:00 PM
HUNTLAND, TENNESSEE
192 ACRES
PROPERTY OF
MR. AND MRS. BUFORD L. MORGAN

LOCATED on old Elora-Huntland, Tennessee Highway 2 Miles South of Huntland, Tenn. — 5 Miles North East of Elora, Tenn. This property has approximately 1 Mile of road frontage on Elora Huntland and Greasy Cove Roads and is approximately 27 Miles North East of Huntsville, Al and 20 Miles East of Fayetteville, Tenn. and 28 Miles South West of Tullahoma, Tenn. — 12 Miles from Winchester, Tenn.

This property consist of 192 acres with approximately 168 acres in pasture and row crop land and about 25 acres of wood land has 3 barns and a grainery plus several other buildings 2 grain bins 1 with 13000 bushel capacity and 1 with 3500 bushel Capacity. Has a 1932 14x72 foot Frontier Mobile Home fully furnished with central heat and air-1-2 car garage with house foundation and basement. This property presently being used as a cattle and horse ranch. This is a beautiful tract of land and will be offered in home site and mini farms and also as a whole.

Pre-inspection invited — Be sure and see this property before sales day. A list of farm equipment will appear in next ad.

Sale will be held on premises under Cole's Auction Tent. Sales representatives will be on premises Sunday August 31 from 1 PM to 5 PM.

TERMS: On real estate 20% down day of sale balance due in 30 days. Terms on mobile home and farm equipment will be cash or check on day of sale. For plats and brochures call 1-615-469-7891 or 1-205-539-0626.

Buford Evans & Sons Firm 19 — Auctioneers.



COLE'S AUCTION CO. of GA

LICENSED BONDED INSURED

1800 Roswell Road, N.E., Suite 310
MARIETTA, GEORGIA 30062 Phone (205) 539-0626

Winter Green



Market-based rate U.S. Savings Bonds

U-SAVE

THIS WEEK ONLY
DEPARTMENT STORE QUALITY AT DISCOUNT PRICES

SAVE UP TO 75%

BEDDING SALE!

Promo
\$27 Twin Ea. Pc.
Full.....\$38 ea. pc.
Queen.....\$48 ea. pc.
King.....\$48 ea. pc.

Sleepapedic
10 Year Warranty
\$59 Twin Ea. Pc.
Full.....\$69 ea. pc.
Queen.....\$79 ea. pc.
King.....\$79 ea. pc.

fashion flotation
Hybrid Waterbeds
299⁰⁰
Reg. 499⁰⁰

Superiorpedic
15 Year Warranty Firm
\$69 Twin Ea. Pc.
Full.....\$79 ea. pc.
Queen.....\$89 ea. pc.
King.....\$89 ea. pc.

Anniversary
20 Year Warranty Super Firm
\$79 Twin Ea. Pc.
Full.....\$99 ea. pc.
Queen.....\$109 ea. pc.
King.....\$109 ea. pc.

3 pc. Living Room Group
\$299⁹⁵
Reg. \$599.95
Choose Your Own Cover!

Bunk Beds
As Low As
\$59⁰⁰
Reg. \$99.95
Heavy Duty Construction

Backrest II
30 Year Warranty Luxury Firm Deluxe
\$89 Twin Ea. Pc.
Full.....\$119
Queen.....\$139
King.....\$133

Backrest III
25 Year Warranty Luxury Firm Deluxe
\$99 Twin Ea. Pc.
Full.....\$129
Queen.....\$159
King.....\$143

5 pc. Dinette
As Low As
\$169⁹⁵
Reg. \$399.95

5 pc. Sectional Pit Group
\$399
Reg. \$599.00
Choose Your Own Cover

Five styles to choose from Number 1 selling dinette in this country.

2nd Location Opening Labor Day!!

UNIVERSITY DR. Ph. 7 837-2818

Regal Nissan Evangel Ctr. U-Save

Evangel Dr. Teco Bell Lily Rings Stephanie

U-Save Evangel Dr. S. Mem. Pkwy.

TERMS: ● Financing Lay-A-Way ● Visa ● MC ● Check ● Cash

HOURS: M-S, 10-6 Sun. 1-6

U-SAVE

MATTRESS & FURNITURE Ph. # 837-2818

Food given to prisoners not gourmet-style cooking

BY SGT. MAJ. RUDI WILLIAMS
American Forces Information Service

Many former American prisoners of war called food in the North Vietnam prison camps "terrible," but Army Master Sgt. Jon R. Cavaiani viewed it as a "saving grace." "It wouldn't have passed USDA standards, but it would keep you alive..."

At breakfast, every prisoner got his own little teapot and a half loaf of French bread. "Somebody passed a tea bag over the water and called it tea," said former POW and Medal of Honor recipient Cavaiani.

"Sometimes the bread was rancid," said Cavaiani, who lost 106 pounds during his 23 months of incarceration. "It had a little bit of everything from rat feces to string and cockroaches in it. But after a while, you made up your mind that you just ate it and didn't look. The North Vietnamese soldiers were eating the same thing.

Cavaiani has acquired a taste for such gourmet delights as Chateaubriand, veal scaloppine and his

special homemade pizza. But his favorite meal in the "Plantation Gardens" POW camp in Hanoi was the garlic spiced broth from boiled fresh spinach his captors call "soup."

"The lunch menu consisted of whatever vegetable that was in season and a loaf of French bread," he said. "The stock from the boiled vegetables became your soup.

"Can you imagine eating pumpkin for two months, potatoes for two months, spinach for two months and kohlrabi (a turnip-like vegetable with stems all over it) for two months?" said Cavaiani. "I had an allergic reaction to kohlrabi."

After his capture, it was 42 days before he reached the "Plantation Gardens." "I ate a rice ball a day (about the size of a baseball) and a teaspoon of ground salted fish." He said. "The North Vietnamese soldiers ate a half teaspoon of fish and half rice ball."

His main staple for dinner in the camp was plantains, large cooking bananas, which were served about

4 p.m. "You got a little bit of egg on special occasions — I craved eggs," said Cavaiani.

"We two meals on Sunday, rice with sugar in the morning — sort of like grits," he continued. "There was very little meat. On holidays, theirs and ours, they would give us buffalo meat and pork. They brought us into their celebrations, too. You might even get a beer.

"We celebrated the Fourth of July, Christmas, Tet — all the holidays, except Thanksgiving, because they didn't think we had anything to be thankful for," he said.

POW sightings persist

1976 - In the first half of 1976, a South Vietnamese girl said that on several occasions North Vietnamese army officers said that American prisoners were still being held in North Vietnam. They told her that since these prisoners were all sick or badly injured, the Democratic Republic of Vietnam was afraid of a possible unfavorable impact on public opinion should they be released. (CIA communique bearing notation "FIR 317/09155-76" released June 4, 1982.)

1979 - "I was a bus driver on the Saigon-Hanoi route. I arrived in the US Feb. 20, 1980. In December 1979, I took a Communist colonel who said he was in charge of a prison to his prison camp to deliver merchandise. He took me on a tour of his prison camp. During the tour I saw that the prisoners were Americans. They were in a sorry state, very thin and pale. I asked why our government kept those people. The answer was, 'Our party and our State are not stupid...we want to use them in bargain and set a price for their release with the US Imperialists. Our children will enjoy the claims we make against these flying bandits that have killed many of our comrades.' I asked how many 'flying bandits' (American pilots) we were keeping in our country and he told me about 300 of them." (Condensed from a refugee letter to the Nation League of Families)

1982 - "I respectfully send to you information regarding a prisoner of war camp for Americans in the Northeast of Laos which we personally saw during a special trip into that area. We were then part of the Vietnamese resistance. We established contacts with Royal Lao Resistance Forces to ask for supplies; it was during April 1982. The prison camp we saw detained about 50 Americans kept in two rows of very solid wooden houses. The camp was guarded by Lao border security guards." (Written by a master sergeant in South Vietnamese Army working with the resistance against the Hanoi regime until April 1983.)

1985 - "During my imprisonment (in 1976) at Yen Bai, the group from my barracks was sent to whitewash the tombstones of 17 Americans there. I can draw a map, and draw a sketch and show where the 17 are." Regarding live American POWs: "Your Americans are kept roving, they take them to North Vietnam, to the same area they have kept the French prisoners formerly." (From a former colonel in the South Vietnamese Army, escaped 1980) (Reprinted from Homecoming II, POW/MIA newsletter)

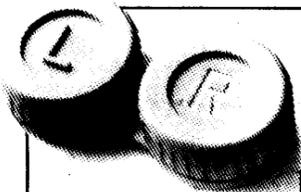
Hatch

(cont'd from page 8)

- Join political clubs or parties
- Sign nominating petitions
- Campaign for or against referendum questions, constitutional amendments and municipal ordinances. Covered employees may not:
 - Be candidates for public office in partisan elections (An election is considered partisan if any candidate for an elected public office is running as a representative of a political party whose presidential candidate received electoral votes in the last presidential election.)
 - Campaign for or against a candidate or slate of candidates in partisan elections
 - Make campaign speeches or engage in other campaign activities to elect partisan candidates
 - Collect contributions or sell tickets to political fund raising functions
 - Distribute campaign material in partisan elections
 - Organize or manage political rallies or meetings
 - Hold office in political clubs or parties
- Circulate nominating petitions
- Work to register voters for one party only.

The minimum penalty for violating provisions of the Hatch Act is a 30-day suspension without pay. The maximum penalty is removal. Questions concerning the Hatch Act should be sent (in writing) to: Office of the Special Counsel, U.S. Merit Systems Protection Board, 1120 Vermont Av., N.W., Washington, D.C. 20419. Or call: 202-653-7188.

