

Redstone Rocket

VOL 51 No. 19

Published in the interest of personnel at Redstone Arsenal, AL

May 15, 2002

Army in action



Apache attack helicopter turns battle in Afghanistan

Page 3

Post profile



National Guardsmen making a difference

Page 6

Win or lose



Delta volleyball team making its points

Page 16

Former post 'sweetheart' remembers

Jean Hammons won 1954 contest at Enlisted Men's Service Club

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

It was February 1954. The junior hostesses danced with soldiers at the Enlisted Men's Service Club at Redstone Arsenal on the night of the Valentine Queen Contest.

Jean Hammons isn't sure how she ended up in the contest, but there she was wearing her formal gown with the rest of the hostesses. The soldiers cast their votes, the master sergeant counted them and the captain over the service club made the announcement. And the winner is... Jean Hammons.

Hammons, now 69, still has a photo of her being crowned by a colonel wearing a suit. She wasn't overly surprised. She used to think she was ugly but saw reality in 1950 in high school when she was chosen Miss Tanner and was runner-up for Miss Limestone County.

Now she resides in a neat one-story home on a quiet cul-de-sac in Huntsville with her husband of eight years, Bruce Bouchet. They operate the Onstage Performing Arts School, phone 464-6700, for budding actors and singers.

She likes to reflect on the past, including that special night when she became Redstone's sweetheart and Valentine queen.

"I was thrilled," she said. "I thought, how sweet a thing to happen to me."

The runner-up that night was Betty Dunn Soule, now 74, who resides in Huntsville with her husband, Levin Soule. Was she disappointed at second place? "Oh, it didn't make any difference to me. I didn't even know I'd be a runner-up," Soule said.

Hammons, a Limestone County native, graduated from Tanner High School in 1951 and came to work for the Army at Redstone. She was a clerk-typist on the second floor of building 111. Only four people worked on that floor: the famous Dr. Werner von Braun, whose office was within 15 feet of hers; Elise Harriston, von Braun's secretary; Tom Smith and Hammons. Smith was in charge of recruiting employees for what was then the Army Rocket and Guided Missile Agency. Von Braun called Hammons his "chartist," because she maintained 12 charts on the employment needs of 12 laboratories.

"That's what I did at (age) 18," she said.



Photo by Skip Vaughn

LIFE WAS ADVENTURE— Jean Hammons, 69, shows a photograph taken in the 1950s in which she wore "a Marilyn Monroe top."

She won cash awards for suggesting that some government form or another wasn't necessary.

After two years, Hammons went to New York for six months to work at 1st Army Headquarters at Governor's Island. She returned and worked two more years at Redstone, this time as a clerk-typist at the missile school. Then she left again for New York in 1957. After three years working for the Army at Governor's Island, she and two others were hired by the Jack Parr Show. She taught acting and singing in New York for 20 years before bringing her school to Huntsville seven years ago. Her former students include Emmy Award-winner Julia Barr, who plays Brooke on the soap opera "All My Children."

"The first person to call me to leave me a message when I moved down here was Julia," Hammons said. A student in her first class in Huntsville was Lucas Black, now 19, a Speake native who found fame in such movies as "Sling Blade" (1996) and "All the Pretty Horses" (2000).

Hammons' own show business career started as a young woman in a singing trio called the Revelettes which performed on stage, radio and a Birmingham television show. The other members were her sister

See Sweetheart on page 13



Courtesy photo

BACK IN THE DAY— As a young woman in the 1950s, the 5-foot-2 Jean Hammons weighed 100 pounds. "I weigh twice that now," she says laughing.

Engineers deliver hit fund-raiser

The Production Engineering Division sponsored the Engineering Directorate AER Teambuilding Softball Tournament, May 2 at Civilian Recreation in conjunction with the Engineering Directorate Organizational Day. In addition to the softball tournament, the Production Engineering Division sold bottled water to raise money for Army Emergency Relief. Seven teams of Engineering Directorate employees and their support contractors participated in the two-pitch single elimination tournament.

Umpires for the event were Julius Corption, QE, and Dave Whisenant,

ATE/TPS. Steve Austin and Ray Harrell, both of PE, handled the scorekeeping duties. Sandra Simmons and Monica Southerland of PE were busy selling water throughout the day. Chris Farmer of PE did a great job getting the field into playing condition. Special thanks to Valley Trophies of Huntsville for donating the championship trophy. Both events raised a combined \$245 for AER. Thanks for everyone who made this AER fund-raiser a great success.

Alan R. Wyskida
softball tournament coordinator

Little leaguers need level playing field

At the beginning of every summer, the Arsenal holds tryouts for its little league teams. The kids are then placed on teams according to their ability — half the better kids on one team and half on the other, half the not so good kids on one team and half on the other. This creates parity within the two Arsenal teams, which I guess is the goal, however it's a shame that we set our kids up for failure downtown.

The Arsenal teams are already at a disadvantage because of military moves which cause our kids to not play together for six, seven, eight years. Teams downtown have the same kids return year after year. These boys get to know each other and it helps them to "gel" as a team; unfortunately because of our chosen profession our kids are not given this luxury. That is why this "selection process" that the kids go through bothers me even more. We are setting our kids up to fail in the league as soon as they play downtown teams. Remember these are not tournament teams we are playing downtown, they are regular teams. If we played their tournament teams, we probably would not even score.

The first game played against a Huntsville team, the final score was 17-6; Huntsville won. The second game played against a Huntsville team, the final score was 14-1; Huntsville won.

These were two different RSA teams, so it's not just a group of bad players.

We in the military are taught to lead by example and strive to win, so why do we handicap our kids? Some people say "Well, it's all about having fun." To that I say "Losing is not fun," and if you think 10-year-old kids don't know when they win or lose, you're wrong. The kids from the Huntsville teams laugh at our kids; we are a joke to them. Their coaches laugh at our kids. Let me ask you this, if a drill sergeant was setting his troops up for failure in AIT, what do you think the powers that be would do to him/her? Reprimand, remove from duty, bust him/her, or worse? And yet our kids are set up for failure every year. When was the last time RSA had a winning little league team? I have been here for 12 years with the active National Guard, and they have not had a winner since I have been here. When I talk to other parents about this they agree, we should make a team to be competitive against those Huntsville teams. Unfortunately these other parents don't want to say anything. I hate the fact that some parents don't have/take the time to teach their children how to play, but to make every child suffer for this is inexcusable. There is a solution: Have your tryouts, then pick all the best for one team, with this team you can work on the more advanced aspects of the game; with the other team you work on the basics. I

See Baseball on page 17

Please run rules for joggers

Since the weather is getting pretty sand and employees are running/walking during lunchtime, could you please have someone verify for me the rules for joggers? I was driving up Neal Road at lunch and two runners, traveling toward the Sparkman Center, ran across Neal without even glancing to see if a car was coming much less stopping for them. Luckily (for them), the car in front of me stopped or we would be hearing sirens right now. I know there is a stop sign on the trail, but are we supposed to stop for them?

Name withheld by request

Editor's note: Redstone Arsenal Support Activity provided the following response. "We appreciate the writer's concern for pedestrian and vehicular safety and offer these comments to clarify the issue.

"The jogging trail crosses many roads on Redstone. At each location, we installed stop signs on the trail to remind joggers to stop for traffic. We installed crosswalks and standard pedestrian crossing signs on the roadways to remind

drivers that pedestrians could be present.

"Alabama law states that: 'the driver if a vehicle shall yield the right-of-way, slowing down or stopping if need be to so yield, to a pedestrian crossing the roadway within a crosswalk when the pedestrian is upon the half of the roadway which the vehicle is traveling, or when the pedestrian is approaching so closely from the opposite half of the roadway as to be in danger. No pedestrian shall suddenly leave a curb or other place of safety and walk or run into the path of a vehicle which is so close as to constitute an immediate hazard.'

"At most locations where the jogging trail crosses roadways, there is not sufficient sight distance for a driver to see a pedestrian approaching the roadway or the pedestrian to see the approaching vehicles. Most of these crossings are in remote areas where normally a driver does not expect to encounter a pedestrian approaching the roadway.

"As a matter of safety we installed the stop signs to remind the joggers to stop at roadway crossings because of these conditions."

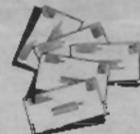
Total body fitness takes first step

While waiting in line on a rainy Tuesday morning at gate 9, I was thinking what I could do to help enhance the total body fitness levels of the employees and workers of the Sparkman Center. The reason I want to help is the fact that during the course of the week I must receive 2 to 3 death notices via e-mail. I know death is a natural occurrence and when your time is

up, your time is up, but I think that the quality of life while we are living can be enhanced and that is where high level total body fitness can play a big role. Also, I see people walking down the halls of the Sparkman Center looking like they can barely make it down the hall because they are so out of shape, it

See Fitness on page 17

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.

Redstone Rocket

Editorial office 878-1500 Editorial fax 955-9138 Retail Advertising 532-4538 Classified Advertising 532-4300 Fax 532-4349

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/

Rocket Staff

Public Affairs Officer: Al Schwartz
Editor: Skip Vaughn

Reporters: Sandy Riebeling
Beth Skerups

Copy Editor: Scott Seeley

Advertising Sales: Jennifer Rodgers
Aletha Pardue
Pettie Sims

The Redstone Rocket is published in the interest of the personnel at Redstone Arsenal, by The Huntsville Times a private firm in no way connected with the Department of the Army. Opinions expressed by writers herein are their own and are not to be considered an expression by the Department of the Army. The appearance of advertisements in this publication, to include inserts and supplements, does not constitute an endorsement by the Department of the Army of the products or services advertised within this publication.

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.

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

Apache helicopter successful on warpath in Afghanistan

'Flying tank' provides close air support for ground troops in war on terror

By SANDY RIEBELING
Staff writer
sandy@htimes.com

The battle was supposed to be over in 72 hours. At the heart of Operation Anaconda, 400 local Afghan fighters, reinforced by 1,700 U.S. and coalition forces, were poised to attack and root out fragmented Taliban and al Qaeda forces holed up in the mountains near the Pakistan border.

Reports calculated enemy forces at about 250, minimally armed and expected to run at the first hint of trouble. The plan was to cut off escape routes, round up the terrorists and have the worst of the war behind them.

The enemy had a different plan. They were ready. They stood their ground. They fought to the death.

It was in the first few hours of the week-long battle, as expectations were shattered and commanders scrambled for new strategies, that the Army's Apache helicopters made the cut as the "best attack helicopter in the world."

Al Qaeda fighters were so close to U.S. troops at the southern end of the Shah-e-Kot valley where most of the heavy fighting occurred that close air support from bombers and attack jets was impossible. Air support from seven Apaches was what saved the ground troops.

