

Redstone Rocket

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Looking back



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Hail and farewell



Retiring colonel plans to 'do the right thing'

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Win or lose



Troop championship tonight culminates March Madness

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Military child's month blooms in April

Kickoff parade slated April 1 at Child Development Center

By BETH SKARUPA
Staff writer
beths@htimes.com

Military children have to live with the uncertainty of having a mother or father who may be called away at any time. They have to get used to frequent moves and making new friends. These children deserve thanks just as surely as the men and women who serve our country deserve praise.

So April is designated as the Month of the Military Child. It's an entire month dedicated to honoring the children of those who serve in the U.S. military. The Redstone community, like other installations across the world, celebrates the month with a variety of special events and activities. This year's theme is "Children Are the Heart of Our Future."

Child Development Center, Youth Services, Family Child Care, School Age

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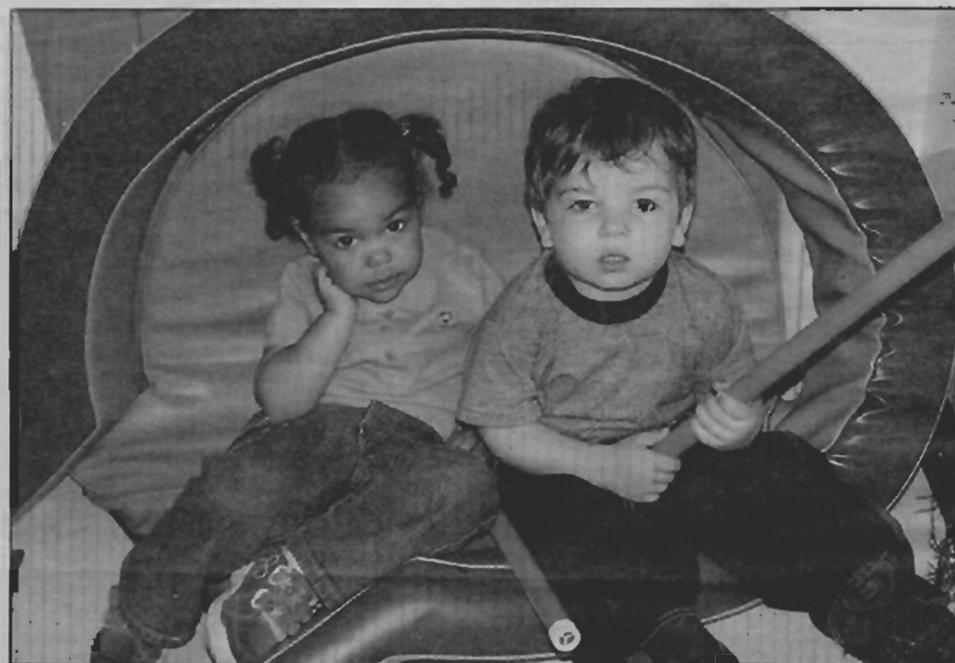


Photo by Beth Skarupa

SITTING AROUND— Two-year-olds Nicole Rickett, left, daughter of David and Julianna Rickett, and Brien McWilliams, son of Brien and Elizabeth McWilliams, sit inside a round play mat at Child Development Center.

National Guardsmen charge to aid of injured high-voltage lineman

Worker scalded by hot water gets released from hospital

By SANDY RIEBELING
Staff writer
sandy@htimes.com

It was a terrible accident that could have been worse, if not for the quick action of several soldiers from Charlie Company, 1/167th National Guard unit.

James "Jack" Lang, a high-voltage lineman with Chugach, was working with two other linemen March 12, trimming tree branches away from power lines near building 3440 when the accident happened.

Lang was on the ground piling the fallen branches when the ground he was standing on beside a steam pit gave way and he fell into a cavity full of hot water from a leaking underground condensate return line. He caught himself under his armpits but his lower legs were immersed in hot water.

"A couple of NCOs were walking by when the accident happened," Sgt. Mark

Dickey, Charlie Company, 1/167th Army National Guard, said. "They sent a soldier to come and get me. My office is just around the corner from where it happened."

Dickey, the training/evac NCO for the company, is a civilian EMT and firefighter, and served as a combat medic in the Gulf War.

"By the time I got there, the man was laying on the ground with his pant legs rolled up and his boots off," Dickey said. "I sent someone to verify 911 had been called then I started treatment." Dickey cut Lang's pant legs off above the knee and removed his socks. Only minutes into the treatment, Redstone emergency responders were on the scene.

"I requested a burn kit off the truck," Dickey said. "With serious burns like that it's important to protect the skin from possible infection. We put sterile blankets under him and over the top of his legs then wet it down with the sterile water. I started an IV on the scene to get some fluids in

See Aid on page 9



Photo by Sandy Riebeling

HELPING HANDS— Sgt. Mark Dickey, training/evac NCO with Charlie Company, 1/167th Army National Guard unit deployed to Redstone, rendered on site first aid to Jack Lang, a Chugach lineman, who fell through soft ground into a pit of hot water created from underground steam lines.

Letters to the editor

Name change detracts from heritage

Without taking away from the honor bestowed on General Heiser and his family, or those who made the conscious decision to change the name, I must state that I am disappointed with the name change for Heritage Hall. First, I never saw anything that solicited the community's feelings about the name change. Second, while the intention is to honor the general's accomplishments for what he has done for us all, I personally feel the name change has taken away from all who contributed to the Heritage the name implied. A single person is now identified instead of the many the word Heritage led us to think about when we talked about "Heritage Hall."

Name withheld by request

Editor's note: Col. David Hafele, commandant of the Ordnance Missile and Munitions Center and School, provided the following response. "Thank you for the opportunity to respond. The old past theater was never formally named 'Heritage Hall.' That informal

designation was intended to highlight the purpose and function of what most previously considered the Post Theater. As we approached the 50th anniversary of OMMCS, we wanted to look at a special recognition for what is an integral part of our school. In naming it 'Heiser Hall,' we think we have done a great service to the Ordnance Corps' heritage, as Lt. Gen. Heiser left a tremendous legacy to the Army and the Ordnance Corps. Since it is not common practice to solicit public or community opinion when naming a building, OMMCS appointed a committee to provide a recommended name, and the unanimous recommendation was 'Heiser Hall.' After the recommendation received interim approval, OMMCS forwarded the request to the Redstone Arsenal commander for final approval. Unfortunately, few decisions have complete acceptance. We, to include retired Col. Heiser (Lt. Gen. Heiser's son), believe that Heiser Hall represents the accomplishments of both Lt. Gen. Heiser and all those that worked with him to create his legacy."

Army moves toward regional installation management in fiscal 2003

Seven regions identified by secretary of Army

By MARCIA TRIGGS
Army News Service

WASHINGTON — Army Secretary Thomas White announced the seven regions that will oversee installation management and put his plan to streamline bureaucracy into play during a garrison commanders conference in Nashville, Tenn., March 19.

The following installations will host the director and staff for their respective region: Northeast: Fort Monroe, Hampton, Va.; Southeast: Fort McPherson, Atlanta, Ga.; Northwest: Rock Island Arsenal, Rock Island, Ill.; Southwest: Fort Sam Houston, San Antonio, Texas; Europe: Heidelberg, Germany; Pacific: Fort Shafter, Honolulu, Hawaii; and Korea: Yongsan, South Korea.

Redstone Arsenal is in the Southeast region at Fort McPherson under the new structure which begins in October.

Transformation Installation Management, formerly known as Centralized Installation Management, was introduced to the Army by White in September 2001 when he pledged that the Army would implement better business practices.

"We are striving to manage the Army more efficiently — starting at the top by restructuring the Army Headquarters into a leaner, more integrated organization," White said.

For years the soldier has been short-changed, but by reducing the headquarters staff through regionalization, funds can be re-invested in the soldier's quality of life, he said.

"Years of under funding our installation has taken a toll," White said. "We have first-class soldiers living and working in third-class facilities. This is unacceptable."

Under the new structure, garrison commanders will have more authority over funding, resources and their people, said Maj. Gen. Robert Van Antwerp, the Army's assistant chief of staff for Installation Management in an earlier

Answers wanted from personnel

I would like simple answers to these simple questions:

1. Who (by specific name) do I contact and what number do I call to find out when I am due my next within grade increase? Where do I find a subject matter expert POC listing for CPOC/CPAC employees to answer such questions?

2. What is the office symbol to send in a suggestion and what is the form number?

3. I completed 20 years of government service in November '01 (over four months ago). I still haven't received my 20-year pin. Where is it? Why is it taking so long? It's a simple thing to do — take the pin out of the "20-year pin box," place it in an envelope and mail it to me. Probably would take less than one minute to do this. I do not want a formal presentation — I just want my pin.

