

# Redstone Rocket

VOL. 51 No. 18

Published in the interest of personnel at Redstone Arsenal, AL

May 8, 2002

## Hail and farewell



Transformation deputy retiring to civilian life

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## Family focus



Domestic violence victim recalls childhood abuse

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## Win or lose



Troop volleyball teams can get coaching help

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## Pentagon lapel pins help AER drive

Army Emergency Relief campaign over \$50,000 goal with week left

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

The annual Army Emergency Relief fund-raising campaign has already exceeded its \$50,000 goal with one week left until finishing May 15.

Some \$54,179.10 was collected as of last Thursday afternoon.

"We're very pleased," AER officer Kristi Foster said. "One of the things we're most happy with is allotments from soldiers. They've increased their allotments by over \$10,000 from last year. And there's still a lot of fund-raisers going on."

Among these is the sale of Pentagon memorial lapel pins by J.D. Crossover, a logistics management specialist at the Integrated Materiel Management Center.

Crossover, the IMMC webmaster, contributed \$1,650 on April 29 from the sale proceeds. He scheduled another sale for this Thursday at 9 a.m. at two locations: in the hallway between buildings 5301 and 5302, and in the lobby of building 5308. Price is \$5 each.

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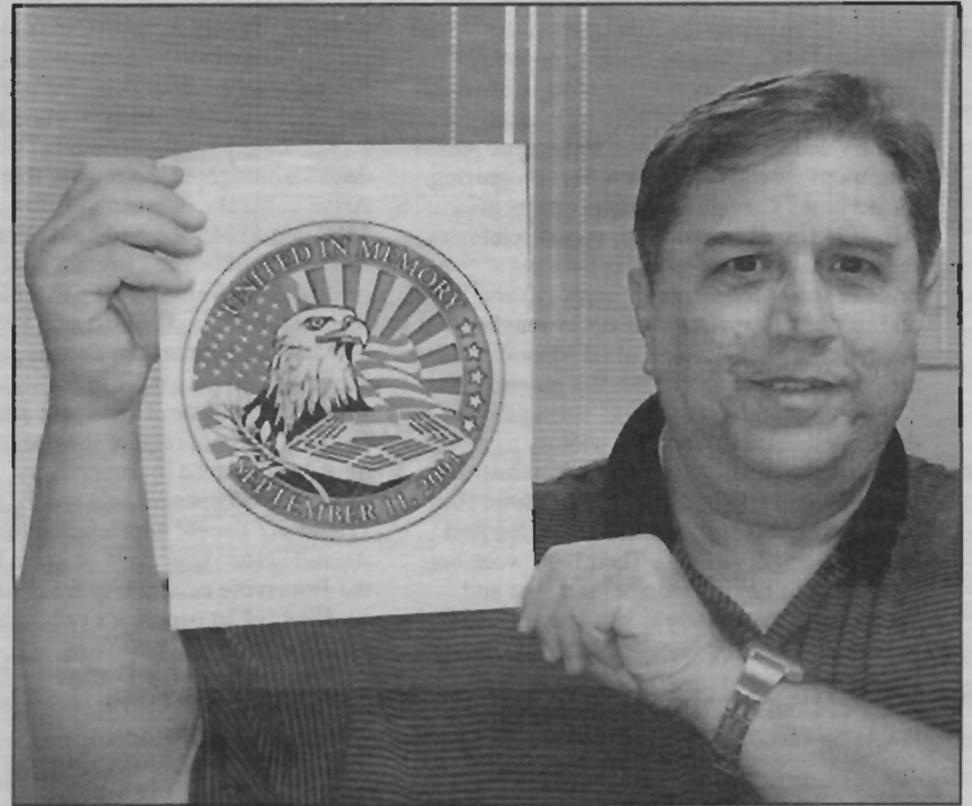


Photo by Skip Vaughn

**LAPEL DESIGN**— J.D. Crossover, of the Integrated Materiel Management Center, is selling one-inch "United in Memory" lapel pins which were made for the Oct. 11 memorial service at the Pentagon. He heard about the pins in November and is selling them for \$5 apiece to raise money for Army Emergency Relief.

## Spring flowers blooming means time for military moving

Relocation manager urges families to plan ahead for smooth move

By SANDY RIEBELING  
Staff writer  
sandy@htimes.com

Not again. This was the third time in two weeks Debbie Garrison has had to call for help after her 'new' used Suburban left her stranded. Luckily it's in the parking lot of the ChildWise building on post and not in Mississippi, where she was stranded the previous week.

Family friend SFC Thomas Tuttle arrived and tried to revive the vehicle but the starter motor was blown and there's nothing he can do.

"Normally my husband would take care of these problems but he's already in Germany," Garrison said. "Next time, I'm going first and leaving him to deal with all these moving problems."

Garrison pushed her hair out of her eyes and looked off into the distance for just a moment, trying to keep her composure as the stress and frustration began to smother her. Anna Grace, her 9-month-old, is finishing off a bottle in the stroller next to the truck.

See Moving on page 9



Photo by Sandy Riebeling

**THIRD TIME'S A CHARM**— Debbie Garrison calls on family friend SFC Thomas Tuttle for a little automotive assistance when her Suburban strands her for the third time in two weeks. Garrison and her four children are trying to pack up and get to Germany where her husband has been stationed since February.

## Letters to the editor

### Celebrate Asian/Pacific American Heritage Month

The Aviation and Missile Command will observe National Asian/Pacific American Heritage Month, May 1-31.

Twenty-three years ago, Rep. Frank Horton introduced the first resolution proclaiming Asian/Pacific American Heritage Week, honoring the significant contributions of Asian/Pacific Americans in all walks of life. In 1990 Congress designated and, on May 7, 1990, President George Bush proclaimed May as Asian/Pacific Heritage Month.

As we move into the 21st century, the United States and our command continue to greatly benefit from the contributions of its diverse citizenry. Among those who have influenced our country and command, Asian and Pacific Americans merit special recognition. By recognizing the accomplishments and contributions of Asian/Pacific Americans, our nation celebrates the importance of inclusion in building a brighter future for all our citizens. Diversity represents one of America's greatest strengths, and we must strive to ensure that all Americans have the opportunity to reach their full potential.

Many immigrants of Asian heritage came to the United States in the 19th century to work in the agricultural and transportation industries. Laboring under very difficult conditions, they helped construct the western half of the first transcontinental railroad. Their hard work was invaluable in linking together the East and West coasts, thus vastly expanding economic growth and development across the country. Over time, other immigrants journeyed to America from East Asia, Southeast Asia, and the Asian subcontinent. Today, Asian and Pacific

Americans are one of the fastest growing segments of our population, having increased in number from fewer than 1.5 million in 1970 to approximately 10.5 million in 2001.

Asian and Pacific Americans have brought to our society and command a rich cultural heritage representing a vast array of languages and cultures. Whether in government, business, science, technology or the arts, Asian and Pacific Americans have added immeasurably to the prosperity and vitality of our society and command. As family members, citizens, and involved members of the community, they reinforce the values and ideas that are essential to the continued well-being of our nation.

The theme for the month is "Unity in Freedom." Throughout the month, there will be Asian cultural exhibits on display in buildings 5300 and 5304. The highlight of the month will be the Asian/Pacific Program which will be held May 16 from 2-3:30 p.m. at Heiser Hall, building 3712, and consist of a keynote speaker, entertainment and an awards presentation. I encourage all personnel to participate in this annual observance. Time spent attending the program will not require the use of leave but must be approved by supervisors.

On the occasion of this special observance, I extend my sincere appreciation to the Asian/Pacific Americans of Team Redstone and the Huntsville community for their efforts in contributing to America's excellence.

**Maj. Gen. Larry Dodgen**  
commander,  
AMCOM and Redstone

### Worker pens poem for Mothers Day

I would like to submit a poem to you for consideration for Mothers Day. I wrote the poem for my mother as a dedicated military wife, reflecting her poise while meeting the demands of a military life.

The following poem, titled "Military Mother," is dedicated to Wanda McLemore:

She's part of a team working for the red, white and blue.  
One wearing the uniform of Army green, neatly pressed  
by the other of the team.

She's a mother, mentor and military wife, and at the very  
Beginning Uncle Sam claimed her for his pledging.

A world of responsibility fulfilling the duties of an  
Army wife. She moves with grace, experience and  
Patriotic pride.

And while her duties remain local with the other  
Military wives, she is still the backbone of her soldier  
Who ensures the safety of our skies.

Every few weeks when he is TDY, his senior lady  
Holds the fort with a job just as tough as her  
Senior guy.

And as the years build in her selfless service supporting  
His Army career field, she nears to its end with her  
Dreams of seeing the world successfully fulfilled.