Opti-World. Redstone's Best Eyewear Value.



Special Discounts for Special People.

Redstone Arsenal personnel are special to Opti-World. That's why we offer all Redstone Arsenal employees and Military personnel 15% off purchases at Opti-World.

Huntsville's Only 1-Hour, 1-Stop Vision Center.

Only Opti-World offers professional eye examinations, Huntsville's largest selection of frames, a complete contact lens center, plus an on-premise lab staffed with skilled technicians. It's all under one roof so you can walk out with new glasses in just one hour.

Satisfaction Guaranteed.

Frames and lenses are guaranteed for one year against defects in materials and workmanship. In addition, if for any

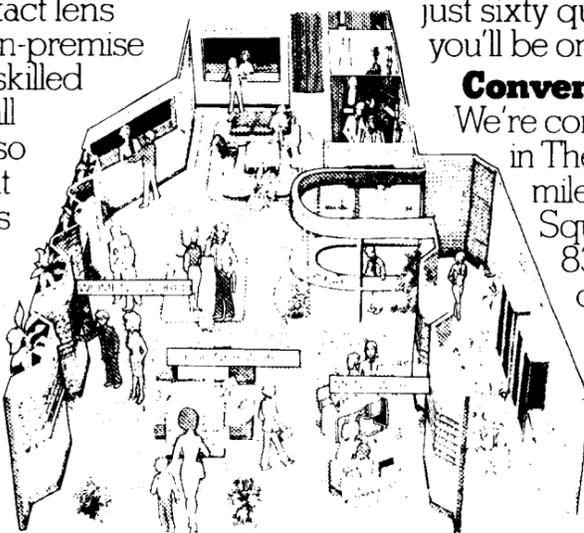
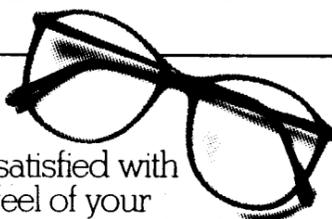
reason you're not completely satisfied with the look or feel of your new glasses, just come back within 10 days and we'll exchange your frames for another pair.

One Hour Service—Open 7 Days.

Your time is valuable and work schedules can be hectic. That's why we're open 7 days a week. In addition, our in-store lab will have your glasses ready in *one hour*, not one week, or one day. One hour. In just sixty quick minutes you'll be on your way.

Convenient Location.

We're conveniently located in The Gallery, a half-mile east of Madison Square Mall, phone 830-9494. We're open Monday-Saturday, 10 a.m.-8 p.m. and Sunday, 1 p.m.-5 p.m. Eye examinations by Opti-Care Associates. For an eye examination appointment, phone 830-9533.



OPTI-WORLD

One Hour Eye Care



Charter aircraft safety addressed

You're not normally the kind who has an irrational fear of flying. But today you've got a bad feeling about the contract air carrier to which you and other troops are expected to trust your lives. And the weatherman is calling for "ugly" where you're headed...

Now, there is something you can do if you have doubts about a charter plane's airworthiness, according to Lt. Col. Mike Becker, USAF, passenger service chief at Military Traffic Management Command. Here's how to do it:

- For a Military Traffic Management Command-chartered flight, notify the highest ranking person on the scene.

- For a Military Airlift command-chartered flight, notify the contract coordinator, contract administrator, or passenger service representative - one of whom will be on hand. If the person you notify agrees there are reasonable grounds for safety concerns, and the carrier's explanation is considered insufficient or unsatisfactory, that person has the authority to stop passenger boarding, but no authority to ground the aircraft.

- If the boarding is stopped, the person you notify will contact the Military Traffic Management Command or the Military Airlift Command, as appropriate.

The Military Traffic Management Command or the Military Airlift Command will arrange for Military Airlift Command or Federal Aviation Administration inspectors to inspect the aircraft. If they find a pro-

blem, the plane will not be boarded until the problem is corrected. If they determine the plane is safe, the flight will continue. Safety-related incidents become part of the carrier's record and are considered when determining whether to do further business with that carrier.

The procedures were recommended in a report on an in-depth review of DoD passenger airlift policies. The review was begun shortly after the traffic accident at Gander, Newfoundland, which took the lives of 248 members of the Sinai peacekeeping forces.

Other steps DoD is taking to improve safety for military personnel on charter aircraft include:

- A more structured program of on-site inspections at carrier facilities as well as more frequent inflight and ramp inspections

- Military Airlift Command and Federal Aviation Administration personnel now perform joint inspections of air carriers under the Federal Aviation Administration's national evaluation plan

- Military pilots are authorized by the Federal Aviation Administration to observe in-flight aircrew performance for missions operating under DoD contract

- An air carrier analysis office serves as a focal point for data on commercial carriers serving DoD. Also, a senior-level board advises the secretary of defense on air safety issues and can take action on safety problems identified by the air carrier analysis office and other sources. (American Forces Press Service)

Three Army officers selected to study overseas

WASHINGTON — Three Army officers were recently selected for the Olmsted Scholar Program, where they will take graduate-level courses at universities in foreign countries.

The program is offered each year to two officers from each of the service academies, and to one officer from each service who was commissioned through another program, such as officer candidate school or Reserve Officers' Training Corps.

As announced by the U.S. Army Military Personnel Center in Alexander, Va., the selected officers are as follows:

- Capt. William B. Fullerton, an engineer officer and 1981 graduate of the U.S. Military Academy at West Point, N.Y., will study engineering at the University of Sao Paulo, Brazil.

- Capt. Patrick J. Donahue, an infantry officer and 1980 graduate of the U.S. Military Academy, will study political science at the University of Innsbruck, Austria.

- Capt. George W. Eisel, a military intelligence officer and 1980 graduate of ROTC at East Tennessee State University in Johnson City, Tenn., will study public administration at the University of Vienna, Austria.

Four other Army officers were selected as alternates. They are Captains John W. Peabody, Christian E. DeGraff, Chris A. Pilecki and Joel D. Anderson.

The board of directors of the George and Carol Olmsted Foundation, headquartered in Arlington, Va., selected the principal scholars and alternates at their July meeting.

"We have been awarding these scholarships since 1960," said Foundation Executive Vice President Barbara Schimpff. The Olmsted Scholar Program gives each selected officer the chance to study for two years at graduate level in a foreign country, using the language and learning about the culture and people of that country. After completing the foreign study part of the scholarship, each officer receives an additional year at a United States university to obtain an advanced degree.

AR 621-7 governs criteria for participation in the Olmsted Scholar Program. Requests to compete for the program usually must be at MILPERCEN by early October. For more information on the program, contact Linda Hakenson, AV 221-7899/0684, commercial (202) 325-7899/0684. (Arnews)

Find out how much Uncle Sam needs you.

Talk to your Army Reenlistment NCO today.

Your Army Reenlistment NCO can give you all the facts about reenlistment. The benefits, the options, the opportunities of reenlisting in today's Army. You'll get complete information on your particular situation. And how you can keep a good soldier in the Army.

MICOM

Re-Enlistment Office
Building 3437
SFC Norman McKinney
Phone 876-REUP

TMDE

Re-Enlistment Office
SFC John Norsworthy
876-ARMY

USAOMMCS

Re-Enlistment Office
Building 3440
MSG Ben Cole
SFC Joe Stevenson
Phone 876-1869/6813

CPT PHOENIX™ WORKSTATION



THE ULTIMATE SOLUTION FOR TECHNICAL/SCIENTIFIC ENVIRONMENTS

- Integrated Scientific Text, Data and Graphics
- State of the Art Scientific Editing
- Complete Visual Display of Bold, Subscripts, Superscripts, Equations, Oversized Scientific Characters and Graphics
- User Created Graphics Libraries
- Operator Programmable Keyboard
- Redefinable Soft Keys
- Business Graphics
- Single Pass Printing

