

# Redstone Rocket

www.theredstonerocket.com

January 11, 2012

Vol. 61 No. 02

PUBLISHED IN THE INTEREST OF PERSONNEL AT REDSTONE ARSENAL, AL

## Bracing for seasonal fitness boom

*Gyms get filled every January*

By SKIP VAUGHN

Rocket editor

skip.vaughn@theredstonerocket.com

This is a big week for Redstone's four fitness centers.

During the second week in January, they usually fill with people who have resolved to lose weight and tone up in a new year.

But unfortunately most of these folks disappear within a month.

"I think everybody in the fitness industry knows to brace themselves for January," Gaylene Wilson, sports and fitness director, said.

"After they make New Year's resolutions, they get back to work and then they start. We get two groups. One who never used the gym before or haven't for quite some time. And then two, people who were MIA for a few months will find their way back. It's usually (starting) that second full week of January."

She puts the duration of the influx at "usually about four weeks – sadly."

"I think people set unrealistic goals and get frustrated," she surmised.

The increase differs in each fitness center. But most can expect a rise of about 30 percent or 200 more people. "And some of that may be not new users but just consistent users," Wilson said.

Recreation specialist Carla Tomanovich has already seen an influx in her work as a trainer. She recently did six workouts in three days for newcomers. "They want to learn how to use the equipment properly," she said.

"It's packed, it's slammed," Tomanovich said of the January attendance. "New Year's resolutions, just people trying to increase their wellness."

There is a right way to get and stay fit, however. And those who start wisely are more likely to reach their goals.

"The first step is just getting people in the door," Wilson advised. "Just make your commitment to get your foot in the (fitness center) building. If you're uncomfortable with what to do or how to start, I have recreation specialists who are personal trainers and they can prescribe a fitness program for the individual. Another option would



Photo by Skip Vaughn

**Paul Langford, a retired Navy civilian, works out in Pagano Gym. At right is Lisa Hopkins, who retired in June from the PEO Air Warrior.**

be to have a workout partner. I highly recommend it. It keeps a person accountable to another individual. And usually if they have a workout partner they're committed and they'll continue the workout ritual for a longer period of time and they'll encourage each other to not quit.

"Thirdly I would say take baby steps and set goals which are realistic. If someone needs to lose weight, 1-2 pounds a week is a realistic attainable goal and it's healthy. A lot of people will say I want to lose 30 pounds in a month. And they know it's not

**See Fitness on page 24**



### COMMUNITY NEWS

Post offers variety in family recreation.

**PAGE 4**



### MONEY MATTERS

Tax Assistance Center prepares for return.

**PAGE 12**



### TO YOUR HEALTH

Fox Army Health Center has positive prognosis.

**PAGE 26**

### WIN OR LOSE

Army swimming/diving teams look strong in training meet.

**PAGE 32**

# RocketViews

What do you most remember about 2011?

By SKIP VAUGHN

Rocket editor  
skip.vaughn@theredstonerocket.com



**Kevin Higdon**

Alutiiq

"Definitely would be the April storms, because it impacted family and friends. I know several people that died. And also it's my girlfriend's (Kassie Britton's) birthday."



**Stefan Henderson**

Army Materiel Command G-4 (Lead Material Integrator)

"I'd say the tornadoes (April 27), because they had such a large impact on the state."



**Kristin Rodarte**

PEO Aviation's Apache Project Office

"My biggest thing was getting hired here. That's my favorite part about 2011 was getting hired here. I'm still a full-time student at Athens State. I'm a contractor. I work for UAH and then they contract me out here (part time)."



**Sara Northcutt**

PEO Aviation's Apache Project Office

"Both my daughters started a new stage in their life. One (5-year-old Gabriella) started kindergarten, started school for the first time. And my oldest (11-year-old Cristina) started middle school. So both new challenges in my life at the same time – new things to look forward to."

## Letters to the editor

# Be one with integrity in reality of life

Integrity, one of the seven Army values, and a character trait highly prized in the Bible, is a quality you develop by adhering to moral principles. It requires that you do and say nothing that deceives others. As your integrity grows, so does the trust others place in you. The more choices you make based on integrity, the more this value will affect your relationships with God, your family, friends and co-workers, and, finally, the fundamental acceptance of yourself. And we all know that when these relationships are running on all cylinders, things seem to fall into place for you.

Integrity means being "whole," or "one." It is a by-product of ethics and morals. A good way to distinguish the difference between ethics and morals is this: ethics equals defined standards of behavior, while morals are lived standards of behavior. Integrity can be defined as the degree of congruence between the two. For instance, if Al Capone said he was going to whack you if you didn't pay back the loan (defined standards of behavior), and you refused to pay back the loan, integrity would demand that he whack you (live standards of behavior). If he did what he said he would do, his behavior would be congruent with his declaration. Therefore, you could say Al Capone had integrity. Of course, this would be a negative example, but you get the picture.

I was watching "Survivor" not too

long ago and noticed how incredulous contestants became when those they thought were trustworthy ended up deceiving them in the end in order to win the million dollars. I was thinking to myself, "This is a game. ... You should expect that." I would expect Tom Brady to give a shoulder fake to the left, and throw to the right, because he needs to deceive his opponents in order to win the game.

Life, however, is not a game. We need to be trustworthy. Our words and works need to be congruent. Our belief and behavior, our declarations and deeds, our creed and our conduct, what we say and what we do needs to be one.

J.R. Ewing of the "Dallas" series once famously said, "Once you've lost your integrity, the rest is a piece of cake." It's true. If you can justify immoral, unethical or illegal behavior just once, the slippery slope makes it that much easier the next time.