"The weapon that changed the face of the battle for us was the Apache," Col. Frank Wiercinski, commander of the 101st Airborne Division's (Air Assault) 3rd Brigade and in charge of all conventional U.S. troops in battle, told the *Army Times*. "I was just so impressed by its



Courtesy photo

ATTACK DOG— The Army operates a fleet of 737 AH-64 A and D model Apache helicopters managed by the Apache Attack Helicopter Project Office, part of PEO Aviation at Redstone.

capability... its ability to protect us en route, its ability to set the conditions on the landing zones and then its close combat attack capability to take out fires."

During those first few hours of Operation Anaconda the Apaches faced a barrage of continuous small arms fire, machine gun fire and rocket propelled grenades. Two Apaches were hit with RPGs within minutes of each

other but both were able to make it back to the staging area safely. Maintenance reported that bullet holes were found in 27 of the 28 rotor blades.

Col. Ralph Pallotta, project manager for Apache Attack Helicopters, expected nothing less of the aircraft's performance. He's been getting similar reports from soldiers and commanders in the field, praising the Apache and the pilots who fly them.

"It's like a flying tank," Pallotta, an Apache pilot, said. "Its mission is heavy attack against armored units, suppression

of enemy air defense, and armed reconnaissance missions. It can get in there quickly and provide cover for troops like nothing else."

AH-64A model Apaches first rolled off the production line in 1984 as the answer to Soviet tanks during the Cold War era. Even though the wall came down, Apache found its place among the Army's fighting force and was one of the first to fire during the Gulf War.

Several years ago the Army decided to remanufacture a portion of the fleet into D models, better known as Apache Longbows. The contract to convert 501 A models to Longbows, a \$9 million upgrade per

aircraft, should be completed by 2005 with delivery of the last aircraft in 2006.

The Longbow Hellfire weapon system includes several significant changes to the aircraft including a radar fire control, radar frequency interferometer sensor, digital communications, glass cockpit, enhanced fault isolation and improved navigation.

The Fire Control Radar is a millimeter wave radar that identifies targets primarily by shape. Within seconds this radar can scan the battlefield, detect more than 1,000 targets, display at least 128 on the pilot's screen and prioritize the top 16. The radar is positioned as a small round unit above the rotor which means the helicopter can pop up out of cover only high enough for the radar to see the intended field, without exposing the whole aircraft to enemy detection or fire. It operates in adverse weather, air targeting mode, ground surveillance/targeting mode and terrain profile mode.

The advanced crew station provides the pilot and gunner with multipurpose color displays, digitally shared graphics, enhanced situational awareness, up-front displays, voice and aural cues, embedded training, automated data input/output and management by exception.

"The cockpit is ergonomically designed to facilitate quicker engagement of targets," Pallotta said. "If something goes wrong, the pilot doesn't have to waste time trying to figure it out. The problem pops up right there on the display

See Helicopter on page 10

Systems for the field Part 10 of series

Daily Bargain Matinees Only \$5.00

REGAL Daily Bargain Matinees in ()
www.regaldemas.com

STEREO
DIGITAL SOUND

HOLLYWOOD 18
S. Memorial Hwy. in front of Joe Davis Stadium
883-1602

STAR WARS: EPISODE II (PG) *ADVANCE TICKETS NOW ON SALE	(12:00 1:00 1:50 2:30 4:00 4:30 5:00)
SPIDER-MAN™ (PG-13) *ADVANCE	7:00 7:30 7:50 9:40 10:10 10:30
UNFAITHFUL (R) - ID REQUIRED *ADVANCE	(1:40 4:20) 7:00 9:35
THE NEW GUY (PG-13) *ADVANCE	(12:10 2:10 4:10) 7:40 10:10
DUECES WILD (R) - ID REQUIRED *ADVANCE	(12:00 2:20 5:00) 7:35 9:50
MURDER BY NUMBERS (R) - ID REQUIRED *ADVANCE	(1:50 4:30) 7:00 9:35
THE SCORPION KING (PG-13) *ADVANCE	(12:05 2:30 4:55) 7:45 10:00
CHANGING LANES (R) - ID REQUIRED *ADVANCE	(1:15 4:15) 7:15 9:45
SWEETEST THING (R) - ID REQUIRED *ADVANCE	(1:10 4:00) 7:30 10:00
HIGH CRIMES (PG-13) *ADVANCE	(1:45 4:30) 7:15 9:45
CLOCKSTOPPERS (PG) *ADVANCE	(1:25 4:25) 7:25 9:55
PANIC ROOM (R) - ID REQUIRED *ADVANCE	(1:30 4:20) 7:05 9:35
THE ROOKIE (G) *ADVANCE	(1:35 4:15) 7:10 9:55
BLADE II (R) - ID REQUIRED *ADVANCE	(1:25 4:10) 7:10 9:40
ICE AGE (PG) *ADVANCE	(12:05 2:05 4:05) 7:25 9:25
LIFE OR SOMETHING LIKE IT (PG-13) *ADVANCE	(1:20 4:40) 7:20 9:50
JASON X (R) ID REQUIRED *ADVANCE	(1:50 4:50) 7:45 10:05

Stadium Seating in ALL Auditoriums

Prices for Military after 6 p.m. are Only \$5.50

MADISON SQ. 12
Madison Sq. Mall 830-6829

SPIDER-MAN™ (PG-13) *ADVANCE	(1:00 1:30 1:45 4:00 4:30 4:45)
UNFAITHFUL (R) - ID REQUIRED *ADVANCE	7:00 7:30 7:50 9:40 10:10 10:30
UNFAITHFUL (R) - ID REQUIRED *ADVANCE	(1:05 4:05) 7:05 9:50
THE NEW GUY (PG-13) *ADVANCE	(1:20 4:20) 7:20 9:55
LIFE OR SOMETHING LIKE IT (PG-13) *ADVANCE	(1:15 4:15) 7:15 9:55
MURDER BY NUMBERS (R) - ID REQUIRED *ADVANCE	(1:05 4:05) 7:05 9:50
PANIC ROOM (R) - ID REQUIRED *ADVANCE	(1:30 4:30) 7:30 9:50
THE ROOKIE (G) *ADVANCE	(1:05 4:05) 7:05 9:45
BLADE II (R) - ID REQUIRED *ADVANCE	(1:20 4:20) 7:20 9:40
ICE AGE (PG) *ADVANCE	(1:00 4:00) 7:00 9:30
THE TIME MACHINE (PG-13) *ADVANCE	(1:10 4:10) 7:10 9:30

NOW HIRING - APPLY AT THEATRE

Everyone Likes Special Attention

• FREE ESTIMATES • Prices Anyone Can Afford

Candy Maid
Cleaning for Homes & Offices

15% Off
First Time Customers

880-7802
call 603-8911

Carmike 10
1359 OLD MONROVIA ROAD 430-0770

4 THEATRE AUDITORIUMS

STADIUM SEATING
IN ALL AUDITORIUMS

Prices for military only \$5.00 after 6 pm!

For Daily ShowTimes
Call 430-0770 or visit our website www.carmike.com

*SHOWS AFTER 10:30 PM ARE FRIDAY & SATURDAY ONLY.

HIGH CRIMES (R) *ADVANCE	DTS 1:10 4:10 7:10 9:45	JASON X (R) *ADVANCE	DTS 1:20 3:20 5:20 7:20 9:20
LORD OF THE RINGS (PG-13) *ADVANCE	DTS 1:00 4:30 7:45	VAN WILDER (R) *ADVANCE	DTS 1:15 3:15 5:15 7:15 9:15
THE SWEETEST THING (R) *ADVANCE	DTS 1:00 3:00 5:00 7:00	CHANGING LANES (R) *ADVANCE	DTS 1:00 3:05 5:10 7:20 9:45
BLACK HAWK DOWN (R) *ADVANCE	DTS 9:00	CLOCKSTOPPERS (PG) *ADVANCE	DTS 1:05 3:05 5:05 7:05 9:05
BEAUTIFUL MIND (PG-13) *ADVANCE	DTS 1:10 4:10 7:00 9:45	SCORPION KING (PG-13) *ADVANCE	DTS 1:15 3:15 5:15 7:15 9:30
DUECES WILD (R) *ADVANCE	DTS 1:05 3:05 5:05 7:05 9:30	STAR WARS OPENS MAY 16, 2002 SPECIAL SHOWING 12:05 AM	

Child Development caregiver leaves legacy of love

Woman remembered fondly after 21 years of child care

By BETH SKARUPA
Staff writer
beths@himes.com

A child's letter placed in the casket put into words what so many children who knew JoAnne Bush over the years might want to tell her now: "I miss you ... I love you."

Bush, a caregiver at Child Development Center for more than 21 years, died April 22 after leaving work early. The cause of her death was cardiac arrest induced by a seizure. She was 56.

Five-year-old Sam Moss, the son of Lt. Roger and Brandy Moss, had known Bush ever since he was one of her charges in the CDC infant 1 room. His sister Reilly, 4, had been in the room with Bush the year after him and this year his 8-month-old brother Brandon was with her in the mornings before going into the other infant room. Although Sam started school this year, he maintained a close relationship with Bush and made a point to go across the hall and give her a "high-five" each morning after eating breakfast at the CDC.

"He was real upset that she had died

and said he wanted to write a letter to her. So he wrote her a note and told her how much he missed her and that he loved her and that she went to heaven and is with his grandma now," Brandy Moss said, her voice breaking. "My husband went to the viewing and gave it to one of her sons. I guess they put it in the casket... She was a wonderful woman and my kids loved her because she was so caring and loving."

Seeing the letter in the casket made Kris Weissner, CDC assistant director, want to read Sam's words. The letter represented all the children's lives that Bush had touched since she had begun working at CDC on May 2, 1980. When Weissner tried to guess how many children had known Bush over the years, she figured the number must be in the thousands.

Having worked with Bush since 1989, Weissner knew her well. The two had been riding to work together ever since security increased after the terrorist attacks Sept. 11. Bush didn't like to drive through the barricades in the dark. Weissner had driven Bush home at 6:30 a.m. on the day she died because she'd said she wasn't feeling well.

"The last thing she said to me was 'I'm sure this will pass and I'll see you in the morning,' and I said 'How do you know it



Courtesy photo

IN REMEMBRANCE— JoAnne Bush worked as a caregiver at the Child Development Center for more than 21 years. She died April 22.

will?" She was reassuring me that she would be there the next day," Weissner said, brushing a tear from her eye. "That's the way she was."