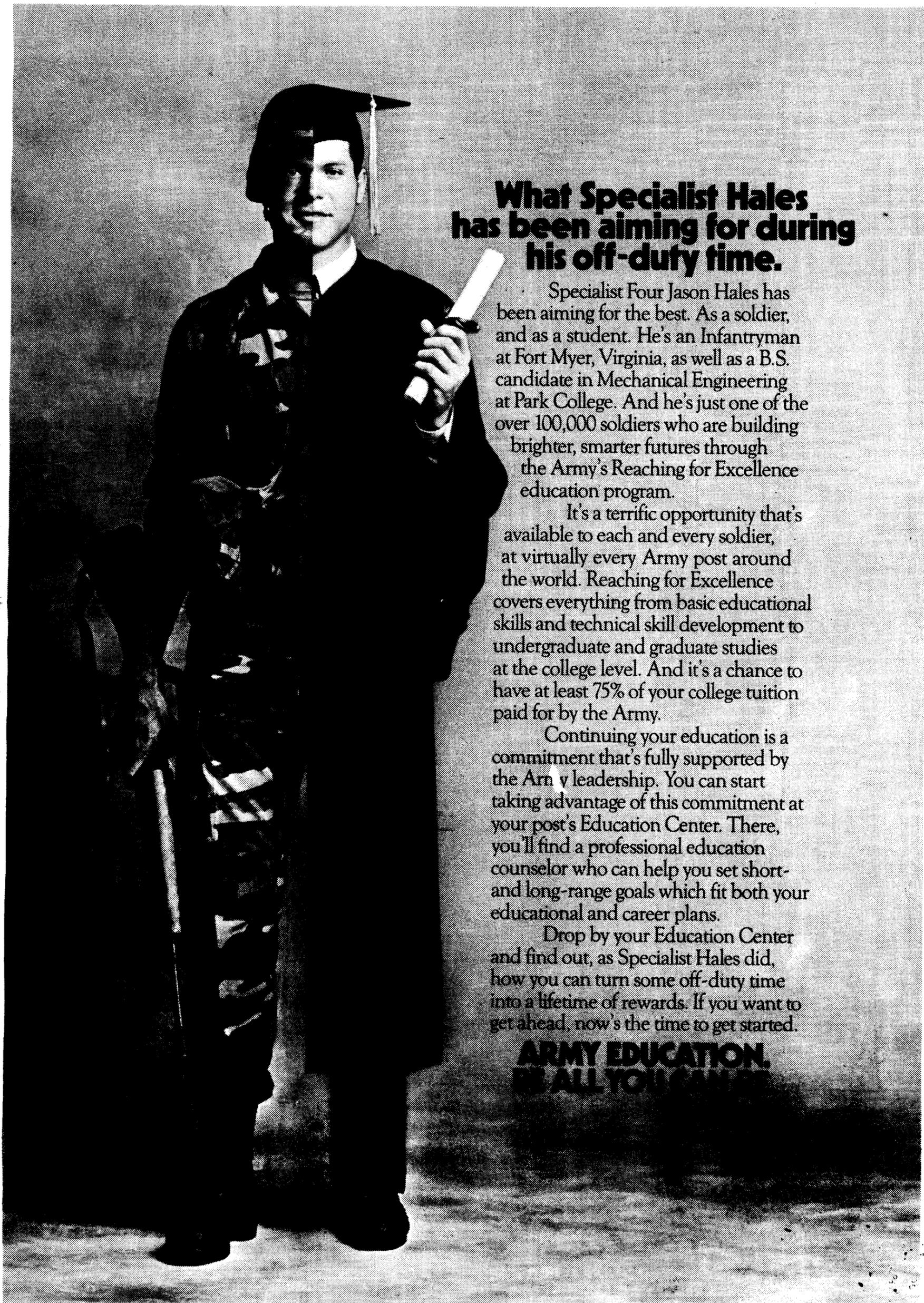


CPT CORPORATION 8100 Mitchell Road, P.O. Box 295, Minneapolis, Minnesota 55440-0295. Tel: (612) 937-8000

For Further Information Call

COPY RIGHT ENTERPRISES, INC.

An Authorized Dealer
(205) 881-3702



What Specialist Hales has been aiming for during his off-duty time.

Specialist Four Jason Hales has been aiming for the best. As a soldier, and as a student. He's an Infantryman at Fort Myer, Virginia, as well as a B.S. candidate in Mechanical Engineering at Park College. And he's just one of the over 100,000 soldiers who are building brighter, smarter futures through the Army's Reaching for Excellence education program.

It's a terrific opportunity that's available to each and every soldier, at virtually every Army post around the world. Reaching for Excellence covers everything from basic educational skills and technical skill development to undergraduate and graduate studies at the college level. And it's a chance to have at least 75% of your college tuition paid for by the Army.

Continuing your education is a commitment that's fully supported by the Army leadership. You can start taking advantage of this commitment at your post's Education Center. There, you'll find a professional education counselor who can help you set short- and long-range goals which fit both your educational and career plans.

Drop by your Education Center and find out, as Specialist Hales did, how you can turn some off-duty time into a lifetime of rewards. If you want to get ahead, now's the time to get started.

**ARMY EDUCATION.
IS ALL YOU CAN BE.**

Hispanic week chairman remembers his musical roots

BY SKIP VAUGHN

A famous entertainer in Mexico once gave his son some advice: He said go become a U.S. citizen because it's the best place to live in the world.

Manny Contreras took his father's advice and came to America. In the 14 years since, he has in fact enjoyed his life.

"I think I've been lucky in that I've been able to do the things that I like to do — like making a living with my music, go to school to better myself. And along the way I have always found people that have gone out of their way to help me achieve or reach those goals," says Contreras. A program analyst in Patriot Project Office, he is the chairman for this year's Hispanic Heritage Week observance here.

Contreras — who uses his family's show business name D'alesio when performing — will sing and play guitar at events during the week beginning Sept. 15. Patriot Project was selected to sponsor this year's observance.

Hispanic Heritage Week "to me is to reaffirm the common bond between all different peoples," Contreras says. "I don't think it's to emphasize our differences. Rather (it's) to emphasize the fact we're all Americans we all have the same dreams, same goals, and we all like to contribute to making this country better all the time in whatever role we have to play.

"Sometimes it may not be — that special dream you have may not come true, but you can still contribute no matter what position you are (in) or stage in life."

The 34-year-old native of Tijuana, Mexico, grew up on the stage. His father, Alfonso D'alesio, was famous in Mexico for acting, game show hosting, and advertising. "Sort of like Monte Hall (of the television show Let's Make A Deal)," says the son. While touring with one of his shows to Tijuana, Alfonso met a Los Angeles-born singer named Maria. They got married and had two sons and a daughter. Manny is the oldest.

As the children grew, they became a part of their parents' shows. At first they didn't do much, but then Manny began taking guitar and music lessons after high school. And his brother and sister began singing in the show. The family performed together as "La Familia D'alesio." They had a show for three years in Tijuana which was popular with the large Mexican-American population in San Diego who could watch it



MUSICAL FAMILY — Shown prior to a performance in 1969 in Guadalajara are "La Familia D'alesio" members, from left, Lupita, Alfonso, Maria and Manny.

on television. They also had a show for about three years in Guadalajara. Their performing took place "I'd say between '62 and '71," says Contreras. "In between those, my dad did his other shows — you know his game shows and his advertising.

"There were some downs where there were no jobs in between. But he always managed. He and my mom always did. Show business is not a steady business," he says. "I give a lot of credit to them, too. Even though the life was not a steady life, they always gave us good schools and good education. And it was my father's advice that prompted me to apply for American citizenship through my mother, and I did that in February of '72."

Contreras came to San Diego. He was drafted into the Army in May 1972, underwent training at Fort Ord, Calif., and got orders to Vietnam. He spent four months in Vietnam as a member of the 60th Aviation Company. "I was not in direct combat," he says. Viet-

nam had just been "a part of the headlines" back in Mexico so he did not know then how divided this country was about the war.

"I'm glad that now we can say we're proud that we served in Vietnam — those that did — and the healing process has begun. I think it started with the Vietnam Memorial (in Washington, D.C.) and the patriotism President Reagan has instilled in the country once again," Contreras says. "I think I was lucky in that I didn't go through what others went through in Vietnam. And I think others need our recognition and help in bringing them back home for good."

He stayed in the Army and eventually came to Redstone in May 1978 as a staff sergeant to serve as admin NCO with Patriot Project. Two years later, he decided to leave the Army and stay in Huntsville. He accepted a job as a program assistant with Patriot, and he became a program analyst in 1984. At night, Con-

(See Hispanic, cont'd on page 14)

HICE'S
4 Wheel Brake Job
\$75.00 Most Cars (Semi-Metallic Extra)
Most Ford & GM Alternators
\$16.95 Up Installed
 We Can Rebuild Most Starters & Alternators
 NOW IN OUR NEW LOCATION
 407 Jordan Lane, N.W.
 (Half Block North On Opposite Side Of Street)
830-2452

Lingerie & Accessories
40 percent OFF!!
 All Spring & Summer Apparell
 Located CENTRAL PARK Between Bob Wallace & Governors On The Parkway
 FALL MERCHANDISE ARRIVING DAILY
 10% Discount To All Redstone Military Or Civilian Employees
 539-5006
 'Maternity Wear For The Fashion Conscience Woman'

Ken's Same Building As Hice Auto Parts
JORDAN LANE PAWN
 407 Jordan Lane (Two Doors North of the Mill Restaurant)
WE BUY & SELL GOLD & SILVER
 Dealing In Any Item Of Value
OPEN MONDAY THRU SATURDAY 8-6
830-2452

Be On The Look-Out For **John. P. Sinopole**
 because after September 19, 1986 he'll only be found at the neighboring fishin' holes.
 Congratulations ON YOUR RETIREMENT
 From The Ones Who Left You Nothing To Retire On — Love,
your FAMILY

TechScope '86 Career Fair Huntsville
 Mon. and Tues., Sept. 8 & 9 3-8 p.m. Both Days
 Hilton Hotel
 Experienced engineers, meet informally with **General Electric Space Systems Division, Fairchild Space Company, Hughes Aircraft Mississippi, Inc., Naval Air Engineering Center, SCI Systems, Inc.**, and other top companies to explore your career opportunities. Preview the opportunities, even if you cannot attend, by calling the Career Bulletin Board (300 or 1200 baud modem) at **513-271-7703**.
 Hit <CR> upon connection. 7 data bits, 2 stop bits, and no parity.
No Cost • Confidential • Not an Employment Agency
 Sponsored by TechSource, Inc.
 5710 Wooster Pike, Suite 304, Cincinnati, Ohio 45227 513-271-7701

Soldiers and civilians can spread their good news

BY PAM ROGERS

So you're in the Army. You've found out what it means to be a soldier—the hard work, the training, the sweat, the exhaustion both mental and physical—and the satisfaction that comes from serving your country.

Or maybe you're a civilian who works for the Army, making sure the soldiers in the field have everything they need to successfully defend our shores.

Ever wish the folks back home could share your experiences, your successes? With the help of the Hometown News Release Program, they can.

Since most military activities take place far from an individual's hometown, the Army and Air Force Hometown News Directorate was established to provide news about service members to their local papers. The directorate regularly surveys newspaper editors across the country to find the ones who wish to receive news items about military people from their communities.

How does the Hometown News Release Program get news items? Every command is responsible for sub-

mitting news. To do this they use the DD Form 2266.