Years ago, as professional golfer Ray Floyd was getting ready to tap in a routine 9-inch putt, he saw the ball move ever so slightly. According to the rule book, if the ball moves in this way the golfer must take a penalty stroke. Yet consider the situation. Floyd was among the leaders in a tournament offering a top prize of \$108,000. To acknowledge that the ball had moved could mean he would lose his chance for big money.

Writer David Holahan describes as follows what others might have done: "The athlete ducks his head and flails wildly with his hands, as if being attacked by a killer bee; next, he steps back from the ball, rubbing his eye for a phantom speck of dust, all the while scanning his playing partners and the gallery for any sign that the ball's movement has been detected by others. If the coast is clear, he taps the ball in for his par. Ray Floyd, however, didn't do that. He assessed himself a penalty stroke and wound up with a bogey on the hole."

Integrity is more than not being deceitful or slipshod. It means doing everything "heartily as unto the Lord" (Col. 3:23). In his book "Lyrics," Oscar Hammerstein II points out one reason why: "A year or so ago, on the cover of the New York Herald Tribune Sunday magazine, I saw a picture of the Statue of Liberty ... taken from a helicopter and it showed the top of the statue's head. I was amazed at the detail there. The sculptor had done a painstaking job with the lady's coiffure, and yet he must have been pretty sure that the only eyes that would ever see this detail would be the uncritical eyes of sea gulls. He could not have dreamt that any man would ever fly over this head. He was artist enough, however, to finish off this part of the statue with as much care as he had devoted to her face and her arms, and the torch and everything that people can see as they sail up the bay."

Be a co-worker, a friend, a supervisor and a person that others can trust. One that does what he or she says. One that is consistent even when no one else is watching. Be one, so that what people see on your outside is what is on the inside.

**Chaplain (Lt. Col.) Chip Fields**  
Army Contracting  
Command chaplain

## Quote of the Week

**W**eather forecast for tonight: dark. Continued dark overnight, with widely scattered light by morning.

— George Carlin  
Comedian and actor  
(1937-2008)

## RedstoneRocket

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 Garrison-Redstone, Bldg. 5300 Room 5144, Redstone Arsenal, AL 35898.

The civilian enterprise printer of the Redstone Rocket is Tennessee Valley Printing Co., Inc., located at 201 1st Ave., SE, Decatur, AL 35603.

Retail advertising deadline is 5 p.m. Thursday before Wednesday publication. Classified advertising deadline is 5 p.m. Friday before Wednesday publication.

**Email:** skip.vaughn@theredstonerocket.com

Editorial office: 256-876-1500 Editorial Fax: 256-955-0133 Retail Advertising: 256-340-2463 Classified Advertising: 256-260-2218 Advertising Fax: 256-260-2211

Rocket articles are available at:  
<http://www.theredstonerocket.com>  
<http://pao.redstone.army.mil>

### Rocket Staff

**Editor-in-chief:** Col. John Hamilton, Garrison commander

**Editor:** Skip Vaughn

**Assistant Editor:** Kari Hawkins

**Reporters:** Amy Tolson, Beth Skarupa

**Copy Editor/Design:** Kelley Lane Sivley

**General Manager:** French Salter

**Advertising Sales:** Shelia Smith, 256-260-2212

or shelia.smith@theredstonerocket.com

Anna Hyles, 256-260-2213 or anna.hyles@theredstonerocket.com

The Redstone Rocket is published in the interest of the personnel at Redstone Arsenal, by Tennessee Valley Printing Co., Inc., 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 an authorized publication for members of the Department of Defense. Contents of the Redstone Rocket newspaper are not necessarily the official views of, or endorsed by, the U.S. Government, Department of Defense, or the Public Affairs Office.

The editorial content of this publication is the responsibility of Redstone Arsenal Public Affairs Office.

Published by Tennessee Valley Printing, a private firm in no way connected with the Department of Defense,

under exclusive written contract with the Department of Army. 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 until the violation is corrected.

The Redstone Rocket is distributed free of cost to any personnel at Redstone Arsenal and Research Park, Huntsville. Mailing rates for off post for the Redstone 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.

## Getting to **know you**

By **SKIP VAUGHN**  
Rocket editor  
skip.vaughn@theredstonerocket.com

**Name:** Denise DeMonia

**Job:** Senior analyst, contractor QinetiQ for the Armed Scout Helicopters Project Office

**Where do you call home?**  
Cullman

**What do you like about your job?**  
I actually love my job. I get to support not only the people in my project office but in the end the Soldier with the things that I do. I'm one of those few when I get up in the morning and come in the car I don't dread coming to work.

**What do you like to do in your spare time?**  
I play golf. I sing, play the guitar, and Alabama football – obviously (laugh).

**What are your goals?**  
To continue on the path that I'm doing now in information technology and da-



tabase management until retirement time. This is my home until my job is over.

**What's at the top of your "bucket list" of things you want to do before you kick the bucket?**  
I'm getting ready to do it: Go to the national championship game to watch Alabama play (Jan. 9 in New Orleans). And I'm getting to do it, I have tickets.



Photo by Jason Cutshaw of SMDC/ARSTRAT

## Moving on

**Col. Bennie Pokemire, Space and Missile Defense Command/Army Forces Strategic Command G-6, presents Karl Rinas with a token of appreciation as Rinas retires Dec. 14 after more than 34 years in Army civilian service.**

# AMCOM supply enterprise team delivers savings



Photo by Grant Thompson  
**AMCOM commander Maj. Gen. Jim Rogers addresses members of the enterprise team.**

By **DAN O'BOYLE**  
For the Rocket

It may have been 12 days after Christmas, but the 'gift' that AMCOM commander Maj. Gen. Jim Rogers received Friday was the one that he really wanted.

