

# Redstone Rocket

VOL. 51 No. 23

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June 12, 2002

## Win or lose



Inline hockey teams have league of own  
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## Family focus



Quality of life issues bring annual results  
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## Post profile



Command attorney a Fulbright Scholar  
**Page 14**

## Youngsters land trip to Space Camp

Eleven earn week's stay with winning essays

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

Christopher Dickerson wanted a chance of a lifetime. Kristine Hole sought to expand her horizons and fulfill her dreams and ideals.

They are among this year's 11 winners of Space Camp scholarships for military children of the Redstone Arsenal area. The awards were presented Thursday afternoon in a ceremony at the Challenger Activity Center.

Their winning essays earned a week's stay through this Friday at the U.S. Space and Rocket Center where, depending on their age, they'll attend Space Camp, Space Academy or Aviation Challenge. Thirty-two essays were submitted from students in grades 4-9.

Maj. Gen. Larry Dodgen, commander of the Aviation and Missile Command and Redstone Arsenal, presented the awards along with retired Brig. Gen. Larry Capps, chief executive officer of the U.S. Space and Rocket Center.

"I don't think we need to honor anything more than the investment we make in young people of this nation," Dodgen said.

Capps told the youngsters they would learn about teamwork at the camp. "I will tell you you're going to have a fun and

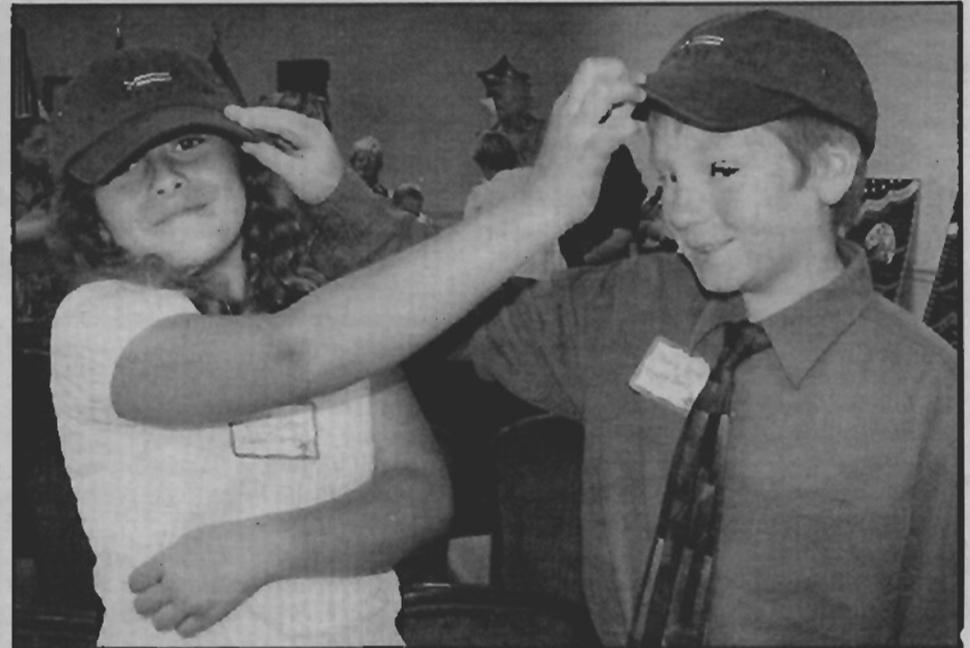


Photo by Skip Vaughn

**HEADING TO CAMP**— Charline Helmstetter and Shane Kamar, both 11, adjust the baseball caps they received during the Space Camp scholarship awards ceremony Thursday.

interesting week," he said.

The Space Camp scholarship winners include Christopher Dickerson, son of SFC Henry and Janet Dickerson, a fifth-grader at Academy for Science and Foreign Language; Jenny Gage, who completed sixth-grade at Rainbow Elementary, daughter of CWO 3 and Mrs. Jerry Gage; Charline Helmstetter, who completed fifth-grade at

Whitesburg Elementary, daughter of French Lt. Col. Christian and Brigitte Helmstetter; Stanley Hicks, a fifth-grader at Williams Elementary, son of Maj. Greg and Julie Hicks; Shane Kamar, a sixth-grader at Williams Elementary, son of SFC Stacey and John Heath; Gabrielle Loew, daughter of MSgt. William and Lisa Loew, a seventh-grader at Williams Technology Middle School; Sarah Macedonia, daughter of Lt. Col. David and Elaine Macedonia, a fifth-grader at Academy for Science and Foreign Language; and Amanda Macias, daughter of retired CWO 3 Jaime and Bety Macias, a seventh-grader at Williams Technology Middle School.

Space Academy winners are Kristine Hole, daughter of CSM Mark and Adele Hole, an eighth-grader at Westlawn Middle; and Chelsey Jenkins, daughter of Col. Don and Jennifer Jenkins, also an eighth-grader at Westlawn.

The Aviation Challenge winner is Philip Cotter, who completed eighth-grade at Liberty Middle, son of Lt. Col. Craig and Brenda Cotter.

"You'll always remember that you won this competition," Dodgen told the youngsters.

The five sponsoring organizations for the scholarships included the Redstone



Photo by Skip Vaughn

**PACK YOUR TOOTHBRUSH**— Space Camp awards co-chairman Susan Carr gives parting advice to winners Amanda Macias, center, and Gabrielle Loew, both 12.

See Winners on page 8

## Reminder needed on flag etiquette

Could you please have someone write an article on the correct ways to display the American flag. I appreciate everyone showing their patriotism but there are too many flags flying on vehicles that need to be replaced. Also some I have seen on houses that are too low to the ground. I think *The Huntsville Times* and other area newspapers as well as my TV station address this. It is a disgrace to see a half torn flag waving in the wind.