Military members and civilian employees can fill out a hometown news release form when they participate in one of several activities or if they receive certain awards. The form is fairly simple, but it can be tricky in places, so filling it out correctly and completely is important.

The Hometown News Release Program wants to hear from you if you're a soldier and have been promoted to a rank above E-3, or if you have completed training, received a medal or award, or if you've earned a college degree.

Civilians who receive Defense Department or Army medals, graduate from a predominantly military school or receive a suggestion award of \$500 or more need to let the center know their good news.

There are some things that don't qualify as hometown news items, including group awards, marriages and births.

After you have filled out your DD 2266, send it to the Public Affairs Office, AMSMI-IN. If you need a form or if you're having trouble completing a form, call the office at 876-4161 or come by room A-134 in building 5250.

Do You Know?

Oldest written instrument of government in existence:
U.S. Constitution

Number of constitutions Thailand and Syria have each had since 1945:
9

BLUE SPRINGS NURSERY INC.

Complete Line of Plants
& Landscape Supplies
HOME OF QUALITY PLANTS

852-2987

Open 8 AM Til 5 PM Monday Thur Saturday

920 Winchester Road, N.E.

2 Miles East of Memorial Parkway

*Member American Association of Nursery Men & Alabama Nursery Men's Association

JETT TRAVEL AGENCY

NO CHARGE FOR OUR SERVICE

- Honeymoon Plans • Foreign Tours
- Steamship Passage • Group Tours
- Airline Tickets • Car Rental
- Caribbean & Pacific Cruises
- Hotel/Motel Rentals

CALL US FOR FREE INFO

904 Bob Wallace Avenue, S.W.
East of the Parkway

539-4448

TDY TO EL PASO?

Tired of "4 Walls"

See Our Spacious Apts.

AT

The Montclair

GOVERNEMENT RATES



An Adult Community
of Professional People
that also features

CORPORATE LEASING PLANS
Instant Home Apts.

Weekly-Monthly Rates

MAJOR CREDIT CARDS ACCEPTED

(Now Including Diners Club)

TELEPHONES-COLOR TV

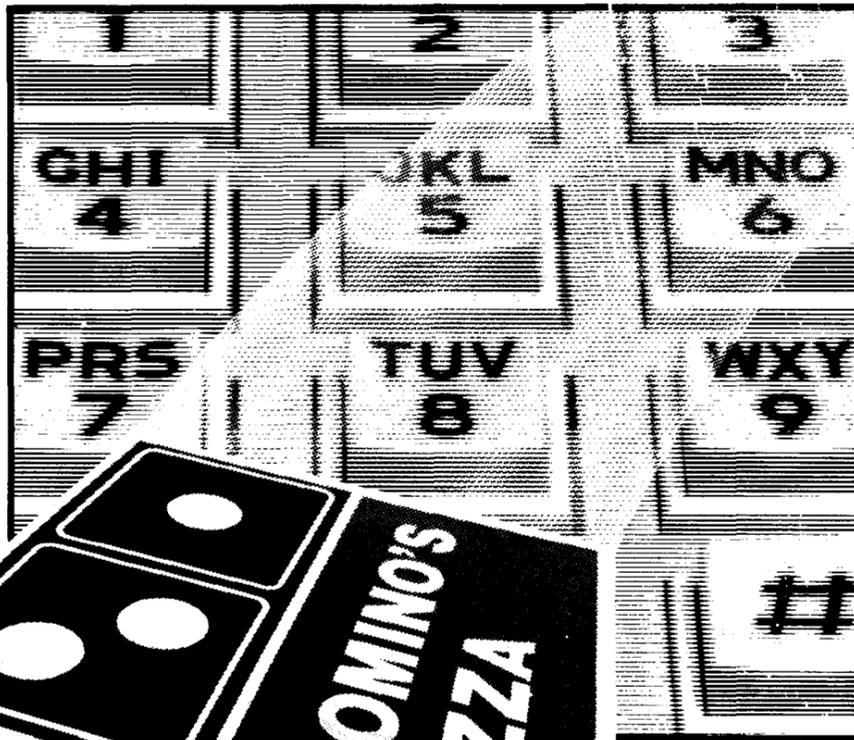
MAID SERVICE-INTERIOR DECOR

DISHES-LINENS-UTENSILS

1601 McRae • El Paso, TX 79925

(915) 594-6000

ONE HOT NUMBER!



DOMINO'S PIZZA DELIVERS™ FREE.

Fast, Free Delivery™

2701 C. Patton Rd.

(crn.: Bob Wallace)

Phone: 536-4433

Hours:

4:30pm-1am Sun.-Thurs.

4:30pm-2am Fri. and Sat.

When you place your order, any restrictions to this guarantee will be communicated.

Our drivers carry less than \$20.00.

Limited delivery area.

©1984 Domino's Pizza, Inc.

\$1.00

\$1.00 off any 16" pizza.
One coupon per pizza.
Expires 9-17-86

Fast, Free Delivery™
Good at locations listed.



Hispanic

(cont'd from page 12)

treras attends the University of Alabama in Huntsville. He expects to receive a bachelor's degree in business administration in December. On weekends, as Manny D'alesio, he sings and plays guitar at El Palacio restaurant in Huntsville. He and his wife Cherie have two daughters — Monica, 10, and Angie, 6.

His parents still live in San Diego where they moved after he was drafted. His brother Mario, 29, was graduated this year in physical education and sports medicine from San Diego State University. His sister Lupita, 31, is a singer and actress in Mexico City.

"To be a good husband, a good father for my two girls," Contreras says about his goals. "And to try to do a good job for the project, finish my degree in December, take a short break and then go for a master's at either UAH or FIT (Florida Institute of Technology) and continue to cultivate my musical ability — I don't ever want to forget that."

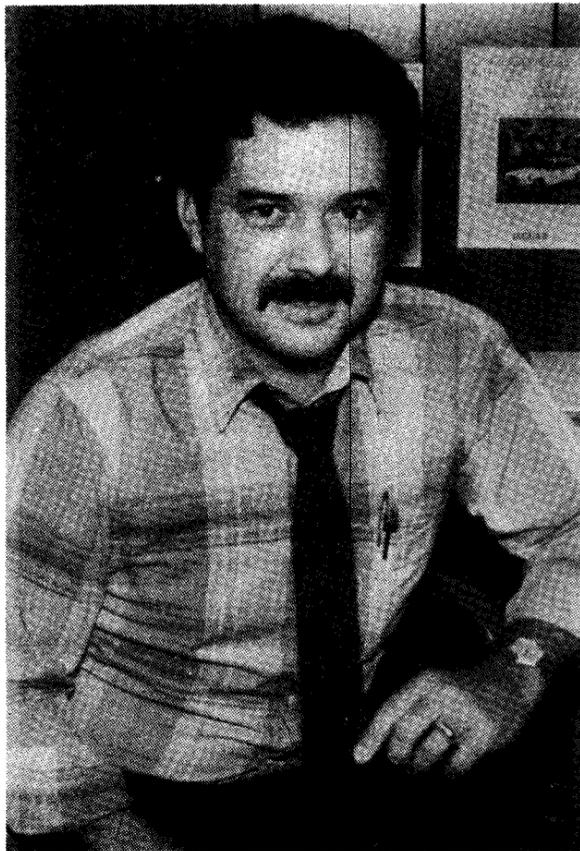
Awards

(cont'd from page 2)

visory education specialist, Directorate of Training and Doctrine, OMMCS; and Bobby J. Eaves, supervisory budget analyst, Resource Management Office, Corps of Engineers.

Guest speaker for the occasion was Dorothy Stulberg, attorney-at-law from Oak Ridge, Tenn.

The FWP was established in 1967 to promote equality of opportunity for women in employment and to encourage qualified women to compete for jobs. Local program managers are Catherine Gant, MICOM; Mary Peoples, SDC; Alicia Allen, Corps of Engineers; Betty Aldridge, MSFC; and Roberta Landers, OPM.



MANNY CONTRERAS



3050 Leeman Ferry Road 881-1881

JEFF SIKES MAZDA

"WE'VE MOVED"

NOW LOCATED AT 3050 LEEMAN FERRY RD., ACROSS FROM THE KROGER-WAL-MART SHOPPING CENTER. COME TOUR OUR NEW FACILITY AND TEST DRIVE ONE OF OUR FINE NEW OR USED AUTOMOBILES!

OPEN LABOR DAY 9:00 til 6:00

<p>1980 FORD PINTO 37,000 miles, air. Only \$2,500</p> <p>1981 MERCURY LYNX Cruise, air, 48,000 miles. \$2,975</p> <p>1985 NISSAN PICKUP Auto. trans., blue in color, 6,000 miles. Special \$5,900</p> <p>1982 MAZDA RX-7 Auto, air, roof, 37,000 miles. \$7,900</p>	<p>1984 CAMARO Z-28 Black, T-Tops, loaded, 19,000 miles. \$9,900</p> <p>1985 DODGE COLT Air, stereo, 13,000 miles, sharp. \$6,900</p> <p>1985 SCIROCCO Volkswagen. One owner, like new. \$8,750</p> <p>1982 DATSUN 210 HB SL Model, 5 speed, air, 39,000 one-owner miles. \$4,675</p>
----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

WE HAVE OVER 40 PRE-OWNED VEHICLES TO CHOOSE FROM, NOW AT JEFF SIKES MAZDA. COME ON DOWN!