4. I will have 1,500 hours of sick leave soon. Who generates sick leave conservation certificates? Do sick leave conservation certificates exist anymore? If so, I don't recall anyone working around me that has received one.

Name withheld by request

Editor's note: The Civilian Personnel Advisory Center provided the following answers.

"1. Your supervisor or administrative officer can tell you when your next WGI is due, by accessing your records in one of several civilian personnel automated systems available to them. CPAC employees are assigned responsibility for specific organizational entities, and respond to questions from employees in those specific entities. If you do not know the name and phone number of the CPAC employee assigned to your organization, call the Human Resources Offi-

cer's secretary at 313-4836 and identify the organization you work in; you will be directed to the appropriate person. The CPAC recommends you contact your supervisor or administrative officer first for a routine question regarding WGIs.

"2. Resource Management Directorate is the proponent for the suggestion program, not CPAC. (Resource Management Directorate said the mailing symbol to submit a suggestion is AMSAM-RM-FD, and the form number is DA Form 1045. To send in a suggestion online, go to the Redstone web page and select S. This will take you to the screen to select Suggestion Program. From there it will tell you what to do. Select 'submit a suggestion' and the form is there.)

"3. Periodically, CPAC provides organizations with a list of employees eligible for service pins, along with pins and certificates. Each organization has a POC who prepares the certificates and arranges for distribution of the pins. Please contact the POC within your organization to find out if they have received a pin and certificate for you. If you don't know who your organization POC is call Carol Garner, 313-5997, and she can give you that information.

"4. Sick leave conservation certificates for increments of 100, 200, 300, 400, 500, 1000 or 1500 hours are prepared and distributed by the organization. Organizations should notify the CPAC of employees who have conserved 2,000 or more hours of sick leave. Notification must include the employee's name, organization, exact number of hours conserved, and effective date of those hours. CPAC will prepare certificates for 2000, 2500, or more hours. The AMCOM Protocol Office schedules presentation of certificates for 2,000 or more hours."

interview.

There won't be as many loopholes at levels above the garrison because commanders will take their command and control and funding directly from the regional offices, he said.

During White's speech he announced three initiatives the regional directors will work toward to save the Army money and improve well being for soldiers. It is economically feasible to contract out utilities, he said. Also the Army has been very suc-

cessful with Residential Communities Initiative, which provides adequate housing for soldiers.

The last initiative he spoke on was Army Knowledge Management, which involves leveraging E-business concepts and technologies to flatten the Army's operational structure.

"Simply put TIM is the Army's effort to provide a corporate structure focused on efficient and effective installation management," White said.

Redstone Rocket

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Rocket Staff

Public Affairs Officer: Al Schwartz
Editor: Skip Vaughn

Reporters: Sandy Riebeling
Beth Skarupa
SSgt. Sharon McBride

Copy Editor: Scott Seelley
Advertising Sales: Jennifer Rodgers
Aetha Pardue
Susan Lavender

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Cargo helicopter fleet soars toward modernization upgrade

New lease on life lifts off for Chinook

By SANDY RIEBELING
Staff writer
sandy@htimes.com

They're 40 years old and still in the fight. Army CH-47 helicopters are being used deep in the mountains of Afghanistan, hauling troops, equipment and supplies at altitudes no other military aircraft can endure with heavy loads.

"CH-47s are the best helicopters in the world," Col. Tim Crosby, project manag-

er, Cargo Helicopters, said. "Based on their recent deployment in the war, they've been named the assault aircraft of choice."

And they're about to get a little better.

It's been two decades since the Chinook underwent an upgrade, converting the A, B and C models all to the current D model. Now reaching the end of its 20-year life cycle, it's time to give the fleet of 431 aircraft a new lease on life.

The modernization program taking the fleet from legacy to Objective Force has several steps, beginning with an engine upgrade to increase power, reduce fuel

consumption and reduce engine corrosion.

"All the magnesium components in the aircraft will have to be replaced with stainless steel or aluminum because magnesium is highly corrosive," Lt. Col. Gary Smith, product manager for product improvement and foreign military sales, Cargo PM, said. Smith manages several other aspects of the upgrade including the Modified Engine Air Particle Separator and the Extended Range Fuel System.

"We are improving the seals and barrier screen to prevent sand from getting in the engine, which can create real problems," Smith said. "The Extended Range Fuel System will allow the CH-47 to carry fuel internally to either extend its range or provide refueling for other aircraft or vehicles." The system includes three auxiliary 800 gallon fuel tanks which can be installed inside the aircraft, plus components necessary for the refueling mission.

Implementation of these upgrades began in FY '99 and will affect the entire CH-47D fleet. Complete fielding of the engine upgrade program will cost about \$1.2 billion.

Within the same program office, another project is under way to convert 300 CH-47Ds to an improved F model and another 36 Special Operations aircraft to a G model.

Four main goals of the ICH or F model include a 20-year extended service life, upgraded performance in lift capabilities and extended range; new digitized cockpit and airframe rebuild.

"The digital cockpit allows us to be interoperable on the digitized battlefield," Lt. Col. Newman Shufflebarger, product manager, ICH, said. "It provides secure

voice and data communications and precise navigation with embedded GPS for situational awareness."

Airframe modifications to strengthen the cockpit will lower vibration throughout the aircraft, resulting in improved reliability and lower operation and support costs.

Systems for the field Part 5 of series

The program began Engineering, Manufacturing and Development in May 1998. Two prototypes have been built, the first of which took flight in June 2001.

"Most noteworthy is the fact that we've met all of our key performance parameters or rather exceeded them," Shufflebarger said. Parameters in high hot conditions (4,000 feet at 95 degrees) were set for external lift of at least 16,000 pounds and internal lift of 31 troops. "We're on schedule and preparing for user testing."

A low rate initial production contract for seven aircraft will be signed in December. A second LRIP contract for 17 aircraft is expected in FY '04 with full rate production beginning in FY '05.

While all these new and better programs are in the works, the Cargo PM still as the job of managing the aircraft in the field. Norm Huston, assistant project manager, fleet management, and his team of expert personnel provide support for readiness, air worthiness and safety of the fleet.

About 135 people at Redstone including military, civilian and support contractors provide the core management support to the CH-47 fleet.



Courtesy photo

FIRST FLIGHT—A prototype of the new CH-47F takes to the skies for the first time June 25, 2001 near the Delaware River in Philadelphia. A modernization program currently under way will convert about 300 CH-47Ds to CH-47Fs.

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Redstone woman enjoys her nontraditional role

Investigating crime as a special agent can be a dream come true

By BETH SKARUPA
Staff writer
beths@htimes.com

Little girls used to pretend to be nurses or teachers while the little boys pretended to be doctors or policemen. Now they can pretend to be whatever they want, even if a little girl wants to investigate crimes or a little boy wants to nurse people back to health.

Janet Salas knew what she wanted to be when she grew up and she went after it. She enlisted in the Army after earning a bachelor's degree in criminal justice from the University of Georgia in 1992. She started off as a medic before being recruited by the Criminal Investigation Command. Now she's a special agent for CID at Redstone Arsenal.

She originally joined the Army because she wanted to see the world. She became a medic because she wanted to experience a different career field for a short time. She had planned to stay in the service for four years and then get a job using her degree, but that all changed when she became a special agent.

"It was interesting to me and it fell into my career field, basically," she said.

Before coming to Redstone three years ago, Salas was a special agent in the

Hawaii field office. It was her first assignment and many people ask her why she moved here after living in such a nice place for three years. She said she did it mostly because her husband Edward wanted to finish school here.

"He's also in a nontraditional profession - he's going to be a nurse," she said.

They first met when he was a NCOIC in the Army and she was a medic. When he finishes nursing school in May, he's joining the U.S. Navy Nursing Corps. He'll be stationed at Balboa Naval Hospital in San Diego.

Although Salas said she never ran into any bias against women in CID, she said her husband has run into some. "It's funny, my husband being a nurse runs into it more. There are women on web sites asking 'Why are males in our field?' Here we're trying to get away from this and women are the ones dishing it out."

Working in a predominantly male profession doesn't seem to faze Salas. On a typical day she arrives in the office at 9 a.m. and doesn't know what time she'll get off work. She said she's never really "off" because she's on-call seven days a week, 24 hours a day. Salas is currently the only female agent.