She described Bush as a quiet, unassuming person who was "marshmallow soft" inside but put up a stoic front — she cared very deeply about things but didn't share her innermost feelings with just anybody. Weissner also called her "dedicated, determined and dependable" and said Bush's attendance at work was the epitome of perfection. She was never late to work, always early, always the first one there. She had been opening the center for as long as she had known her.

"What I'll miss most about her is singing 'oldies but goodies' to the radio in the morning, coming in together, growing old together, the things that — we were so close in age that we could talk to each other about things that others couldn't talk about, our kids were both grown. She was not only my co-worker but she was a friend," Weissner said.

Co-workers in infant room 1 especially remember Bush for her laughter and her ability to make them laugh. Tammy Bauerle said she would put on the song "Achy Breaky Heart" and try to show her how to do a dance with her feet. They shared a lot of "inside jokes" and had a lot of fun together.

"She made me laugh when she would

talk with the kids, too. I guess it's the way she talked to them. Sometimes she would, I don't know how to explain it, she would ask the child a question and answer it herself as if they answered it for her," Bauerle said. "I worked with her 10 years. I'll miss her. She's gone but not forgotten."

Paula Sanders, the lead in the infant room, worked with Bush about 14 years. She said Bush loved to laugh and would always speak to everyone. On different occasions Bush would treat her co-workers with little gifts, maybe a small bottle of perfume or a cute little air freshener for Easter.

"She had a nice personality. We're going to miss her very much," Sanders said. "It hit me really hard Saturday. I was riding toward Birmingham around 10 o'clock (the day of the funeral) and said to my girls, 'Goodbye friend.' I had to pull off to the side of the road at Wake Station. My daughter Cassandra asked if I needed a hug and a kiss but I told her no, it was just my way of saying goodbye to my friend... We're just going to miss her very much in the infant 1 room."

Since Sept. 11 Bush would often drive to the Arsenal with a friend to leave her car at the CDC so she could drive herself home after work. Mary Washington, CDC director, would see her car in the parking lot and think Bush had beaten her to work again. She said on the days it was her responsibility to open the center early she would try her best to beat Bush to work, but Bush usually was at the center waiting for her. The one time Washington thought she beat her to work, she had simply arrived too early on the wrong day.

"We will definitely, definitely miss her because she was definitely here 30 minutes early," Washington said, laughing. "She had her ways. She was definitely a character, but in her own way... a good way."

Bush had three sons, each serving in a different branch of the military. Two of her sons, Larry and Bradley, live here. According to Weissner, the American Red Cross brought Bush's third son Dale home for the funeral. He is in the Navy, stationed on a ship. Bush also had five grandchildren.

Letterkenny Army Depot celebrates 60 years of service to soldiers

LETTERKENNY ARMY DEPOT, Pa. — Armed Forces Day on May 18 will conclude the week's celebration of the 60th anniversary of Letterkenny Army Depot.

While the depot will find ways throughout the year to remind itself of 60 years of service to the soldier, it was decided to focus the celebration around Armed Forces Day.

Retirees will return to a retiree luncheon today at 11:30 a.m. to reminisce about their time and work together. They will be addressed by depot commander, Col. Robert English III, during a picnic at the

Letterkenny Recreation Area.

Employees will be honored Friday at an old fashioned picnic at the Letterkenny Recreation Area at noon. Former Congressman Bud Shuster, who represented the depot for nearly half its history before retiring last year, has agreed to be the keynote speaker. Other elected officials will attend to salute the depot and her employees.

A special edition of the depot publication *Kenny Letter* has been published and is being distributed to employees and retirees. Copies will be available at all 60th anniversary events.



Charles Woods, M.D.

LASIK

Are You a Candidate?

LASIK Open House
Thursday • June 6th • 5:30 pm

Offers 15% discount to BCBS Federal Employees

The EyeCenter

256-705-3955 or 800-233-9083
401 Meridian Street, Suite 200
Huntsville, AL 35801

00221300

Laser Vision Correction



NEARSIGHTED ?
FARSIGHTED ?
ASTIGMATISM ?

Laser Vision Correction can reduce your dependence on glasses or contacts in a matter of seconds. See if you are a candidate for Laser Vision Correction by calling EyeCare Madison.

There is Only One Number To Call
1-800-990-EYES (3937)

EYECARE
MADISON

9238 MADISON BLVD., SUITE 100
MADISON, AL 35758

00221300

Post profile

Redstone officials thank citizen soldiers on gates

Cullman-based National Guard members make difference in security, community

By BETH SKARUPA
Staff writer
beths@htimes.com

More than six months ago an Alabama Army National Guard unit arrived at Redstone Arsenal to help maintain security. Not only has the unit been essential for force protection, it has earned an important place in the community.

"They're kind of the darlings of Redstone Arsenal," Col. Brent Swart, deputy post commander, said. "They've done an excellent job. They're always professional and enthusiastic, and doing that every day is hard to do sometimes."

The Cullman based 1st battalion of the 167th Infantry Alabama Army National Guard was activated to augment security here after the Sept. 11 terrorist attacks. The soldiers arrived in October and have been a welcome addition to the Arsenal since that time.

"I think the National Guard unit was an essential element in restoring the work force's confidence that Redstone Arsenal was a safe place to come to and work at in spite of the elevated potential for terrorist threats," Col. Ed Stone, AMCOM chief of staff, said. "Their professional yet friendly manner at the gates was a welcome sight to people commuting into the Arsenal."

"I've heard that comment several times now. When people see the soldiers or the

DoD guards at the gates doing security checks, even though it's a slight inconvenience, they have accepted that and appreciate the personal security it provides them."

Swart agrees that the unit has helped with security "immeasurably." He said the Arsenal could not have maintained its force protection level without their help.

"We could never provide the level of security we have without them. That's the bottom line," he said. "They've been indispensable to the security of Redstone Arsenal - that's it in a nutshell. I'll hate to see them leave."

Swart appreciates that the soldiers also have been able to maintain their level of professionalism and enthusiasm for the job. He cited a recent article in the Fort Belvoir, Va., newspaper that said the '9-11, united we stand phase' was wearing off and more and more motorists going through their gates were less appreciative of the soldiers. He thinks it's to Redstone Arsenal's credit that we haven't seen a big increase in that.

"It's due to the military courtesy here, respectively, that we haven't seen a change. Everything has gone very well and that's a tribute to the soldiers," he said.

As far as Swart's concerned, the effort all along has been to treat the National Guard unit exactly like the Title X active duty soldiers they are - just like any soldiers on the Arsenal. An effort also was made to assimilate the unit into the community.

"They participate in the community



Photo by Sandy Reibeling

JUST CHECKING— Spec. John Holzer of the Alabama Army National Guard inspects a car at Redstone Arsenal. His unit, the 1st battalion of the 167th Infantry, has helped maintain security at Redstone Arsenal since October.

and I just think they're a great asset," he said.

He pointed out that 1st Lt. Jack Eagly of the National Guard unit is the Army Emergency Relief chairman this year and praised him for doing a great job. Since the unit is based in Cullman, most of the soldiers are from cities near the Arsenal such as Cullman, Franklin, Tenn.,

Decatur, Athens and Florence. Swart hopes that means they'll come back to visit once in a while.

"I think they've made some friends here and I think even after they go back to civilian life and the National Guard, there will always be a place at Redstone for Charlie Company 167," Swart said. "And I hope they'll feel that way, too."

Easy Credit Terms - Nationwide Warranties
Free undercar inspection

20% Off A/C Repairs

Valid only on repairs at participating locations. Not valid with any other offer. Must present coupon at time of estimate. Expires 5-30-02

• CV Shafts • A/C • Oil Change • Brakes • Shocks • Struts • Coil Springs & lots more

10033 S. Mem. Pkwy - 882-0365

3 H Stables

Summer Day Camp

Now Enrolling

Picnic • Lessons • Training

Scenic & River Trail Rides

863-4534 • Cell 759-5578

Come Spend Your day off with us!

Dr. Tara L.F. Blasingame, DPM
Podiatrist

Specializing in the Medical & Surgical Treatment of all Foot Disorders

- Ingrown Nails • Bunions • Sports Injuries
- Diabetic Foot Care • Hammer Toes • Heel/Arch Pain
- Warts • Trauma • Bone Spurs • Corns and Calluses
- Thick Fungus Nails • Infections • Sprains • Arthritis

Computerized Gait Analysis & Custom Orthotics

Most Insurance Plans Honored

• BCBS PMD • MEDICARE • NAMCI • TRICARE • OTHERS

105 West Dublin Drive, Suite B
Madison, AL 35758-1797 • (256) 772-8566

◆◆◆◆◆

102 Sanders Street
Athens, AL 35611 • (256) 232-2009

No representation is made about the quality of the podiatric services to be performed or the expertise of the podiatrist performing such services.

Buy It Or Sell It In The

Redstone Rocket

532-4300 • Fax (256) 532-4349

Domestic violence: an overcomer shares her story

Victim says leaving relationship like jumping off cliff blindfolded

By SANDY RIEBELING
Staff writer
sandy@htimes.com

She's heard it dozens of times over the years. "All it takes is one time. He hits me just one time and I'd be out of there."

"No, you wouldn't," said domestic abuse survivor Diane. "It doesn't happen like that — just all of the sudden one day he hits you. It happens over time. It's what I call the chiseling down process."

Willing to share her own story in the hopes of helping other women and children escape the grip of domestic violence, Diane requested anonymity, mostly for the sake of her three children who still have visitation with their father. She lives in Huntsville and works as a marketing manager for a national company.

She and "Rob" dated three years before they were married. Although the physical abuse didn't start until a few months after the marriage the dynamics had already taken hold. It would take 15 years to break away.

"Using hindsight I can see now that there were tendencies, things I didn't understand like his jealousy. I perceived it as, he loves me so much — I thought if I can show him how much I love him the jealousy will go away. Well, that didn't work. I sacrificed too much of myself to prove to him there was no need to be jealous. I stopped seeing my friends and family. In other words, I isolated myself from my support system."

In the beginning Rob used intimidation and belittling to gain power and control in the relationship. He was everything and she was nothing without him. And because she had pulled away from the people who could help her combat those ideas, she began to buy into them.

"He always used the things I was most insecure about," Diane said. "He had a college degree and I didn't so I was the stupid one. I was uncomfortable with the way I looked and he played on that."

It wasn't long into the marriage when Rob landed the first punch to her stomach. The bruise was so dark a few days later that it could be seen through her clothes. Denial flooded into the relationship from both sides, along with the classic reasoning that if she had just done or not done "whatever" it wouldn't have happened.

The first "really bad" incident occurred about a year into the marriage.

"He whisked me out of church and into the car before service was over," Diane said. "Apparently I was flirting with someone in church."