JEFF SIKES

mazda

3050 Leeman Ferry Rd. 881-1881

YOUTH HOCKEY

Players - Coaches - Officials

HUNTSVILLE AMATEUR HOCKEY ASSOCIATION

For Additional Information, Call
837-4151 or 536-6454

AUCTION

Cole's Auctioneers go Anywhere and Sell Anything

SATURDAY SEPTEMBER 6 — 10:00 AM
PETERSBURG, TENNESSEE—
LINCOLN COUNTY
335 ACRE CATTLE RANCH
PROPERTY OF
MR. AND MRS. BUFORD L. MORGAN

LOCATED on Highway 244 off Highway 431 South at Petersburg City limits — SEE AUCTION SIGNS — This property is 10 Miles North of Fayetteville, Tenn. — 40 Miles South of Chapel Hill, Tenn. (Saturn Plant).

This property contains 335 acres of open and wood land at present being used as a cattle ranch, This is a beautiful tract of land well located and is ideal for a cattle farm or investment property, Has approximately 1 mile road frontage on highway 244 has electricity, This land will be offered in tracts and as a whole, Sale will be held on premises under the Cole auction tent — Pre-inspection invited.

TERMS: 20% Down day of sale, Balance due in 30 days — Possession at closing — For plats and brochures call 1-615-469-7891 or 1-205-539-0626.

Buford Evans & Sons Firm 19-Auctioneers

COLE AUCTION CO. of GA

LICENSED BONDED INSURED

1800 Roswell Road, N.E., Suite 310
MARIETTA, GEORGIA 30062 Phone (205) 539-0626

Auto Shack

Autolite Spark Plugs
Limit 16.
Resistors or non-resistors
AFTER REBATE **44¢**

Pennzoil 10W-40 or 30HD Motor Oil
Limit 12.
AFTER REBATE **75¢**

Purolator Air Filters
For most vehicles, except Vega and diesel.
Limit 2.
AFTER REBATE **1.99**

The Best PENNZOIL JEEP GIVEAWAY!

RAINBOW Rents
Furniture
539-0206
905-B Oakwood Avenue
Huntsville

BARBARA C. MILLER
Attorney at Law
C.P.C.M.
Government Contract Law
• Claims • Disputes
• Removals • Income Tax
• Discrimination
• Bankruptcy
General Civil Practice
• Personal Injury • Wills
• Collections • Divorce
• Real Estate
• Incorporations
703 Terry Hutchens Bldg.
536-7566

FOR SALE

AKC registered MALTESE PUPPIES. Excellent Championship bloodlines. Also have some excellent black and tan AKC GERMAN SHEPHERD PUPPIES available. We also raise ROTTWEILERS and MINIATURE SCHNAUZERS, with first litters to be available in Jan./Feb., 1987. All breeds are AKC registered and have excellent championship bloodlines. Shows around, then come see our dogs, their pedigrees, and our health warranty before you buy. TRIPLE "S" KENNELS, 1104 WALKER LANE, NEW MARKET, AL 35761. PHONE: (205) 828-0025. DIRECTIONS: Go North from Huntsville on Memorial Parkway (HWY 231/431), turn right on WALKER LANE. Go 2 1/2 miles and we are on the right. Owned and operated by Jim and Shelia Shirley. HOURS: 4:30-9:00 PM weekdays, anytime on weekends and holidays. VISITORS WELCOME. (Even though it's only September, place your order now and start saving for a CHRISTMAS PUPPY for that SPECIAL PERSON!)

NAME BRANDS, QUALITY PARTS AT TRUE DISCOUNT PRICES

Rain Dance
16 oz. liquid or 14 oz. paste.
AFTER REBATE **2.89**

Auto Shack 560 HIGH ENERGY
No exchange required.
40 Mo. Battery **29⁸⁸** 70 Month Battery **45⁸⁸** 55 Mo. Battery **36⁸⁸**

Armor All Protectant
16 oz. Limit 2.
3.99

Auto Shack Heavy Duty Shocks
By Gabriel. 1-3/16" piston.
LIFETIME WARRANTY
SAVE \$4.00
5.95 EACH

TRW Timing Chains
Fits '65-'83 Ford and Mercury 200 CID. *TC-351. All others \$3 off.
TWO YEAR WARRANTY
9.99

Remanufactured Carburetors
Fits '73-'74 Ford and Mercury 6 cyl., 1 bbl. #1094. All others \$10 off.
TWO YEAR WARRANTY
39.95 WITH EXCH.

New Fuel Pumps
Fits '80-'84 Ford trucks with 255, 302, or 351 V-8.
Prices vary by application.
LIFETIME WARRANTY
14.99 #60206

Krylon Spray Enamel
Interior and Exterior. 12 oz.
1.65

Silicone Form-A-Gasket
3 oz. #6BR.
2.59

Premier Seat Covers
For all bucket seats. Silver, champagne, or black.
24.99 EACH

STP Heavy Duty Lubricant
Compare with WD-40.
AFTER REBATE **.49**

USED FURNITURE SALE

Wood Table & 4 Chairs \$95.99
Sofa & Chair \$89.95
Coffee & End Tables \$79.95
Antique Oak Singer Sewing Machine \$74.95
2 Matching Lamps \$19.95 Pr.
Bassett Bedroom Set \$179.95
Chest of Drawers \$34.95
Roll Top Secretary Desk \$139.95
Bicycle \$24.95
Twin Beds \$34.95

BUNK BEDS, STEREOS, GLASSWARE, ANTIQUES, FANS, HEATERS & MUCH MORE MISC.

"WE PAY TOP \$\$\$ For Quality Furniture"

"Come In & Browse"

ANN'S Furniture & Gifts
1204 Putman Drive
830-1104

Huntsville
Highway 72 at North Memorial Parkway 852-7920
7540 South Memorial Parkway at Byrd Spring Road . 882-1800

Huntsville—OPEN 24 HOURS
3210 Governors Drive 533-3727
1/2 block West of Triana

OPEN NIGHTS AND SUNDAYS

Ad prices good thru September 7, 1986. Ad prices not good on special orders. We reserve the right to limit quantities. ©1986, Auto Shack

History-minded celebrants to converge on Fort Meade

Fort George G. Meade, Md., recently was chosen as the site for the premier observance of the bicentennial of the nation's constitution, and has scheduled a number of events coinciding with the 200th anniversary of the Annapolis Convention (Sept. 11-14, 1786).

Fort Meade, about 15 miles from Annapolis, Md., will join Secretary of the Army John O. Marsh Jr. as host for the occasion. Marsh chairs the Defense Department's Bicentennial Executive Committee. Also attending will be the retiring U.S. Supreme Court chief justice, Warren Burger, who heads the Presidential Commission on the Bicentennial of the U.S. Constitution.

Historians cite the Annapolis Convention as the springboard for what took place in Philadelphia a year later: the birth of the U.S. Constitution.

According to Meade spokesman Rich Lane, the major events there will include a modular constitution exhibit, a display of contemporary, multiservice military equipment, a band concert, a review of troops, and a tree-planting ceremony. A mobile unit from the U.S. Postal Service will offer its services to hand-stamp cancellations on a pictorial rendition of the Annapolis Convention.

Also on hand will be the Army's official parachute team, the Golden Knights. Ceremonial units from the 3rd U.S. Infantry Regiment (the Old Guard) will join other active and reserve-component units in the day-long activities. Other ceremonial units are being sent from the original 13 colonies.

Among the invited guests and participants will be top leaders from the three branches of the federal government, as well as state governors.

Lane said the day's events promise to be "both entertaining and informative. It no doubt will contribute to a better appreciation by our citizenry of the historical process that shaped our country's democratic foundation." (ArNews)



GIRL SCOUTS

Florida Institute Of Technology

The Redstone Arsenal Graduate Center

Announces
Courses For The
Next Quarter



All Classes Are
From 5-8 PM In
Bldg. 7446

Currently Available Degree Programs Are:

MASTER OF BUSINESS ADMINISTRATION

Concentration: *Operations Research — Health Services Management
Contract Management — Human Resources Management
Logistics Management — Data Processing*

Master of Science in Engineering Management
Master of Science in Systems Management
Master of Science in Contract and Acquisition Management
Master of Science in Management

FALL 1986 QUARTER Registration Is Now Open For The Following Courses:

COURSE NUMBER & TITLE	CLASS BEGINS	CLASS ENDS	CLASS NIGHT
SM 5002 Financial Management & Control	6 Oct. 86	15 Dec. 86	Mon.
SM 5004 (B) Econ Envir of Mgmt. I	6 Oct. 86	15 Dec. 86	Mon.
CM 5017 Contr & Sub Contr Formulation	6 Oct. 86	15 Dec. 86	Mon.
M 1810 College Algebra	6 Oct. 86	15 Dec. 86	Mon.
SM 5007 Managerial Statistics II	7 Oct. 86	16 Dec. 86	Tue.
SM 5016 Labor Relations	7 Oct. 86	16 Dec. 86	Tue.
SM 5018 Policy Formulation	7 Oct. 86	16 Dec. 86	Tue.
CM 5031 Procurement-The Legal Concepts	7 Oct. 86	16 Dec. 86	Tue.
SM 5000 Financial Accounting	8 Oct. 86	17 Dec. 86	Wed.
SM 5011 Management Theory & Thought	8 Oct. 86	17 Dec. 86	Wed.
SM 5013 Behavioral Science & Management	8 Oct. 86	17 Dec. 86	Wed.
SM 5021 Business Law	8 Oct. 86	17 Dec. 86	Wed.
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.
SM 5026 Computer Applications For Managers	9 Oct. 86	18 Dec. 86	Thur.
CM 5012 Proc & Contr Management & Admin II	9 Oct. 86	18 Dec. 86	Thur.

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

MAN'S ALTERATIONS

Richard K. Lao Former PX Tailor Shop
Manager Is Proud To Announce The
Opening Of His New Shop

- Professional Service • Reasonable Price
- Same Day Service On All Type Alterations

303-C Jordan Lane
(Across From Burger King)
Phone 721-9117

We've Got A Way With Words!