Dorothy Patrick

*Editor's note: The following is an excerpt from a flag etiquette article by staff writer Sandy Riebeling which appeared in the Oct. 3, 2001 Redstone Rocket. "Proper etiquette guidelines for common use include:*

*"Display on buildings and stationary flag staffs in open from sunrise to sunset. Appropriate lighting is needed for nighttime display. Flags should be allowed to fall free, never bunched, draped or touching anything beneath it such as the ground, floor, water or merchandise. When the American flag is displayed from a staff projecting horizontally or at an angle from a window sill, balcony or front of building the union of the flag (blue field) should be placed at the peak of the staff unless the flag is at half staff. When the flag is suspended over a sidewalk from a rope extending from a house to a pole at the edge of the sidewalk, the flag should be hoisted out, union first from the building.*

*"When the flag is displayed either vertically or horizontally against a wall, the stars should always be placed at the top of the flag's right and the observer's left. Flags should not be displayed in*



*inclement weather unless an all weather flag is used.*

*"The flag should never be used for advertising purposes in any manner whatsoever. It should not be embroidered on such articles as cushions or handkerchiefs and the like, printed or otherwise impressed on paper napkins or boxes or anything that is designed for temporary use and discard. A flag lapel pin, being a replica, should be worn on the left lapel, near the heart.*

*"The flag should be displayed on all days, especially holidays. On Memorial Day, flags should be flown at half staff until noon.*

*"The flag should never be fastened, displayed, used or stored in such a manner as to permit it to be easily torn, soiled or damaged in any way. When a flag is in such condition that it is no longer a fitting emblem for display, it should be destroyed in a dignified way, preferably by burning. Most American Legion posts have ceremonies to properly dispose of American flags."*

## Rocket rumblings: 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: Do you think pilots of commercial planes should be armed with guns?

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.



## Army celebrates 227 years of service

For 227 years now, soldiers have defended freedom. And again today, soldiers are fighting on behalf of the American people as we prosecute the war on terrorism. So as we celebrate our Army's birthday and reflect on our great institution, a simple truth arises:

There is no greater profession than the profession of arms, and no greater job than ours - serving on point for our nation. Thanks to American soldiers, freedom's light shines as a beacon

throughout the world.

The Army has courageously fought our country's wars and served honorably in peace for over two and a quarter centuries. We can all be justifiably proud of the Army's achievements - a distinguished history of service to the nation.

From our victories in the American Revolution through the trial of our Civil War, from the trenches of World War I to the beaches of Normandy and the island

See Birthday on page 9

## Thanks to all who went extra mile

During the past 23 months I have had the privilege of being the command sergeant major of the 832nd Ordnance Battalion. As I prepare to leave the area I would be remiss if I failed to thank the various agencies and organizations that daily support the battalion. Without your support and continuous efforts the soldiers, NCOs and officers of the battalion could not fulfill our mission.

Many, many thanks to Susan Paddock and the super staff at Army Community Service, Cynthia Ziegler and crew at the Housing Office, Margie Fredericks and all the staff of the Transportation office, Lewis Spencer and the wonderful folks at MILPO, Mr. Gasper, Mrs. "D," Mrs. DeMerle and Mrs. Cooper from the 59th

See Thanks on page 9

## Worker pens tribute to Guardsmen

I dedicate the following poem to Charlie Company, 1st Battalion, 167th Infantry, the Cullman-based National Guard unit augmenting Redstone security since last October. "Tribute" expresses the sentiments of the many grateful employees of Redstone Arsenal.

He closed his established business  
That took a decade to build.  
He left his gainful employment,  
His tractor in the field.  
He became the modern minuteman,  
From Southern towns and farms.  
In the tradition of his fathers,  
He answered the call to arms.

He left devoted families,  
Left loved one's hearts to yearning.  
But leaving his spirit with them,  
To keep the home fires burning.  
He put aside aspires and dreams,  
For a call he couldn't refuse.  
He stowed his civil toggery,  
And donned his BDUs.

No glory. No glamour. No fanfare.  
No pageantry, parade or fray.

A thankless, lackluster mission,  
To secure the RSA.

But the Dixie Division's proud ensign,  
A subtle banner on every scene,  
Holds sagas of Pacific Islands,  
And the liberated Philippines.

In driving rain, chill and heat,  
His solemn duty he bore,  
In defense of ungrateful multitudes,  
And the Tennessee River shore.  
Why? How long? Anyone's guess,  
Since the day called nine-eleven.  
He states why with a proud reply,  
"I'm Charlie one, one-six-seven!"

His vigil, sturdy, he stands yet.  
The threat is on us and shows.  
But we fear not a doom unknown,  
The man with the rifle knows.  
So, with our hearts untroubled,  
Sweet tastes of freedom we partake.  
We're sure to sleep well tonight  
And thank God he is awake.

William S. Sharp  
Research Development &  
Engineering Center  
and retired master sergeant

## Redstone Rocket

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# Ceremony commemorates Army's 227th birthday

Redstone Arsenal community invited to dawn Friday event

By KIM GILLESPIE  
For the Rocket

Maj. Gen. Larry Dodgen, commander of Aviation and Missile Command and Redstone Arsenal, will preside over a 5:30 a.m. flag raising ceremony Friday at the Ordnance Missile and Munitions Center and School, building 3300, to mark the Army's 227th birthday.

The dawn outdoor ceremony will include soldiers from Bravo Company, 832nd Ordnance Battalion and HHC 59th Ordnance Brigade's command group.

An Army birthday cake cutting in the OMMCS conference room will immedi-

ately follow the flag raising ceremony. Col. David Hafele, commandant of the missile school, will host the cake cutting.

The Army birthday and Redstone's flag raising ceremony also coincide with National Flag Day. Dodgen urges Redstone Arsenal personnel to celebrate the Army birthday by observing the flag raising ceremony and "honoring the history and heritage that both the birthday and Flag Day represent."

Other Army birthday celebrations include an Enlisted Soldiers Ball that evening hosted by 59th Ordnance Brigade CSM Larry Taylor.