Rob sped away, driving recklessly, yelling and cursing. Diane was so scared of his driving and behavior she was looking for the first opportunity for him to slow the car enough that she could jump out.

"He grabbed me by my hair and shoved my head down in the seat," Diane said. "Every time I tried to raise up, he punched my head. I was struggling with him so much he finally had to pull over at one of those look out places along the road. I kicked the door open and got my feet part of the way out but every time I got close to getting out, he'd pull me back by my hand and the door would slam back and hit me in the side of the head."

Strangers driving along the road saw the commotion, pulled over and got out of the car to help her. When Rob saw the man coming over, he let go of Diane.

"I ran over and got in their car," she said. "Rob drove off and left me."

Not knowing what else to do, the couple took Diane to the police station. She approached the guard at the desk crying, scared, beat up, torn dress. He asked her what



Portrait by Cathy Salsler

I JUST STOPPED— This painting belongs to the Portraits of Survivors series done by Cathy Salsler, founder of A Window Between Worlds, which uses art as therapy for domestic violence survivors.

happened.

"My husband hit me," she told him. "I remember thinking how hard it was to say those words. I felt like I was betraying him."

Diane remembers the guard chuckling lightly and saying, "Aw, little lady, I'm sure he's full of remorse by now."

"I felt like he kicked me in the gut," Diane said. "He told me that if I wanted to file a protection order, I'd have to wait until Monday. I didn't know what else to do so I asked him for a quarter for the pay phone and called my grandfather to come and get me."

Diane stayed with her mother for a few days, the whole time Rob and even his mother and brothers were calling and courting her to come back to the relationship with the infamous "It will never happen again" promise.

Diane went back home without ever filing a police report. Now that she saw that he would follow through on his threats she was more scared than ever to go against him.

Life went on like that for 15 years. Things weren't bad everyday. There were long stretches when the two got along very well. As the years went on the episodes got more frequent and more intense.

But there was another dynamic in play. Not only was she living a secret life with an abuser, she had to create the perfect looking life to everyone on the outside. It meant lying to friends and family. Covering up his violence. Avoiding people who would ask questions.

"I became aware of the triggers that would set off his behavior. Make sure the lights were off and the thermostat was on the right temperature," Diane said. "I made sure that I only went exactly where I told him I was going and didn't make any stops. He knew about how long each trip would take and I made sure not to go over the limit."

Rob's obsession became so intense he would use a stop watch to time how long it took to get to Diane's most frequent errand stops — Wal-Mart, the gas station, work,

school. He also knew the mileage to each place and would keep track of the odometer on the car.

If she said she was going to Wal-Mart, he would wait the amount of time he allotted for the drive then call the store and page her. If she didn't answer that page, she was in trouble. He also checked her cash register receipts to see the exact time she checked out and make sure she didn't go anywhere but back home.

She only called the police one time, after Rob had locked her out of the house, but nothing was done. The only police report filed came after an argument that ended when Rob punched her in the face and broke a facial bone.

"I pleaded with him for hours to take me to the hospital," Diane said. "I couldn't see out of one eye. I was dizzy, throwing up and still on my knees because he was so angry he wouldn't let me get up."

Rob finally broke down and took her to the hospital only after Diane convinced him of the lie she would tell when they got there so he wouldn't get in trouble. They rehearsed it the whole way to the hospital and Rob told her that if she deviated from the story at all, he would take the kids and she'd never see them again.

"The nurse in the ER didn't buy the story," she said. "The whole time they were asking questions, my husband was looking at me, holding the kids in his arms. The nurse found a way to separate me from him and that's all I needed. It was right in the middle of the crisis. I wasn't facing all the 'I'm sorrys' and stuff."

The nurse kept Rob out of the room long enough for the police to file a report on the incident. Rob wasn't arrested. In fact, he didn't know the report had been filed but the officer wrote the incident number on a small blue card that listed numbers for shelters and crisis services.

Thinking practically, Diane had been told she would need plastic surgery and worried that if she pressed charges against her husband, she'd have no one to help her after the surgery and take care of the kids. So she went home with her husband and waited for the surgery appointment.

"Oh, but that blue card," she said. "It was like a life line for me. I held onto it like a treasure. I kept it hidden — sometimes in the sole of my shoe, or in the lining of a jacket or in my purse. I knew if things got so bad and I had to yell for help, somebody on the blue card would help me. I even tried to memorize all the numbers and agencies but there were too many."

She hid that card for more than two years, knowing in her heart that if she ever did leave, it would have to be forever. But she had such fear, not just for herself but Rob had made threats against her family and she knew firsthand what he was capable of.

The last straw came one morning when Rob flew off the handle about something and dragged Diane out of the shower with the children watching. Her 10-year-old son who usually tried to get out of the way of the fighting, stepped in the middle of it, fists clenched, body shaking.

"He was going to fight his dad," Diane said. "The look on his face broke my heart. To see that torment, having to choose going up against his dad or seeing his mom get hurt..."

It was enough to stop the attack. Rob gathered the kids and took them to school.

Diane collected a few items of clothing for each of them, went to the school and checked the kids out and called the number on the blue card.

"I was so afraid to go to shelter," Diane said. "I had this horrible picture of a drab metal building with concrete floors and steel bunks lining the walls. I was afraid

When love hurts at home Last of 3-part series

See **Overcomer** on page 9

■ Abused spouse finally escapes with divorce

Overcomer

continued from page 8

of the environment I was putting my kids in. After all, he wasn't hitting them.

"I was terrified once I decided to do it," she said. "It was like being on the edge of a cliff blindfolded and jumping into the darkness with no way of knowing how far I'd fall or what I'd hit on the way down."

At one point she almost backed out. She and the kids were at a HOPE Place shelter and she got up to leave. They'd only had a brief look at the place but in the parking lot she saw the children looking back at the shelter and the playground and the children. She told them that if they stayed, they might never again see their clothes or toys or dog or even sleep in their own beds. That what they had in the bag was all they might have.

"Mom, we want to stay," they told her. "I cried for the first two days we were there," Diane said. "It wasn't the shelter. The shelter was great. Very comfortable and inviting. The women there bond quickly. It didn't matter what the issues were or the color of skin. We were all trying to get out of domestic violence situations.

"I cried because I didn't know if I was strong enough to become the person I'd once been," Diane said. "I had to evaluate my life and make a plan. I was ashamed of the lies I'd told my family and friends.

"But people know, even though you try to hide it, they know," she said. "And

once you make the decision and admit you need help, people come out of the woodwork to help. My boss was great about giving me time to get on my feet. My co-workers tell me how proud they are that I've come so far. I might have left sooner if I'd have known about all the help available."

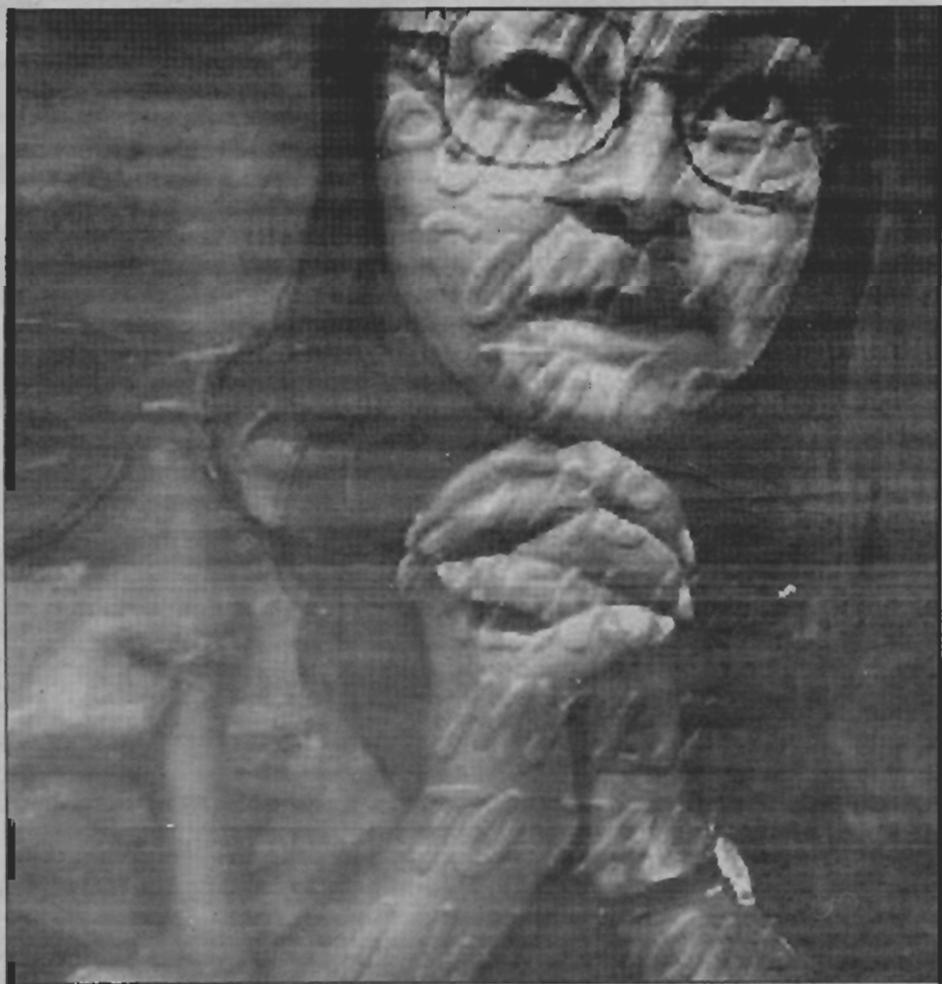
With the help of many of the services offered by Crisis Center of North Alabama, including shelter, counseling, help maneuvering through the legal system for an order of protection and with a divorce, Diane is not just a survivor, she's an overcomer.

Diane volunteers as a first responder, a program that is able to reach victims in crisis, convinced that if the police would have been more helpful when she landed at the station the first time, things might have been different. She's grateful to the officer who handed her that blue card "life line" and to the nurse who was educated enough to recognize the situation and know how to respond.

She prays for public support of programs like Crisis Center of North Alabama that offers help on the other end of the line and a safe place to go in the midst of a storm.

"I'm learning how to laugh again," Diane said. "I know that I have a right to set boundaries and that no one has the right to hit me. I'm learning how to be myself again."

For more information or to get assistance from Crisis Center of North Alabama call the HELPLINE at 716-1000 or 1-800-691-8426.



Portrait by Cathy Salsar

DETERMINATION— This portrait, "If I Stick to What I Want" is another in the Portraits of Survivors series painted by Cathy Salsar, founder of A Window Between Worlds, a program that uses art as therapy for victims of domestic violence.