THE FAST WORD WORD PROCESSING CENTER

Resumes, Reports, Theses, Letters, Proposals
Any Needed Typing Plus Calligraphy
Service With A "Personal Touch"
3322 South Memorial Parkway
Century Office Center—Suite 104
Huntsville 881-6941

meineke

DISCOUNT MUFFLERS
AMERICAN AND FOREIGN CAR SPECIALIST

- BRAKES
- CUSTOM DUALS
- MACPHERSON STRUTS
- HEAVY DUTY SHOCKS

MUFFLER SPECIAL
\$18.93 INSTALLED
FITS MOST CARS

★ NATION WIDE WARRANTY ★

10% OFF With Coupon
COUPON EXPIRES 9-9-86

HOURS: MONDAY-SATURDAY 8 AM TIL 6 PM
4278 University Drive
Two Blocks West of Jordan Lane

895-0370

Check Us For All The
Latest New Releases

Contrary To Popular Belief
BETA IS BETTER
And Available At

BETA VIDEO

(Formerly TAKE-ONE Video)
2109 Bob Wallace Avenue 539-2964
(Across From Jerry Damson Honda-GMC)
OPEN: MONDAY-SATURDAY 11 AM TIL 8 PM
SUNDAY 1 PM TIL 6 PM
2 MOVIES FOR \$3.00
(New Customers Please — Limit One Per Customer)

Contractor people must prove employment to hunt here

Contractor employees who wish to participate in deer hunts on Redstone this season will have to submit an employment certification form before they can hunt.

That's the word from Outdoor Recreation Director Shelby Williams, who said the form is an effort to prevent illegal hunters from gaining access to the arsenal.

"Right now we have a security problem. People are here only a short period of time, working. They get a badge, then they're terminated. We don't know when they leave," she said.

The certification isn't meant as a way to give contractors a hard time, Williams stressed. "We're concentrating on contractors because we have so many right now, and they're so transient. This is how we can crack down (on illegal hunters). It will help everybody."

The form, which must be signed by the employee, his or her supervisor, and the contracting officer, must be presented before a hunting permit will be issued, and will be presented every time the individual wishes to hunt. It must be updated every 30 days, Williams said.

Anyone who falsifies the certification form is subject to charges of criminal trespass and hunting without permission. The person's hunting privileges

could be permanently revoked, and he or she could be barred from entering the arsenal, Williams said.

"Redstone is considered a prime hunting place. Many people are trying to get in here."

Forms are available now from Outdoor Recreation (building 5129) but there's really no hurry about getting them filled out since they're only good for 30 days, Williams said. "They can't hunt until October, anyway."

This season, Outdoor Recreation will be looking at the way it conducts deer hunts, and asking for opinions from hunters.

Active duty and retired military members and civilians who hunt on Redstone will be given a chance to vote on whether to go to a lottery system for assignment of hunting areas, and can give their opinions on whether or not deer drives should be conducted.

"Several people have expressed an opinion about the way we sign up hunters for special hunts. Currently, it's first come, first served, with the first people supposedly getting the best areas, although I believe there are deer everywhere. People actually spend the night out here waiting for us to get here at 4:00 in the morning," Williams said.

If the majority of hunters vote for the lottery

system, it will be instituted for the special civilian/military hunts on weekends, Williams said.

The same approach will be taken with the question of deer drives. Drives currently are authorized by MICOM regulations, but many hunters are against the practice because they feel it's unsafe, Williams said.

"One way we feel we can make a drive safe is to have it only in a designated, authorized area," she said.

Hunters should remember to take the safety briefing before applying for permits this season, Williams said. All hunters will be required to take the course this year.

The course is available at the Army Learning Center Monday through Friday from 7 a.m. until 7 p.m. and on Wednesdays at 5 p.m. at the Recreation Center in building 3711.



TDY APTS
A Week Or Month
TARA GARDEN APTS
Across From Space Center
6405 MADISON PIKE N.W.
\$99 Week Or
\$255-\$295 Month
830-4878

1981 Suzuki
400cc, 3,000
Miles. \$800.00
Or Best Offer
Call 876-5528
or 876-7603.

FOR RENT
Chateau La Mer Condos
Destin, Florida
Completely Equipped
Private Beach & Pool
Lighted Tennis Courts
Shuffle Board & Club House
1BR \$300/Wk \$60/Night
2BR \$350/Wk \$70/Night
3BR \$500/Wk \$100/Night
Plus 5 Percent Florida Tax
NO PETS PLEASE
CALL 532-7844 or 247-1450

MOBILE HOME FOR SALE
14 x70 Mobile
Home. Two Sun
Decks Near Gate 5.
Call Liz
McCutcheon At
Wigginton Realty
534-7361 or
837-8804.

HOME BUDDIES
Domestic Placement Service
ROOMMATE LOCATOR SERVICE
NANNY SERVICE—IN HOME
Childcare Placement



MAID SERVICE
Full & Half Days
CALL 882-1299



882-0304

Clearly A Step Ahead

3603 Memorial Parkway S.
Huntsville, AL 35801

Twickenham Mobile Home Park
Real Nice 1 & 2 & 3 Bedrooms
Furnished Or Unfurnished
2 Locations

4800 Bob Wallace & 2514 Freeman Rd.
Close To Arsenal & Shopping Centers



Main Office Located
Off Bob Wallace
On First Street
539-7865

Exchange Special

from
KODAK
Processing
Labs



Get in on the double!
2 prints for the price of 1.

Just bring in any size color film to your Exchange Self-Service Photofinishing Counter and we'll give you a second set of those special pictures free! * What a bonus... quality developing and printing by Kodak, plus two sets of prints. All for our regular low price. This is a limited time offer. So bring in your film today. See full details at the Exchange. Applies only to processing by KODAK Processing Labs.

SALE DATES: 18 August to 15 September

Kodak...Serving the Military Worldwide

* Available only at time of processing.
One finish surface only.

This advertisement was neither paid for, nor sponsored, in whole or in part, by the Exchange Service.



© Eastman Kodak Company 1986

A10-254C

Announcements

Money management course

The Personal Financial Readiness/Soldier Money Management Course for September will be taught in six sessions, from 2:30-4 p.m. Tuesdays and Thursdays. The dates are: Sept. 11, 16, 18, 23, 25 and 30. The location is the second floor conference room, Army Community Service, building 3491. Topics include the military pay system, financial institutions and services, proper management of checking accounts, budget development, use and abuse of credit, and consumer rights and responsibilities. Soldiers, family members and retirees who wish to attend may register by calling Dan Kelly at ACS 876-2859. This course also serves as refresher training for those with overstamped ID cards.

Wine tasters

The Huntsville Chapter of Les Amis du Vin (Friends of Wine) will meet Monday, Sept. 8 at 7:30 p.m. at Madison Square Holiday Inn. White and red wines from the Alsace, Bordeaux, Cotes du Rhone and Loire Valley of France will be tasted. Make reservations by Sept. 5 to 837-0886, 883-2572 or 882-0644.

Wednesday night bowling

The Wednesday Night Officers Bowling League will have a final organizational meeting today (Sept. 3) at 4:30 p.m. in the Big Spring Lounge at the Officers Club. All team captains should attend. Active or retired officers or warrant officers interested in joining the league are invited. For more information, call Mark Moravits 876-8666 or Ed Ogozalek 544-6720.

Bowling league

The Monday night officers bowling mixed doubles league is looking for individuals or couples interested in joining for the 1986-87 season. Active duty or retired officers and their family members are eligible. The league bowls at 6:30 p.m. each Monday at Redstone lanes. Team formats permit some flexibility for TDY requirements. If interested, call Anne Lapointe 534-2923 or Roger Carter 876-7360.

Hispanic week committee

The planning committee for Hispanic Heritage Week meets from 11:30 a.m. to 12:30 p.m. Sept. 5 at the NCO Club. For more information, call Barbara Alexander 876-3436 or 1st Lt. Shirley Martinez 876-2413. A committee planning troop activities for Hispanic Heritage Week meets each Wednesday at 1:30 p.m. at the Recreation Center. For more information, call SFC Jimmy Evans 876-9223.

ROTC alumni

Duquesne University, in Pittsburgh, Pa., is seeking all alumni, students and cadre of its Army ROTC program to join in celebrating the program's 50th anniversary on Friday, Nov. 7. Cost to attend the celebration is \$17 per person. Any alumnus, student or cadre member who has not received an invitation should call Capt. Lambert at (412) 434-6664.

Girl Scouts

Girl Scouts of North Alabama, Inc. is now registering girls age 5-17 for Daisy, Brownie, Junior, Cadette and Senior Girl Scout troops. Open to all girls, Girl Scouting's "informal educational program allows girls to develop values and gain self-confidence while making new friends and serving their communities," according to a news release. Girls should receive registration flyers at school during September or parents may register them by calling the Girl Scout Service Center in Huntsville 883-1020. At Redstone Arsenal, call Marie Keirstead 721-0664.

Motorcycle safety course

The Motorcycle Safety Foundation's "Better Biking Program" will hold classes at building 3222 from 8 a.m. to 2:30 p.m. on Friday, Sept. 12 and Saturday, Sept. 13. Those who are in need of this course should call the Education Center to reserve a seat. Call Shirley Dowdy or Reita Perry 876-9761.

Military comptrollers

Redstone/Huntsville Chapter of the American Society of Military Comptrollers will have a luncheon meeting at 11:30 a.m. Sept. 11 at the Officers Club. The meal will cost \$6 for ASMC members and \$7 for non-members. The scheduled speaker is Lee Sentell, director of marketing at the Alabama Space and Rocket Center. For reservations, call Liz Smith 876-5222.