A lady and mother who has lived by life's toughest and  
Highest standards, I share your pride in being a dedicated,  
Loyal Army wife.

**Deborah McLemore Baugh**  
LOGSA

### Rocket rumblings: New column solicits readers' ideas

We want to know how you feel about major issues of the day.

As a new feature on this page each month, the *Redstone Rocket* will pose a question on a given topic and solicit your opinion. Please limit your written response to 50 words or less.

Here's this month's topic: Should seatbelts be installed for drivers and their passengers on all school buses?

Send your thoughts - in 50 words

or less - to the *Redstone Rocket* at the following e-mail address: skip.vaughn@redstone.army.mil; or via fax at 955-9138.



### 'Bring a child to work day' worthwhile

April 25 was a great day. The three children, two girls and one boy, who were visitors in our office were well behaved, smart and very interested in what our office does.

These children return to their classrooms and home and discuss their impressions of us. That small short visit for children may encourage them to plan a work future with AMCOM, or support a future budget increase. We need well behaved, smart and interested employees working here; it could start with these children.

I do hope that next year there are some plans for them to see a video about the aviation and missile systems managed at AMCOM, or a hands-on display. Also maybe schedule a meeting in the auditorium with a military person saying hello and shaking hands with them.

Since Sept. 11 we have been so busy and concerned in the workplace that seeing these healthy, happy children reminds us of what the Army is fighting for.

Name withheld by request

## Redstone Rocket

Editorial office 678-1500 Editorial fax 955-9138 Retail Advertising 582-4539 Classified Advertising 582-4300 Fax 582-4049

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 Aviation and Missile Command, Bldg. 5300 Room 5144, Redstone Arsenal AL 35896.

The civilian enterprise printer of the *Redstone Rocket* is The Huntsville Times, located at 2317 S. Memorial Parkway, Huntsville AL 35801.

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

email: redstone-rocket@redstone.army.mil  
Rocket articles are available online at the following:  
[http://www.redstone.army.mil/pub\\_affairs/](http://www.redstone.army.mil/pub_affairs/)

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The *Redstone Rocket* is distributed free of cost to Army personnel at Redstone Arsenal, and

Research Park, Huntsville. Mailing rates off post for *The Rocket* are \$30 per year, tax included. We do not guarantee timely delivery. "Third class mail may receive deferred service. The Postal Service does not guarantee the delivery of third class mail within a specified time." (Article 630 of the Domestic Mail Manual) We do not send subscription renewal notices.

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# National Nurses Week celebrated May 6-12

Nurses fill diverse roles at Fox and nationwide

FOX ARMY HEALTH CENTER RELEASE

National Nurses Week is an opportunity to recognize and thank nurses for saving lives and maintaining the health of millions of individuals.

National Nurses Week begins May 6 with Registered Nurse Recognition Day and concludes May 12, the birthday of Florence Nightingale. Believed to be the first nurse to educate and organize nurses, Nightingale would be happy with the

advancement and diversity of modern day nurses.

With more than 2.2 million registered nurses, nursing has become the largest health care profession and fills a wide diversity of roles. Nationwide, nursing roles include bedside hospital care, in home nursing care, direct patient care, education, law, research and others.

Here at Fox Army Health Center nurses give direct nursing care, staff the nurse advice line, serve as educators, serve as primary care providers, serve as commanders of the health center and the medical company, perform case management for patients with complex health problems, and work in various administrative roles in the overall delivery of health care. During nurses week, the nurses at Fox want you to know we appreciate your coming to us for your health care needs and we look forward to a long and healthy relationship with you.

*Editor's note: This article was written by Capt. Farrell Adkins, Capt. Christine Ludwig and Truelove Sandifer.*



Photo by Sgt. Ricardo Molinar

**PRIMARY CARE CLINIC**— Capt. Terri Yost listens to the patient's heart during a routine visit. There are five primary care nurse practitioners at Fox Army Health Clinic. A nurse practitioner is a registered nurse who has an advanced degree and clinical experience in diagnosing and managing the most common and chronic illnesses. At Fox nurse practitioners provide primary care, prescribe medications and perform minor office procedures.



Photo by Sgt. Ricardo Molinar

**ALLERGY/IMMUNIZATION CLINIC**— Maurita Hughes, licensed practical nurse, works in the allergy/immunization clinic. She is responsible for giving immunizations to Tricare beneficiaries and soldiers preparing to deploy overseas.

## Army Emergency Relief campaign continues fund-raising events

Scheduled activities for the Army Emergency Relief fund-raising drive include the following:

**April 15-May 15** — from 11 a.m. to 4 p.m., Lollipop and Muffin Sale, building 5400. Call Shirley Moore 876-2800, Weapon Science Directorate, RDEC.

**May 8 and 15** — from 7:15 a.m. until they're all gone, Krispy Kreme doughnut sale, building 5300, front entrance. Call Belinda Bailey 876-5171 of Corporate Information Center.

**May 8** — from 8 a.m. to 4 p.m., Book, Video, Tape and CD Sale, building 7613, room 106. Call Carolyn Meadows 313-6892, Security Assistance Management Directorate.

**May 9** — from 10:30 a.m. to 1 p.m., Bake Sale and Hot Dog Sale, between buildings 5300 and 5302. Call Sandra Dargin 313-1070, IMMC Air Defense.

**May 9** — beginning at 10 a.m., Alabama Bread Company Sale, intersection of buildings 5301, 5302, 5300 and intersection of buildings 5300, 5303 and 5304.

Call Kay McLean 842-6066.

**May 14** — from 11 a.m. to 1 p.m., Cookout, location to be determined. Call Sandra Dargin 313-1070, IMMC Air Defense.

**May 15** — from 9 a.m. to 3 p.m., Car Wash, Hot Dog Sale, parking lot behind MILPO. Call Sgt. Crewse 876-0972, Military Personnel Office.

**May 16** — from 11 a.m. to 4 p.m., Cookout, building 5400. Call Maggie Ryan 876-4141, Systems Simulation and Development, RDEC.

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THE SCORPION KING (PG-13) *DOLBY DIGI (1:30 4:05) 7:15 9:30	A SHOT AT GLORY (R) - ID REQUIRED (1:20 4:20) 7:20 9:40
THE SCORPION KING (PG-13) *DOLBY DIGI (12:05 2:30 4:55) 7:45 10:00	LIFE OR SOMETHING LIKE IT (PG-13) (1:15 4:15) 7:15 9:35
JASON X (R) ID REQUIRED *DOLBY DIGI (1:50 4:50) 7:45 10:05	THE CAT'S MEOW (PG-13) (1:10) 7:10
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FRAILTY (R) - ID REQUIRED *DOLBY DIGI (1:20 4:30) 7:20 9:30	THE ROOKIE (G) *DOLBY DIGI (1:05 4:05) 7:05 9:45
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HIGH CRIMES (PG-13) *DOLBY DIGI (1:45 4:30) 7:00 9:35	ICE AGE (PG) (1:00 4:00) 7:00 9:30
CLOCKSTOPPERS (PG) *DOLBY DIGI (1:25 4:25) 7:25 9:55	
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THE ROOKIE (G) *DOLBY DIGI (1:35 4:15) 7:10 9:55	
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THE SWEETEST THING (R) DTS 1:00 3:00 5:00 7:00	CHANGING LANES (R) DTS 1:00 3:05 5:10 7:20 9:45
BLACK HAWK DOWN (R) 9:00	CLOCKSTOPPERS (PG) DTS 1:05 3:05 5:05 7:05 9:05
*BEAUTIFUL MIND (PG-13) DOLBY 1:10 4:10 7:00 9:45	SCORPION KING (PG-13) THEX-DOLBY 1:15 3:15 5:15 7:15 9:30
*DUECES WILD (R) THEX-DOLBY 1:05 3:05 5:05 7:05 9:30	

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# Try riding your bicycle to work for a change

**National Bike to Work Day pedaled as energy saver**

*Editor's note: May 17 is National Bike to Work Day. The League of American Bicyclists, a non-profit bicycling safety and education association, has declared this day on the third Friday in May for the last 46 years.*

By **MORTON ARCHIBALD**  
AMCOM Energy Team

"What? You ride your bicycle to work every day? I could never do that!"

For years I did ride my bike to work almost every day — I did not own a motor vehicle — and I heard that one comment more often than I can count.

Actually, you can ride your bike to work almost every day. My commuting plan called for me to take a cab once a month (I actually called a cab twice in one year), catch a ride with my wife or co-workers occasionally (I did this rarely), and to sometimes bring in bulky items to the office on an evening or weekend (I once biked into the Sparkman Center with an empty 32-quart ice chest, an ice cream

freezer, a quart of Half-and-Half, and my usual load of street clothes and papers).