For more information concerning the Army birthday events call Kim Gillespie, AMCOM Public Affairs, 876-5302, or Spec. Evan Morrow, OMMCS Public Affairs, 876-6627.

## Military pay office on move

The Defense Military Pay Office this week is moving to a new location at building 3207.

The office will be closed through Friday.

Its staff will handle student in- and out-processing as usual Thursday at the

832nd Ordnance Battalion. Emergency situations should be brought to the attention of the unit Personnel Assistance Centers.

The DMPO will reopen next Monday at 8:30 a.m. at its new location on Hercules Road.

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YA-YA SISTERHOOD (PG-13) ***	(1:05 4:25) 7:10 9:45	YA-YA SISTERHOOD (PG-13) ***	(1:10 4:10) 7:10 9:50
STAR WARS: EPISODE II (PG) ***	(12:00 1:10 2:10 3:20 4:20 5:20) 7:00 7:30 9:20 10:15	YA-YA SISTERHOOD (PG-13) ***	(1:40 4:40) 7:40 10:10
SUM OF ALL FEARS (PG-13) ***	(1:05 1:50 4:05 4:40) 7:00 7:30 9:40 10:10	ENIGMA (R) - ID REQUIRED	(1:30 4:30) 7:30 10:00
UNDERCOVER BROTHER (PG-13) ***	(12:05 1:25 2:35 4:25 5:05) 7:15 7:45 9:30 10:00	MY BIG FAT GREEKWEDDING (PG)	(1:10 4:10) 7:10 9:30
SPIRIT (G) ***	(12:10 1:15 2:10 3:15 4:10 5:15) 7:10 7:40 9:20 10:00	SUM OF ALL FEARS (PG-13) ***	(1:30 4:00) 7:00 9:40
ENOUGH (PG-13) ***	(1:35 4:35) 7:25 9:55	SUM OF ALL FEARS (PG-13) ***	(1:30 4:30) 7:30 10:10
INSOMNIA (R) - ID REQUIRED ***	(1:05 4:35) 7:20 9:50	THE NEW GUY (PG-13)	(1:20 4:20) 7:20 9:55
ABOUT A BOY (PG-13) ***	(1:30 4:30) 7:15 9:45	UNFAITHFUL (R) - ID REQUIRED	7:35 10:00
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LORD OF THE RINGS (PG-13) DTS 12:00 6:15	CHANGING LANES (R) DTS 1:00 3:05 5:10 7:20 9:45
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Win or lose

# Inline hockey teams face off at Redstone rink



Photo by Skip Vaughn

**DROP THE PUCK**— University of Alabama-Huntsville hockey coach Doug Ross conducts a faceoff last Wednesday during his inline hockey clinic at the rink on Goss Road.

*League for youngsters opens play this week*

By SKIP VAUGHN  
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Redstone's inline hockey rink will be busy this summer.

For the first time ever, Redstone has entered a partnership with the Huntsville Inline Skate Hockey League. Roland Markwalter is the contractor for the league which opens this week. University of Alabama-Huntsville ice hockey coach Doug Ross conducted an inline hockey clinic here last week and is assisting with the league.

"We're really enforcing teamwork and

sportsmanship," Ross said. The league is for ages 5-17.

"This is a nice facility out here," Ross said. "We can play all year-round here."

Teams will play through June and July with a tournament during the first week of August. The league will resume September through October.

"This is the first year for our hockey league," Missy Richards, youth sports director, said.

Ross and Markwalter led more than a half dozen youngsters during last week's clinic at the outdoor rink on Goss Road.

"It's pretty good," Reece Baugher, 8, of Huntsville, said of inline hockey. "I like it better than probably any other sport — other than soccer."

## Security won't become routine at Redstone Arsenal entrances

*Expect variations at perimeter gates*

Maintaining the appropriate level of security at the installation entrances remains a top priority at Redstone Arsenal.

The Force Protection level now stands at Bravo and employees, visitors and residents can expect to experience some variations at the gates.

"The changes are intended to alter the routine and put a question in any potential terrorist's mind that Redstone Arsenal is not an easy location to penetrate," Darrell

Brewer, deputy to the Redstone Arsenal Support Activity commander, said.

The changes will vary by day, by time of day, and by gate. Individuals entering the installation may notice changes in the frequency of random inspections, changes in how traffic enters and exits through the gates, and how their identification is checked. Other changes will be implemented but may not be noticeable.

Brewer said the intent is to ensure the safety of all who live and work at the installation and to ensure that we do not become complacent in our vigilance.

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# Red Cross continues providing blood products to hospitals

LifeSouth out of Florida to become second source

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

The American Red Cross wanted to set the record straight.

That was part of the reason for a luncheon last Wednesday at the Officers and Civilians Club. Red Cross officials wanted to dispel the misconception that they would stop collecting blood in the local community.

"The Red Cross is absolutely committed to remaining in this community and remaining a blood supplier," Barry Porter, Red Cross chapter manager in Huntsville, said.

Local hospitals announced April 30 that they have contracted LifeSouth, out of Gainesville, Fla., to provide blood products to the hospitals. Red Cross officials stressed that LifeSouth will become a second supplier to the hospitals beginning July 1, and the Red Cross will continue to also provide these products.

"There will be two suppliers," Porter said. "We've been collecting blood in our community about 50 years."

Besides establishing its continued service, the Red Cross took the opportunity to thank its Redstone Arsenal volunteers.

"Thank you for what you have done to save lives," Porter said.

Mark Beddingfield, chief operating officer for the American Red Cross in Birmingham, said the Red Cross should remain the primary supplier for blood products to the local hospitals for at least the next three years. "That's our goal, to continue to supply the hospitals' needs," he said.

"Blood donation is vital," Porter said. "Our nation faces a critical blood shortage."

The Red Cross, a non-profit corporation, does more than just collect blood. Its volunteers in local hospitals have contributed more than 1 million hours during the past 40 years.