Learning center

The Army Learning Center is offering the following in-house courses: "Brittle With Age — Osteoporosis" is a one-hour videotape that gives a definition of osteoporosis, results of the disease, and instruction on what must be done to prevent it. "Dynamics of a Crash" is a one-hour videotape that offers example of automobile crashes involving "dummies" to show the importance of using seatbelts and safety restraints. To enroll in these courses, send a DD form 1556 to building 7446, AMSMI-CP-TC/ALC, Attn: Army Learning Center. Form more information, call 876-1061/1416.

Hunting/fishing day

In observance of National Hunting and Fishing Day, Saturday, Sept. 27, Outdoor Recreation will host a day-long program of displays, demonstrations, archery shows, tribal dances and other activities. The event will be held from 10 a.m. to 5 p.m. Sept. 27 at building 5129 off Patton Road just north of the Martin Road over-

Top graduates

The following service members received honor or distinguished graduate awards at OMMCS during the week of Aug. 18-27: Sgt. Francine A. Moore, nuclear weapons specialist, distinguished; SSgt. Thomas Moore, nuclear weapons specialist, honor; Pvt. William J. Buchanan, TOW/Dragon repairer, distinguished; Sp4 Debra A. Rankin, TOW/Dragon repairer, honor; SSgt. Marchal D. Pearson, Chaparral/Redeye repairer, distinguished; Pvt. David W. Fanning, Chaparral/Redeye repairer, honor; Sgt. Gregory A. Moreum, ammunition specialist, distinguished; Sgt. Dwight L. Smith, ammunition specialist, honor; Cpl. Stephen W. Morgan, ammunition specialist, honor; Sgt. Jacob H. Strauss, ammunition specialist, distinguished; PFC Larry L. McCord Jr., ammunition specialist, honor; and PFC Mark S. Stanard, ammunition specialist, distinguished.

Overeaters Anonymous

Overeaters Anonymous meets from 11:15 a.m. to noon every Thursday at the Post Chapel. Also, meetings are held at 7 p.m. Fridays at Fox Army Community Hospital. For more information, call 532-7013.

Plastic modelers

Huntsville Plastic Modelers' Society will have a meeting tonight (Sept. 3) at 7:30 in the community room of the First American Federal Savings and Loan building on University Drive. Anyone interested in scale models is invited. For more information, call Dan Thompson 876-7485.

Materiel maintenance careerists

The Department of Army's next Materiel Maintenance Management Career Program annual screening panel will be held Oct. 20 for those eligible for referral level grades GS/GM 13-15. This panel is for reviewing initial submissions, no change, and defer options. Send original and five copies of the MMMCP career appraisal to AMSMI-LC-ME, Vickie Gist, building 5681, by Sept. 12. For more information call Gist, the career program assistant, 876-4580.

Chapel events

A Christian Officers Fellowship meets each Thursday at 7:30 p.m. in individual homes. All officers and their spouses are invited. For more information, call Chaplain Meyer 876-5751. Military Council of Catholic Women will meet for Mass and a welcoming coffee at 9 a.m. Sept. 5 at Bicentennial Chapel. Father Bob Mariscek of Huntsville will be the guest speaker. All Catholic women are invited to attend. Catholic Registration Day will be held Sept. 7; after the 11 a.m. Mass at Bicentennial Chapel, displays and registration tables will be set up in the assembly room. Catholic families will fill out Parish Census Forms, register for CCD classes, and sign up for volunteer jobs. A picnic and barbecue is scheduled for the same time, and will be held outside, weather permitting. The Widows and Widowers has its monthly meeting at 7 p.m. Sept. 9 at Bicentennial Chapel.

Organization day

The Medical Activity and the Dental Activity will celebrate their joint organization days on Friday, Sept. 12 beginning at 11 a.m. No patients will be seen in the outpatient clinics after 11 a.m. However, emergency medical and dental care will continue to be available at Fox Army Community Hospital.

Women's health seminars

Fox Army Community Hospital is sponsoring a series of health seminars for women, beginning with "Birth Control" from 10-11 a.m. Sept. 10. There will be a mother-daughter program entitled "On Becoming a Woman" from 7-8 p.m. Sept. 11. There is a limit of 10 participants in the mother-daughter seminar. A seminar on vaginitis will be held Sept. 17 from 10-11 a.m. "Feminine Body Changes in Adult Life" is the topic of the last seminar Sept. 24 from 10-11 a.m. The program is open to all women on Redstone Arsenal. Meetings will be held at the gynecology clinic at Fox Army Community Hospital. For information and registration, call Deborah Daniel 876-4158/4159.

ASMC trip

The American Society of Military Comptrollers will take a trip to the Jack Daniels distillery Sept. 27. The outing includes a tour of the distillery, a picnic with barbecue and catfish, and live entertainment by a bluegrass band. Buses will leave building 5250 at 12:30 p.m. Cost for the trip is \$20.50. For more information call Bobby Bradley or Marilyn Schild 876-8991 or Wilma Porter 876-8931.

Best yards

Here are the winners of the August Yard of the Month contest: Lt. Col. Roman L. Galysh, 481 Cooke Drive and SSgt. Frank D. Chambless, 1301-A Crozier Drive, best single unit; Capt. William J. Meyer, 474-B Tripp Drive and SSgt. Alvin Fain, 214-E Dyer Circle, best multi-unit. Each received a certificate of appreciation, two free dinners, a color photograph of the ceremony and a month-long display of the Yard of the Month sign. Honorable mention went to Col. Samuel N. Liberatore, 486 Cooke Drive and MSgt. William H. Latimer, 1108 Benet Circle. The Unit Area Award went to the 7th Student Company. It received a certificate of appreciation, a color photograph of the award ceremony, display of the Yard of the Month sign and a \$200 check from the Moral and Welfare Support Fund. Honorable mention for unit areas went to the 4th Student Company.

Carpool Hotline



Call 876-1500 to place your free carpool ad.

Madison

Ride wanted from Madison to 5250, hours flexible. Jean Killian 876-4023.

Guntersville

Carpool member wanted from Guntersville to 5250, 5400 area, hours 6:30-3. Deborah Chambers 876-8236.

Priceville

Carpool or ride wanted from Priceville to 5681, hours start 6:30 or 7 flexible. Jackson Waters 876-1221.

Arab

Carpool wanted from Arab to 111 vicinity, non-smoker preferably, hours flexible. Jean Chambers 876-9523/9524.

Program establishes 'rapport' with schools

Redstone Arsenal is active in a program which fosters positive relationships between schools and industry.

Called the Adopt-a-School Program, it was established by presidential mandate as a way to enable businesses to share knowledge with teachers and students, according to Janeen Rosenberg, administrator of Army Community Services here.

"There's a lot of talent out there in industry to support the needs of a school. One of the ways Redstone fits in is the In-Service Teacher Day," she said.

Redstone held its second such day for teachers Aug. 14. They visited the Child Development Center, Youth Center and ACS. They ate lunch at the Officers Club, attended an information fair put on by arsenal service organizations and participated in a panel discussion led by by arsenal officials.

"When you see those teachers walking around, visiting facilities, with someone briefing them, their eyes just open up in absolute awe of what we have here to take care of children and families," Rosenberg said.

The in-service day is beneficial to the schools and to Redstone because of the great number of arsenal children who attend public schools in the area, Rosenberg asserted. "It's established a rapport."

Redstone also helps kids who are preparing for the ACT or SAT by running a computer-based preparatory course at Butler High School. Rosenberg is surveying area schools for other needs Redstone may be able to address through the program.

Korea-bound soldiers to be vaccinated

WASHINGTON — All soldiers making permanent-change-of-station moves to Korea after Oct. 1 will be vaccinated against hepatitis B before their departure.

The Army policy requiring the vaccination follows findings that a significant number of soldiers assigned to Korea have contracted the hepatitis infection, said Dr. (Lt. Col.) Ernest T. Takafugi from the office of the Army surgeon general.

"Each year, Army hospitals Army-wide diagnose some 200 to 300 cases of hepatitis among active-duty personnel," Takafugi said. "This is only the tip of the iceberg. Only one in five soldiers infected with the hepatitis virus shows outward symptoms. This means as many as 1,500 soldiers actually are infected each year, and most don't even know it. It is this group of undiagnosed soldiers that we're most worried about because those with "silent" infections are more likely to become chronic carriers of the virus. As a result, they could develop chronic liver infections. They also could unknowingly transmit the virus." (Arnews)

CLASSIFIEDS

FEDERAL LAW Makes it illegal to advertise any preference, limitation or discrimination in housing based on race, color, religion, or national origin. The REDSTONE ROCKET will not knowingly accept advertising that is in violation of the law, and readers and advertisers are hereby informed that all dwellings advertised in this newspaper are available on an equal opportunity basis.

FOR SALE BY OWNER: 73 acre farm with 2000 sq. ft. house, barn, storm shelter. Must see to believe. Flintville, TN \$125K. Call (615) 937-6529.

FOR SALE: 1961 Corvair convertible. Runs, good brakes, for restoration. Asking \$450. Call Jackson 876-1221 or 355-8141.

FOR SALE: Restored 1967 Mustang, 200 cubic inch displacement, 6-cylinder engine with automatic transmission. Mag rims and new tires. Asking \$2,495. Call Mr. Yawn 876-2021 (from 8 a.m. to 4:30 p.m. Monday through Friday) or 883-8683 (after 4:30 and weekends).

FOR SALE: 1978 Lincoln Continental, Town Car. Excellent condition. Asking \$3,995. Call Mr. Yawn 876-2021 (from 8-4:30 Monday through Friday) or 883-8683 (after 4:30 and on weekends).