Riding to work on a bicycle is not without its moments. I once taught classes all day wearing purple and gray bicycle shoes with steel cleats clacking with every step — I forgot to pack street shoes that morning. I once rode home in front of a tornado — I don't recommend that one, and I'll certainly try to never do it again. I sometimes did not have to wait until I got all the way to work or home before getting a shower. There were some challenges, but I have no regrets.

Still don't think you can ride a bike to work? Hey, if a 60-year-old, overweight engineer can make it, why can't you? Here's why you should try it.

With gas prices soaring once again, air quality plummeting, and the average American's health getting worse by the day, there has never been a better time to try bicycle commuting. Energy experts predict that within 10 years, oil producers will be unable to pump enough crude oil to meet global needs — and that doesn't account for political embargos, terrorist sabotage, major accidents and other potential interferences. Even if everything

goes well, in 10 years we won't have enough. Even if we had enough oil to last for decades, could earth stand the increases in pollution? Can society afford the health care costs associated with our increasingly sedentary lifestyles? The bicycle offers a solution to all three of these major problems facing us today.

**Still don't think you can ride a bike to work? Hey, if a 60-year-old, overweight engineer can make it, why can't you?**

Bicycles are energy efficient. I can pedal farther on a Snickers bar and a pint of water than the most efficient car can travel on a gallon of gas. Snickers bars are made from renewable energy sources; gasoline is not.

Bicycles are virtually pollution free. Motor vehicles produce their own weight in pollution every three months. During certain weather conditions, some European cities ban all motorists except for mass transit vehicles from inside the city. Autobahns and other major streets become

huge bicycle paths. Europeans have many forms of public transportation available — what would we do if smog alerts closed Los Angeles to all but buses and bicycles?

Bicycles are excellent forms of aerobic exercise. They are considerably less damaging to knees than running, and cycling burns calories faster than does walking. Creative scheduling can combine commuting with exercising and actually save you time.

May is National Bicycle Month, a time when Americans focus on the renewed usefulness of one of the oldest forms of human-powered machinery. Huntsville Mayor Loretta Spencer has proclaimed May 17 as Bike-to-Work day in Huntsville. She has also been instrumental in establishing official bike routes across the city, and she personally lobbied the Alabama Department of Transportation to include bicycle lanes on the new four-lane section of Martin Road. Now we can use her efforts May 17 and "Get to Work On It!"

Now that you know you can ride a bicycle to work, why not give it a try? Even if you bike to work only occasionally, you will at least be part of the solution instead of part of the problem.

## Safe bicycling on roads just takes common sense

By **DAVID L. STONE**  
For the Rocket

One common reason people cite for not bicycling to work is their fear of being hit by a car. However, accident statistics do not support this fear.

The greatest cause of bicycle accidents, around 50 percent, is falls from the bicycle. The remaining accidents involve cars, other cyclists, pedestrians and pets. Less than 20 percent of bicycle accidents involve motor vehicles. Of that, 90 percent of bike/car accidents involve crossing traffic — cars pulling out or turning in front of cyclists or cyclists turning in front of cars. Few accidents involve cars overtaking cyclists. Of bicycle/car accidents, the cyclist is at fault in more accidents

than the motorist. Overall, bicycling fatalities have declined steadily over the last 25 years and remain only 2 percent of all roadway fatalities.

By knowing the risks and how to avoid them, cycling is a safe form of transportation. Accident statistics show that operating a bicycle like any other vehicle, a concept called vehicular cycling, is the safest way to ride. By law, cyclists have all the rights and responsibilities as any other vehicle on the road. This means riding with traffic, observing traffic signals, yielding to vehicles with the right of way, and signaling turns. Many accidents occur when cyclists don't follow the rules of the road. For example, riding on the sidewalk is more likely to result in an accident with a car than riding in the roadway with traf-

fic, especially if the cyclist is riding against traffic. Motorists do not expect high-speed traffic coming from sidewalks. This does not include the risk of a cyclist/pedestrian accident. People may feel more comfortable with separate facilities for bicycles but it is not necessarily safer. Cyclists are required to stay to the right except when conditions call for merging left. Cyclists should merge left when making a left hand turn, to avoid road hazards, in a narrow lane, when traffic slows to the same speed, and at red lights and stop signs. Cyclists should not ride too close to the right edge of the roadway as to prevent maneuvering to avoid an obstacle without running off the road. One recommendation is the right one-third of the roadway. If a motorist harasses you, do not respond. Take down the license plate number and report the incident to the authorities.

Another critical factor in bicycle/car accidents is darkness. Being visible at all times is an important factor in avoiding accidents. Riding in the road with traffic makes you easier to see. Lights, brightly colored clothing, reflective clothing and devices help other vehicles see you. A headlight and taillight should be standard equipment when riding at night. It is illegal to ride a bicycle at night without a headlight. Reflectors don't show up until you are in a car's headlights and it is too late to avoid an accident. A properly fitted helmet should always be worn when riding. Some 80 percent of bicycle fatalities result from head injuries.



Riding on the Arsenal reduces the risk of an accident since there are fewer intersections on many of the roads. It does, however, bring more requirements. You must have an Arsenal ID unless riding with someone with an ID. Helmets are required and headphones are prohibited from being worn while riding.

Motorists should recognize that a bicycle has as much right to use the roadway as anybody else. Keep an eye out for cyclists when approaching intersections and pass with care. Motorists should give plenty of clearance when passing a cyclist and not squeeze by if oncoming traffic prevents using the next lane. Wait until oncoming traffic clears, then pass in the next lane. Also do not honk, yell or otherwise harass a cyclist. You are more likely to cause an accident than prevent one.

With a little common sense, common courtesy and by following the same rules, both motorists and cyclists can make it safely to and from work.

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## Pins

continued from page 1

"Basically the design and the original pins were made for the Oct. 11 memorial service at the Pentagon (a month after the terrorist attacks)," Crownover said. "I heard about it through my DoD webmaster mailing list last November.

"In January when no one here started selling them, I started looking for sources on my own and found this vendor that was selling them for a flat \$2 apiece. The original vendor started at \$5 apiece," he added. "When I found this vendor, I thought you know this would make a good AER fund-raiser."

He ordered 1,000 pins in February from CRW Flags and waited several weeks for the company to receive its supply. He took 300 of the company's pins and sold them here in an hour with little advance advertising. Later he got another 700 pins from CRW Flags and sold those within 45 minutes. Some 1,000 more of the one-inch pins will arrive for his last sale Thursday.

"If we sell out, the total going to AER would be \$6,900," Crownover said. He initially put up \$2,000 of his own money and is recovering his costs. The web site for information on Thursday's sale of the "United in Memory" Pentagon pins is [immc.redstone.army.mil/aer/](http://immc.redstone.army.mil/aer/).

"I know not everybody that wants one of these pins will get them. That's why I'm posting the sources of these pins (on the web page) after the sale," Crownover said. The three sources include CRW Flags, Chip Forbes Inc. and Pin Promotions.

More than 30,000 attended the Oct. 11 memorial held at the Pentagon to honor those injured or killed in the attack Sept. 11. In conjunction with the Secretary of Defense Office of Protocol, Chip Forbes Inc. and United Technologies supplied a commemorative lapel pin which was distributed free of charge to attendees. The design, on a pewter lapel pin, bears a likeness of the Pentagon, with the words "United In Memory - September 11, 2001." It includes the head of an eagle,



**PENTAGON TRIBUTE** — The design, on a one-inch pewter lapel pin, bears a likeness of the Pentagon, with the words "United In Memory - September 11, 2001." It includes the head of an eagle, blanketed in a red and blue enamel American flag, watching over the Pentagon.

blanketed in a red and blue enamel American flag, watching over the Pentagon.

Crownover has been helped in his fund-raiser by four co-workers in the integrated data support branch at Materiel Management Directorate including Graciela Gonzalez, Timothy Croom, Jerry Golden and Rod Johnson.

"I knew there was a high interest in these pins. This is the only thing I've been able to find that honors strictly the Pentagon for that Sept. 11th," Crownover said. "I knew the demand would be high."

"He did that himself," Foster said of Crownover's fund-raiser. "I thought that was a real neat thing."

AER raised more than \$78,000 last year and would still like to exceed that total, according to Foster.

"We still have time to do more things," she said of the fund-raising efforts. "The key reps have done just an outstanding job."

Last week's events included the sixth annual AER Fun Run/Walk, a three-mile run May 1 near the Sparkman Center, which raised about \$2,500. Edna Dye, the Sparkman complex manager, said about 300 participated. The top three female finishers all work at the Acquisition Center: Cheryl Moore-Davis, first; Theresa Weigartz, second; and JoAnn "Cha Cha" Martinez, third.