"We're going to continue to do the right thing," Porter said, "because that's what a charity does - the right thing."



Photo by Skip Vaughn

**MEETING THE MANAGER**—Carolyn Allyn, a blood drive coordinator who works in Internal Review and Audit Compliance, talks with Red Cross chapter manager Barry Porter after a luncheon last Wednesday at the Officers and Civilians Club. Thirty-seven people attended the event where Porter thanked the blood program volunteers on post.

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# Construction temporarily closes two parts of jogging trail

One reopens in July, other in January '04

REDSTONE ARSENAL SUPPORT ACTIVITY RELEASE

Redstone Arsenal currently has more than seven miles of designated jogging/biking trails. These trails span an area from the Wellness Center (building 4460) to the Sparkman Center to the family housing area along Goss Road to Redstone Road.

Access to these trails has been made readily available at various locations along the route. Some of these locations are as follows: Wellness Center (building 4460), Sparkman Center, Vincent Park (near the intersection of Vincent Drive and Phoenix Road), Pagano Gym (building 3474), Redstone Fitness Center (building 3705), and the recreation areas located along the north side of Goss Road. Of these locations, the Redstone Fitness Center is located at the greatest distance from the trail. Fortunately, sidewalks exist from the Redstone Fitness Center to the trail along the following roadways: north side of Aerobee Road, west side of Patton Road, south side of Honest John Road, west side of Snooper Road and south side of Phoenix Road.

Due to military construction projects

on Redstone Arsenal, two segments of the trail have been adversely impacted. The portion of the trail from Mills Road eastward to Burose has been temporarily closed due to the construction of Phase I of the Von Braun Complex. This section of the trail is tentatively scheduled to reopen January 2004. Also, the portion of the trail located along Goss Road north of Hof Circle is temporarily closed due to the construction of enlisted family housing units along Hof Circle. This section of trail is tentatively scheduled to reopen this July.

The Redstone community is requested to remain patient during the temporary closing of the specified sections of the jogging/biking trail. Also, those utilizing the trails are asked to follow the rules posted along the trail. Those rules include the following:

- Pedestrians have right-of-way.
- Bike speed limit is 10 mph.
- Bikes are to keep to the right in single file.
- Riders are to give an audible warning when passing pedestrians.

When crossing vehicular roadways, joggers/bikers are to always yield right-of-way to motor vehicles on roadways. Joggers/bikers are reminded to always put safety first when utilizing Redstone's trails.

## Teamwork soars during week in Space Camp

### Winners

continued from page 1

Arsenal Enlisted Spouses Club, the Officer and Civilian Women's Club, Air Defense Artillery Association, Association of the U.S. Army, and First Command. Their representatives also served as judges for the essay driven competition.

Susan Carr and Phyllis Montgomery served as co-chairmen for the awards program which represented a six-month effort by the Army Community Service staff, the contributing organizations and several volunteers. Carr and Montgomery were assisted by Debra Jefferson of ACS.

Here are excerpts from the winning essays:

"I would like to go to Space Camp because it will be a chance of a lifetime," Christopher Dickerson wrote. "It will give me an opportunity to meet people from all over the world and learn about their culture."

"I think the Space Camp program will be a very good opportunity for me to see what kind of training astronauts have to go through before they go into space," Jenny Gage wrote. "I have always secretly wanted to be an astronaut and visit the moon."

"I don't know if I would like to be an astronaut but I am sure I would be very happy to live for a week the space dream," Charline Helmstetter wrote. "I will also be very proud to tell all my friends about the experience I lived when I will be back in my country in Europe next year."

"If I'm a teacher and one of my students wants to be an astronaut I would want to be able to tell them what it's like to be an astronaut," Stanley Hicks wrote. "I want to teach them subjects they need to

know like math, science and technology."

"When I reach adult age, I would like to work for NASA in the research and exploration field of study to make new discoveries," Shane Kamar wrote. "I would like to learn as much as I can about the NASA program."

"I think it is so neat how astronauts can travel out of this world, just to give the world new technology," Gabrielle Loew wrote.

"I think it would be cool to wear a real astronaut suit," Sarah Macedonia wrote. "I don't know if I would like astronaut food but I'd be willing to try it."

"This experience will help me on what I may do in the future," Amanda Macias wrote. "I may want to be an astronaut or work at NASA. It will also increase my team skills."

"Besides being an awesome program, camp would give me the chance to expand my horizons and fulfill my dreams and ideals," Kristine Hole wrote. "The program would also give me a chance to increase my career options."

"Aviation Challenge could be a contributor to my success," Philip Cotter wrote. "I will attempt to put the knowledge absorbed there into practice, whether it be on a job application or in everyday life."

"Ever since I was younger and saw advertisements on television for Space Academy, I've wanted to go," Chelsey Jenkins wrote. "But my family was either moving that summer, or we lived too far away or something! That was always a reason that I could not attend. So, finally, we live within 'walking distance' of the camp, and I would really like to go. By the way, my brother and sisters think that me being out of the house for a week would make their summer the happiest and most relaxing one ever!"

The TNA Girls will be handing out 1000 tickets to next Wednesday's, June 19 TNA Wrestling Match at the VBC

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## ■ Army has defended this nation for 227 years

### Birthday

continued from page 2

battles in the Pacific of World War II, from the frozen mountains of Korea to the sweltering paddies of Vietnam, from Grenada and Panama to the sands of Kuwait and Iraq, and now on the plains and in the mountains of Afghanistan, soldiers have marched at the van of democracy and the cause of liberty.

And throughout that history of service, the key to the Army's success is our flexibility and willingness to change, to meet the world as it is — without altering the core competencies that make the Army the best fighting force in the world. You are the best Army in the world.

As we forge ahead to gain irreversible momentum in our transformation, you will continue to be respected by allies, feared by our enemies, and honored and

esteemed by the American people. Your courage, dedication to duty and selfless service to the nation are the hallmarks of the soldiers of the United States Army.