Now, You Have the **POWER** to choose

36 month

4.25%
Annual Percentage Yield*

48 month

4.50%
Annual Percentage Yield*

with the **Member's Choice Certificate**

- Flexibility to change rate after first 90 days, once every 365 days thereafter
- \$1,000 minimum to open & maintain
- Choose 36- or 48-month certificate

For current rates or further information,
call or visit us online.

locally | 837-6110 toll free | 800-234-1234

www.redfcu.org



REDSTONE FEDERAL CREDIT UNION

*For standard non-compounding share certificates, dividends will not be added to the share certificate account. The payout of dividends is mandatory. The disclosed annual percentage yield is accurate as of May 5, 2002. Must be a RFCU member to apply. Fees and other conditions could reduce earnings on account. A penalty will be imposed for early withdrawal of principal prior to maturity. RFCU cannot guarantee future increases of certificate rates. This Credit Union is Federally Insured by the National Credit Union Administration.

■ Conversion of fleet to Longbows continues through 2005

Helicopter

continued from page 3

and tells him what to do."

Hellfire missiles for the Longbow can be either semi-active laser or radio frequency. The A models use only the semi-active laser.

"The Longbow Hellfire missile is truly a fire-and-forget missile," Pallotta said. "In the past it had to be laser designated which means you have to keep the laser on the target. With fire-and-forget it can lock on before firing or afterwards. This increases survivability by seven times and

makes the weapon four times more lethal."

Both aircraft can be equipped with Hellfires, 2.75 inch rocket pods and a 30 mm gun. The configuration of weapons is specific to each mission and is easily changed to meet the need. Auxiliary fuel tanks are also available.

Deployability is high on the demand list for aircraft. Apaches are easily moved by C-17, C-5, C-141 aircraft and by ship.

But building and shipping the aircraft is only part of the project office mission. Providing training devices is equally important to providing world-class helicopters.

The new Longbow Crew Trainer is a portable air crew simulator. Before the LCT, pilots had to come to the nearest fixed simulator that several aviation units shared. Now these simulators can be deployed with the battalion wherever they go.

"We just fielded this month to Fort Hood (Texas) the Longbow Collective Training System which links together six cockpits," Pallotta said. "We can take pilots who have never flown together before, put them in the system, let them engage the enemy, just like the real thing and see how they do."

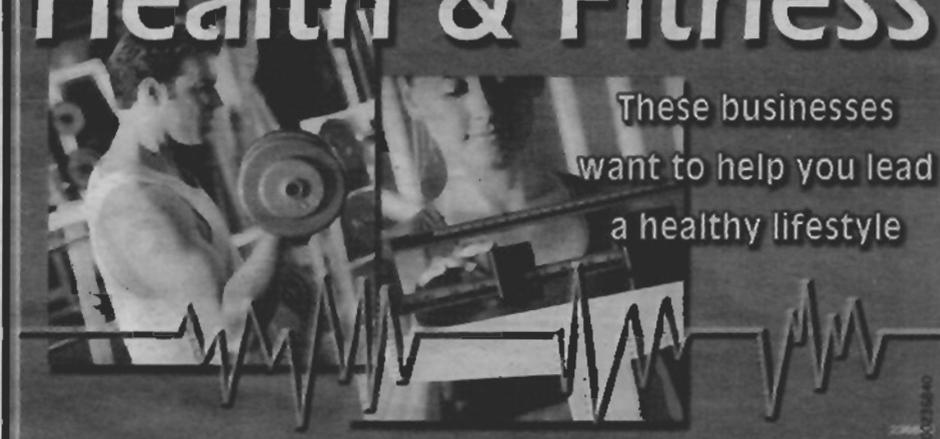
"We give them scenarios, intel reports, let them do their planning before then get them in the cockpits," he said. "The enemy moves around, does the unexpected.

We can track everything they do and see the way they react in a situation, see how they pass off targets and everything is recorded for the after action review."

The Longbow Crew Trainer teaches pilots about the aircraft, how to fly it and what to do in emergencies. The collective training system teaches pilots how to become combat teams. The first unit to use the collective system is undergoing training.

"The Apache is the best attack helicopter in the world," Pallotta said. "And what makes it that is the capabilities. It has a very integrated weapon system, sensors and targeting system. They can share information among each other. It is a truly amazing aircraft."

Health & Fitness



These businesses want to help you lead a healthy lifestyle

Dr. Vitkin's Weight Loss Program, located at 7531 S. Mem. Pkwy, Huntsville, may be what you need to lose those unwanted pounds and inches. Just listen to what Kathy has to say about the program:

"Dr. Vitkin's program is the best ever!"

I lost 73 pounds on Dr. Vitkin's Weight Loss Program. The food choices are wonderful and unlike other diet medications, the ones Dr. Vitkin prescribes don't make you feel nervous; they just curb your appetite. Now I have energy, and I'm not always tired. I can walk across the room without wearing myself out and bend over to tie my shoes without losing my breath. I even play softball on my job's co-ed team. Now when I play with my kids, they get tired before I do.

I feel 100% better about myself and recommend Dr. Vitkin's clinic to anyone who wants a weight loss program that really does work."

Call for information or to schedule an appointment at 880-2902

Did You Know Most BCBS Will Cover Chiropractic Care?

Did you know Tricare for Active military will also cover chiropractic care?

FREE CONSULTATION

Health Check
for new and existing patients
\$150.00 credit

This health check entitles the bearer to \$150 credit towards examination, x-rays and/or treatment. No obligation. Cannot be used on services already rendered. Limit one health check per patient. Excludes Medicare/Medicaid patients. With coupon only. Expires 5-31-02

Back Pain • Leg Pain • Arm Pain • Headaches • Numbness & Tingling
• Tendinitis • Whiplash • Arthritis • Sports Injuries • Auto Accidents

Jones Valley Chiropractic Clinic

7900 D-2 Bailey Cove Rd. SE **881-1011**
(Across from Grissom High School)

Preferred Provider
BlueCross BlueShield of Alabama
The Staff Handlers Benefit Plan

Charles put me on the path to weight loss, better nutrition and physical fitness. Now I look great, feel great and feel good about myself. Thanks Cybersports!

No Program Fees • No pre-packaged food. All Natural

only \$79.95

Look for Charles Before & After Debut Pictures June 26

- Weight Loss
- Hormone Issues
- Sexual Energy
- Sport Nutrition

CyberSports nutrition

We Deliver! 1641 Sparkman Dr. • 830-4234
The Pro Shop Inside Cosmo's Fitness
charlesmithey2002@yahoo.com

*Results may vary. Consult a physician before starting any weight loss program.

Feel Good About Yourself Again.

Before



Cecile Lost 95lbs.

YOU CAN, TOO!

After Cecile Now WOW!



DR. VITKIN'S
WEIGHT LOSS CLINIC 880-2902
7531 South Memorial Parkway - Suite B - Huntsville
fax (256) 442-1465 email: vclinic@aol.com

Want to get your business in shape?

Call 532-4250
to advertise on this page!

Military health care program offering expanded benefits

Continued eligibility for Tricare must be established periodically

TRICARE RELEASE

Since the implementation last year of expanded pharmacy and medical benefits under Tricare Senior Pharmacy and Tricare For Life, many Medicare-eligible uniformed services beneficiaries, age 65 and over, are now enjoying the peace of mind that comes with having a robust health care benefit.

They no longer have to pay expensive supplemental insurance premiums, higher co-payments, or entire prescription charges because the Tricare For Life program acts as second payer to Medicare, and the pharmacy program provides coverage they don't have from Medicare.

"Beneficiaries have reported savings of \$3,000-4,000 on their prescriptions, alone. With most prescriptions available to them for a \$3 or \$9 co-pay, some can

now purchase prescriptions they didn't feel they could afford before. Not only are they saving money, but many are enjoying a better quality of daily living." Thomas Carrato, executive director of Tricare Management Activity, said.

While most of the 1.5 million Tricare For Life-eligible beneficiaries have been located through extensive outreach communications efforts by TMA, regional lead agents, managed care support contractors, and various beneficiary associations, many still do not know they have this coverage. Their files in the Defense Enrollment Eligibility Reporting System have not been updated, and they have not renewed their military identification cards. Continued eligibility for military benefits must be established periodically, because certain events (like divorce from a military retiree, or remarriage of a widow) may cause eligibility to end.

As a result, when Medicare "automatically" sent its first 5 million claims to Tri-

care for its newly eligible over-65 beneficiaries, it became evident that some of these claims belonged to beneficiaries whose information had not been updated, and whose ID cards were expired. These claims initially were denied by Tricare, but agency officials have announced that they will pay these claims temporarily, without requiring beneficiaries or providers to resubmit them.

"We will use this opportunity to advise people on their Explanations of Benefits that they must update their information and ID cards. Those who fail to do so will have future Tricare claims denied," Carrato said.

After Aug. 1, all claims for beneficiaries with expired eligibility will be denied until their eligibility information is updated. During March, DEERS notified many of the people with outdated information and expired ID cards with a letter.

DEERS also sends an "age-in" letter to newly eligible beneficiaries 90 days

before their 65th birthdays, explaining how they can remain eligible for Tricare benefits.

The best way to verify Tricare eligibility in DEERS and to obtain a current ID card is to go to an ID card issuing facility. Its personnel can provide information about the documentation that is necessary, its address and hours of operation. If it is not possible for a beneficiary to go to an ID card facility, he or she should call the DoD Reverification line, 1-800-361-2620, for guidance. Information about the nearest ID card facility can be found on the World Wide Web at the following address: <http://www.dmdc.osd.mil/rsl>, or by calling Tricare's toll-free number, 1-888-DOD-LIFE (1-888-363-5433). The local ID card facility is located on Redstone Arsenal, building 3494, at the corner of Hercules and Roadrunner. Enter the installation at Gate 10 for easiest access to the ID card facility. The facility telephone number is 842-2413.

Former lieutenant colonel at Redstone dies in native Arizona



Rich Richey retired in 1993 after 22-year Army career

Retired Lt. Col. Rich Richey, who served at Redstone Arsenal, died May 1 at his home in Prescott, Ariz., because of complications from lung cancer and diabetes. He was 54.

Richey's 22-year career in the Army took him and his family to Arizona, Texas, Korea, Oregon, Alabama and two tours in Germany. The Phoenix, Ariz., native retired in January 1993 in Huntsville after serving at Redstone.

During his career, he worked as an air defense officer training young troops including those involved in missile operations during Desert Storm. He was made an Honorary Citizen of Huntsville for his work as chairman of the Army Emergency Relief fund-raising campaign. He was also awarded a Legion of Merit, three Meritorious Ser-

vice Awards and five Army Commendation Medals for job excellence.