# Arab Nursery LLC MAY SPECIALS

Sale Prices Good While Supplies Last, or Thru May 31\*. Hurry For Good Selection

## 3 Gallon Landscape Shrubs

	Reg. Price	Sale Price
Petite Holly (3 gallon)	<del>\$14.95</del>	\$9.00
Wax Leaf Ligustrum (3 gallon)	<del>\$14.95</del>	\$9.00
Cherry Laurel (3 gallon)	<del>\$14.95</del>	\$9.00
Dwf. Princess Spirea (3 gallon)	<del>\$14.95</del>	\$9.00
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# Hail and farewell

## Transformation deputy planning his transition to retirement

Former West Point athlete almost signed with Navy

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

Three decades ago Col. Barry Ward was a Florida high school sports star who was being heavily recruited by Army and Navy.

He was actually leaning toward Navy but, for some reason, the appointment came a day too late. So he signed with Army, played football and baseball at West Point and became a career officer.

Now he's at another crossroads: retirement.

Ward, AMCOM's deputy commanding general for transformation, will retire with 27 years service June 30. He expects to start his terminal leave about May 20.

"It's been wonderful," he said of his career. "It's been a real blessing for myself personally and professionally, and for my family as well. The Army's been really good to us throughout my career."

Ward's office will become part of the Deputy Commander for System Support office at the Aviation and Missile Command. Lt. Col. Forrest Hendrick, his

deputy, is the acting director for transformation. Lisha Adams is the acting deputy for DCSS. When Ward's replacement arrives this summer, the new colonel will be both the DCSS deputy and the director for transformation.

So the transformation office will continue its work within John Johns' office at DCSS.

"It is a great staff and it's probably one of the best staffs I've really had the privilege and pleasure to work with," Ward said of his workers. "They've been a real blessing."

They include Hendrick, Frank Wlodarski, Bill Gnacek, Larry Gunter, Mike Carty, executive assistant Pam Baird, office secretary Brenda Dunn and Mike Galvas. Galvas has returned to Fort Eustis, Va., after serving on a long-term detail to Army Materiel Command headquarters where he supported Ward's office.

"Transformation is really all of those plans, programs, initiatives and activities to transform the Army today to the Objective Force of the future - how the Army will look some 10 to 15 years from now," Ward said. "And the importance to AMCOM is that AMCOM brings a significant capability in terms of technology development, sustainment, readiness of the Army's avia-

tion and missile systems today, the interim period, to the Objective Force."

Ward, 49, was born in Washington, D.C. His father, a Marine Corps officer, retired and moved the family to Clearwater, Fla. Ward starred in football and baseball for Clearwater High's Tomatoes. He went on to play both sports at West Point from 1971-75. Ward received a bachelor of science degree in June 1975 and was commissioned as a second lieutenant in the Field Artillery.

His first assignment took him to Germany where he served as an executive officer and commanded a Lance missile unit. He returned to the states and served as an assistant chief of staff for operations and as a battery commander at Fort Hood, Texas. Ward was a product manager for the Army Tactical Missile System, and was the Multiple Launch Rocket System project manager from 1997-2000. He first

arrived at Redstone in the summer of 1991 as an assistant project manager in the Ground-Launched Tacit Rainbow Project Office. He left Huntsville 1996-97 to attend the Army War College at Carlisle Barracks, Pa., and returned as the MLRS project manager. He assumed his current position in August 2000.

He and his wife, Debbie, have three children: Kimberly, 23, a senior at Auburn University who will graduate this summer in family life science; Amy, 21, a junior at Auburn majoring in biology; and Michael, 16, a home-school junior who will attend Auburn. Ward devotes his spare time to ministry activities at Willowbrook Baptist Church.

"Quite honestly my goals are to pay those college bills so I've got to keep on working," Ward said laughing, "and to start a new career in a capacity where I can still support the soldier in some way."



Photo by Skip Vaughn

TRANSFORMATION TALK— Col. Barry Ward, deputy commanding general for transformation, talks with staff member Frank Wlodarski.

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# Army restricts Black Hawk helicopter flights

Action taken in response to transmission concern

By TONYA JOHNSON  
Army News Service

WASHINGTON — Hundreds of Black Hawk helicopters were grounded except for mission-essential flights May 1 after a potential transmission problem was discovered in one.

Later the Army lifted flight restrictions for all Black Hawks with main transmissions having less than 1,500 hours time since new because analysis indicated that transmissions with lower usage are not expected to experience the problem. The Army estimates this change will return 80-90 UH-60A Black Hawks to operation.

Originally about 960 Black Hawks in both the active Army and National Guard were restricted, officials said, as the Army conducts an assessment to see if the problem is isolated or if other Black Hawks have a similar problem. Under the initial restriction, only mission-essential flights such as medical evacuation and combat are allowed.

The restriction involves the UH-60A utility helicopter, EH-60A electronic warfare version and the UH-60Q medivac chopper. The UH-60L helicopters were not affected because they have a different transmission.

The transmission problem was detected when an Army aviation unit, the 57th Medical Company, at Fort Bragg, N.C.,

experienced persistent low oil pressure problems with the transmission of one of its UH-60A Black Hawks.

The transmission was sent to Corpus Christi Army Depot, Texas, for repair. The part was disassembled and a cracked planetary carrier was determined as the reason for the low oil pressure. The planetary carrier, manufactured by RAF Industries, is a large plate-shaped component within the transmission that has no finite replacement life.

The Aviation and Missile Command, Corpus Christi Army Depot and Sikorsky, the designer of the aircraft, are investigating to find out the possible cause of the cracked carrier, officials said.

"The Black Hawk has a great performance record, and this is the first cracked planetary carrier found in 3.5 million flight hours," said Bob Hunt, Aviation and Missile Command spokesman. "The Army Aviation and Missile Command, Corpus Christi Army Depot and Sikorsky are working vigorously to solve this issue. A lot of people are putting in a lot of hours to get to the bottom of this."

If a planetary carrier is cracked, stress is placed on the transmission gears and could cause internal shim damage, officials said. If pieces of the shim fall into the transmission oil sump, the transmission filter could become blocked and cause low oil pressure.

When the part doesn't function, it can't transfer engine power to the main rotor

system. The rotor system could continue to operate without power allowing an autorotation landing or the failed carrier could cause a jam causing the rotor system not to work.

But Hunt said the restriction shouldn't affect Army readiness. More than 500 L series Black Hawk helicopters will be used until the Army can resolve the problem. The restrictions will also not stop Black Hawks in Afghanistan from flying

combat missions, Hunt said.

There have been no Black Hawk accidents in the past due to a planetary carrier crack or failure, Hunt said. There also haven't been any major problems with the Black Hawks in years, he said. The last major maintenance problem occurred in the late 1980s when there was a problem with the aircraft stabilator.

Hunt said an update concerning the restriction will be issued soon.



Shawn Harris/Photo Lab

## Mass casualty exercise

The Ordnance Missile and Munitions Center and School conducts a mass casualty exercise last Friday at the Ammunition Storage Point on Overlook Road, featuring simulated injuries. The exercise was designed to test not only OMMCS response actions, but also the response actions of both the Arsenal's and the community's emergency services.



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■ Army Community Service tries to help ease moving stress

# Moving

continued from page 1

James, 2, is at the daycare center on post. Daughter, Haley, 7, will be getting off the bus at her house in just a few minutes and her 14-year-old son, Joshua, will be coming in close behind. Her children are scattered, she's way behind on her 'to do' list to get her family packed and ready to move to Germany and now she's lost her only transportation, not to mention another repair bill she can't afford.

"Moving can be very stressful," Mary Breeden, relocation assistance program manager at Army Community Service, said. "It's that time of year. At the first sign of spring soldiers start getting a copy of orders in the mailbox. Things can happen very quickly. Even if it's not your first time moving, rules change. People need to do as much as they can in advance because things can get a little crazy. We've got a lot of information here at ACS to help people make a successful move."

You don't have to wait to get orders before visiting ACS, Breeden said. As soon as you think you might be going, that's the time to prepare. It's a good time for working spouses to go in and refresh their resume, adding the latest skills and work experience acquired. ACS also has information booklets printed on most installations and if they don't already have it, they will get it for you.

"People can use the Internet here to shop installations," Breeden said. "Sometimes soldiers have a choice. Fort Hood and Fort Bliss are both in Texas but as a native Texan, I can tell you they are nothing alike. One is rolling hills and green pastures, the other is a desert. People may not know the difference and figure one base in Texas is just like another."