We will never be able to tell you enough how very proud we are of you, how everyone we meet offers their thanks for what you do and their prayers for your safety and well-being.

So we are honored to join you in celebrating the birthday of the most powerful land force the world has ever known.

Thank you for your service, for your sacrifices, and for your abiding devotion to something greater than self.

God Bless each and every one of you and your families, God Bless our magnificent Army, and God Bless America.

**Thomas White**  
secretary of Army;  
**Gen. Eric Shinseki**  
Army chief of staff

## ■ Command sergeant major expresses appreciation

### Thanks

continued from page 2

Ordnance Brigade Security Office.

Thanks also to Kathy Weller, Gayle Catt, Pat Moore and everyone else at the finance office, Laura Peck and the staff at the Education Center, Dan Ahern, Crystal Howard and Mrs. Hawkins at MWR, Bob Howell of the Officers and Civilians Club, Kenny Barton of AAFES, Ellie Goleremo from Furnishings Management, Lawrence Welcome, the entire DPW staff headed up by Bill Porr, Ruby Turner and Mrs. Hagie of Army Substance Abuse Program and Col. Campanero, Lt. Col. Speers, MSgt. Goodspeed and the award winning staff of Fox Army Health Center. And thanks to the super, super group of people at the Dining Facility — Mr. Weatherman, "Top" Jones and Mr. Tyree. Mr. Porter

and the CIC Visual Information staff make us all look and sound so good.

Thanks to the entire 59th Ordnance Brigade staff. You are always there for us. And lastly, a very, very special thanks to post CSM Roscoe Johnson and RASA CSM Lawrence Rogers for your guidance and mentorship.

If there is anyone I have left out, I apologize.

You have all been true professionals. Whatever help has been needed, you have always gone the extra mile to support. You are the people that make Redstone Arsenal a great place to work and live.

I thank you again and wish you all good health and happiness. I will miss you all.

Go Ordnance!

**CSM Jennie E. Larder**  
832nd Ordnance Battalion

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# Medical examination prescribed for preventing prostate cancer

All men older than 40 need annual physical

By LINDA DONNELLY  
Fox Army Health Center

Men, how long has it been since you have had a physical or any type of preventive medical examination? Despite all of the advances in medical science, the simple fact remains that women outlive men, on average, by seven years.

The observance of National Men's Health Week, June 10-16, seeks to heighten public awareness of the importance of preventive health behavior in the detection and treatment of health problems affecting

men. This article will discuss the prostate, a walnut-sized gland located around the urethra at the base of the bladder.

There are three primary health issues related to the prostate: benign prostatic hyperplasia (BPH, also known as enlarged prostate), prostatitis (inflammation of the prostate), and prostate cancer.

Around age 30, the prostate begins a slow change, causing it to enlarge. Men are generally unaware of this gradual change, unless the enlargement causes the prostate to press on the urethra or bladder, causing a change in urination. This type of enlargement is non-cancerous and is known as benign prostatic hyperplasia. BPH is common in men over 50, and

causes symptoms (painful, difficult urination or burning sensation during urination) similar to those of prostate cancer; therefore, it is extremely important to visit your healthcare provider to have any symptoms investigated.

Prostatitis is an inflammation of the prostate and is most common in men between the ages of 20 and 50. It generally causes pelvic pain, lower back pain and discomfort during urination, and possibly blood in the urine. Again, if you have any of these symptoms, see your healthcare provider for an assessment.

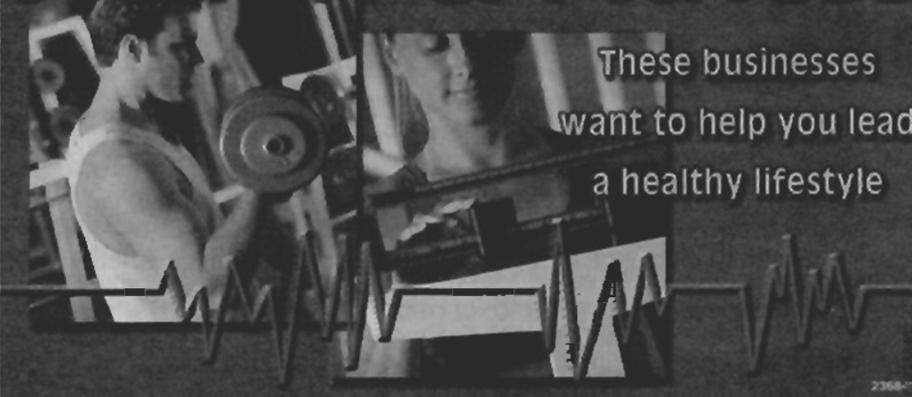
Approximately 100,000 men are diagnosed with prostate cancer each year and more than 30,000 will die from it. Some

possible symptoms of prostate cancer include pain or burning during urination; a weak or interrupted flow of urine; or pain in the pelvis or lower back, which remains fairly constant.

There are certain risk factors to be aware of for prostate cancer. Those at highest risk are African-American males and those with a family history of prostate cancer. Age is an additional risk factor, with the majority of the cases of prostate cancer occurring in men over the age of 65. High testosterone levels and high-fat diets have also been identified as risk factors for prostate cancer. Another important

See Health on page 15

## Health & Fitness



These businesses want to help you lead a healthy lifestyle

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### ALERT

**PART 1:** Hi, this is Charles with Cybersports Nutrition. I wanted to write about something that has hit home recently with a friend and me. Right now the markets are flooded with all sorts of supplements that do this or that with new ones coming out every day. Some of these products are great and do exactly what they claim; others are exaggerated by a sales person just to make a sell. This is where my story begins. Recently, I had a friend come into the store and tell me a story about a product that is supposedly "the hottest thing on the market", and how the deception and the lack of knowledge of the sales person helped put her in the hospital. This person began taking a vitamin pack weight loss product and she had specifically asked the sales rep if there were any ingredients that would cause water loss. The sales rep said no. So she took the vitamin pack weight loss product with that in mind, and next thing she knew she became very ill and had to be rushed to the hospital. You see she is not supposed to take anything that would cause her to loose water, and this product had 4 different ingredients that would cause you to loose water. The sales rep said it had none.