"We only have four agents here so we have to back each other up. We try to work with the community - let them know who we are and what we do," she said. "We give talks on rape awareness, drugs and



Photo by Beth Skarupa

ON THE GO— Janet Salas, right, a special agent with the Criminal Investigation Command at Redstone Arsenal, discusses a case with co-worker Kenneth Free, assistant special agent-in-charge.

fraud prevention. My boss does force protection and gang extremist briefings. We're here to support the command."

When a crime is reported, an agent does an investigation to see if a crime was perpetrated. Sometimes the agents have to help each other with an investigation. Their job is to investigate and collect evidence, not to prosecute the cases. They "package it up" and turn it over to the

Federal Bureau of Investigation or John Faris, the Staff Judge Advocate.

"We don't ruin anybody's career and we do a thorough investigation," Salas said, explaining that some people seem to have misconceptions about that.

She enjoys everything about her job except doing the necessary paperwork

See Agent on page 14

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Intelligence chief calls Sept. 11 first move of 'post-Cold War struggle'

By JIM GARAMONE
American Forces Press Service

WASHINGTON — The Defense Department's military intelligence chief told Congress on March 19 that, in many respects, "the post-Cold War world ended on Sept. 11."

Vice Adm. Thomas Wilson, director of the Defense Intelligence Agency, appeared before the Senate Armed Services Committee. He said the terrorist attacks on America have touched off a struggle over "globalization."

Globalization is a concept involving increasingly free movement of money, people, information, technologies, ideas, goods and services around the world at higher speeds and with fewer restrictions, Wilson said.

He said extremists like al Qaeda increasingly understand that globalization goes hand-in-hand with values and concepts championed by the United States and the West — political and economic openness, democracy and individual rights, market economics, international trade, scientific rationalism and the rule of law.

"They equate 'globalization' to 'Amer-

icanization' and see the United States as the principal architect and primary beneficiary of an emerging order that undermines their values, interests, beliefs and culture," he said. "They blame the United States for what is wrong in the world and seek allies among states, groups and individuals who worry about U.S. hegemony and are unhappy about the present or perceived future."

But these extremists use the fruits of globalization against the United States and its allies. They exploit the freer flow of money, people and technology to attack these open societies, Wilson said.

The effects of globalization are not all positive, and extremist groups are quick to use the negative impacts to attract recruits and support from globalization's "losers," Wilson said.

"These extremists and their allies understand that their desired world cannot coexist within our brand of civilization," he said. "Encouraging, furthering and consolidating the positive aspects of globalization — while reducing and managing its downsides and defeating its enemies — may well be the civilized world's measure of merit for the next decade."

Looking back

Happy (belated) 50th birthday wishes to Redstone Rocket

Weekly Army newspaper began in February 1952

By SKIP VAUGHN
Rocket editor
skip.vaughn@redstone.army.mil

Don't you just hate it when you forget birthdays? That's especially true when it's a friend or loved one. That's the same feeling I've had ever since Claus Martel, an AMCOM historian, stopped by one day last week and reminded me about a milestone that completely slipped my mind.

The Redstone Rocket turned 50 years old in February. Happy birthday, Redstone Rocket. Sorry I forgot to get a card.

The Redstone Rocket was born in February 1952. Like all of us, it's changed through the years. It was strictly black-and-white back then, of course. No color graphics or color photos.

But some things haven't changed. The Rocket still includes articles about soldiers and civilian workers and their family members and retirees and programs and so on.

Of course we don't run pinups of scantily-clad female workers like we used to. And unlike the old days, we aim for diversity in our coverage. The good old days weren't always so good, you know.

The staff has changed through the years. The Rocket is three years older than me. I arrived in 1980 and subsequently succeeded Ed Peters as the editor. Dave Harris was our boss back then. Both have since retired. I'm a public affairs specialist in what is now the Aviation and Missile Command's Public Affairs Office and Al Schwartz is my boss.

"I don't think there are very many military installations in this country that have had a newspaper in continuous publication for 50 years," said Harris, the public affairs officer from 1961-95. "The Rocket has established itself and set standards for what military newspapers should be. It's always tried to tell people what's going on and include stories about people.

"I think it's a very proud tradition. I'm personally very proud to have been a part of it."

Besides word of mouth, office memos and bulletin boards, the Rocket was the sole source for internal information for the Redstone work force back in the 1950s.



Arsenal Typist Hurt In Wreck

Wanda Umbaugh Hurt And Friend Is Killed When Car Hits Bridge

Miss Wanda Umbaugh, 18-year-old Post Ordnance clerk-typist, is recuperating today from injuries received Saturday afternoon in an automobile accident Saturday afternoon in which another woman was killed.

According to the Highway Patrol, Miss Umbaugh received a broken collar bone and shoulder, and Miss Lois O. Hasty, 21, Huntsville telephone operator, was killed when their car crashed into a concrete bridge abutment and skidded 224 feet down Huntsville Pike near the city limits.

The Highway Patrol quoted Miss Umbaugh as saying the accident occurred shortly after the car, driven by Miss Hasty, passed another car.

An investigator by the Highway Patrol showed the left wheels of the car had left the pavement, causing the car to crash into a concrete culvert abutment. The trunk and center section of the car were torn off.

The accident investigation shows the car hit a ditch, flipped on its side and skidded down highway about 100 feet. The car then turned on its top, skidded another 100 feet, then righted itself.

Miss Umbaugh also told highway patrolmen she remembers hit-



THREE RECEIVE DECORATIONS—Lt. Col. Henry B. Jordan, 8-3, receives an Oak Leaf cluster to the Bronze Star Medal from Col. Carroll D. Hudson, arsenal commander. Col. Jordan was awarded a Bronze Star in a special review of his service in 1948. Lt. Edward E. Sokolowski, a project manager in the Office of the Director of

C'mander Greet's Paper's First Issue

Col. Carroll D. Hudson, commanding officer of Redstone Arsenal, welcomes the first appearance of The Redstone Rocket, as an aide in accomplishing the assigned mission.

On the initial issue, the colonel said:

Redstone Soldiers Win Merit Awards

A Bronze Star medal and two Oak Leaf clusters to Bronze Star medals were presented to Redstone military personnel Feb. 1 by Col. Carroll D. Hudson.

The awards were received by Lt. Col. Henry B. Jordan, director of Personnel and Administration

Sponsoring Boards Welcomes Rocket

Sponsors of The Redstone Rocket, the Civilian Welfare Council and the Central Post Council, join in wishing this new enterprise success. Their joint statement is as follows:

The Civilian Welfare Council and the Central Post Council, as the co-sponsors of The Redstone

Count Doubles 1951 Amount

Drive Chairman Stone Congratulates Arsenal On Excellent Showing

Redstone Arsenal people opened their hearts and pocketbooks to the 1952 March of Dimes appeal to contribute at least \$1,800. CWO Herbert L. Stone, drive chairman, reports: "The total does not include amounts from exhibition boxes turned in Monday. Stone added:

"The Redstone March of Dimes for 1952 already more than doubles the 1951 campaign total of \$900.89. In expressing his thanks to all arsenal personnel for their generosity, Stone said:

"The excellent showing, once again demonstrates the warm open-heartedness of the Arsenal people, and of those at Redstone particularly."

"In spite of the fine work of the many sub-chairmen aiding with the campaign, our contribution could not have been so outstanding without the support of all employees. This interest and support will go a long way in Redstone's and Medicine Country's effort to increase the number of polio."

The Arsenal's participation in the Annual March of Dimes Campaign held in Medicine Camp, Tenn., included:

Vic Hubbert, Public Information Section, co-chairman; Sub-chairmen, C. D. Hopkins, Purchasing and Contracting; Capt. Vernon Hight, Post Commissary; Cpl. Lloyd A. Himes, NCO Open Mess; Miss Evelyn Coffman and Sgt. Henry L. Jones, Transportation; Chief O. L. Green, Civilian Post; CWO Stanley L. Scott, Special Agent.

Continued On Page 2

Historical Office web site photo

FIRST ISSUE— This is the front page of the very first Redstone Rocket published in February 1952.

There was no electronic-mail system or Internet. So the Rocket has changed with the times to try to entertain and inform when there are so many other methods for getting information. And the information highway goes both ways: We invite members of the work force to share their views.

"I would venture to guess the Rocket for the last 50 years has featured probably thousands of employees," said Martel, the historian. "And it has been the employees' mechanism to voice their opinions." So, happy birthday, Redstone Rocket. May your next 50 years and beyond be even better.

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PAC-3 program pockets another successful intercept test

Eleven flight tests on mark so far

The Missile Defense Agency and the Army conducted an operational test of the Patriot Advanced Capability-3 system at White Sands Missile Range, N.M., Thursday. Preliminary data indicate that the missiles hit their targets.