ACS has a variety of books that cover every aspect of the move. "Relocation 101, Making the Most of Your Move" provides information about everything from garage sales, packing, travel plans, insurance, home buying/selling, renting, career, medical issues to child care. The book also has write-in pages and checklists so that your personal information can be kept in one place. Books are also avail-

able for young children, spouses and teens.

"There is a study that shows that teens are more vocal about a move but they can be the most flexible because you can reason with them — get them to buy into the move and give them information about the new place," Breeden said. "But the most affected population is infants and toddlers. They have no sense of distance or time and can't understand why they can't still play with their friends. Or they see their favorite toy get packed away and get upset. Sometimes kids will act out or regress because they don't understand."

Staffers at ACS can answer questions, assist with budgeting and financial planning and make families aware of services that can be provided while preparing for a move.

"ACS has been a godsend," said Garrison, who is moving at the end of the month. "I didn't really know too much about them before but when all this stuff started happening, they helped me get an (Army Emergency Relief) loan to pay for repairs when I was caught in Mississippi. They told me I could get child care to help out while I was trying to get everything situated. I don't know what I would have done without them."

A levy briefing is held monthly at ACS and covers most aspects of a move that deal directly with Redstone and the Army — transportation, travel, entitlements, expenses, paperwork for reimbursements, housing, education benefits, legal — and answer specific questions. The next levy briefing is May 23 at 1 p.m. at ACS on Honest John Road.

"The Army is very specific about what they will move and how many pounds they will pay for," Breeden said. "Families need to know the rules. There was something printed in the Army Times about how the Army will now move two vehicles overseas and that is not true right now. The rules haven't changed so far."

The one-vehicle rule was how Garrison ended up with the Suburban. She had a car and her husband, Sgt. Brandon Garrison, a recruiter in the Huntsville office, had a truck but when they found out they were going to Germany they traded them in on one vehicle that would comfortably hold



Photo by Sandy Riebeling

**GETTING READY TO GO**— It's been a tough two months for Debbie Garrison and her four children, Jim, 2, Joshua, 14, Haley, 7, and Anna Grace, 9 months, who are trying to pack up and move to Germany where her husband has been stationed since February. She's left behind to do it all and it's a big job.

the family of six. They didn't get an extended warranty because they thought they would already be in Germany. Several last-minute changes to orders meant Garrison would have to stay behind a few months while her husband went on to his new post.

"Moving time, especially when spouses are separated like the Garrisons, is a good time to make sure spouses have a power of attorney," Breeden said. "It's essential to have when you're clearing post and making travel and transportation plans. This is also a good time to make sure you have a will. I know it sounds morbid and people don't like to deal with

it but it's something you should do to make sure your family is taken care of."

The power of attorney was important for Garrison when it came to getting an AER loan for the vehicle repair. Without a power of attorney, her husband would have to be contacted and more time spent on approval.

"This move has been really strange," Garrison said. "We've had serious illness, breakdowns, extra expenses, and all kinds of other little things happen. The more you can do to prepare ahead of time, the better off you'll be."

For more information, call Breeden at 876-5397.



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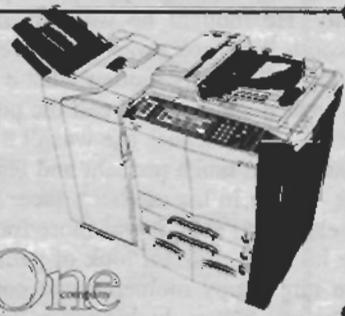
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## Family focus

# Domestic violence through the eyes of a child

*Grown victim says life with abuser is like living in the path of tornado*

By SANDY RIEBELING  
Staff writer  
sandy@hntimes.com

Bill is grown up now. His stepfather can't hurt him or his siblings or his mother anymore. Decades have passed but he still remembers the years spent trying to be invisible in his own home. Thinking that if he was quiet enough and did everything just right, maybe his stepfather wouldn't get mad today.

"He was a violent man," Bill Farris, development manager, Crisis Services of North Alabama, said. "Mostly he went after my mother. The times I was physically abused it was because I tried to intervene. I was a boy and felt like I should protect my family."

Farris was 11 years old and 100 pounds, if that, at the time. He was no match for his 200-pound ranting stepfather. But because he felt a sense of responsibility and occasionally stepped into the mix, he was more of a target for the physical abuse than his younger sister and brothers. In an effort to protect his mother, he simply tried to stay out of the way and not do anything that might set off his stepfather.

One rainy day after finishing his paper route (a job his stepfather insisted he have to learn responsibility), Farris parked his bike against the side of the house instead of putting it in the garage. When his stepfather came home and saw the bike outside, he became furious.

"He beat me pretty bad," Farris said. "My mother sent me away to live with a family member to protect me. I didn't really know him but he was a decent old man. I kept house for him for seven months."

But life with his stepfather "Roger" — Farris asked to keep the man's identity private — didn't start out this way. As is typical in most domestic violence situations, Roger was a nice person in the beginning.

"My mom left my father after 14 years of marriage," Farris said. "Obviously there were problems in the relationship but my father was not a violent man, not at all. When we first met Roger he was a great guy. He took us to the movies, the park, the beach. We even traveled around. The first few months he could be a great guy."

"Then the verbal abuse started. Then the shouting began," he said. "We were all in denial about what was really happening. We passed it off as him just being strict. You know, that's just the way he is."

The constant verbal abuse is what Farris remembers the most.

"The belittling," Farris said. "He delighted in calling us names, making us feel less than valuable. We weren't as good as other people. My mom was from North Alabama and he was always on us about being hillbillies — ignorant Southern people. He kept us in line with negativity. He thought he was superior and we were 'back woods.' He took away our self-esteem."

"He kept telling my mother what a lousy mother she was and that if she ever did call the police, DHR would take her children because she wasn't a fit mother."

There was so much torment and fear — his own and the look of fear in his mother's face. She wasn't afraid for herself, Farris said, it was more for her family.

"She had this constant look of pain," he said. "Even in those rare happy moments you could always see it there. She was always looking over her shoulder."

And for good reason. Roger got so angry at one point



he set the house on fire with his family inside. When the fire started going out of control, Roger changed his mind and got the family out. He claimed afterward that it was an accident but Farris didn't believe it. He'd already seen too much in the three-year marriage.

"I remember the day we left," he said. "My mother came and got me from where I was living just a short time before that. I was so relieved when she came back for me. As a kid, you never really know what's going to happen, if you're going to see your family again."

"We were living in Chicago," Farris said. "He (Roger) came home at 2 a.m. with a skid row derelict he met in a bar and demanded Mom get up and make them breakfast. She didn't move fast enough for him so he jerked her out of bed, drug her into the kitchen and hit her with a frying pan."

That morning when the children got up, she told them they were leaving that day and not to go to school but meet her at the library.

"She showed up with an old brown suitcase," Farris said. "She was bruised and couldn't use one of her arms. We got on a bus to Huntsville. My father and his family still lived here. Some of my dad's family helped us out."

Back 40 years ago, shelters like HOPE Place didn't exist. Domestic violence was a family problem, not something other people needed to know about.

"My mother was a remarkable woman," Farris said. "Change is difficult. It's not like walking out of a movie; it's walking out of a life. She left with four children, no money, really no place to go. She had to figure that out as we went along. But she had friends here. She got a job, we started school. We lived in an old mill house duplex, rundown, awful place but it was like we were in heaven. Poverty wasn't bad compared to the alternative."

"Living in a violent home is like living in the path of a tornado all the time," Farris said. "You never know when the storm will strike and cause real damage. All we really wanted was peace. We finally had that. It was the best feeling in the world."

Time healed the physical wounds but it would take much longer to recover from the psychological damage caused by the violence. Children of domestic violence, whether or not they are physically abused themselves,

are left scarred by insecurity, low self-esteem, trust issues, fear of intimacy, difficulty developing healthy relationships, having to learn how to properly deal with emotions like anger, frustration and resentment. Children have to let go of the guilt they feel about a situation that wasn't under their control.

"A lot of times when things would happen, I would feel guilty because it was something I'd done that started it all," Farris said. "Now I understand that it wasn't my fault. He chose to be violent, to hit. He didn't need a reason. That was his choice and I had nothing to do with it."

When his mother began dating again, Farris didn't like it. Because of all they had suffered at the hands of a stepfather, none of the children were excited about the prospect of a new one.

"My mother did remarry," Farris said. "He was a wonderful person but it was difficult for he and I to have a relationship. I was 17 and had to come to terms with what I was feeling. I didn't trust him, not at first anyway."

The effects of domestic violence on children include a wide range of physical and behavioral problems, including failure to thrive, depression, aggressive behaviors, poor school performance, lying, manipulating, self blame, poor sexual image, running away, heightened suicide attempts, learning the role of batterer or victim.