During and after his military career he earned two master's degrees in human relations, and secondary education. He did his student teaching at Huntsville Middle School and substituted for Huntsville city schools from 1993-95. In 1995 upon moving to Prescott, he taught one year of woodshop at Prescott Mile High Middle School and five years of world geography at Prescott High School.

Survivors include his wife Sherry of Prescott; two sons, Blake Richey of

Prescott and Brian Richey of Columbus, Ohio; mother and stepfather, Marie and John Koehler of Yarnell, Ariz.; stepsisters Cathy Edgar of Rancho Santa Fe, Calif., and Jeannie Koehler of Denver, Colo.; and stepbrother Johnny Koehler of Las Vegas, Nev.

The family requests that in lieu of flowers, you make memorial contributions to Hospice Family Care of Prescott, 100 E. Sheldon St., Suite 100, Prescott, Ariz., 86301 or The Alliance for Lung Cancer Advocacy, 1601 Lincoln Ave., Vancouver, Wash., 98660.

Courtesy photo
REMEMBERED— Retired Lt. Col. Rich Richey was made an Honorary Citizen of Huntsville for his work as chairman of the Army Emergency Relief fund-raising campaign.

Jacqueline T. Do, M.D. 

UCLA School of Medicine Graduate Board Certified - Internal Medicine

Now Accepting Patients at our new location in Madison

540 Hughes Rd., Suite 9 (256) 325-9111

Purchase a Rhino Liner & a Topper and get \$50 off
Exp. 5-30-02

We Specialize in Custom Color

Rhino Linings
NOTHING BEATS A REAL RHINO

256-880-1121
3100 Leeman Ferry Road • Huntsville, AL 35801

Lifetime Warranty

- Won't Peel, Crack or Warp
- Resists Abrasion, Even Under Heavy Use
- One Performs All Drop-In Liners
- Wet a Paint-Like Coating...Sprays on up to 1/4" Thick
- Helps Keep Your Gear from Shifting
- All Colors Available

PERMANENTLY PROTECTS AGAINST RUST AND CORROSION

Computer-Aided Drafting

If you have a curiosity about how things are put together as well as perseverance and creative ability... a career in Computer Aided Drafting could be for you.

- 2D & 3D Graphics • Auto Cad • Adv Modeling Extension
- 3D Studio Max • Mechanical Design • Multimedia Presentation
- Architectural Desktop • Civil Engineering Design

"We'll Give Your Life New Direction!"

Please call (256) 533-7387

Virginia College at Huntsville
2800-A Bob Wallace Ave • www.vc.edu

Soldiers have 70 days to claim property damage by movers

Notify Army of losses discovered after household goods delivered

By JAMES FRIDAY and Capt. ERICK OTTOSON
Office of the Staff Judge Advocate

Moving from place to place is a fact of Army life, and summer is traditionally the busy season for military PCS moves. It is an unfortunate reality that your PCS could be accompanied by loss of or damage to your personal property. The military claims system, which is administered by the legal office on Army installations, is designed to help soften the economic impact of these losses. This article outlines some key features of the claims process and suggests ways to protect yourself when PCSing.

The best way to ensure that you will be compensated for loss and damage during a move is to take a few precautions before the move. Documenting what you own is perhaps the most important thing to do before your move. Ensure that you save receipts, bills, appraisals, high value item inventories and other proof of ownership. These important documents should never be shipped with your household goods. Ship them separately or, better yet, hand-carry them. This way if your entire

shipment is lost, your proof of ownership will not be lost as well.

An excellent way to document what you own is to take pictures or videotape of the items in your house immediately before the move. Pictures and videotapes have an added benefit: Not only will they show what you own, but they will also demonstrate the condition of your items. Carry the photos and videotapes with you; do not ship them.

After the move

When the movers deliver your household goods, make sure that they have delivered everything. Have a copy of the inventory handy and check off the numbers of items when the movers bring them into your new home. If upon delivery you notice that any items are missing or damaged, annotate this on the pink form — DD Form 1840 — that will be provided to you by the movers. Do not leave this form blank if you have missing or damaged items; the government uses this form later to evaluate whether the carrier did a good job.

There is no need to unpack all of your items immediately upon delivery; you can list additional missing and damaged items later on DD Form 1840R which is located on the reverse side of Form 1840. Unlike most civilian moves, where loss and dam-

age must be noted immediately after delivery, soldiers have 70 days to notify the local claims office of loss and damage. This means that after your household goods have been delivered, you have 70 days to unpack them and note any loss and damage on the Form 1840R. You must turn in the form to an Army claims office within this 70-day window. Failure to do so will make it impossible for the claims office to collect from the carrier responsible for your loss. As a result, the claims office will not pay you for any of these items.

When you turn in your DD Form 1840R, the claims office will provide you with forms and information on filing your claim. At this point you will need to get repair estimates and other documentation to substantiate the amount of your loss. You have two years from the date of the original delivery (not from the date you turned in your DD Form 1840R) to file a claim. If you fail to meet this deadline, the Army will deny your claim.

Insurance policy

Although you are not required to purchase private insurance, a private policy may provide certain advantages over the Army claims system. The Army claims system is not intended to be a complete and comprehensive substitute for private

insurance. Under many private insurance policies, a claimant can receive total replacement coverage for damaged or destroyed property, with no maximum limitations on payment. On the other hand, damaged or destroyed property under the Army claims system is subject to depreciation and maximum payment limitations. As an example, a claimant whose five-year-old television was lost during shipment would receive only 50 percent of the replacement value of the television under the Army claims system. On the other hand, a private insurance policy might provide full replacement value. Similarly, a claim for a lost shrank valued at \$5,000 would likely result in only a \$3,000 payment from the Army due to maximum payment per item limitations imposed by Army regulation. A private policy might not have such limitations. Keep in mind, though, that if you have private insurance, you must first file a claim with your insurance company before filing a claim with the Army, and any amount received through insurance will offset your Army claims award.

For more information, contact the Claims Office in the Office of the Staff Judge Advocate located in building 111 on Goss Road, at phone number 876-9007.

Give Us A Call

Custom Software
Any Need
Fast Turn Around



We Can Do It All!

- Software
- Information Management
- E-Commerce Solutions

NMC
INFOTECH

Member of
Chamber of Commerce

880-9413
3313 Memorial Pkwy Suite 126
NMCINFOTEC@aol.com

www.nmcinfotech.com

- Hardware
- Software
- Network
- Servers
- Upgrades
- Customized PCS
- Cable & Accessories

Government Employee Discounts

Gov't/MPAC Credit Cards Accepted
BPA listed
CCR Registered

AMD 850MHz Duron Computer only \$299
ATX mini-mid tower case 300w power, 64mb sdram, 8 mb video, 10gb hard drive, 1.44 floppy, 52 speed cd-rom, 3d sound, 56k modem, 10/100 base T network card, 120w speakers, ps2 keyboard, mouse, 1 year labor parts warranty

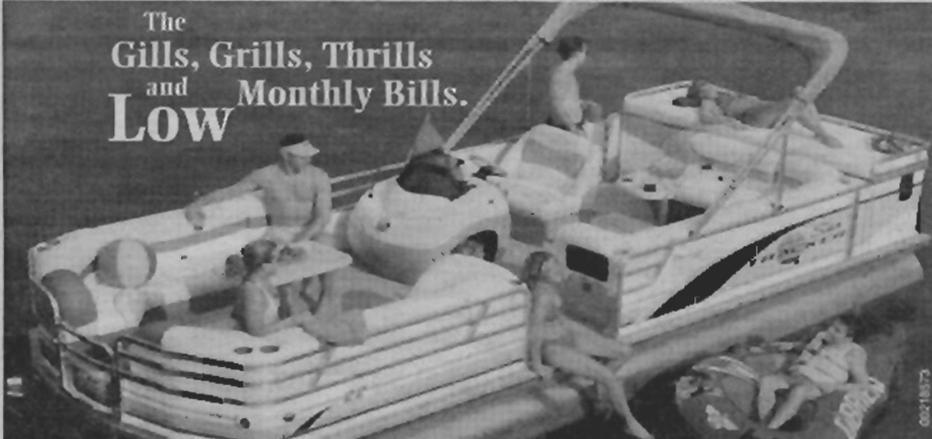
17" KTC monitor only \$125

Check our web site for more great deals <http://www.cmcomputer.com>

CableMart Inc.
Computer Hardware
Importer & Distributor
772-7563
9582 Madison Blvd • Ste 1 & 3
Madison
sales@cmcomputer.com



The Gills, Grills, Thrills
and Monthly Bills.
LOW



ANDERSON BOATS 355-9012
6th Ave. • Decatur

Singers Wanted

Country ~ Rock ~ Gospel ~ Pop ~ Standards
All Music Styles

Thousands of titles in stock
priced from **\$995**

NO EXTRA CHARGE
for Special Orders

AUDIO VIDEO PROS 533-5511
908 Meridian Street
Huntsville, Alabama 35801
The Tennessee Valley's Karaoke Headquarters

■ Former Army worker teaches acting and singing

Sweetheart

continued from page 1

Margaret Lindsay and niece Betty Lindsay Taylor.

Hammons also appeared several times in photographs in the *Redstone Rocket*. At 5-foot-2 she weighed 100 pounds. "I weigh twice that now," she said laughing.

In one photo, dated July 27, 1956, she's wearing shorts while appearing to take dictation from a master sergeant, also in shorts. The *Rocket* arranged the photo session when the Army allowed soldiers to wear Bermuda shorts as part of their uniform. Two men on separate occasions five years ago told her they still had a clipping of that photo from the *Rocket*.

"Everything was an adventure for me in my life after I graduated high school," Hammons said. "Everything was an adventure."



Courtesy photo

CONTEST WINNER— In 1954 Jean Hammons is crowned as winner of a Valentine Queen Contest at the Enlited Men's Service Club.



Courtesy photo

MODEL EMPLOYEE— Jean Hammons, then a clerk-typist at Redstone, posed for this 1956 photograph which appeared in the *Redstone Rocket* after the Army began permitting soldiers to wear Bermuda shorts as part of their uniform.

Professional DEVELOPMENT

The University of Alabama in Huntsville

Certificate Programs/Series

Systems Engineering • BEGINS MAY 22
C Programming • BEGINS JUNE 3
Network Management • BEGINS JUNE 4
High Performance Supervision • JUNE 17 - 21

Unigraphics Modeling and Part Design

Learn to use the highly acclaimed software for integrated product development for complete and successful execution of the design process. Call now to register!
 July 9-Aug 1 • T-Th • 5:30-8:50pm

Computer Training

REGISTER NOW BY PHONE OR WEB!