The AMCOM Supply Chain Enterprise slide deck 'gift' marked the efforts of 16 teams as they march toward the goal of reducing the command's Army Working Capital Fund inventory by \$3.6 billion before this summer. The enterprise team effort is just one of the command's overall efficiency initiatives.

"We need to achieve a band of excellence, and stay within that band across the board," Rogers said. "In essence, that band is what right looks like, and will be our future steady state. You and your teams are the ones who are going to get us there."

Thus far, the enterprise effort has re-

duced the inventory by one-half billion dollars.

"For AMCOM this means becoming the provider of choice worldwide for the sustainment and logistics of the Army's state-of-the-art aviation and missile systems," Rogers said. "To do that we have to change the way we do business command-wide, instilling a culture of efficiency without sacrificing effectiveness."

"This is huge," he said. "Keep shooting for the stars; if we only reach the moon, we will have come a long way. If this were easy, it would already have been done. This is tough, but it is exactly what we need to do."

"It's been said that if we don't know where we are going, any road will get us there, but these teams are on the right road to sustaining improvements. This is our opportunity to define how we do business and has a direct impact on readiness for our Soldiers."

## Crimes, accidents & other occurrences

The Directorate of Emergency Services provided the following list of reported incidents for Dec. 29 through Jan. 4:

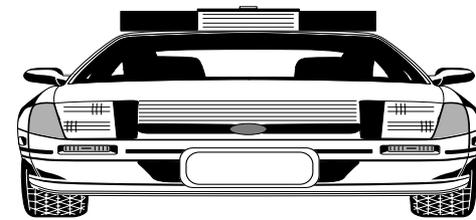
**Dec. 31:** Three juveniles in the Main Exchange removed four magazines valued at \$31.46. The juveniles were processed by Redstone Police and released to their sponsors.

**Jan. 1:** A juvenile in the Main Exchange removed a videogame valued at \$59.95. The juvenile was processed by Redstone Police and released to a sponsor.

**Traffic accidents reported:** Four,

including one deer strike.

**Violation notices issued:** 33 speeding, 1 improper backing, 2 failure to obey traffic control device, 3 no proof of insurance, 2 expired driver's license, 2 illegal parking.



# Fun activities launch with year



Photo by Kari Hawkins

**Children try to wait patiently for the horn to blow so they can race out into a field in search of Easter eggs. The annual Easter Eggstravaganza is one of the most popular family events offered each spring by the Directorate of Family and Morale Welfare and Recreation.**

## Family and Morale Welfare and Recreation events

The Garrison's Directorate of Family and Morale Welfare and Recreation provided the following list of upcoming events:

### Band concert

The Sights and Sounds of Redstone will present the Matt Prater Band in concert Friday from 5-7 p.m. at the Firehouse Pub, building 114 on Hankins Drive. The Matt Prater Band will perform its hit song "Southern Outdoors" from its CD "Small Town Son." Visit Matt Prater at [www.mattpratermusic.com](http://www.mattpratermusic.com). For more information, call 842-0748.

### Golf tournament

The Snow Blower Invitational four-person scramble Saturday has a shotgun start at 10 a.m. at the Links. Cost is \$25 plus applicable green fees. There will be food, refreshments and prizes. For more information, call 883-7977.

### Youth sports

CYSS Sports and Fitness presents "Start Smart Basketball" Jan. 14 through Feb. 18 on Saturdays from 10-11 a.m. at the Child Youth and School Services Multipurpose Building 3153, Youth Center Road. Cost is \$35, which includes a T-shirt. Start Smart intro-

duces skills necessary to play organized sports in a fun and noncompetitive environment. Start Smart is a parent-child program. The parent works with his or her child under the direction of the Start Smart instructor. All equipment is provided. Ages are 3-5. For more information, call 313-3699.

### Comedy night

Comedy Night is Jan. 27, with dinner at 6 p.m. and show time at 7:30, at the Officers and Civilians Club. Tickets are \$18 for dinner and show. Headliner is Kenny Smith with feature act Jack Willhite, and hosted by Todd Link. For more information or tickets, call 830-2582.

### Wild game cookout

Outdoor Recreation's annual Wild Game Cookout is Feb. 3 from 5-10 p.m. at the Community Activity Center, conference hall, building 3711 at the corner of Patton and Aerobee roads. Tickets are \$15 in advance for RSA permit-carrying hunters and family members; \$20 in advance for all other participants; and \$25 the day of event. Children under 12 are admitted free. Purchase tickets at Outdoor Recreation or the Community Activity Center. For more information, call 876-4868.

## Post families enjoy variety in offerings

By **KARI HAWKINS**

Assistant editor

[kari.hawkins@us.army.mil](mailto:kari.hawkins@us.army.mil)

Ballroom dancing classes begin once again in the School Age Services facility this Thursday night. Matt Prater and his band will be playing at the Firehouse Pub on Friday night. A Snow Blower golf tournament at the Links at Redstone and Start Smart Basketball at the Multipurpose Building are both set for Saturday. And Swing Dancing and Comedy Night are coming up later in January.

Seems like Family and Morale Welfare and Recreation is off to a good start for the year.

Lots of family-oriented activities are on the agenda for 2012 thanks to the planning efforts of a staff of Family and Morale Welfare and Recreation employees who are always looking for new programs to offer the Arsenal community.

"We have a lot of things coming up this year," Derrick Gould, director of Family and Morale Welfare and Recreation, said.