The test was a tactical simultaneous engagement using PAC-3 missiles against a Hera ballistic missile target and a tactical shoot-look-shoot engagement using PAC-2 missiles against an MQM-107 subscale drone aircraft. The Hera target was engaged and destroyed by a PAC-3 missile and a PAC-2 engaged and destroyed the subscale drone target. Test objectives included demonstrating a PAC-3 tactical ripple engagement of a tactical ballistic missile target from a remote launcher (located more than 20 kilometers from the radar and engagement control station) and a simultaneous engagement of an air-breathing target. This test tactically represented an aircraft raid during an engagement of a TBM where the TBM is the primary target. Patriot's sophisticated system logic selects the most efficient missile for each engagement. In this case a combination of Raytheon's PAC-2 and Lockheed Martin's PAC-3 missiles were used. The Army's objective mix of missiles will be comprised of both PAC-3 and PAC-2 missiles.

In addition to the target intercepts, test objectives included demonstrating successful operation and interaction of all system elements, including radar, command and control equipment and target identification systems. Soldiers from the 2nd of the 43rd Air Defense Artillery Battalion of Fort Bliss, Texas, conducted this firing mission in a tactical scenario.

This was the second of four operational flight tests planned during Initial Operational Test and Evaluation for the PAC-3 system. IOTE is scheduled to conclude in May.

Simulating real world missile threats, Hera is a theater ballistic missile target typically used for test and evaluation of Ballistic Missile Defense System Element interceptor systems. The target flown for this test was the Block IIB non-separating (unitary) configuration with a Modified Ballistic Reentry Vehicle 3 front end carrying a ballast payload. It was launched from Launch Complex 96 at Fort Wingate, N.M., and flew a northwest to southeast trajectory to White Sands Missile Range reaching an altitude of 114 kilometers and flying 318 kilometers down range in 361 seconds.

Formed in 1999 when the Army integrated developmental and operational testing and evaluation into a single command, ATEC has been deeply involved in the PAC-3 program. ATEC's Developmental Test Command conducted extensive

developmental tests on the PAC-3 system, and now ATEC's Operational Test Command is conducting the user field tests.

ATEC will prepare an independent final system evaluation report in support of the full rate production decision scheduled for September. The report will be provided to the MDA and Army senior leadership and decision-makers in support of the decision.

The PAC-3 missile is a high velocity, hit-to-kill missile and is the next generation Patriot missile being developed to provide increased defense capability against advanced tactical ballistic missiles, cruise missiles, and hostile aircraft. Unlike earlier Patriot missile designs that use an explosive warhead to destroy its target, the PAC-3 missile literally collides with its target in mid-air at extremely high speed, destroying the target and neutralizing its payload. Other system upgrades include improved radar performance, allowing enhanced target discrimination; and new system software that improves determination of target launch and impact points and provides an interface with the Theater High Altitude Area Defense system.

The PAC-3 system has completed two controlled test flights, five tactical ballistic missile body-to-body intercepts, three cruise missile kills, and one aircraft kill resulting in 11 successful developmental flight tests. The first two PAC-3 developmental test missions did not involve tar-

gets but were structured to verify critical systems and missile performance prior to conducting target intercept flight tests. A seeker characterization flight mission was conducted March 15, 1999, to test a PAC-3 missile with a seeker. Although not a primary objective of the SCF, an intercept of the tactical ballistic missile target was achieved. On Sept. 16, 1999, a second intercept of a tactical ballistic missile target was achieved. DT-5, conducted Feb. 5, 2000, was the third successful intercept of a tactical ballistic missile target. DT-7, conducted July 22, 2000, was the first successful intercept of a cruise missile target. On July 28, 2000 during a test not included in the developmental test program, a second cruise missile target was intercepted and destroyed. DT-6, conducted Oct. 14, 2000, was the first simultaneous engagement test and resulted in the fourth successful intercept of a tactical ballistic missile target by a PAC-3 missile and an engagement of a sub-scale aircraft by a PAC-2 missile. DT-8, conducted March 31, 2001, was the most complex flight test mission. It involved a simultaneous engagement utilizing two PAC-3 missiles against a tactical ballistic missile target, and a PAC-2 missile against a Patriot missile configured as a tactical ballistic missile target. There were five missiles (two targets and three interceptors) in the air at

See Test on page 7

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Photo by Skip Vaughn

Administrative professionals

Maj. Gen. Larry Dodgen, commander of AMCOM and Redstone Arsenal, signs a proclamation for Administrative Professionals Week, April 21-27. Administrative Professionals Day is April 24. Members of the International Association of Administrative Professionals looking on are from left Ailsa Davis of Research Development and Engineering Center; June Pockrus, secretary to the deputy to commanding general, Aviation and Missile Command; Jenny Glazner, president of Redstone Arsenal Chapter; Carole Worsham, past president; Dorothy May of RDEC; Sandra Simmons of RDEC; Deana Neely of Mobile, president of Alabama Division; and Myrla Chaastain of RDEC.

Logistics assistance officers hold worldwide conference

CHAPEL HILL, N.C. — Members of the Logistics Assistance Officers' global community came together here in February to take a hard look at their work world. More than 100 Logistics Assistance Officers, Logistics Assistance Division chiefs, and support staff attended the Worldwide Logistics Assistance Conference, the first meeting of its kind in memory, to discuss ways to improve support to the Army.

Participants at the Operations Support Command-sponsored conference epitomize the intent of the Army's transformation by serving on point for the Army Materiel Command. LAOs provide the field tactical intelligence that is critical in today's transformation, and a horizontal and vertical communication link across all AMC.

Logistics Assistance Offices are located on posts, camps and stations at 26 sites in the United States and Puerto Rico, and another 26 sites overseas. LAOs are responsible for the overall control of all AMC logistics assistance operations in their assigned geographical area.

LAOs serve as immediate supervisors for Logistics Assistance Representatives, civilian technicians who solve logistics problems in the field. LARs perform hands-on maintenance when needed and provide advice, guidance, training, and assistance to unit commanders on maintenance and supply issues.

Because of the success of the 2002 Worldwide Logistics Assistance Conference, a similar conference is planned for about the same time and in the same place next year.

Contract awarded for continued PAC-3 initial production

The Patriot Advanced Capability-3 missile program took a major step last week in the contracting area.

A \$326.6 million contract was awarded March 20 to Lockheed Martin Missile and Fire Control, Dallas, for 72 missiles and associated ground support equipment.

"AMCOM Acquisition Center is awarding the contract for the Lower Tier Project Office," Joan Lott of the

Acquisition Center said.

This represents the third contract for low rate initial production, according to the Lower Tier Project Office.

The PAC-3 missile is a high velocity, hit-to-kill missile and is the next generation Patriot missile being developed to provide increased defense capability against advanced tactical ballistic missiles, cruise missiles, and hostile aircraft.

Missile hits target in PAC-3 intercept test

Test

continued from page 6

one time and both targets were destroyed. Developmental Test/Operational Test-9, conducted July 9, 2001, was the third simultaneous engagement and utilized one PAC-3 missile against a tactical ballistic missile target while a second PAC-3 missile was fired against a full-scale jet aircraft. The aircraft was intercepted and destroyed, but the missile intercept attempt was a miss. The anomaly experienced during the DT/OT-9 tactical ballistic missile engagement was identified and robust modifications were incorporated into the DT/OT-10 flight test software. The final developmental flight test, Developmental Test/Operational Test-10, conducted Oct. 19, 2001, was a successful engagement and intercept of a very low altitude cruise missile with a PAC-3 missile, and a successful engagement and intercept of a small aircraft with a PAC-2 missile.

Prior to Thursday's test, the system had completed one operational flight test, OT-3, conducted Feb. 16. This test involved one PAC-3 missile fired against a subscale drone configured as a cruise missile and two PAC-2 missiles, one fired against a full-scale QF-4 Phantom jet drone and

the other against a subscale drone aircraft. One PAC-2 missile intercepted and destroyed the full-scale drone, while the other two missiles missed their targets.

The PAC-3 missile engaged but failed to intercept its intended target due to an inaccurate cue from the missile's ground system computer. This anomaly is under investigation. The PAC-2 missile engaged but failed to intercept its intended target as a result of a ground system radar fault that occurred during the last critical second of the missile engagement. The radar was able to recover and enabled the other PAC-2 missile engagement against the QF4 to be successful. Data analysis is still ongoing to resolve these issues.