Advanced Flash Action Script	May 20-24 • M-F • 8am-Noon • 21020342N
Oracle Networking	May 22-Jun 10 • M&W • 5-9pm • 21020127N
Fundamentals of C	June 3-20 • M-Th • 5:30-8:50pm • 21020138N
Managing a Linux Server	June 3-26 • M&W • 4:30-8:50pm • 21020199N
Networking Fundamentals	June 4-20 • T&Th • 5:30-9:30pm • 21020583N
Technical Word Processing for Scientists & Engineers	June 11 • T • 8am-4:30pm • 21020516N
Advanced Java Programming	June 11-27 • T&Th • 5:30-8:50pm • 21020494N
Enterprise Web Portal Development with Oracle	June 11-Jul 18 • T&Th • 5:30-9:30pm • 21020576N
Oracle Database Backup and Recovery	June 12-26 • M&W • 5-9pm • 21020129N
C# - An Intro to .NET Programming for the Web	June 17-28 • M-F • 8am-Noon • 21020177N
GoLive Authoring Fundamentals	June 24-28 • M-F • 8am-Noon • 21020343N
Internetworking with TCP/IP	June 25-Jul 11 • T&Th • 5:30-9:30pm • 21020584N
Fundamentals of C++	July 8-25 • M-Th • 5:30-8:50pm • 21020141N
C Programming for the Linux OS	July 8-Aug 7 • M&W • 5:30-9:30pm • 21020163N
Unigraphics Modeling and Part Design	July 9-Aug 1 • T-Th • 5:30-8:50pm • 21020507N
Enterprise Java	July 16-Aug 1 • T&Th • 5:30-8:50pm • 21020495N
Network Operations Management	July 16-Aug 13 • T&Th • 5:30-9:30pm • 21020585N
Visual C++ for the Windows OS	Aug 12-29 • M-Th • 5:30-8:50pm • 21020169N
Client/Server Computing	Aug 20-Sep 12 • T&Th • 5:30-9:30pm • 21020586N

Management Training

Project Management Tool Chest	May 18-Jun 1 • S • 8am-3pm • 23020623N
3D Home Design	June 17-27 • M,T&Th • 6-8:20pm • 23020214N
High Performance Supervision	June 17-21 • M-F • 8:30am-4:30pm • 23020575N
Earned Value Mgmt for Project Success	June 24-26 • M-W • 9am-4pm • 23020582N
7 Habits of Highly Effective People® Workshop	Aug 12-14 • M-W • 8:30am-4:30pm • 23020589N

Engineering Technologies

RF and MMW Seeker Technology	May 20-24 • M-F • 8am-Noon • 23020013N
Systems Engineering Overview	May 22-23 • W&Th • 8:30am-4:30pm • 23020489N
Advanced Radar Signal Processing Techniques	June 10-14 • M-F • 8am-Noon • 23020016N
Requirements Analysis and Allocation	June 17-18 • M&T • 8:30am-4:30pm • 23020490N
Trade Studies and Decision Making	July 22-23 • M&T • 8:30am-4:30pm • 23020491N
System Validation and Verification	Aug 19-20 • M&T • 8:30am-4:30pm • 23020492N

824.6372 **1.800.448.4035**

www.coned.uah.edu pdinfo@cepo.coned.uah.edu

An Affirmative Action/Equal Opportunity Institution

UAH
The University of Alabama in Huntsville
PROFESSIONAL DEVELOPMENT
Division of Continuing Education

VETERANS LAW

Security Clearance Revocations

- VA Compensation/Pension
- Court of Appeals for Veterans Claims (CAVC)
- VA Regional Office (RO)
- Filing a Claim
- Board of Veterans Appeals (BVA)

BOND, BOTES, SYKSTUS & LARSEN, P.C.
 ATTORNEYS PROVIDING FINANCIAL SOLUTIONS

Former US Army Judge Advocates
539-9899 Visit our website at www.bondnbotes.com

Green Mountain Lawn Care

Landscaping
Pruning & Edging

Fertilizing
Seasonal Flowers

Mowing • Mulch
Aeration/Overseeding

Pager 512-2424

Arsenal Employees - 10% off

Free Estimates - 883-4211 - Phil Davis, owner - USA Retired

.NET

june 17-28

C# - An Intro to .NET Programming

UAH Professional DEVELOPMENT

Programming for the internet has just become much easier with Microsoft's introduction of its new .NET framework.

Learn to create applications, Web sites, and Web services in Visual Studio .NET using the new and exciting C# language.

June 17-28 • M-F • 8am-Noon • 21020177N • \$895

Prerequisites required. Call now for more info!

questions? 256.824.6372 or 800.448.4035
 Also, contact us for details on Customized On-site Training

WWW.CONED.UAH.EDU

EOD memorial serves as reminder of price for freedom

Army chief of Ordnance presents flag to parents

By LINDSAY TOZER
Northwest Florida Daily News

EGLIN AIR FORCE BASE, Fla. — With a merciful breeze punching through the heat of late morning, Jerod Harding stood smartly in front of the memorial wall, raised his right hand and re-enlisted in the Army.

Currently assigned to Fort Campbell, Ky., the 21-year-old sergeant's next assignment will bring him here to Naval School Explosive Ordnance Disposal. Harding will walk the same halls and undergo the same rigorous training his older brother Adam received in 1997.

And Harding will do more than follow in his brother's footsteps by joining EOD — he will honor his brother's memory.

SSgt. Adam T. Harding was killed last November during a live-fire exercise in Nigeria. According to a U.S. State Department release, Harding was approaching a light anti-tank rocket that had failed to explode when the dud round went off. He was 23.

Some 700 people, including more than 400 EOD students, looked on as Harding's place on the wall was unveiled May 4 at the 33rd annual EOD memorial service. Maj. Gen. Mitchell Stevenson, the

commanding general for the U.S. Ordnance Center and School at Aberdeen Proving Ground, Md., presented a flag to Harding's parents, Keith and Francis Harding, of Velva, N.D.

EOD — the military's bomb squad — is responsible for everything from locating and identifying to disarming and disposing of hazardous explosives.

Fighter jets from the 85th Test and Evaluation Squadron flew in missing man formation over the ceremony, and a roll call of the 173 EOD technicians lost in the line of duty since the outset of World War II was read. In all, the names of 105 soldiers, 29 Marines, 27 sailors and 12 airmen adorn the memorial.

"The memorial before us is a permanent reminder of their sacrifices and a permanent reminder... that freedom is not free," said Navy Capt. James Melesky, commanding officer of Naval School Explosive Ordnance Disposal.

The price of freedom made headlines again last month when three Army EOD technicians were killed near Kandahar, Afghanistan.

SSgt. Brian T. Craig, SSgt. Justin Galewski and Sgt. Jamie Maugans were killed April 15 when, according to reports, an explosive detonated accidentally while they were disposing of Soviet-era 107 mm rockets. All three were members of the 710th Explosive Ordnance Detachment,

"We salute (them) with mixed feelings, immense sadness of course, but also, I would submit, great pride. Sadness that they are not with us today, but pride that such heroes exist."

— Maj. Gen. Mitchell Stevenson
Army chief of Ordnance

based in San Diego. Their names will be added to the memorial wall at a formal ceremony next year.

Sgt. Brett Fisher, due to graduate and head to his first assignment in Texas, said he came into EOD school aware of its reputation as an extended family.

"When I was coming to school people

would say 'Oh, it's so tough, it's so hard,'" the 23-year-old said. "But there is a definite brotherhood here. You can count on the guy beside you."

Seeing the names on the wall, he said, drives home the risks inherent in his job.

"If I happen to drive by this wall, or see it during the day," Fisher said, "it's hard to put into words, but it touches my heart."

In honoring those lost, Stevenson said, we honor those who continue the EOD mission.

"We salute (them) with mixed feelings, immense sadness of course, but also, I would submit, great pride," he said. "Sadness that they are not with us today, but pride that such heroes exist."

Editor's note: This article originally appeared in the May 5 Northwest Florida Daily News and was reprinted with permission.



Photo by Adrian Baker/ MWR

Treasure hunt winner

Sgt. Daniel Maddux, left, of C Company, 1st of the 167th Alabama National Guard, has won the Morale, Welfare and Recreation "Treasure Hunt." His grand prize valued at about \$200 includes one night VIP Cottage Lodging with complimentary bottle of champagne, dinner for two at the Soldatenstube, golf outing with cart or one-day boat rental for two, Extreme bowling, buffet lunch at the Officers and Civilians Club, \$10 MWR bucks, and two MWR T-shirts. Presenting the grand prize — drawn for April 20 at the Child and Youth Services' Block Party — is Dan Ahern, director of community and family activities. MWR Treasure Hunt will continue throughout the summer. Visit www.redstonemwr.com to begin your MWR Treasure Hunt today.

SAVE TWICE

SAVE TWICE

6 MONTHS SAME AS CASH

SAVE! First on the latest in Mohawk flooring fashions. For everyone in your house.

- Carpet
- Rugs
- Laminate
- Ceramic Tile
- Hardwoods
- Vinyl

SAVE TWICE!

**KEEP IT CLEAN
KEEP THE VALUE**

With our new line of perfectly safe, environmentally responsible floor and household care products, tools & kits.

Floor Fashions
2905-G Bob Wallace Avenue 539-3034

What Does the Red, White & Blue Mean to You?

Show Your Colors Over the Upcoming Holidays

Flagpoles - Complete Installation

- US Flags
- State Flags
- Car Flags
- Home Kits
- Armed Forces Flags
- Custom Guideons

10% Off
by mentioning this ad

ALABAMA FLAG BANNER
MOUNTSVILLE, AL • 1-800-533-3524
2720 Governors Dr. • Under the Giant Flag

534-1300

Win or lose

Devastating Dragons outpoint opposition on volleyball court

Delta Company offense gets past HHC 59th

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

Delta Company's volleyball team had a smashing start this season.

The Devastating Dragons were 5-0 after last week including a 25-23, 25-22 win over HHC 59th on May 6 at Pagano Gym. Delta leads the Western Conference entering the final week of the regular season.

"We have two heavy hitters that administered a lot of good kills to them, our two tallest players," Delta coach Roger Silvera said. "And we just strictly

did it on offense, outscoring them. Our defense was not playing exceptionally well."

The heavy hitters were Stanley Lewis and Eddie Bryan, both 6-foot-2. Bryan is a returnee from last year and Lewis a newcomer.

On May 8 Delta beat Charlie Company 25-20, 26-24 with help from setter Rafael Maldonado, who joined the team this year.

"We did it exactly the same way (as the win over HHC 59th) because the scores were even closer, 25-20, 26-24," Silvera said. "So that was right down to the wire."