"But this is a year of change for us, too. One of the things we've experienced is a change in our patronage with all of our OMEMS (Ordnance Munitions and Electronics Maintenance School) Soldiers going away and other factors. So we are trying to provide new programming that appeals especially to our Department of the Army civilian and Soldier families. During this time of transformation and change, we are constantly acquiring feedback from our customers as to what they would like to see on Redstone."

From the child care services offered through Child Youth and School Services to the quarterly birthday parties at The Club, from the hunting expeditions hosted by Outdoor Recreation to the woodworking shop at the Arts and Crafts Center, Redstone's Family and Morale Welfare and Recreation offers a variety of activities and programs that can keep civilians and Soldiers on post well after working hours.

"What we offer is really a perk to Arsenal employees," Gould said. "These programs are a benefit to them. We try to offer a lot of different activities and at prices that are much more affordable than outside post."

During the past few years and into

2012, there have been a lot of improvements made in both facilities and activities offered by Family and Morale Welfare and Recreation. The Arsenal community can now enjoy upgrade renovations at Pagano Gym, the Community Activity Center, The Club, the Arts and Crafts Center, and the Auto Skills Center. One other major renovation that is set to come online in February is the reopening of Heiser Hall, which means free Friday movies will soon be back on the FMWR schedule.

"Friday night movies were very popular last year, so we will definitely be bringing those back in February," Gould said. "When we do start offering movies again, the Arsenal work force can easily make a night of it with dinner at the Bowling Center or another on-post restaurant followed by the free movie."

While longtime popular offerings – including the Month of the Military Child activities in April, Community Block Party in May, summer concert series in August, Oktoberfest and Blues, Brews and Barbecue in September, and youth sports all year-round – will continue to be on the calendar, new programming will also be offered at such locations as The Club and the concert field.

"We do have changes in store for The Club system," Gould said. "One of the challenges is trying to maintain the history and integrity of what people want from our club, such as quarterly birthdays, beer and wine tastings, and comedy shows, while also providing activities that bring new people into The Club. At the same time, we are keeping things like our Friday bands at the Firehouse Pub and our wildgame cookout, and we hope to expand our summer concert series."

"We are working to keep and improve on activities that bring people on the Arsenal for leisure and entertainment and recreation. We are improving our niche so that we can draw people in here."

Besides offering programs and activities at reduced costs than off-post, Gould said increases in patronage of FMWR events provide revenues for additional programming and facility improvements.

"The money people spend here stays here," he said. "Revenues from our offerings are reinvested in the Arsenal's quality of life programs."

One of the goals of FMWR is to bring together programs and activities that share a synergy that make on-post

**See Recreation on page 16**

## AMCOM represented at martial arts demo in Japan



Courtesy photo

**From left are Capt. Mike John, Bill Fowler, Eric Lampkin, Sensei Mukai Kotaro, Capt. Sanno, Kevin McKneely and Kango Yamasaki.**

Bill Fowler and Eric Lampkin of the Aviation and Missile Command recently traveled to Japan to participate in the Japanese Self Defense Forces 50th anniversary Aikido demonstrations at the Ichigaya Ministry of Defense Headquarters where they joined current members of the Camp Zama Aikido Club in representing U.S. Forces at the demonstration. Both Bill Fowler, who is ranked Nidan,

and Eric Lampkin, ranked Sandan, studied Aikido when serving in Japan and continue to practice the Japanese martial art in Huntsville and on Redstone Arsenal. They can be found most mornings in the Sparkman Fitness Center and at scheduled evening training classes of the Huntsville Aikido Shin Do Kan Dojo in Madison where Hudson Harris is the Dojo Sho.



Photo by Billy Neal

## Officers inducted

**New officers for the North Alabama Veterans and Fraternal Organizations Coalition take the oath of volunteer service during the annual meeting at the Veterans Museum on Jan. 4. Officers for 2012 include, from left, Leonard Robinson, executive vice president; Richard Reyes, vice president; Beverly Lowe, secretary; Joe Paddock, treasurer; and Russell Kimball, event coordinator. Max Bennett, president, is not pictured. The evening's program included the presentation of the new "Brig. Gen. Robert Drolet Service to Veterans Award" to veteran John Perry, and thank you awards presented to sponsors of Operation Christmas Bear. The du Midi Woman's Club provided hors d'oeuvres.**

# Organization supports defense flight tests, modifications

By KRISTEN KUSHIYAMA  
CERDEC

ABERDEEN PROVING GROUND, Md. – It is no secret that military technology is put through extensive experimentation and testing before it is added to the war fighter's toolbox. However, the extent to which it is evaluated and the number of people involved may be surprising.

When it comes to aircraft, the Research Development and Engineering Command's communications-electronics center's Flight Activity at Joint Base McGuire-Dix-Lakehurst, N.J., is at the forefront of integrating and testing equipment.

The Communications-Electronics Research Development and Engineering Center, or CERDEC, Flight Activity, a component of CERDEC's Intelligence and Information Warfare Directorate, is at the heart of testing systems that go into aircraft such as various infrared counter measures, signals intelligence sensor systems and radar systems as well as handling post-production modifications like fast rope systems, adapted seats and paint jobs.

Even though organizations and teams outside of the CERDEC Flight Activity, CFA, develop the systems, the CFA is behind the scenes to push the capabilities' limits to the edge to ensure quality products

can be deployed.

Recently, the CFA conducted experimental testing for Research Development and Engineering Command's armament center, or ARDEC, located at Picatinny Arsenal, N.J.