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### ALERT

**PART 2:** We are constantly trying to study new products and the ingredients in them. You should be very cautious as a consumer when you trust someone about a product. You should also try to gain as much information as possible for your own knowledge so you will be able to tell when someone is just "trying to sell you something". I want people to know that if they run across something that they are not sure about, feel free to call me. I will try to tell you everything I know about products and their effects, if I don't know I will research the product to discover an answer to your questions. I don't care if you buy anything from me or not. I am truly more concerned about the health and welfare of the people that are trying supplements, because I don't want a repeat of what happened to my friend. Please, call me and I will help any way I can, 830-4234 or email at natural1411@aol.com



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# Flying Activity open house takes off with flight lessons

Annual event June 1 attracts future pilots

By Spec. EVAN MORROW  
Staff writer

Evan.morrow@ommsc.redstone.army.mil

The engine hesitated and coughed and then came to life. The instructor went over a clipboard checklist of all the systems, made sure his passengers were buckled in and taxied down the narrow runway. He had to shout to be heard as he explained the function and operation of the ailerons and rudder pedals. He turned the controls over to the student to let her get a feel for them.

The instructor shut the windows, opened up the throttle and the small aircraft hurtled down the runway. He talked the student through the takeoff procedure and she took control, eased back on the stick and pointed the nose skyward.

Once in the air, she controlled the rudder pedals while he controlled the stick. He guided her through a series of banks and turns. He pointed out some landmarks from the scenery below and continued to explain the functions of the aircraft.

Twenty minutes later the aircraft was back on the ground. Flight instructor Lt. Col. Tom Bryant, a pilot with 17 years flying experience and two years at the Redstone Flying Activity, congratulated Pam Hoscheit on her successful flight and went off to prepare for the next lesson with the next prospective aviator.

Redstone Flying Activity's annual open house June 1 gave many prospective aviators accompanied by instructors a chance to fly small, single-engine propeller driven planes.

"The club has been in existence in one form or another for 35 years. It has evolved and developed along with the rest of Redstone Arsenal," Jack Ferguson, manager of the Redstone Flying Activity, said. He is a 23-year Army veteran who retired in 1995.

The goal of the Redstone Flying Activity is to provide safe, low-cost light aircraft recreational opportunities for authorized individuals. The club provides flight instruction, equipment, supplies and related services for a minimal fee, according

to a promotional flyer.

The cost of getting a license can range from \$3,400 to \$5,500. Club dues are \$25 per month plus a \$25 one-time in processing fee. Members also receive the Morale Recreation and Welfare Membership Services Discount Card. The club offers exclusive, private aircraft rental for \$30 a month.

The instruction rate is \$22 per flight hour. The rates for aircraft start at \$39 per hour for the Cessna 150s and go up to \$81 per hour for the 230 hp Cessna 182.

"We offer these services and activities for soldiers and their families, with their needs in mind," Ferguson said. "A soldier can get licensed here for 60 percent of the cost of going off base to get lessons. This club does not try to make a profit. The money goes back into equipment and facilities repair and maintenance."

The club has 315 members. It is open to military personnel, government employees and defense contractors. Many members are retired military personnel, NASA employees, Army employees, Boeing-Lockheed employees and their families. Army Regulation 215-1 stipulates membership criteria.

"We would like to see more young active duty soldiers come out and get involved with the flight club. A lot of junior enlisted soldiers think that lessons and membership are cost prohibitive and too time consuming, so we work with them," Ferguson said.

"Licensing starts out on the ground, and at the student's own pace," David Williams, a pilot with 10 years flying experience and two years as an instructor at the Flying Activity, said.

The ground phase of instruction is learning the student can do outside the classroom, so students can work it into their own schedule. Textbooks, manuals, videos and college-level instruction prepare a student for his first flight accompanied by an instructor.

After the student masters the textbook fundamentals of the ground phase, he must demonstrate mastery in three stages of the flight phase.

The Federal Aviation Administration requires at least 40 hours of flight time

before licensing, but the average student requires 60 hours of instruction before he gets licensed. Some students do complete training in 40 hours.

During the first flight phase, the student learns how to land the aircraft. The student then learns flight navigation techniques, flight planning and the skills he needs to get from airport to airport during the second phase. The third and final phase, called the "practical check," is a

solo flight and a two-part oral exam.

The instructors are dedicated to helping students complete the training necessary for them to obtain their license.

"The club has 23 certified flight instructors with a wide variety of aviation backgrounds ranging from strategic bombers to transport aircraft to space technology and design," Ferguson said. "Safety is a top priority. These aircraft are safer than cars."



Photo by Spec. Evan Morrow

**FAMILY AFFAIR**— Flight instructor Lt. Col. Tom Bryant, left, takes a moment out of his flight schedule for Lt. Col. Greg and Pam Hoscheit and their 8-year-old son Scott at the Redstone Airfield on June 1. The whole family took advantage of the flight mini clinic offered at the Redstone Flying Activity open house.

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## Family focus

# Changes address concerns from Army Family Action Plan

*Many quality of life issues resolved, some sent to higher headquarters*

By SANDY RIEBELING  
Staff writer  
sandy@himes.com

The Army asked; the people answered, and now it's time for action.

Back in February Redstone's Army Family Action Plan conference produced a list of 18 issues the folks on post wanted addressed — everything from pest problems in housing to changing the Army's qualifications for dependents to meet the IRS definition.

Not everything could be resolved locally but there are changes taking place at Redstone in response to the issues.

Housing issues drew the most discussion at the June 4 AFAP back brief where subject matter experts talked about specific issues and provided recommendations for each. To help residents tackle pest control problems, supplies at Self Help were increased along with an awareness of building coordination when quarters are sprayed, so that all the units in one building will be treated at the same time.