The other Devastating Dragons include hitters Pranot "PC" Chivaluksna, Douglas Smith and Wayne Smith; and setters



Cedric Tims, Clarissa Buchanan and David Durham. The two Smiths, Tims and Buchanan returned from last year.

The Marines earned their first win May 6 by cooling off Charlie 25-18, 12-25, 15-8.

But the Marines fell to Bravo Company the next night 25-18, 25-21. And the defending champion NCO Academy lost by forfeit to HHC 59th.

On May 8 the NCO Academy beat the Marines 25-23, 25-22. The NCOs dropped the Marines again the following night 25-9, 25-20. Charlie ended the week's action by beating HHC 59th 25-18, 25-22.

The NCO Academy (5-2) led the Eastern Conference followed by Charlie (3-3), HHC 59th (2-4) and the Marines (2-5). The two-team Western Conference had Delta (5-0) and Bravo (4-1).

The regular season will end Thursday night and the postseason tournament is scheduled May 22-30 at Pagano, according to recreation assistant Mike Potter.

Build healthy bones for life by exercise, balanced diet

Osteoporosis Month observed during May

By LINDA DONNELLY
Fox Army Health Center

"Healthy Bones: Build Them For Life" is the theme for the 2002 National Osteoporosis Month in May.

Osteoporosis is a bone disease that causes bone loss without symptoms, thereby earning it the distinction of being known as the "silent disease." The National Osteoporosis Foundation estimates that there are 10 million Americans with osteoporosis, including 8 million women and 2 million men. Additionally, there are an estimated 34 million Americans with low bone density, which places them at increased risk for osteoporosis. These figures present a strong statement that all people need to pay attention to their bones.

There are several risk factors that point to the possibility of developing osteoporosis.

- Gender — Women have a greater chance of developing osteoporosis than men.
- Caucasian or Asian descent — Women

of these races have the greatest chance of developing osteoporosis, but Hispanic and African American women also have a significant risk.

- Age — Bones become less dense and weaker as you age.
- Family history of osteoporosis
- Slender body build, small-boned and thin
- Insufficient intake of calcium and vitamin D
- Not enough weight-bearing exercise
- Early menopause, occurring naturally or due to surgery
- Smoking
- Excessive alcohol consumption
- Use of certain medications to treat diseases such as rheumatoid arthritis, thyroid disorders, seizure disorders and gastrointestinal diseases; it is important to discuss the use of medications with your health care provider.

If you have any of these risk factors, it is important to talk with your health care provider. There is no cure for osteoporosis, but there are ways to treat or prevent the disease. The best defense against osteoporosis may be building strong

bones, especially before age 30.

To help prevent osteoporosis, the following steps are essential: Eat a balanced diet rich in calcium and vitamin D; participate in regular weight-bearing and resistance exercise; and refrain from smoking or excessive use of alcohol.

Calcium plays an important part in maintaining bone health. Inadequate intake of calcium is believed to contribute to the development of osteoporosis. Calcium can be found in a variety of foods such as low-fat dairy products, broccoli, fortified orange juice and cereals. The recommended daily amount of calcium for women, ages 19-50 and not pregnant, is 1,000 mg; and for women over 50 it is 1,200 mg. Your health care provider can help you determine how much calcium you need and whether or not a supplement is advised.

Vitamin D is a main factor in the role of the body's ability to absorb calcium. Vitamin D is found in foods such as dairy products, egg yolks, saltwater fish and liver. Additionally, vitamin D is manufactured in the skin during direct exposure to sunlight.

Exercise is vital to good bone health. Bone is complex, living tissue that responds to exercise by becoming stronger. Two types of exercises are important for building and maintaining bone mass and density. They are weight-bearing exercises (jogging, walking, dancing, stair climbing) and resistance exercises (weightlifting).

To determine if you are at risk of osteoporosis or have osteoporosis, your health care provider may request that you have a test performed called a Bone Mineral Density. This test is painless, noninvasive and safe. The results will help your provider decide the best course of action for you. For more information, or to schedule a BMD test, contact your health care provider. If eligible for health care at Fox Army Health Center, call the Public Health and Education Center at 842-0196.

If you suspect that you are at risk for osteoporosis, contact your health care provider so they may assess your condition.

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

Edward
E.
Blair

Attorney at Law
(256) 534-9995

200 West Court Square • Suite 51 ~ Terrace Level • Huntsville

No representation is made that the quality of legal services to be performed is greater than the quality of legal services performed by other lawyers.

Child Support
Divorce
Bankruptcy

Fine Color Printing
Booklet & Newsletter
Specialist

PRINTING SERVICE

Xcel

Call for quotes & delivery guarantee! = 539-1658

Budget
Inn

1304 N. Memorial Parkway
Huntsville, AL 35801
256-539-9671

1-2 People

\$32
+ Tax

Special Military Discount!

Directions: I-565 Exit 108, 1/2 mile on right.

Restaurant & Sports Lounge on Site

- Free Continental Breakfast
- Non-Smoking Rooms Available
- Remote Control T.V. with over 70 Free Cable Channels
- Swimming Pool
- Picnic-BBQ Area
- Free Coffee
- Free Local Calls

Huntsville

1-565
Exit #198

■ Parent questions little league process

Baseball

continued from page 2

would be happy to coach the lower level team, and I would do everything possible to teach them the fundamentals of the game. Would some parents get upset if their child is not selected for the upper level team? Sure, sometimes the truth hurts. Heck my son might not make it, but if he did at least he would have a chance to win. If the athletic department here on RSA does the same thing next year, I will take my sons off post to play. I would much rather play for RSA, but it gets real hard making up a different reason why you lose every game. The game we lost 17-6, that Huntsville coach said his team was not the best they had down there, so I guess we have a great season to look forward to. I have coached several different sports here on RSA, soccer, tee-ball, now little league. I have nothing but respect for Missy Richards, she does a great job, but we need to seriously re-evaluate our approach to this situation.

Thank you for providing me with an opportunity to bring this to the community's attention.

SSgt. William J. Cox
Alabama Army National Guard

Editor's note: Redstone Arsenal Support Activity provided the following response.

"Thank you for providing us the opportunity to explain how the youth of Redstone Arsenal are selected for our sports teams. Redstone Arsenal does not have tryouts for its youth teams. We do however conduct player evaluations. After the evaluations, the youth are selected for a team. The selection process we utilize is governed by, and in compliance with, the Official Regulations and Playing Rules of Little League Baseball Inc. All teams in the Huntsville program, which includes Redstone Arsenal, are governed by these rules. This system is similar to the draft system used by professional sports teams. Each team selects one child at a time. When all the teams have selected one child, the process repeats itself and continues until all the players have been selected. Every child, regardless of ability, is placed on a team.

"Unfortunately, baseball is the one youth program on Redstone Arsenal where we sometimes seem to be less competitive than others in the local area. We seem to enjoy much more success in other youth team sports such as basketball and soccer where an identical selection system is utilized to pick team players.

"For parents who may want to give their children more baseball experience, there are fall leagues throughout Huntsville. Contact the City of Huntsville Parks and Recreation Department for more information."

■ Take step toward total health

Fitness

continued from page 2

is all they can do to walk down the ball to the cafeteria. I realize with our fast-paced society most of us create excuses not to exercise. We have time to watch TV for 3-4 hours a night but we can't take 30 little minutes once a day and walk around the block or go to the gym. I want to change that way of thinking. A wise man once said, "Change your thinking, change your life."

The majority of people who are overweight and underfit think the key to losing weight and getting in shape is a combination of diet and exercise. Well, I feel that old notion of plain old diet and exercise is only half right. A diet is only a temporary shift in the paradigm of thinking differently. A complete lifestyle change is needed to finally stop wasting time on diets that don't work and finally getting on the path to a healthier and more active lifestyle. One can be on a diet and a fitness program, but if that individual's fitness regime does not become engrained into that person's daily life, the individual is setting himself or herself up for failure at the onset. Almost everyday I see signs along the highway that read, "Lose 30 pounds in 30 days," and "Finally a diet that works." The only thing that you will lose with these fad diets is your money. Stay away from those diet schemes that don't work and by the way, their only real goal is to separate you from your money.

To really make progress and to finally get on the path to total body fitness, the only thing that is supposed to work is you. Yes, I know it's hard to take but you, the individual, have to take control and have to

work hard at total body fitness. I will never forget what Arnold Schwarzenegger said when he was visiting Huntsville in the late 1980s. He said that he did not pay one dollar to do a pushup or spend one dollar to do a leg lift. The simple idea that fitness is up to the individual and not a fad diet or new exercise machine has stuck with me for years.

There are three words that are critical to starting on the path to total body fitness. These three words must become a habit in your thinking and be as much of your vocabulary as saying, "I love you" to your kids (if you have kids). Those three words are "Hard Work and Determination." Hard work and determination is the only sure way to finally break the failure chain of dieting. The experts say it only takes 21 days to form a habit, good or bad. What I am talking about is forming a habit of total body fitness that will lead you to losing weight and feeling good.

You see, the majority of people have the wrong mindset about losing weight. They think that losing weight is the goal to fitness. Actually they've got it backwards. Losing weight is a byproduct of total body fitness. If being fit is your goal, weight loss has to happen. By becoming and staying fit your weight control is a "no-brainer"; it happens automatically by continually working to the deceptively simple goal of total body fitness.

An ancient Chinese proverb says "The journey of a thousand miles begins with one step." That beginning step to total body fitness can be the step that not only improves your life but it might save your life, too.

Gary W. Braden
senior systems analyst,
contractor NCCIM

There's a place for people who've spent their entire careers serving their country.

IT'S CALLED REDSTONE VILLAGE.

You've spent your adult life serving this great country of ours. Now, we're offering you the opportunity to retire to a place created exclusively for retired military including all ranks, enlisted and officers, and their families.

Coming to a scenic, hilltop site overlooking the Arsenal, Redstone Village is Huntsville's first and only true Life Care retirement community affiliated with the retired military community at-large. And with entrance fees that are 90% refundable to you or your estate, Redstone Village offers tremendous value and peace of mind for the future.

DON'T MISS YOUR OPPORTUNITY TO BE A PART OF REDSTONE VILLAGE.

Currently, Redstone Village is more than 50% reserved. Chances are remaining cottage and apartment homes won't last long. Call us today at toll-free 1-866-881-6717 for a tour of our new Information Center.



THERE'S A PLACE FOR PEOPLE LIKE YOU.
A PLACE CALLED REDSTONE VILLAGE.

7540 SOUTH MEMORIAL PARKWAY • SUITE W
HUNTSVILLE, ALABAMA 35802
(256) 881-6717 • Toll-free (866) 881-6717 • www.redstonevillage.org