The CERDEC Flight Activity tested ARDEC's Hostile Fire Indication system mounted on a UH-60 Blackhawk Experimental Test platform. The CERDEC Flight Activity put the HFI through maneuvers testing including steep turns, climbs, stops and approaches; altitude testing ranging from tree top level to 8,500 feet; and night time testing, said Todd Collins, CFA project pilot for HFI testing.

The CFA conducted almost 12 aircraft flight hours while testing HFI and no missions were canceled, Collins said.

CFA flight testing has occurred throughout the world in a variety of testing environments such as a beach environment, urban environment, mountainous terrain and dense forest environments. Testing can be performed any time of night or day.

"The only limitations to testing are the limits imposed by the aircraft," Collins said.

The CFA has 13 pilots, who are both fixed wing and rotary wing qualified, and average over 8,000 hours of flight time each. Of those pilots, nine have combat experience with five of those combat pilots hav-



Photo by Kristen Kushiyama

**The Communications-Electronics Research Development and Engineering Center Flight Activity, a component of CERDEC's Intelligence and Information Warfare Directorate, is at the heart of testing systems that go onto aircraft such as various infrared counter measures, signals intelligence sensor systems and radar systems as well as handling post-production modifications like fast rope systems, adapted seats and paint jobs.**

ing experience from Operation Enduring Freedom or Operation Iraqi Freedom, said Charles Maraldo, CFA director.

In addition to flight testing, the CFA has multiple hangars and almost 170,000 square feet of working hangar space and provides end-to-end aviation support for emerging Command, Control, Communications,

Computers, Intelligence, Surveillance and Reconnaissance, known as C4ISR, technologies, quick reaction capabilities to units and post-production aircraft modifications for program executive offices and project managers. The CFA also has in-house shop space for machining, fabricating parts, finishing and painting.

The CFA provided modifications to Black Hawk helicopters for the Utility Helicopters Project Office that were used by Mexican Marines in the arrest of members of a drug cartel. The Mexican Marines involved in the operation utilized a rope to rapidly descend from the Black Hawk ensuring the arrest of the alleged members and confiscation of rifles, magazines for fire arms, various calibers of ammunition, a ballistics vest, and military-style uniforms and boots.

The fast-rope system used by the Mexican Marines was a modification to the helicopter that was installed during post-production modifications by the CFA, Maraldo said.

The CFA also partners with other Department of Defense agencies, members of industry and academia.

"As long as there is a valid DoD purpose and mission, we can work with and support anyone with our extensive array of aircraft and in-house expertise," Maraldo said.

# Army Community Service ready for year's challenges

By BETH SKARUPA

Staff writer

beth.skarupa@theredstonerocket.com

Army Community Service has a positive outlook for 2012 despite difficult economic times.

ACS provides support and outreach services to Team Redstone. Its mission is to facilitate the commander's ability to provide comprehensive, coordinated and responsive services that support the readiness of Soldiers, civilian employees and their families. Military retirees and their families also are supported. With the challenging times that are affecting the Redstone community, ACS director Sue Paddock said she expects the services provided by ACS to be more important than ever this year.

Services and programs offered through ACS include a family advocacy program, a new parent support program, ChildWise, survivor outreach services, an exceptional family member program, a victim advocate program, an employment readiness program, Army Emergency Relief, a quality of life program, a financial readiness program, a mobilization deployment program, a relocation

assistance program, an information and referral program, and an ACS volunteer program.

"We connect a lot of our services to new arrivals because when they get here they may not know about all the programs we have to offer just here in our office," ACS relocation assistance program manager Mary Breeden said. "Whenever someone comes in and says, 'I'm new to Redstone, I've got a kid that needs information about schools, I've got a special needs child that needs special services, my spouse is looking for employment, and oh, by the way, the move has caused a little bit of a financial burden.' Just by coming to us, we're kind of like a one-stop, we've got programs under one roof that can assist with all of those."

Last year, ACS was instrumental in providing information, resources and support to those individuals in the community affected by the Base Realignment and Closure. Although BRAC officially ended in September, people are still moving to Redstone so ACS will continue to have sponsorship training this year and work to make newcomers feel welcome.

A primary focus this year will be outreach efforts. One challenge ACS plans to



Photo by Beth Skarupa

**Army Community Service workers include, from left, volunteer Kim Anton, program managers Natalie Taylor, Mary Breeden, Colleen Nicholson, and Debra Jefferson, director Sue Paddock, social services assistant Angel Solomon, program director Virginia Dempsey and AER officer/survivor outreach service coordinator Kerrie Branson, back, with program managers Carie Green and Kathleen Riester.**

tackle is making sure that the more than 74 tenant organizations on the installation are aware of the programs and services offered by ACS, as well as making sure that they know that DoD civilians can take advan-

tage of all of ACS's services and programs with the exception of Army Emergency Relief. ACS programs and classes are offered to the entire community.

**See ACS on page 18**

## MoneyMatters

# Tax Assistance Center prepares for annual return

*Provides free service for military families*

By **BETH SKARUPA**

Staff writer

[beth.skarupa@theredstonerocket.com](mailto:beth.skarupa@theredstonerocket.com)

Getting something for free may sound too good to be true, but with the Tax Assistance Center it's the real deal.

The Tax Center annually offers free tax preparation assistance from January through April to active duty servicemembers and their dependents as well as military retirees and their dependents. If Army Reserve or National Guard servicemembers are on military orders for 30 days or more, they and their dependents are also eligible for assistance at the Tax Center.

"I think people are scared of getting something for free, but the reality is the fact that we do more training than all the tax preparation sites out there," Rachael Yeoman, Tax Center manager, said.