It is reported that 63 percent of boys ages 11-20 who commit homicide murdered the man who was abusing his mother. About 60 percent of children from violent homes are likely to become abusers. The U.S. Justice Department reported that childhood abuse and neglect increased the odds of future delinquency and adult criminality overall by 29 percent.

Farris and his siblings managed to beat the odds, perhaps because the relationship lasted only three years and the family had a strong role model who managed to build a good support system after leaving the relationship. He's been married for many years and raised two daughters. Neither he nor his siblings have had any trouble with violence, crime or drug and alcohol abuse.

"It haunts me to think of all the children who grow up in violent homes from the time they're born. To know the kind of perspective they have," Farris said. "One of the problems is that victims don't talk. They deny it because it could hurt them."

"To stay for the sake of the children is not the best solution," he said. "Any life free of violence is better than the horror they live with violence. But it is dangerous for a woman to leave. If and when they're ready, there are places to go."

Crisis Services of North Alabama operates two shelters for victims of domestic violence (women, children and men), plus offers a variety of services including counseling for individuals, families and children, support groups and assistance services, just to name a few.

While military families can use CSNA services, the Army provides many confidential services on post for families in need. To report suspected abuse on post, call the Provost Marshal Office at 876-2222.

For more information about services or to get crisis counseling call HELpline, a 24-hour crisis line, at 716-1000; or on post call Virginia Dempsey, family advocacy program manager, at 876-5397.

**When love hurts at home**  
2<sup>nd</sup> of 3-part series

# Redstone's K-9s receive national certification

Post teams earn 'top dogs' title

By KIM GILLESPIE  
For the Rocket

Redstone Arsenal's K-9 teams proved to be "top dogs" when they received their National Certification at the United States Police Canine Association 2002 National Narcotic and Explosive Detector Dog Trials.

The trials, held in Huntsville the week of April 22, were the first USPCA trials the Redstone teams have entered, according to Capt. Jack Rush, the Provost Marshal's kennel master.

"Our goal was for each of our teams to achieve this certification, but we also wanted to see how we matched skills with civilian teams," Rush said. "We did very well individually, and the certification recognizes the overall team effort."

The Redstone K-9 teams consisted of five handlers and their partners: Officer Billy Booth and Jimmy, Sgt. John Chase and Dan, Officer Mike Nelson and Pitjo, Officer Mark Thompson and Tico, and Officer James Worrall and Mike.

More than 90 teams from across the United States and Canada participated in the event; and Rush credits local law enforcement, including the Huntsville Police Department, Madison Police Department, and Madison County Sher-

iff's Department, with bringing the event to Huntsville.

"This was one of the largest detector dog trials ever held and the United States Police Canine Association is one of the premier national organizations for the certification of detector dogs, so it is quite an honor to be able to participate. Having the event here in Huntsville also made it possible for all our teams to compete," Rush said.

Events took place at various locations in Huntsville, reflecting the specific type of skills and categories.

The trials were just another step toward increasing the overall performances of the Redstone K-9 teams. "Prior to the trials, we had been doing some training with the Huntsville Police Department. Sgt. Mark McMurray, canine supervisor, does an excellent job with their dogs, and has been very supportive of our efforts," Rush said.

The Redstone teams were the only Army teams in the trials. Certification and competition with civilian teams is not required by the Army, but it allows teams to "exchange ideas and discuss the issues and challenges faced by detector dog teams," Rush said. "Some of our training methods might differ, but the results are the same — the dogs know how to find narcotics and explosives."

Rush also noted that everyone enjoyed the trials and the competition they bring.

"Competition only makes your teams better and we were lucky to have all our teams compete this year," he said. "We plan to attend next year's event, but with

any location outside of Huntsville, we will only be able to send a limited number of teams. After all, some of the teams have to stay here to serve and protect Redstone."

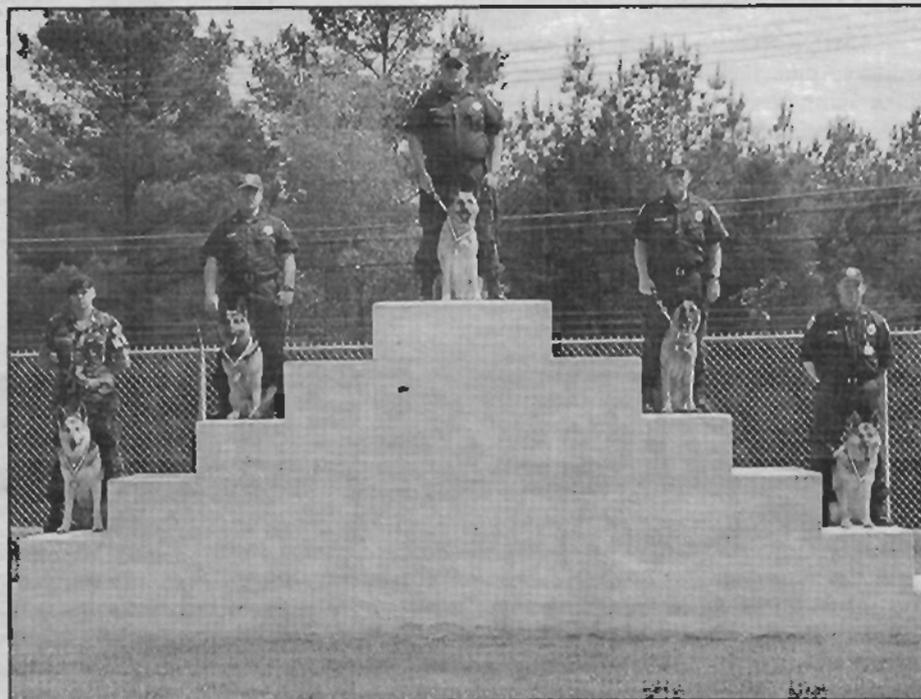


Photo by Capt. Jack Rush

**DOG DAY AFTERNOON**— Redstone Arsenal's K-9 teams received National Certification at the USPCA 2002 National Narcotic and Explosive Detector Dog Trials. The teams include from left Sgt. John Chase and Dan, Officer Mike Nelson and Pitjo, Officer James Worrall and Mike, Officer Mark Thompson and Tico, and Officer Billy Booth and Jimmy.

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# Virtual card says thanks to men and women in uniform

Appreciation message online during national military month

By JIM GARAMONE  
American Forces Press Service

WASHINGTON — May is National Military Appreciation Month each year. In 2002, with Americans in combat in Afghanistan and positioned to face terrorists around the world, it is even more apt to recognize the sacrifices American servicemembers make for freedom.

A number of events and activities are planned across the country for citizens to show their appreciation to servicemem-

bers. There will also be a way to do that in cyberspace.

Folks who wish to show their appreciation may sign "America's Thank You Note" to the men and women serving in the military.

"There are a lot of reasons to be appreciative of the military. This year, of course, there's even more," said David Jackson, editor of DefendAmerica.gov, a U.S. government Web site dedicated to reporting news about the global war against terrorism.

The Thank You Note exists in cyberspace. Anyone with a computer can "sign" the card by going to <http://www.defendamerica.gov/> and following the instructions there.

Visitors can type in a name, hometown and state and then click on a button to submit the greeting. When they do that, a message thanks them and adds, "Remember, it doesn't have to be Military Appreciation Month to thank a service member."

Persons without computers can enter DefendAmerica.gov at computer terminals in public libraries or other sites. One example of ways to expand the ability of Americans to thank servicemembers for their sacrifices will be on display May 9-12 at Public Service Recognition Week activities on the National Mall in Washington, D.C. The department will set up a kiosk so people can visit the Web site and

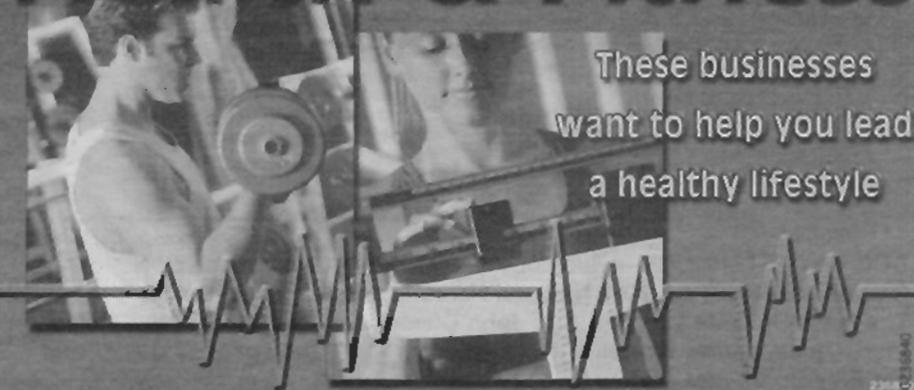
send their good wishes.