The Patriot PAC-3 program is managed by the Missile Defense Agency in Washington, D.C., and executed by the Program Executive Office for Air and Missile Defense and the Lower Tier Project Office in Huntsville. Lockheed Martin Missiles and Fire Control, Dallas, Texas, is the prime contractor responsible for the PAC-3 missile segment. Raytheon Electronic Systems Company of Bedford, Mass., the Patriot system prime contractor, is the system integrator for the PAC-3 missile segment. Managed by MDA's Target Office, the prime contractor for the Hera target is Coleman Aerospace Company.



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Women's History Month program gives lesson in sustaining spirit

High-energy makes difference for achievers in community

By SKIP VAUGHN
Rocket editor
skip.vaughn@redstone.army.mil

The guest speaker at Team Redstone's program Thursday for Women's History Month found a common thread in the stories of seven women achievers from the local community.

"It's no accident that people who are high achievers are high-energy people," Rev. Earla Lockhart of the First Missionary Baptist Church said. She was referring to the seven women achievers who described their personal histories for the estimated 300 people in the audience at Bob Jones Auditorium.

They included Vanessa Cameron, housing manager of the Huntsville Housing Authority; Melinda Gorham, managing editor of The Huntsville Times; Elizabeth Stone-Ragland, director of telecommunication and distance learning for radio station WJAB 90.9 FM; Barbara Johnson, principal of West Huntsville Elementary School; Christie Del Amo, reporter for television channel WHNT-19; Col. Joan Campanaro, commander of Fox Army Health Center; and Buckhorn High senior Leslie Dean, governor for Alabama Girls State.

"There is nothing great that can ever be



Photo by Skip Vaughn

RIGHT ATTITUDE— Rev. Earla Lockhart, staff minister at First Missionary Baptist Church, stresses the importance of each person's attitude as guest speaker at Team Redstone's program for Women's History Month.

accomplished without some energy for what you do," Lockhart said. "We all are challenged with whatever field that we're in. You can't leap hurdles without energy. Without energy, without enthusiasm, we easily can settle for second best. These women don't settle for second best."

Lockhart is herself an achiever. After nearly 14 years of government service as

a public affairs specialist with the Tennessee Valley Authority and the Space and Strategic Defense Command, she resigned in December 1992 to enter the ministry full time. She joined the full-time ministerial staff at First Missionary Baptist Church in January 1993 and, as a public speaker, has overcome a lifelong stuttering problem.

"Whatever you do and whatever your position is, I challenge you to have a noble perception of what you do," Lockhart said.

She stressed the importance of each person's attitude. "Whatever I was to



Photo by Skip Vaughn

"AIN'T I A WOMAN?"— Pat Johnson of the Acquisition Center portrays Sojourner Truth during the Women's History Month program.

become in life was to be fashioned by God and to be determined by my attitude," Lockhart said.

This year's theme for Women's History Month is, "Women Sustaining the American Spirit." The following awards were presented during the program:

Unit/department displays — C Company, 832nd Ordnance Battalion, first place; Missile System Training Department, 832nd, second place; and Electronic Technology Training Department, 832nd, third.

Essays — Janice Isbell of the Apache Project Office, first place; Spec. Lorry Guerrero of Headquarters & Alpha Company, second; and Susan Thomas of the Ordnance Missile and Munitions Center and School, third.

Ordnance specialists clear land mines in Afghanistan

San Diego-based unit has explosive mission

By Spec. DAVID MARCK
Army News Service

KANDAHAR AIR BASE, Afghanistan — Soldiers out of San Diego, Calif., are working with coalition forces to clear Afghan's countryside of land mines.

After more than 20 years of war, the Afghan countryside is littered with unexploded mortar rounds, bombs, rockets, land mines and thousands of rounds of ammunition — some never fired, some duds. The 710th Ordnance Company (Explosive Ordnance Disposal), out of Port Loma, San Diego, is tasked with the huge job of clearing the sites. Canadian army EOD specialists are also working with the 710th Ordnance to clear the fields.

The locations of munitions caches, unexploded ordnance and land mines are reported to the 710th daily by roving patrols and Afghan nationals, EOD specialists said.

"We start with a list of locations where somebody reported seeing something," said SFC Tony Hammerquist, 710th operations noncommissioned officer. "It could

be one land mine or a cache of howitzer shells. What we have to do is check all of the sightings, determine what's there, and then decide on the best way to take care of it."

The priority of caches to clear, according to Hammerquist, is any kind of shoulder-fired missile, grenades and mines — anything that can be easily redeployed against the troops. Oftentimes, the EOD teams don't find anything at the sites.

"A lot of the time, we just find large dirt mounds," said SSgt. Grant Adkins, an explosive ordnance disposal team leader. "We usually find the caches buried under the mounds, but we often don't know what we're going to find, and that's the scary part."

Once it is decided the cache is a threat and needs to be destroyed, the next step is deciding how to go about it, Hammerquist said.

"If it's safe to move, we'll just pick it up and carry it to the location of a larger cache, so we can blow it up all together," Hammerquist said. "If it's too dangerous, we'll just blow it up in place."

EOD detonations are a common sound around the airfield, officials said. Some

See Ordnance on page 12

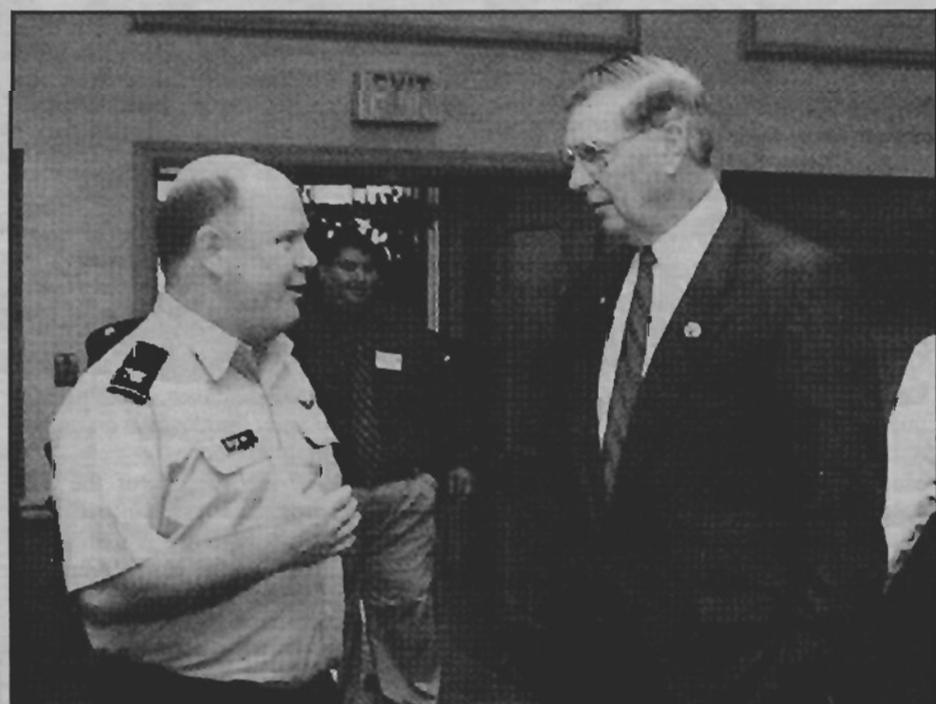


Photo by Gus Gonzalez

Engine summit

Col. Jim Budney, commander of Corpus Christi Depot, and Mayor Loyd Neal discuss the impact of military activities on the local economy during an inaugural engine summit March 6-7 in Corpus Christi, Texas.

■ Events planned for Month of Military Child

Children

continued from page 1

Services, ChildWise and Army Community Service have a calendar full of events to keep everyone busy.

Although many children will likely be parading around the Easter Bunny at the community egg hunt Saturday, the official kickoff parade for the Month of the Military Child is scheduled for 10 a.m. April 1 at CDC.

"Col. (Brent) Swart (RASA commander) or a command representative will do an opening address and Mary Washington (CDC director) will welcome everyone," Evelyn Carnes, training and curriculum specialist for Child and Youth Services, said. "A child will lead the pledge of allegiance, then the children, parents, staff and command representatives will parade around the Bicentennial Chapel to the Youth Center and back to the CDC."

The SAS Spring Olympics are also scheduled for April 1 and a baseball umpire clinic is scheduled for 6 p.m. April 2 at the Youth Center. Children will enjoy

outdoor painting April 3 at CDC and FCC and parents can attend the educational "How to Manage a Difficult Child" seminar 6-8 p.m. April 4 at building 1413.