A request for cleaning teams contracted through AAFES was denied because of contractual limitations but housing has reinstated the pre-inspection walk through to better assist families clearing the post.

The last housing issue, "timely and quality maintenance response from Base Ops," was discussed by Cynthia Ziegler from housing who explained the time limits for priority categories and encouraged residents who felt

they were not getting work order repairs done accordingly to call the housing office for further assistance.

A grievance hotline was established as well as a feedback survey to be completed by the occupants every time a repair is completed. These surveys will go back to the contracting officer representative to provide input on how well the contractor is doing the job.

The Commissary is working with vendors to provide a larger variety of special dietary need foods and more foods that appeal to the single soldier. The request for fresh seafood was addressed but so far a local vendor to provide quality fresh seafood is unavailable and to fly it in daily as some of the larger supermarkets do is not economically feasible. A supplier is still being sought. The Commissary is also developing a customer survey to better fill the needs of the patrons.

Kenny Barton at the Post Exchange is taking a more active role in informing incoming AIT soldiers of the products and services available through AAFES and conducting exit surveys by the same group to find out how to better serve the young soldiers.

Morale, Welfare and Recreation had some good news and bad news. The bad news is that adding more golf fee scale categories over the current three is not allowed but the good news is that Redstone golfing is the lowest priced golf in the local market and there are no fee increases expected in 2002. The golf course offers graduated fees for E1-4, E5-6, and E7 and above.

The golf course lost money last fiscal year, according Dan Ahern, director of community and family activities.



Photo by Sandy Riebeling

**SOMETHING TO TALK ABOUT—** Redstone's Army Family Action Plan back brief was held June 4 at the Recreation Center to discuss the resolution of more than 18 issues highlighted at the conference in February. Among attendees from left are Diane Moore, ACS volunteer coordinator, Maj. David Dunn, provost marshal, and Chris Swart, wife of Col. Brent Swart, deputy post commander.

See Concerns on page 13

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Photo by Kim Gillespie

## Park anniversary

Maj. Gen. Larry Dodgen congratulates Cummings Research Park on its 40th anniversary at a May 31 ceremony marking the event. Joining him are Huntsville Mayor Loretta Spencer, left, and State Sen. Tom Butler. Not shown are Sen. Jeff Sessions, R-Ala., and Marshall Space Flight Center's Axel Roth. The ceremony outside the Adtran facility in Cummings Research Park also included the first presentation of the Joseph C. Moquin/Cummings Research Park Scholarship for the Advancement of Research, and a performance by the Huntsville Symphony Orchestra.

## Family action conference getting quality of life results

### Concerns

continued from page 12

But there is good news on the greens. A request for same day reserve tee times for active duty and reserves has been implemented. Reserve times from 3-3:30 p.m.

and 5-5:30 p.m. offer 10 reserve tee times a day, accommodating up to 40 golfers.

Other good news from MWR will bring lights and electrical outlets to individual stalls at the Riding Activity. The improvement is part of the strategic plan that includes repairs to leaky roofs and the arena.

Some issues were unable to be

resolved locally and will be forwarded to the Army Materiel Command. AMC will conduct an AFAP concerning issues forwarded by the subordinate commands and make the decision to elevate the issue to the Department of Army or deny recommendation. Redstone will be sending at least four delegates to serve on the AMC AFAP July 29 to Aug. 1.

Redstone issues forwarded include the request to drop all pre-authorization requirements for diagnostic testing, changing dependent eligibility requirements for Tricare, increasing reimbursement rates to health care specialists to attract more local specialists in the local network, allowing two personally owned vehicles to be shipped overseas at government expense when PCSing (only one is currently allowed), full commissary privileges for all military ID card holders (reservists and National Guardsmen have limited access), providing more dental and eye care coverage in the Federal Employee Health Benefits without increasing premiums, financial assistance for education and training for the civilian work force and reducing or eliminating taxing of monetary awards for civilians.

Only two areas of concern will not be changed or forwarded.

While speeding on post, especially in residential areas, is a recognized problem, recommendations including installing "Children at Play" signs or speed bumps was not a viable alternative. Studies prove that additional signs too soon become common place and ineffective to produce change.

Maj. David Dunn, provost marshal, said that an additional patrol will be added to the swing shift, which is when most of the calls for speeding are received, adding that 2,300 speeding tickets were issued on the Arsenal in 2001.

Dunn encouraged residents to get out and talk to the neighbors about the problem and to report, in as much detail as possible, drivers who are speeding. He is able to take administrative action against known habitual speeders. Speed limits in residential areas are 20 mph, which is five mph less than in comparable areas off post.

Capt. Tijuana Collier, commander of HHC AMCOM, talked about the Personnel Assistance Center and issues concerning soldier support. She explained that some of the recommendations to improve service such as cross-training employees have already been done and to try to increase mail or distribution runs is impossible because of staffing limitations. There are only three soldiers in the HHC AMCOM PAC.

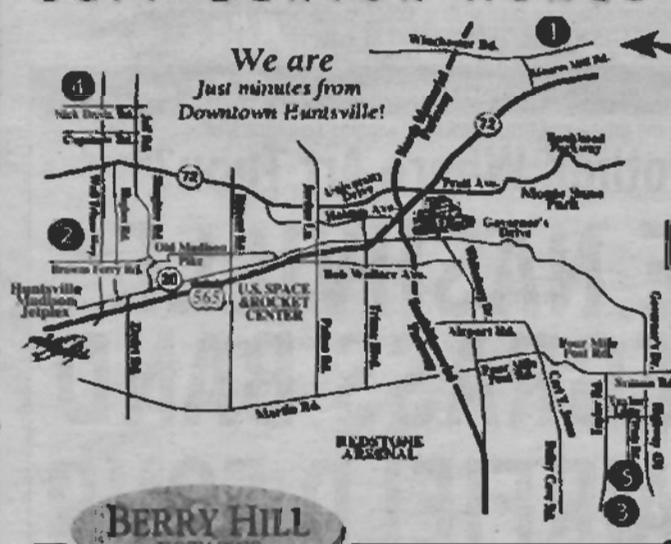
"We've had a lot of good issues," Darrell Brewer, deputy to the commander of Redstone Arsenal Support Activity, said in his closing remarks at the back brief. "I think this is a great tool for us to get our hand on what's happening in the community and then use that information to help our community. We want to see what you see and fix those problems that need to be fixed."