"People don't realize that tax preparation sites don't have to be licensed, they don't have to be attorneys, they can be anything. They can be anyone that wants to set up shop. We are regulated by the military, we're regulated by the IRS, and we're IRS-certified. They're more protected when they come here than they are going anywhere else."

The grand opening of the Tax Center will be Jan. 23 at noon in building 3489 on the corner of Ajax and Zeus roads. Although appointments will not take place until after the grand opening, potential clients can call to make appointments beginning Jan. 17.

"People have tons of places they can get their taxes done, but this is a place where it's not only free but the preparers have a vested interest in getting them done right," Yeoman said.

The Tax Center is regulated by the Army and by the Internal Revenue Service. It is considered a model tax center for the state of Alabama as well as the

**See Assistance on page 23**



Photo by Beth Skarupa

**Tax Assistance Center officer-in-charge Capt. J. Caleb Smith, standing, discusses tax laws with fellow volunteers Spc. John Hill and Staff Sgt. Keisha Cook.**

# Filing tax return makes good cents

You are required to file a federal income tax return if your income is above a certain level, which varies depending on your filing status, age and the type of income you receive. However, the Internal Revenue Service reminds taxpayers that some people should file even if they aren't required to because they may get a refund if they had taxes withheld or they may qualify for refundable credits.

To find out if you need to file, check the Individuals section of the IRS website at [www.irs.gov](http://www.irs.gov) or consult the instructions for Form 1040, 1040A or 1040EZ for specific details that may help you determine if you need to file a tax return with the IRS this year. You can also use the Interactive Tax Assistant available on the IRS website. The ITA tool is a tax law resource that takes you through a series of questions and provides you with responses to tax law questions.

Even if you don't have to file for 2011, here are six reasons why you may want to:

- **Federal Income Tax Withheld** – You should file to get money back if your employer withheld federal income tax from your pay, you made estimated tax payments or had a prior year overpayment

applied to this year's tax. Some people do not owe any income tax but have had money withheld and must file to get those withholdings returned to them.

- **Earned Income Tax Credit** – You may qualify for EITC if you worked, but did not earn a lot of money. EITC is a refundable tax credit, which means you could qualify for a tax refund. To get the credit you must file a return and claim it.

- **Additional Child Tax Credit** – This refundable credit may be available if you have at least one qualifying child and you did not get the full amount of the Child Tax Credit.

- **American Opportunity Credit** – Students in their first four years of postsecondary education may qualify for as much as \$2,500 through this credit. Forty percent of the credit is refundable so even those who owe no tax can get up to \$1,000 of the credit as cash back for each eligible student.

- **Adoption Credit** – You may be able to claim a refundable tax credit for qualified expenses you paid to adopt an eligible child.

- **Health Coverage Tax Credit** – Certain individuals who are receiving Trade

Adjustment Assistance, Reemployment Trade Adjustment Assistance, Alternative Trade Adjustment Assistance or pension benefit payments from the Pension Benefit Guaranty Corporation, may be eligible for a 2011 Health Coverage Tax Credit.

Eligible individuals can claim a significant portion of their payments made for qualified health insurance

premiums. Caution though: any Flexible Spending Account claims cannot be included as reducing your taxes further because FSA was not included in your taxable income.

For more information about filing requirements and your eligibility to receive tax credits, visit [www.irs.gov](http://www.irs.gov).

*Editor's note: This article was adapted from an IRS release.*



Courtesy photo

## Bob Jones outreach

**AMCOM command historian Russell Rodgers speaks to economics and history students at Bob Jones High School in Madison. His presentation was titled "The Use of History in Policy Making." He appeared as part of the AMCOM Army Education Outreach Program.**

# Group effort delivers helicopters to Sweden

By MICHELLE HARLAN  
USASAC Public Affairs

The Security Assistance Command recently supported the first shipment of two UH-60L helicopters from Huntsville to Linköping, Sweden as part of an ongoing Foreign Military Sales case.

An emergency implementation was requested by Sweden in order to have four helicopters available for training in January and a subsequent deployment to Afghanistan by April 2013 to be used for troop movement and medical evacuations. A second delivery of the two remaining training helicopters is scheduled for the end of January. The remaining 11 helicopters of the 15 total purchased will receive unique modifications, and be delivered beginning in August.

The FMS case is part of a Total Package Approach to provide materiel, parts and training to the Sweden armed forces. On-site training will be provided by a Technical Assistance Fielding Team from the Fort Bragg, N.C.-based Security Assistance Training Management Organization, a subordinate command of USASAC, according to Sharon Spinks, a country program manager for USASAC's European Command Directorate.

The Aviation and Missile Command's Security Assistance Management Directorate, Aviation and Missile Research Development and Engineering Center, Utility Helicopters Project Office, the Logistics Support Facility and Aberdeen Proving Ground, Md.'s Communication and Electronics Command worked together with USASAC to meet the expedited delivery schedule, Spinks said. Normally requests for UH-60M helicopters take 36 months to complete, but AMCOM's SAMD was able to meet the requirement within one year.



Courtesy photo

**Two UH-60L helicopters were delivered to Sweden as part of an ongoing Foreign Military Sales case to support the Sweden armed forces. The helicopters depicted are folded for transport in December from Huntsville to Linköping, Sweden.**

# Recreation

continued from page 4

experiences even more fun and convenient for families. On the western side of post the golf course and The Club shares that synergy while on the eastern side a synergy will be shared by the newly opened Heiser Hall and the Bowling Center.

Families will enjoy more convenience in the coming year when the renovation of the old dining facility near Gate 10 is completed to bring together Army Community Service with Child and Youth Registration, FMWR Membership, Leisure Travel, ITR (Information, Tickets and Reservations) Office and Java Café at one central location.