Other events include the CDC Open House, April 11; Olympic Day, 10 a.m. April 12 at Babe Ruth field; baseball clinic, 9 a.m. to 2 p.m. April 13 at the Little League complex on Goss Road; FCC Parade of Homes, van transportation pick-up point 9:30 a.m. April 16 at Bicentennial Chapel parking lot; Block Party, 1-4 p.m. April 20 at the Youth Center; Little League opening day ceremony, 10 a.m. April 27 at the Little League complex on Goss Road; and Western Roundup Barbecue, 11:30 a.m. April 30 at Child Development Center.

Some activities scheduled are outdoor painting April 3, a child abuse prevention training session April 9, "Create Art Day" April 15, first aid training April 17, SAS talent show April 19, Earth Day April 22, ice cream social April 26 and SAS animal demonstration April 29.

For the complete schedule of events or for more information, call Carnes or Shelly McDonald at 876-7952.

■ Burn victim assisted by National Guardsmen

Aid

continued from page 1

him as soon as possible. It also provides the hospital with quick access for pain medications. He was in a lot of pain."

By the time the ambulance arrived, Lang was ready to be transported. Dickey rode with him to Huntsville Hospital. Lang suffered second degree burns and was transferred to the University of Alabama-Birmingham Burn Unit where he was listed in good condition and subsequently released last week.

"It was a team effort," Dickey said, crediting Redstone emergency responders, people from the Provost Marshal Office and HEMSI. "We were all assisting each other with the treatment. I do want to thank the other guys in the unit that helped."

Working with Dickey and the emergency responders were SFC Leo Deason, platoon sergeant, SSgt. Christopher John-

son and SSgt. Ronald Key, squad leaders and SSgt. Timothy McKay, admin NCO.

Dickey, originally from Troy, Ohio, has 12 years of military service, five active duty Army as a medical specialist, the remaining seven split between the Army Reserves and National Guard. While living in Ohio, he worked as a sales engineer and volunteered as an EMT and firefighter. A job transfer brought him and his family to Huntsville about two years ago.

He signed up with the 1/167th National Guard unit when he arrived. He and his wife, Chandra, daughter, Elizabeth, 8, and two sons Alex, 3, and Brandon, 14 months, live in Good Hope where he still serves as a volunteer EMT and firefighter.

"I get home about once a week," Dickey said. "I put in (volunteer) time when I can. My wife supports me. She's had long days since I was activated. I come home and then I get called out all night with the fire department but she's great about it. She understands I do it because I love it. I'm out helping people."

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Self care advice available through Fox Army Health Center

Classes offered monthly on illness and prevention

By SANDY RIEBELING
Staff writer
sandyr@htimes.com

Most people don't rush to the doctor with every headache, sore throat, ankle pain or upset stomach. In reality many people only visit their doctor three or four times a year, which equates to about an hour of treatment annually. The rest of the time you take care of yourself.

The Public Health and Education Center at Fox Army Health Center is offering a 90-minute Self Care class once a month, focusing on healthy habits, illness and injury prevention and proper treatment of minor acute health problems at home.

"It's about educating and empowering people to care for themselves in many different ways," Capt. Farrell Adkins, chief, PHEC, said. "Our goal is to teach you how to stay healthy first. Beyond that, the class teaches people how to treat themselves at home for the minor aches and pains. We're not talking about chronic problems. Doctors should be involved in that type of care. This is about the stuff you usually take care of yourself."

The class is open to everyone eligible for health care benefits at Fox. Participants receive a free 340-page illustrated



Photo by Sandy Riebeling

HOME HEALTH CARE— The Public Health and Education Center at Fox conducts self care classes once a month to educate and empower people about treating minor illness and injuries at home. Tamiriz Centeno, PHEC nurse, and Capt. Farrell Adkins, chief, PHEC, discuss material used in the class.

treatment guide, "Take Care of Yourself," which covers at-home treatment for more than 175 health problems and also tells you when you need to see a doctor.

"It is clear cut in the book about when

to see a doctor," Adkins said. "This class in is no way intended to reduce visits to the clinic. People already treat themselves at home. We're just trying to give them an added resource. The class, the book and

the free over-the-counter medications are added benefits we offer."

Free over-the-counter medications provided by the pharmacy are only available to those who have attended the class. Attendees are given a laminated card to show when picking up medications. However, once a family member has completed the class, any person in that family 17 years or older can pick up medicines for anyone in the family (under the sponsor's social security number). Meds are limited to three per visit.

"If you need more than three types of medicine, you probably need to see a doctor," Adkins said. "And the pharmacy (technicians) will ask questions about symptoms to be sure the medicine you're requesting is really what you need."

Over-the-counter products are available for symptoms including aches, acne, athlete's foot, constipation, congestion without cough, cough with congestion, dry cough, cut or scrape, diarrhea, heat rash, insect bite, jock itch, muscle pain/inflammation, poison ivy/oak/sumac, premenstrual syndrome, ringworm, runny nose/sneezing, sore throat, upset stomach, vaginitis, children's cough and cold and children's fever, aches and pains.

The class and book cover information about different types of medicine, how and when they should be used and proper

See Care on page 12

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Retiring personnel & training director ready to serve as civilian

Montgomery native puts people first

By SKIP VAUGHN
Rocket editor
skip.vaughn@redstone.army.mil

Col. Micheal Coleman says it's pay-back time now. He's ready to give back to the community that has helped him through the years.

Coleman, the retiring director of personnel and training, told the more than 150 people assembled for his retirement luncheon March 20 how he got a rocky start as a freshman at Alabama A&M University. Fresh from his Montgomery hometown, he lost his wallet containing all his money (\$300) shortly after arriving in Huntsville.

Someone later found it and returned it to him. He's always felt he owed people a debt of gratitude.

After 26 years in the Army, Coleman has that opportunity now in the civilian world. He's not sure yet what he'll be doing.

"I'll take about a week or so and step back and reflect a little bit, and do something special in the community," said Coleman, 47. "Who knows, I may go to school. Something along that line, giving back. Money has never been a big issue for me. It's not about money. It's about how I can somehow give back."

In an entertaining luncheon at the Rustic Lodge, members of Personnel and Training Directorate let him know how much he has given them. There were



Shawn L. Harris/Photo Lab

BEST WISHES— Col. Micheal Coleman, left, retiring director of personnel and training, receives a memento from post CSM Roscoe Johnson during his retirement luncheon.

musical tributes and mementos reflecting his interests in Buffalo Soldier history and his membership in the Omega Psi Phi Fraternity.

"Those of you who know Col. Coleman know he's a people person," Joe Winston, the emcee, said.

Coleman makes that clear in his words as well as his actions, according to those who know him. Some of his pet slogans

include the following: "Do the right thing"; "one team, one fight"; and "mission first, people always."

Coleman and his wife, Carolyn, reside in Madison. They have two sons: Paris, 21, a private first class and air traffic controller stationed at Fort Bragg, N.C.; and Casey, 18, a freshman in ROTC at Alabama A&M. Coleman graduated from A&M in 1975 and was commissioned as a second lieutenant in the Adjutant General Corps.



Shawn L. Harris/Photo Lab

WE ARE THE WORLD— Don Dixon of Civilian Personnel Advisory Center poses as Lady Liberty during a rousing rendition of "We Are the World" by members of CPAC's customer support branch B. It was a whimsical musical tribute to retiring Col. Micheal Coleman.

Assignments took him to Germany, North Carolina, Turkey, Virginia, Washington, D.C., and of course Redstone. "It's been a heck of a ride," Coleman said.

His retirement ceremony is 9 a.m. Thursday in Bob Jones Auditorium.



Photo by Skip Vaughn

Honorable service

Maj. Gen. Larry Dodgen, left, commander of AMCOM and Redstone Arsenal, makes a presentation to Air Force Maj. Craig Kaufman during the quarterly retirement ceremony Thursday at Bob Jones Auditorium. Kaufman retired along with CWO 4 Charles Adams Jr., CWO 4 Tommie Clerk Jr. and CWO 4 William E. Smith. All four will remain in Huntsville.

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Win or lose

Troop basketball champion crowned tonight at Pagano Gym

Tournament survivors to square off in final

By SKIP VAUGHN
Rocket editor
skip.vaughn@redstone.army.mil

It's all come down to this in the troop basketball world.

The final for the postseason tournament is tonight at 6 at Pagano Gym. If the losers bracket survivor prevails, a second game would follow at 7. And eventually members of one team will hoist the championship trophy while their opponents will think about what might have been.

That's the culmination of March Madness, Redstone Arsenal style.

There were six teams left after tourna-

ment games March 18-21. This week's schedule had three games Monday night: Delta vs. HHC 59th, ROTC vs. Charlie 832nd, and Bravo team-1 vs. NCO Academy. That's how things looked at press time. Two of those teams will play in tonight's final.