The next Redstone Army Family Action Plan conference will be in February 2003.

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## Post profile

# Intellectual property attorney has bright scholar opportunity

*Anne Lanteigne selected for law school in Korea*

By KIM GILLESPIE  
For the Rocket

Anne Lanteigne is an attorney at the Aviation and Missile Command's Legal Office where she works with all types of intellectual property law issues that arise as result of government research and contracting activities. Recently she was selected for the prestigious Fulbright Scholar Program.

Lanteigne, an AMCOM employee since 1982, embarks soon for a full semester of research at the Seoul National University School of Law in Korea.

"At the end of my fellowship, I hope to produce a scholarly paper that documents the results of my comparative study of U.S. and Korean intellectual property rights. I'll be submitting the paper for publication in legal journals," Lanteigne said. "The focus of my comparative study will be on protection for computer-related inventions and electronic commerce. Intellectual property and patent laws, particularly in the area of electronic commerce, are changing rapidly, and they seem to be getting more and more complicated."

Lanteigne hopes that her access to the Seoul National University's professors and other research personnel as well as unique research material will help her unravel some of the technical intricacies of intellectual property law so she can better apply the knowledge to her work with intellectual property issues at AMCOM. She also hopes that her work will prove useful to other attorneys in this country and abroad who deal with this new and complicated issue.

The U.S. Fulbright Scholar Program is designed to do just what Lanteigne intends — it sends approximately 800 American scholars and professionals to more than 140 countries each year, where they lecture or conduct research in a wide variety of academic and professional fields. It is, according to Institute of International Education, "The U.S. government's flagship program in international educational exchange."

Proposed to the U.S. Congress in 1945 by then-freshman Sen. J. William Fulbright of Arkansas, it was approved by Congress and signed into law by President Truman in 1946. The nature of the Fulbright Scholar Program encourages, and sometimes requires, participants to have a second language capability. Lanteigne speaks what she calls "casual conversa-



Photo by Kim Gillespie

**GOING OVERSEAS—** Fulbright Scholar Anne Lanteigne, an intellectual property attorney, will be conducting research at the Seoul National University School of Law in Korea for the next four months as part of the U.S. Fulbright Scholar Program.

tional Korean," but her language proficiency had to be certified by a qualified university professor to ensure her language capabilities will be sufficient for her proposed research activities at the Seoul National University. "For the Fulbright program, you do not have to have the linguistic fluency of a native, but for all practical purposes, you must be able to speak well enough to live and work in that chosen foreign country," Lanteigne said.

In addition to language proficiency, during the Fulbright Scholar application process, Lanteigne was required to submit a research proposal explaining what she intended to accomplish with an opportunity to study abroad and a detailed plan for reaching the stated goals. "I decided last year that I would apply to the program. The process began last August, and I was required to submit a proposal and three professional recommendations. I found the proposal to be somewhat difficult to write because I wasn't entirely sure of just what the Fulbright Commission expected. I even asked if I could see some kind of previously successful proposal to use as an example. No such thing was made available. Basically, an applicant is limited to their published guidelines," Lanteigne said.

Lanteigne's proposal must have been just the kind of "original" idea the Fulbright Commission was looking for — after passing the first and second stages of the selection process, she was notified at the end of March that she had been selected as a Fulbright Scholar. Lanteigne credits much of her success to the support and recommendations she received from AMCOM Legal Office chief counsel Bob

See Scholar on page 15

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■ Alabama averages one Fulbright Scholar annually

**Scholar**

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Spazzarini and patent attorney Arthur Tischer. A former Army Materiel Command patent attorney, William Medsger, provided the third recommendation.

Lanteigne's selection as a Fulbright Scholar becomes even more impressive when the numbers of Fulbright Scholars are broken down by state, where Alabama averages one. Lanteigne plays down the significance of her selection as a Fulbright Scholar, but not the importance of her work.

"Patent applications are increasing in number at a rate comparable to the rapid advances being made in technology. We are seeing more high-tech inventions

being made by government employees during their research activities, and even for successful patent applications, there is a long, sometimes torturous path it must travel before being issued as a patent," Lanteigne said.

She also emphasizes that her new label as a Fulbright Scholar is not intended as a resume enhancer. "I have no intention of leaving AMCOM. I graduated from Grissom High School here in Huntsville and from the University of Alabama School of Law. I came to AMCOM Legal Office straight out of law school in 1982, and worked in procurement law until 1988 when I started working in patent law," she said. "I really enjoy the challenge of research and study abroad, but I am an Alabamian."

■ 100K men diagnosed with prostate cancer each year

**Health**

continued from page 10

area is promiscuity. Men with six or more partners during their lifetime have a higher risk for prostate cancer.

Although family history and genetics play a large role, certain lifestyle changes can be made to help reduce the possibility of developing prostate cancer. A diet with limited fat, especially saturated fat found in meat and dairy products, can cut your risk of developing prostate cancer. Exercise is

another important part of reducing risk. Researchers believe exercise helps to suppress the hormones linked with stimulating prostate cancer growth. So, get moving!

Prostate cancer can be one of those silent diseases. Often, there are no symptoms until it is too late. A yearly physical exam, with a rectal exam, is recommended for all men over 40. If you have any of the risk factors mentioned, or any of the symptoms for any of the prostate diseases, contact your healthcare provider as soon as possible for an examination. It's your health, be proactive!

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