FOR SALE: 1973 Jaguar XJ6, needs motor work, \$4,200. New Culligan Water Softener, \$250. Call 232-8697 after 5 p.m.

FOR SALE: 1976 Matador, original paint, one owner, air condition, automatic transmission, power, 8-track cassette, 73,000 miles. Good shape. Call 837-4145.

HOCKEY REGISTRATION: Huntsville Amateur Hockey Association will hold registration for 1986/87 on Saturday 13 and Saturday 30, in the skate lobby of VBCC from 9:00 a.m. to 1:00 p.m.

FOR SALE: 1974 Chevrolet Bel Air. Green, \$400, V-8, Runs good. Call 830-4225.

FOR SALE: 1976 Olds 98, tan, four door sedan, new tires, excellent condition, \$1450. Call 881-6230 or 876-1135.

FOR SALE: 20" Boys bicycle complete with cushioned pads. \$35. Call 830-2711.

FOR SALE: Simmons hide-a-bed sofa, two cushions, two arm pillows, \$250. Call 883-5300.

FOR SALE: Collector's TARGA 912, excellent, one owner, garaged five years. Best offer takes! 1984 AERO 80 Honda, low mileage. \$595. Call 881-7224.

FOR SALE: New Sprague Rappaport type stethoscope with extra fittings \$30. 1982 Honda FT500 Ascot with helmet and manuals \$1,000. 1967 Chevy Nova SS, two door, runs great, looks great \$6000. Call 895-9250.

FOR SALE: 1978 Toyota Cressida, beige, with four speed, auto, high mileage, asking \$1300 obo. 1976 Chevrolet Suburban with manuals, full time four wheel drive, high mileage, auto, \$1300 firm. 10,000 BTU window air conditioner, Not Pretty but it WORKS. 110VAC. \$150 or obo. Call Mike 876-5101 or after 5 p.m. 852-3272.

FOR SALE: Complete set of "Gone With the Wind" collectors plates. Serious inquires only. Call Mrs. Keene at 876-4990 (work) or 830-4467 (home).

FOR SALE: 1974 260Z. Excellent mechanical condition. Must see and drive to believe. Price negotiable. Call Jason 883-6232 or Micky 859-2913.

FOR SALE: Chevy Fleetside SWB truck. 350 V-8, automatic, sharp inside and out. Asking \$2000. Call Bob days, 876-3601 nights 534-1007.

Original German Schrank: One year old, center piece glass, lighted. \$750 or negotiable. Call 837-6486.

FOR SALE: Lazy Boy recliner, charcoal grey \$50. Baby swing and playpen both for \$20. L78-15 "721" (good spare) \$7. Call 536-0109 after 4 p.m.

FOR SALE: Membership at Mt. Lake Resort. Located near Guntersville State Park. Price Greatly reduced. Call and save 852-7811.

Golf Cart: Harley Davidson, gas powered, four wheel, \$750 firm. Will trade. Need Older mobilehome and utility trailer. Call 828-5465 after 4 p.m.

FOR SALE: Lincoln 1984, must sacrifice for balance of loan. This car is fully loaded and must be seen to appreciate. The owner is transferring overseas and cannot take this car. Balance app. \$9000. Call 859-0390 8-6. After 6 call 837-5815.

Longhair Dachshund Puppies: Registered, purebred, red and black, shots and dewormed. Male and Females. Call 852-3809.

FOR SALE: Rug 11ft. by 15 1/2ft. with pad, chocolate brown, excellent condition \$100. Piano, excellent condition with bench, Upright \$350. Washing machine, runs well \$35. Call 837-9313.

FOR SALE: 1978 BMW, R100/7, Metallic Blue, low mileage (36K), Luftmeister fairing with lowers, fog lights, Krauser Saddle bags and more. \$2500. Call 876-9420.

FOR SALE: 1979 Volvo 244 DL. Excellent condition, low mileage, air, stereo cassette. Call C. McIntosh at 876-7211 (work) or 852-8860 (home) after 5 p.m.

FOR SALE: 250 Four wheeler Honda with fan, 4'x8' trailer, all like new, 1975 Dodge Custom pick-up truck with tool box, good shape, all for \$3,200. Call 1-587-6548.

FOR SALE: 1982 Regal Buick, air, tilt, cruise, am/fm radio, 32,000 miles, vinyl top, two door sedan. all 534-6789 or 536-5703.

FOR SALE: 1983 Dodge D-150 Pickup, excellent warranty, low mileage, blue with gold trim, sliding rear window, six cylinder, AM/FM stereo. Asking \$4000. Call Bob 876-8201 or 772-8292 (6-10 p.m.)

FOR SALE: 1981 Pontiac T1000, air, four speed, AM/FM cassette stereo. MUST SELL. Asking \$200. Call 852-6313 or 837-6253.

FOR SALE: Full size Upright Piano. Excellent condition. Must see to appreciate. \$325. 881-0805 after 4 p.m.



Join me . . . buy Bonds where you work and bank.
William Donald Schaefer
Baltimore Mayor William Donald Schaefer—a Savings Bonds buyer for more than 20 years.

U.S. SAVINGS BONDS
Paying Better Than Ever

Mailorder Opportunity
Start profitable home business without experience or capitol. We drop-ship 2,500 best selling specialty products. Below wholesale prices to you. Information Free.
Wallmark Distributors
108 B. So. Side Sq.
P.O. Box 5351
Huntsville, AL 35805

GOOD NEWS
830-9595
A Different Thought From the Bible Each Day

FOR SALE
Two Bedroom, Two Bath, Carpeted, Fully Furnished Condo in Destin, Florida. Private Beach. Equity \$7,000. Assume 9% Fix Rate Mortgage With 27 Years Remaining. Call Kerry 895-3483 or 247-1450.

ASTROLOGY
Your 12-Page PERSONAL HOROSCOPE! Reveals your true personality and your natural talents. Cast for your exact date, time and place of birth. Send birth date, time and place with \$15 check to:
Huntsville, Astrology Dept. 11, P.O. Box 14235, Huntsville, AL 35815.
Allow 2 Weeks For Delivery.

American Red Cross

HOW TO PLACE A REDSTONE ROCKET CLASSIFIED AD

The Redstone Rocket provides the *Rocket Classified* section as a free service to active duty military personnel and Army civil service personnel at Redstone Arsenal. To place a *Redstone Rocket Classified* ad:

- Type or legibly print a brief description of what you want to sell on an 8 1/2 by 11 piece of paper (no 3 by 5 cards or torn paper accepted). You must list a price, your home phone number, your home address and your duty status (active or civil service).
- Sign the ad.
- Deadline is Friday at noon, before the Wednesday publication. Ads will run for only one week. You may resubmit them.

Conditional statements as "like new," "excellent condition," "runs well," may not be printed if space prohibits.

If you submit more than one classified at a time place each one on a separate piece of paper.

Mail *Redstone Rocket Classified* to Sara Grant & Associates ATTN: *Redstone Rocket Classified*, P.O. Box 5351, Huntsville, Alabama 35805.

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

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

*** **HOMETOWN VALUE DAYS** ***

WE'D LIKE TO PASS OUR GOOD OLD-FASHIONED HOMETOWN VALUES ALONG TO YOU.

- ★ Rent by phone ★ Immediate delivery
- ★ No credit necessary ★ Rent-to-own
- ★ Name brand products

The only TV in America with a 5-year limited warranty. See your dealer for details.

COLORTYME
TV • AUDIO • VIDEO • APPLIANCES
4710 University Drive (Hills Shopping Center) Huntsville, AL 35816
Pay Two (2) Weeks Rental Upon Delivery . . . Get Two (2) Weeks *** FREE *** (VCR'S NOT INCLUDED)

AMERICA'S LARGEST RENT-TO-OWN SYSTEM

OASIS
Huntsville's First **Glass Tintings**
AUTO * COMMERCIAL * RESIDENTIAL
Los Angeles, Atlanta Chattanooga, & Huntsville

Ultrama SOLAR CONTROL WINDOW FILM
Patio Door Special This Month
SUN ROOF Special
\$169⁰⁰

SPECIALIST IN SOLAR CONTROL FILMS
CUSTOM WINDOW GRAPHICS
"Good work ain't cheap & cheap work ain't good"

10% off
WITH THIS AD
Expires September 7, 1986

772-Tint

9580 Hwy 20 Madison - Suite 1
CALL ABOUT OUR 5 YEAR WARRANTY

HOURS: OPEN 8:30 AM MON - SAT

I LOST 108 POUNDS & 112 INCHES



**If You've Tried To Lose Weight All By Yourself... And Failed... Then You Need
PHYSICIAN'S WEIGHT LOSS CENTER!**

**Losing Weight And Keeping It Off Is
Difficult To Do Alone. You Need The Help
Of Professionals... Doctors, Nurses And
Certified Weight Loss Counselors Who Can
Help You Lose Weight QUICKLY and SAFELY
With MEDICAL SUPERVISION.
Just Ask HATTIE MIMS Of Huntsville (Above)
Who Has Lost 108 Pounds And Is Still
Working To Reach Her Ideal Weight!**

CONVENIENT HOURS: 9:00 AM TIL 7:00 PM

NO FADS FOODS OR EXERCISE PROGRAMS.

GUARANTEED WEIGHT LOSS OF 3-7 POUNDS PER WEEK.

4900 University Drive, Suite 22

(One Block East Of Madison Square Mall)

**CALL NOW FOR FREE
CONSULTATION
830-5454**



**Physicians
WEIGHT LOSS
Centers.**

ULTRA-LOSS® DIET SYSTEMS