"We hope others will take this idea and run with it," said Allison Barber, special assistant to the assistant secretary of defense for public affairs. "My experience is that when we launch an initiative, people around the country take it and make it bigger and better than what we could even hope for."

She suggests that companies, local governments, installations, schools and service organizations may want to link to the Thank You Card from their own Web sites.

America's Thank You Note will be available through May 31. The names will be gathered and presented to the military at the end of the month, officials said.

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# Sports director offers clinic for troop volleyball teams

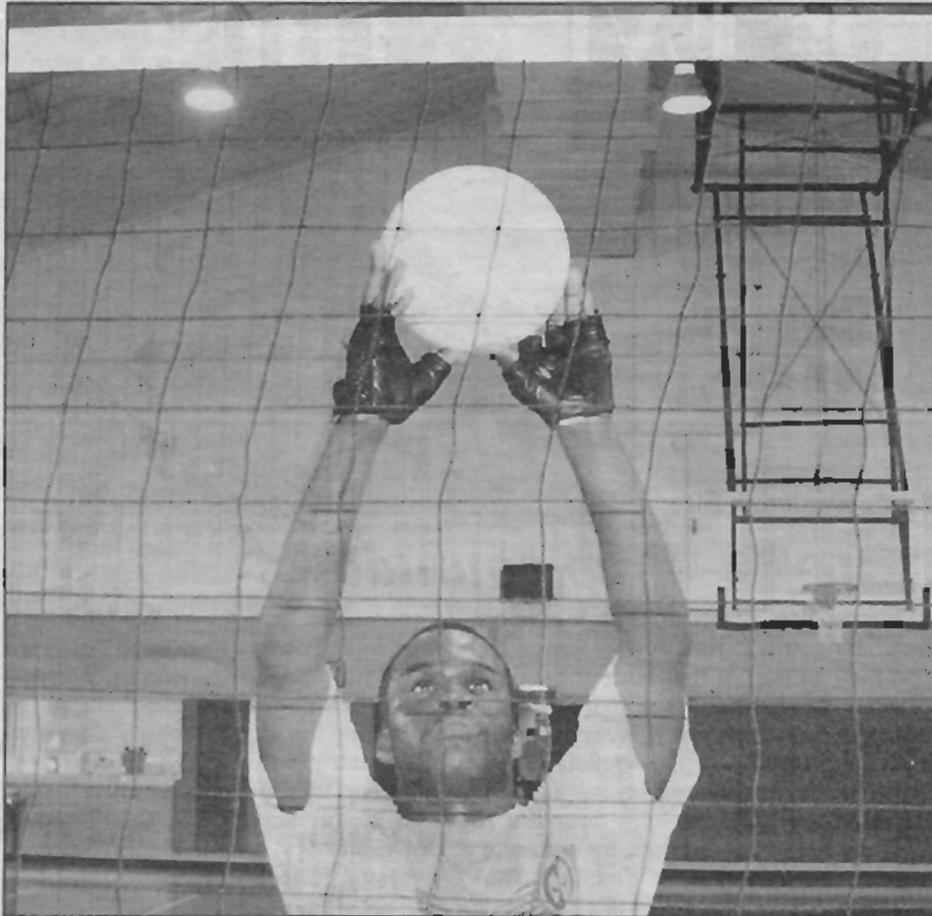


Photo by Skip Vaughn

**JUST PRACTICING**— Sgt. David "Jae" Johnson of HHC AMCOM practices volleyball during lunchtime May 1 at Pagano Gym.

## Charlie Company Wolfpack surprises NCO Academy

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

Help is available for troop volleyball coaches and their teams.

Sports director Ted Compoc has offered his services Tuesday and Thursday mornings from 5-6:45 at Pagano Gym. Interested troop volleyball coaches should call the gym staff at 876-6701 for reservations.

"As a former volleyball coach with Division I, International, and extensive club experience, I would like to share some volleyball knowledge with you and your team," Compoc said in a prepared release.

On the court Charlie Company 832nd gave defending champion NCO Academy its first loss in two years 25-0, 25-12 on May 1 at Pagano.

"The first game was because they showed up late or something, so that's why they lost the first game like that," hitter Kevin Moore, Charlie Company's commander, said. "But the second game we single-handedly took care of them."

Charlie (1-1) rebounded from its season-opening loss April 29 to Bravo Company as the Wolfpack was helped by two new additions to the team. Moore recruited during formation May 1 and the effort paid off that night with the new players.

"We were a drastic improvement last night," he said Thursday. "I think we'll do real well the rest of the season now. The

ones that are here will be here till like the season's over."

Tirso McCoy, a hitter, said he had a message for Edward Sasan, the NCO Academy player-coach. "Tell him it's gonna be a long season," McCoy said. "The Wolfpack will be issuing heatings."

The Wolfpack is coached by Warmie Jordan, a drill sergeant. Her players include Moore, McCoy, setter Ashley Nelson, setter Maile Gorion, setter Vervy Villegas and blocker Lawrence Chandler.

"Our season just began (May 1)," Moore said. "Tell all the other teams, the Wolfpack is coming for them."

The league dropped to six teams Thursday with the departure of AMCOM.

"With AMCOM dropping, we will finish regular season up 16 May," recreation assistant Mike Potter said. "And then probably - now this is probable - start postseason around the 20th."

NCO Academy (2-1) led the Eastern Conference as of Friday followed by Charlie and HHC 59th, both at 1-1, and the Marines (0-2). The Western Conference, which formerly included AMCOM, had Delta (2-0) and Bravo (1-1).

Here are results from the first week of action:

April 29 — Bravo d. Charlie 25-11, 25-16; and Delta d. Marines 26-24, 25-18.

April 30 — Delta d. AMCOM by forfeit; and NCO Academy d. HHC 59th 25-19, 25-14.

May 1 — HHC 59th d. Marines 25-9, 25-4; and Charlie d. NCO Academy 25-0, 25-12.

May 2 — NCO Academy d. Bravo 25-22, 27-29, 15-10.

# Post softball team gets first loss of season in downtown league

Redstone falls to Scottsboro 10-7 at Kiwanis SportsPlex

The post softball team found the going tough against a group from Scottsboro Thursday night at the Metro Kiwanis SportsPlex.

Redstone, which plays in the SportsPlex slow-pitch league, suffered its first loss of the season 10-7 to Scottsboro Wal-Mart Vision Center. This year Redstone moved up to B level after winning its division in its first season last year and finishing third in the end-of-season tournament. The league had 16 teams in C level last year.

Scottsboro scored a run in the bottom of the first against Redstone (2-1) and never trailed. The score was 5-0 after three innings.

But Redstone made things interesting with four runs in the top of the fourth. Stephen Dix, who went 3-for-3 on the night, hammered a three-run homer. Reginald Williams followed with a solo shot to cut the deficit to 5-4.

Randy Liebl, who took the loss on the



mound, went 3-for-4 with one run scored and an RBI. Stanley Parker also went 3-for-4 with an RBI and run. Taylor Wieniewitz went 3-for-4 with a run.

Redstone, led by player-coach Tim Rodriguez, has 17 players including 14 soldiers, two Marines and an Air Force officer. The team, slated to play Shortstop Screening last night, will face the Curbscrapers at 9 p.m. Thursday at the SportsPlex.

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It is so important to know that the nerves of the back and neck not only go to the back muscles, but also to vital organs. You may have known of a person with back pains who also suffered from bladder problems, bowel problems or depending upon the gender of the patient, either impotence, prostate problems, menstrual cramps and PMS.

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# May is National High Blood Pressure Education Month

**Know your numbers to prevent problems**

By LINDA DONNELLY  
Fox Army Health Center

"Is Your Number Up?" is the theme for this year's National High Blood Pressure Education Month. High blood pressure is serious. It increases your chance of developing heart or kidney disease or of having a stroke. High blood pressure can also result in injury to the brain and the eyes. Now is an excellent time to get your blood pressure checked. Know your numbers, "the higher the pressure, the greater the risk," and take action to prevent high blood pressure or to keep it under control.

High blood pressure, also known as hypertension, is branded as the "silent killer." Frequently, there are no symptoms until it is too late. A heart attack or stroke is often the first indication of a problem, but high blood pressure is easily diagnosed by your health care provider. Most people can't tell when their blood pressure is too high. Some symptoms of hypertension are: fatigue, confusion, upset stomach, vision changes or vision problems, excessive sweating, paleness of skin, redness of skin, nosebleeds, anxiety or nervousness, rapid or irregular heartbeat, ringing or buzzing in the ears, impotence, headache and dizziness.