Recreation assistant Mike Potter may be wrong already but he bravely made a prediction Friday.

"Two of these four will be in the finals: Delta, 59th, Bravo and the Academy," Potter said. "Honestly, I would say Delta and the Academy.

"Looking at it, 59th has got a very strong team but Delta's more determined because they want it. They want to win this thing. But like I said, I'll find out when I come in (this) Friday morning."

And we'll all know after tonight's action.

Here are the results from last week's games:

March 18 - Charlie 832nd d. K Battery 4/14th Marines (forfeit), ROTC d. Charlie 1/167th team-2 67-23 and NCO Academy d. Bravo-2 52-38.

March 19 - Bravo-1 d. Marines 71-34, Delta d. Charlie 832nd 51-39 and ROTC d. AMCOM 56-42.

March 20 - Marines d. Charlie 1/167th-2 46-9, HHC 59th d. NCO Academy 64-38, Charlie 832nd d. Bravo-2 49-46 and AMCOM d. K Battery 4/14th Marines (forfeit).

March 21 - Delta d. Bravo-1 57-54, HHC 59th d. ROTC 56-45, Charlie 832nd d. Marines (forfeit) and NCO Academy d.

AMCOM 53-30.

Here were the final regular season standings:

Eastern Conference		W	L
HHC 59th		15	2
Bravo-1		14	4
Charlie		11	7
ROTC		12	6
Marines		9	9
K Battery 4/14th Marines		5	13
Charlie 1/167th team-1		2	15
Western Conference		W	L
Delta		14	3
AMCOM		13	4
NCO Academy		8	9
Bravo-2		7	10
Charlie 1/167th team-2		3	14



Photo by SSgt. Sharon McBride

Tactical planning

The Redstone-Huntsville Chapter of the Association of the U.S. Army will hold its fourth annual Conference on Tactical Missiles, April 24 at the Huntsville Hilton. The conference is conducted by AUSA in association with the Program Executive Office for Tactical Missiles. Discussing plans for the conference are from left Stephen Taylor, the 2002 conference chairman; John Rogers, president of the Redstone-Huntsville AUSA Chapter; Brig. Gen. Jeffrey Sorenson, PEO Tactical Missiles; Don Baker, deputy PEO; Michael Kelley, the golf tournament point of contact; and Ancil Hicks with the AUSA planning committee. For registration call J.P. Tardy 882-1234. For more information, call Taylor 852-0603 or Dr. Steven Smith 876-8331.

Health center conducts self care classes monthly

Care

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storage. This is especially helpful for people who choose to go to a regular pharmacy where the choices can be overwhelming, Adkins said.

"Every time you have to come to the health care facility, it costs you," Adkins said. "Some people have to take off work or even pay for child care while they come for a visit. You risk exposing yourself to other illnesses because let's face it, sick people go to the doctor. Having the information in the program could save you a lot of time and effort. And if you read through the book and still aren't sure

if you should go to a doctor, the number for the advice nurse is on the back of your class card. Call and talk to them."

The class is limited to 20 people and held the last Wednesday of the month in the Public Health and Education classroom at Fox Army Health Center. Register by calling the PHEC at 842-0196. A copy of the book used in the class is given to first-time enrollees in Tricare Prime. Adkins requests that if you already have a copy that you can bring to class, do so. Otherwise, one will be furnished for you.

For those who are not eligible to take the class, the book, "Take Care of Yourself," is available at most bookstores for \$18.

Afghan countryside littered with unexploded ordnance

Ordnance

continued from page 8

explosions are so strong that they rattle the windows in the airport terminal, despite the explosions being placed several miles outside of the perimeter.

"We've been here since January 23," 1st Lt. Kevin Wynes, 710th commander, said. "We've done detonations almost every day we've been here. We can't get rid of all the stuff that's out here. That's why we have to prioritize."

Despite the standard weapons and munitions caches, the EOD teams also find other varieties of unexploded ordnance.

"Occasionally we'll run across a minefield," Adkins said. "We mark our tracks so that, hopefully, nobody else will go in there. We also mark the location on the map and send the information up the chain."

The rest, he said, is the job of the combat engineers. While EOD has the resources and expertise to take care of the caches and single explosives, they don't

have the manpower to handle an entire minefield, EOD officials said.

EOD also takes care of any ordnance that the United States may have placed in the area that hasn't been destroyed.

In the early stages of the war in Afghanistan, the Air Force released more than 200 soft-drink size canister explosives. They drifted to the ground on parachutes, detonating on impact. Unfortunately, a small percentage did not explode and the duds have to be cleaned up, officials said.

"They are too sensitive to move," Hammerquist said. "Just settling in the sand or a strong gust of wind can set them off."

In order to destroy them, an EOD team builds a fighting position on top of a vehicle, and a sharpshooter wearing body armor uses a .50-caliber sniper rifle to detonate the canisters. "Our job is dangerous," Hammerquist said, "but it's what we do."

Editor's note: Spec. David Marck, a Huntsville native, is a member of the 314th Press Camp Headquarters.

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Chocolate eaten in moderation isn't hazardous to your health

Some ingredients helpful but beware high calories

By Capt. KELLI METZGER
William Beaumont Army Medical Center, Texas

Americans spent an estimated \$1 billion on chocolates for Valentine's Day. Chocolate has been a popular candy since the mid-1800s. Whether white, milk, or dark, in milk, cake or ice cream, chocolate is a favorite of many people. In fact the average American consumes 11 pounds of chocolate per year.

Chocolate originated in pre-Columbian America, where the Mayas, Incas and Aztecs grew the cacao tree and called it "a gift from the gods." It was considered an aphrodisiac and was only available for special occasions and for the wealthy. The Maya first used the beans from cocoa trees to make a spicy potion called chocolate. This thick rich drink was made by roasting and grinding the cocoa beans and then mixing them in water with maize meal, vanilla and chili.

In the 1500s, South American tribes served chocolate to the Spanish explorers, who in turn introduced this beverage to Europe. The Spanish developed their own version of the drink, replacing the chili pepper with cinnamon, nutmeg and sugar. Chocolate was a favorite in Europe and later in North America by the mid-1600s. In 1847 milk chocolate candy was created and soon became popular around the world.

Fermenting seeds from the pods of the cacao tree makes cocoa. The beans are dried, roasted and crushed, resulting in high-fat unsweetened chocolate. The unsweetened chocolate is pressed into cakes and alkalized to form cocoa powder, which is then homogenized with sugar, cocoa butter, and sometimes milk, to form chocolate. We might expect the cocoa butter, which contains saturated fat, to increase blood-cholesterol levels, but studies have shown no increase in cholesterol levels from chocolate when consumed in moderation. Perhaps cholesterol remains unaffected because one-third of the fat is a cholesterol-friendly saturated fat called stearic acid and another third is the heart-healthy mono-unsaturated oleic acid.

In addition to containing healthy fats, chocolate contains a variety of minerals including copper, iron, zinc and magnesium. Andrew Waterhouse, a wine chemist, discovered chocolate to also be rich in antioxidants called phenolics. In laboratory tests, one-and-a-half ounces of chocolate contained about the same amount of phenolics as a glass of cabernet, which has been recommended daily to help lower cholesterol and reduce the

risk of heart disease.

"A 1.4-ounce piece of milk chocolate typically has 400 milligrams of antioxidants, as much as in a glass of red wine," chemist Joe Vinson of the University of Scranton says. Dark chocolate contains twice as much; but white chocolate has none.

Studies at the University of California-Davis found that antioxidant activity increased 31 percent two hours after subjects ate 2.8 ounces of semisweet baking bits.

The antioxidants in chocolate help prevent chemical changes in LDL (low-density lipoprotein) cholesterol that lead to clogged arteries. Vinson even found chocolate's antioxidants better than vitamin C at detoxifying LDL. Researcher Penny Kris-Etherton at Penn State University also found that diets rich in dark chocolate or cocoa powder increase the good HDL (high-density lipoprotein) cholesterol. In addition, chocolate antioxidants act like aspirin to reduce blood platelet stickiness and the clotting that triggers heart attacks and strokes.

Before you begin consuming chocolate for breakfast, lunch and dinner to obtain these benefits, please note that not all chocolate is created equal. While pure chocolate gets most of its fat from cocoa butter that contains the heart-healthy stearic acid, this is not true of the butter, eggs and cream often mixed with the chocolate.