“These groups all offer services that appeal to families and people looking for entertainment and recreation opportunities,” Gould said. “They create a synergy together that drives business, and it keeps our customers from having to drive all over the installation to register for different activities. We are really trying to move to one-stop shopping for our customers.”

The staff at Family and Morale Welfare and Recreation is constantly looking for ways to improve offerings. They are receptive to ideas from the commu-

nity.

“Our hope is that we offer a benefit to the Arsenal community,” Gould said. “We hope we offer programs that are entertaining, useful and that add and improve their quality of life.”

FMWR relies on corporate partners to fund activities. Those sponsors include Woody Anderson Ford, Papa John’s Pizza, Boeing, Redstone Federal Credit Union, Verizon Wireless, Association of the U.S. Army (Redstone-Huntsville Chapter), USAA, Fox 54, Knology, Supreme Beverage Company, Turner Beverage Company, Sam’s Club, HoneyBaked Ham, Carrabba’s Italian Grill, Chick-fil-A (University Drive/Wynn Drive), WZYP/Cumulus Broadcasting, WDRM/Clearchannel, Valley Planet, Madison Weekly, The Huntsville Times, Coca Cola, The Home Depot (South Parkway), Cycle Nation of Huntsville, Hhgregg, Candlewood Suites, Knuckleheads Bar and Grill, Best Buy, Fleet Feet Sports, Madison RV, Gander Mountain, Rocket City Titans, Huntsville Havoc, Alabama Hammers and Birmingham Beverage.

“These sponsors allow us to offer more than we could possibly afford to do at our events and functions,” Gould said. “They cut some of our costs so we can have more programming and offer that programming at lower prices.”



Courtesy photo

## Visitors in store

The Base Supply Center is operated by Alabama Industries for the Blind, a component of the Alabama Institute for the Deaf and Blind. Visitors last week include, from left, AIDB trustee Frances Taylor, Garrison commander Col. John Hamilton, U.S. Rep. Mo Brooks, AIDB president Terry Graham, AIDB vice president for adult programs John Mascia and AIB executive director Billy Sparkman.

# Huntsville Center awards \$34M energy savings contract

The Army Engineering and Support Center-Huntsville awarded a \$34 million task order contract to Johnson Controls Government Systems, Milwaukee, Wis., on Dec. 22 to install wind power generation, solar photovoltaic systems and other energy conservation measures at Fort Buchanan and 11 reserve centers in Puerto Rico.

Overall projected project savings is 37,867 MBtu and \$2,606,258 per year. Renewable energy savings are projected to be 5,973 MBtu solar PV, domestic solar hot water 106 MBtu per year, wind power, 3,244 MBtu per year, and water savings of 37,144,000 gallons per year.

Work includes air cooled chiller replacement; energy management controls system installation; heating, ventilation and air conditioning system upgrades and window/split air conditioning system retrofits; energy-efficient interior and exterior lighting including street lighting upgraded to LED; occupancy sensors; renewable energy including a 1.2 megawatt solar photovoltaic, solar thermal water heating, and 825 kilowatt wind power generation; water/sewer conser-

vation and irrigation system; and retro-commissioning services.

“This is a great project that has traditional energy conservation measures as well as renewable and water reduction,” Michael Norton, branch chief of Huntsville Center’s Energy Division, said.

ESPC is a partnership between the Army and an energy service company. In consultation with the federal government, the energy service company provides capital and expertise to make comprehensive energy and water efficiency improvements on facilities or implements new renewable energy capability and maintains them in exchange for a portion of the generated savings.

This project supports President Barack Obama’s directive that federal agencies use ESPC to make \$2 billion worth of energy efficiency upgrades over the next two years, as well as supporting the Army’s energy reduction goals of 30 percent energy and 15 percent water reduction by 2015.

Fort Buchanan is the only U.S. Army active military installation in Puerto Rico. (*Huntsville Center release*)

# Army Family Action Plan process extends to Alaska

*Fort Greely holds first conference*

By JASON CUTSHAW  
SMDC/ARSTRAT Public Affairs

Leaders recently traveled to the final frontier to gather ideas for a better future for Soldiers, Army civilians and families. Sgt. Maj. John Mattie, Space and Missile Defense Command/Army Forces Strategic Command G-3, and KC Bertling, SMDC/ARSTRAT Army Family Action Plan coordinator, traveled to Fort Greely, Alaska, to learn how to improve the quality of life for members of the command.

Mattie and Bertling met Dec. 1-2 with those living in the command's northern border during Fort Greely's first AFAP conference which was hosted as a joint effort by the garrison and the 49th Missile Defense Battalion (Ground-based Midcourse Defense). During the conference, 20 delegates divided into two working groups to discuss issues.

"The delegates did a great job," Bertling said. "They all had great ideas to help improve their quality of life, and that is why AFAP was designed."

AFAP is a grassroots-level effort to gather ideas for change to improve the quality of life for those who have chosen the Army, whether as a Soldier or civilian, as a career.

Through AFAP, Army procedures, rules and regulations can be changed to help create a better lifestyle for Soldiers,

Army families and DA civilians. Issues brought up that can be resolved locally are addressed, while issues that cannot be resolved locally and may benefit the Army as a whole are sent forward to the DA for further evaluation.

"AFAP is very important," Mattie said. "It is the link between the families and the military trying to get issues directed to Army leaders and have them understand their concerns and help improve the quality of life for Soldiers, DA civilians and families in any location."

The four major issues brought up were: Army Emergency Relief fund benefits for Army Reserve and National Guard Soldiers; morale and retention within the 49th MDB; Fort Greely DA civilian hiring processes; and an appropriate indoor running track for Soldiers.