According to the American Heart Association, one in four adults in America

has high blood pressure. This equals more than 50 million people, and more than 30 percent are unaware that they have high blood pressure. The National Institutes of Health has released a statement saying that today's middle-aged Americans face a 90 percent chance of developing high blood pressure at some time during the rest of their lives.

There are steps you can take to prevent and/or lower high blood pressure.

- Set a goal to have and to maintain a healthy weight. If you are overweight, begin to lose weight. Do this slowly, at a rate of about one pound per week. Talk to your health care provider about ways to reduce your weight.

- Get some exercise every day. Try for 30 minutes, or break it up into 10-minute sessions, if 30 minutes is too long. Play a game, take a walk, dance or swim. Do something you enjoy.

- If you drink alcoholic beverages, reduce the amount.

- Eat more fruits and vegetables, whole grain breads and cereals and use low fat or fat-free dairy products.

- Use less salt and sodium in cooking. Remove the salt shaker from the table. Read labels and buy foods that are "sodium free," "low or reduced sodium."

- If you smoke, quit.

These steps will also help prevent strokes, heart attacks, heart failure, kidney disease and blindness. Contact your

health care provider to have your blood pressure checked. It is a simple procedure and it can save your life.

*Editor's note: Linda Donnelly is health systems specialist at Fox Army Health Center.*



Marshall Space Flight Center photo by Emmett Given

## Prep countdown

Students from three local high schools demonstrated that they have "the right stuff" by going to Redstone's Range 1 and launching rockets they have designed and built as part of the Student Launch Initiative program sponsored by Marshall Space Flight Center. Here, team members from Sparkman High make final launch preparations. The April 27 event was the second time the student teams have successfully launched their rockets, thereby demonstrating to NASA officials that they met the challenge they were given to build and fly reusable launch vehicles. Participating schools were Johnson High, Randolph School and Sparkman. A more powerful rocket built by students at University of Alabama-Huntsville, with a science payload from Alabama A&M University, is to be launched later this month.

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# Army's test and evaluation days coming in mid-June

## Fifth annual conference outlines new challenges

The Test and Evaluation Management Office, RDEC, will hold the fifth annual Army-sponsored Test and Evaluation Days Conference, June 11-13 in South Hall One, Von Braun Center. The sponsor of this event is the Test and Evaluation Management Agency, Office of the Chief of Staff, Washington, D.C.

The theme, "Asymmetrical Warfare: The New Reality for Army Test and Evaluation," covers the importance test and evaluation has taken on since the events of Sept. 11. New systems and new technologies are being developed to both anticipate and respond to the constantly evolving global threat our nation faces. Invited opening speakers, Sen. Jeff Sessions of Alabama and Gen. Eric Shinseki, chief of staff of the Army, are to address the challenges the T&E, Acquisition, and Industry community faces.

On the conference agenda, the Plenary Panel will be led by Maj. Gen. John Marcello, commander of ATEC, along with panelists who will make presentations regarding T&E transformation requirements that are conceived in peacetime and

executed in wartime. The audience will have the opportunity to choose from three breakout sessions titled: How Can Modeling and Simulation Contribute to Army Transformation Objectives in the Current Environment?, Rapid Acquisition: Government and Industry's Transformation from R&D to Fielding-Does Streamlining Take Precedence in War?, and How are Joint T&E Operational Requirements Impacted in the Face of War? Their participation will lead to their views, questions and recommendations being presented to Senior Review Panels for each subject.

Both days of the conference will feature guest luncheon speakers, Maj. Gen. James Bryan, vice director of DISA, and Claude Bolton Jr., AAE. The special guest speaker is retired CWO 4 Michael Duraut, whose experience as a captured Black Hawk helicopter pilot in Somalia is portrayed in the book and movie "Black Hawk Down."

The culmination of the conference will be the customer panel, led by Brig. Gen. Jeffrey Sorenson, the program executive officer for tactical missiles. Sorenson and his panelists will present the customer perception of the test community and hand out their "report card."



In conjunction with each conference the Research Development and Engineering Center has planned an exhibit featuring hands-on demonstrations, displays and booths from government and industry. Due to more organizations requesting to exhibit, the expo will take place in South Hall One this year. For exhibit information, call Shannon Clift at 722-7200.

A web site has been developed for reference with preliminary agenda, breakout

session information, panel/speaker biographies, VBC information, hotel information, uniform/parking information, short courses available, third annual golf tournament information, and points of contact ([www.testevaldays.com](http://www.testevaldays.com)). The registration fee for the conference is \$300 payable by IMPAC credit card.

For more information, call Michael McFalls 876-3462 or Sherry Hilley 842-6715.



Mary Petty/Photo Lab

## Scholarship winners

Sarah Paul and Chris Brown have been named the 2002 American Helicopter Society (AHS) \$2,000 scholarship winners. The scholars are flanked by the society's Craig Maurice, left, and Paul Bogosian.

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# Redstone Rocket staff honored in journalism competition

## Keith L. Ware annual awards recognize newspaper work

By SHARIE MILLER  
For the Rocket

Several writers from the *Redstone Rocket* took honors in the Department of the Army and Army Materiel Command Keith L. Ware competitions.

SSgt. Sharon McBride, of the Ordnance Missile and Munitions Center and School, received second place for commentaries in the Department of the Army

level competition.

In the AMC level competition, the *Redstone Rocket* won second place in the civilian enterprise newspaper (tabloid) category.

Also at the AMC level, McBride won first place for commentaries, sports article, short series, and photojournalism. McBride also won second place for news articles and feature articles. She was awarded the Journalist of the Year award honoring SSgt. Paul D. Savanuck — one of three sub-competes of the Keith L. Ware awards. Savanuck was an Army reporter who was killed in Vietnam in 1969 while working

for the *Pacific Stars and Stripes*.

Contribution by contractor/stringer writer awards went to Beth Skarupa, second place and Sandy Riebeling, third place. Skarupa and Riebeling are employed by *The Huntsville Times* and work for the *Rocket*.

Created in 1970, the Keith L. Ware contest honors distinguished public affairs professionals who made their mark in journalism and broadcasting. Maj. Gen. Keith L. Ware — the program's namesake

— served as a former Army chief of public affairs. Ware received the Medal of Honor in World War II and was killed while commanding the 1st Infantry Division in Vietnam in 1968.

The annual Keith L. Ware competition is an opportunity for journalists and broadcasters from the Department of Army to earn recognition for their professional excellence and dedication throughout the contest year.



Mary Petty/Photo Lab

**NEWSPAPER AWARDS**— Receiving awards from Jim Flinn, second from left, the deputy to the commanding general, are from left Beth Skarupa, *Rocket* reporter; Skip Vaughn, editor of the *Rocket*, SSgt. Sharon McBride of OMMCS, and Sandy Riebeling, *Rocket* reporter.

## Titanic fashion show coming to Sparkman Cafeteria

By PAT CROSS  
Civilian Welfare Fund Council

Have you heard? The Civilian Welfare Fund Council and the Sparkman Cafeteria are presenting Titanic recreation gowns in a fashion show Friday at the Sparkman Cafeteria.

Because of the type of event and special seating, ticket sales are limited. With Army Emergency Relief in full swing, we have been unable to have a table daily in front of the cafeteria, however, you may contact your CWFC committee member or me at 842-0526 and we can make arrangements for tickets.

What you can expect if you attend this event is fine dining and a fashion show. This will be a sit-down and served event with tossed salad, sliced sirloin of roast beef, parsley potatoes, Belgian carrots,

green peas, hot cobbler, bread, ice tea and coffee. The items selected to serve come from the menu of the Titanic on its maiden voyage. Jennifer Cech of La Petite Trousseau will present the fashions to include re-creations from the Titanic era. She has searched the world over for antique fabrics to re-create authentic looking gowns. Cech does not limit herself to Titanic fashions nor does she limit the fashions to just women. There will be two fashions for children as well.

As the newly elected chairman of the Special Events Committee, I hope to have several events through the year. I welcome suggestions from the Redstone community as to events you would like to have happen at Redstone. I hope you will join us Friday at 11:30 a.m. for this event.

Notice: Federal Government Employees

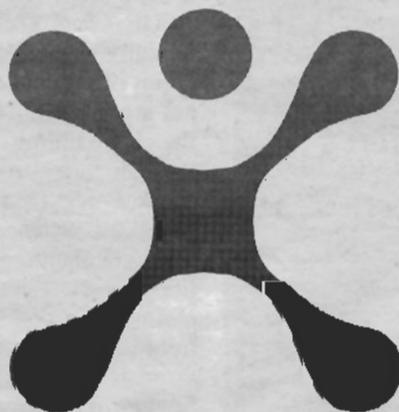
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