The purest and darkest - bittersweet or milk chocolate bars made mostly of cocoa butter - is probably the healthiest form of chocolate. The darker the chocolate, the more phenolics it contains. White chocolate does not contain phenolics, but it is loaded with cocoa butter.

Even though chocolate may contain antioxidants and healthy fats, it remains high in calories. Six chocolate kisses contain about 160 calories and many regular-sized candy bars contain more than 200 calories.

According to Peter Jaret, contributing editor for *Health* magazine, chocolate is an indulgence just sinful enough to ensure we never lose our grand passion for it and never get our fill. The key to eating chocolate is to include it in your eating habits in moderation.

Chocolate can add flavor, variety and enjoyment to eating when used as an occasional treat as part of a well-balanced diet. Instead of cutting this delicious treat from your diet, eat small amounts and continue to follow good eating habits based on the Food Guide Pyramid.

Editor's note: Capt. Kelli Metzger works in the Nutrition Care Division at William Beaumont Army Medical Center, Texas.

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■ CID career nontraditional for women

Agent

continued from page 4

after an investigation. That's because it can take her as long to type up the paperwork as it does to conduct an investigation.

She said she doesn't run into difficulties being a female in a traditionally male profession. She admits that sometimes people don't take her seriously as a special agent, but attributes this to people not realizing CID is the equivalent of the FBI rather than her gender.

Although her profession is predominantly male, Salas thinks it's because

female agents often choose to leave CID after they have children.

"I think it's because someone has to be the parent at home ... It gets old to be called at 3 a.m. and to have long TDYs. That's one of the reasons. They want the traditional role of wanting still to be a parent at home," she said. "We also have protective service missions for the Joint Chiefs of Staff or Secretary of Defense, like the secret service. A lot of people don't realize we do that too. They may call on certain people if they need support agents."

There are only a little over 1,000 CID agents worldwide, so they're "stretched to the limit," Salas said. She explained that a lot of people see them in civilian clothes

and don't realize that most of them are "green suiters" except for the Major Procurement Fraud Unit. The agents have training deployments to Bosnia and Afghanistan just like other soldiers and the war is making things even tighter.

That's why she can't leave CID right now. She's one of the women who would like to stop working to stay home with a child, but a stop-loss is in effect for her specialty right now.

"It's not that I don't like the job, but I have a son who's 4 years old and it's time to be home with him," she said. "There's stop-loss for certain military occupations and specialties. I understand that with some specialties you can't just replace someone overnight. There's a lot of training that goes into this and crime doesn't

stop just because a war is going on."

Despite her reasons for wanting to leave her job, she highly recommends that women consider being a special agent for CID.

"If you like law enforcement, this is a job you'll love ... here you get cross-training and become a jack-of-all-trades. Here we work violent crimes, economic crimes and drug cases. We get to meet everybody at all levels and testify in state court, federal court and court marshals," she said.

But she does caution married recruits to have the cooperation of their spouse. She said whether you're male or female you need your spouse's support to do the job. That's something that those being recruited as CID agents need to know up front.

Health & Fitness



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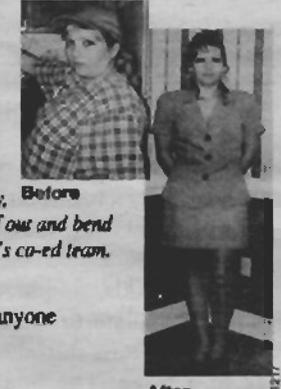
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Announcements

at the chapel. The cast for the "Living Last Supper" includes Oscar Pope as Phillip, Gary Sellers as James, Norris Holley as Thaddaeus, John Marion as Simon Peter, George Adams as Nathaniel, William Aldrup as James the Lesser, Ray Castro as Thomas, Gary Leopold as Matthew, David Mills as Judas, and Rob Archer as John. Jesus will be portrayed by Mike Fischel. And the narrator for the production is Clair Goodridge. This reenactment reflects upon the meaning of all that happened to Jesus. This is a free event open to the entire Redstone Arsenal and Huntsville community. Gates 9 and 10 will be open to enter Redstone Arsenal on the evening of the event. Guests must have a valid picture ID and must be accompanied by a valid ID card holder or a valid Redstone Arsenal badge holder.

AER book sale

The Command Analysis Directorate's annual book sale for Army Emergency Relief is April 15-29 from 11 a.m. to 1 p.m. in Sparkman Center building 5300, on the second floor by the elevators. Several new hardbacks by authors such as

Nora Roberts, Sidney Sheldon, Tami Hoag, Mary Higgins Clark and Patricia Cornwall will be available. As in the past, CAD accepts donations of books, books-on-tape, CDs, DVDs and videotape. It will receive donations until April 23. If you have items to donate, call Brian Barry 842-9909 to arrange delivery and pickup of those items.

Citizenship class

A citizenship class will begin at 1:30 p.m. April 1 at Army Community Service, building 3491 on Honest John Road. The five-week course will cover the application process and test for citizenship. Registration is limited to the first 12 students. The class is open to active duty and retired military family members. Army Community Service will provide free materials and free child-care. To register for class and child-care, call Mary Breeden 876-5397.

Wine tasting

The Officers and Civilians Club will hold its 16th annual International Wine Tasting, Friday from 7-9 p.m. Tickets are \$12 in advance or \$14 the day of the event. Call 830-CLUB for more information.

Newcomers orientation

Learn about Redstone Arsenal by attending the Newcomers Orientation at 8:30 a.m. April 3 at building 3447. The orientation features speakers, information booths, and a bus tour of Redstone Arsenal. Participants earn Morale, Welfare and Recreation bucks that are redeemable at any MWR activity. Attendance is mandatory for active duty personnel permanently assigned to Redstone Arsenal. Spouses are encouraged to attend. Free child-care is available during the orientation by bringing your child's shot record to the Child Development Center, building 3145. To register for free child-care or for more information call Mary Breeden, relocation assistance program manager, 876-5397.

Orchid show

The Heart of Dixie Orchid Society's 2002 Orchid Show is April 27-28 at the Ramada Inn, 8716 Madison Blvd. in Madison. The show is noon-5 p.m. that Saturday, with sales from 9 a.m. to 5 p.m., and from 10 a.m. to 5 p.m. Sunday. For more information call Steve Young, show chairman, 730-1588 days or 880-6331 nights.

Children's month

Child and Youth Services will kick off the Month of the Military Child with a parade April 1 at 10 a.m. at the Child Development Center. For more information, call Evelyn or Shellie 876-7952

Fox health center

The entrance to Fox Army Health Center has temporarily changed due to sidewalk construction. During the 2-4 week construction project, entrance may be gained on the east side of the building through the patio area. Signs should be in place to direct patients and staff. Parking area assignments remain the same. "We apolo-

gize for the inconvenience caused by our improvement project and thank you for your patience and cooperation," a prepared release said.

Employment readiness workshops

Military spouses are encouraged to attend the following workshops at Army Community Service, building 3491 on Honest John Road: "Resume Writing," Thursday at 10 a.m., in which participants will develop a draft resume and cover letter; and "Interviewing Tips," April 2, at 10 a.m., including different types of interviews and how to prepare, answering interview questions, assessing your knowledge, skills and abilities, and other helpful tips from facilitator Diane Samsonavicius. For more information or to register, call Debra Jefferson 876-5397.

Walkathon teams

The American Society of Military Comptrollers is participating in two walkathons in April. The three-mile MS Walk is April 13 at Big Spring Park downtown. Registration will begin at 8:30 a.m. and the walk at 10. For more information, call team captain Gayle Pridmore 955-4194. The March of Dimes-Walk America is April 20 at Big Spring Park with registration at 8 a.m. and the six-mile walk at 9. The team captain is Theresa McBride 955-2402.

See Announcements on page 18



Photo by 2nd Lt. Dallas Wood Higgins/CAP

Breaking ice

Civil Air Patrol cadet 2nd Lt. Cody Kilner shares a laugh with Malcolm Gillis, founder of NASA Lunar Nooners, during the Toastmasters group's meeting where Kilner was guest speaker. He gave an "ice breaker" speech. Cadets that are advancing in the Civil Air Patrol cadet program are required to give speeches as part of their achievements.



Photo by Sandy Riebeling

Tennis anyone?

Jean Brewer, a custodian with Phoenix Service, found a new way to clean scuff marks off the tile floor in building 5301 at the Sparkman Center. Brewer took an old duster with an adjustable pole handle and stuck a tennis ball on the end of it. With just a swipe or two, the marks are gone. Before she discovered this method, custodians typically rubbed the sole of their tennis shoe over the mark until it disappeared. "This is a lot easier on my ankles," Brewer said.

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