Delegates brought up strengths such as the Army Substance Abuse Program, Family and Morale Welfare and Recreation and the AFAP program. They also talked about challenges such as medical services and funding for programs, as well as retention.

"Delegates developed their top four issues and also identified programs and services that are ineffective, redundant or obsolete," Bertling said. "They also discussed their top three mobility and deployment strengths and challenges,



Photo by KC Bertling

**Sgt. Maj. John Mattie, Space and Missile Defense Command/Army Forces Strategic Command G-3, speaks to Soldiers, civilians and families during Fort Greely, Alaska's first AFAP conference Dec. 1-2.**

and voted for their top five most valuable community services.

"These are important to the commanding general (Lt. Gen. Richard Formica) as it was directed by the Army vice chief of staff (Gen. Peter Chiarelli)," she added. "The results were briefed to the garrison and 49th GMD commanders along with community members and conference participants. The top four issues will be included in the 2012 SMDC/ARSTRAT mid-level command AFAP conference for further actions."

They also talked about the five most valuable local services, which were: Army Community Service programs and services; the commissary; FMWR programs and services; Army and Air Force Exchange Service; and employment.

Mattie talked about how leaders learned about the needs of those serving and their families. He also said people have to speak up to be heard.

"The trip was great," Mattie said. "Overall, the delegates gave great feedback and let leaders know the issues that were important to them."

"One of the big issues for them was to see how reservists and members of the National Guard can tap into Army Emergency Relief support. It was a good experience working with AFAP and I look forward to hearing more of their ideas."

Bertling said AFAP is a great way to gather thoughts in a forum and let those who are in a position to make changes understand what members of the command see as issues.

"AFAP is not a program for just Soldiers, but also for DA civilians, families and contractors," Bertling said. "We want everyone who has an idea to bring it forward because everyone associated with the Army has a voice. It is a great program that has made many changes for the entire Army."

## ACS

continued from page 10

"And what we try to emphasize is the fact that they don't have to come to us, we will go to them," Breeden said. "If you want a class in financial readiness,

Kathleen (Riester, financial readiness program director) will come show up to your place. If you need to talk about sponsorship training, I'll do desk-side, one-on-one or I'll do group, it doesn't matter, we'll do whatever it takes to get the message across to these people that we are here for them."

ACS plans to work on getting that message across via email, the Internet and social media sites this year.

"My focus has changed from active duty to civilians in an effort to meet them where they are," Riester said. "I've done a lot of emails with them and financial guidance and direction on that kind of thing because it's very difficult to expect GS-13s and 14s to come through our door. So I started working with them online."

All email addresses given to ACS will be kept confidential and not sold to anyone.

"The main thing that we need to put out is that anyone who has access to Redstone Arsenal has access to the services

provided by ACS," Paddock said.

Other plans for the year include the addition of a support group for the parents of fallen Soldiers and a procedure to make the Arsenal more accessible to survivors, increased visibility for ACS volunteers, outreach to military retirees and increased awareness that they are eligible for AER services, increased fund-raising for AER, respite care for the parents of special needs children, and hosting the second annual Tragedy Assistance Program for Survivors conference.

"The only constant is change, and the only constant about our job is we will change to meet the challenges," Breeden said.

# Obama: Strategy will maintain U.S. military pre-eminence

By JIM GARAMONE

American Forces Press Service

WASHINGTON – President Barack Obama on Jan. 5 announced a defense strategy he said will allow the military to defend the United States and its national interests while cutting military spending in a responsible, balanced manner.

The president spoke about the conclusions of the defense strategy review at the Pentagon briefing room.

The strategy review's bottom line is that the United States armed forces will remain the pre-eminent military force in the world, the president said in a letter attached to the review.

White House and Pentagon planners will use the strategy to fund the budget Obama will submit to Congress in February. The strategy will lead to more than \$450 billion in defense cuts over the next 10 years.

“As commander in chief, I am determined that we meet the challenges of this moment responsibly and that we emerge even stronger in a manner that preserves American global leadership, maintains our military superiority and keeps faith



American Forces Press Service

**President Barack Obama briefs the press with Defense secretary Leon Panetta, left, at the Pentagon, Jan. 5. Obama, Panetta and Gen. Martin Dempsey, chairman of the Joint Chiefs of Staff, delivered remarks on the Defense Strategic Guidance for the Defense Department going forward. Army secretary John McHugh and Army chief of staff Raymond Odierno stand behind Panetta and Obama.**

with our troops, military families and veterans,” Obama said.

The president stressed that this is a moment of transition for the military; after 10 years of war, he said, now is the time to make these changes. He pointed to successes against al-Qaida, including killing Osama bin Laden, as well as the withdrawal from Iraq and the beginning of the turnover of areas in Afghanistan to Afghan control as signs that the sacrifices American Soldiers, sailors, airmen, Marines, Coast Guardsmen and civilians are having an effect.

As the conflicts end, the U.S. military will regroup and focus on broader challenges, especially as they pertain to the Asia-Pacific region, the president said. Obama had vowed to shift the focus during a trip to the region last year.

The United States also will work to maintain progress in the Middle East, Central Asia and North Africa.

“We are supporting political and economic reform and deepening partnership as to ensure regional security,” Obama said.

The strategy is not limited to the Defense Department, he said. All aspects of the U.S. government must work together, he explained, including diplomacy, de-

velopment, homeland security and intelligence.

The president vowed to avoid mistakes made in downsizing the military after past wars, such as the “hollow force” of the late 1970s and early 1980s that followed the Vietnam War.

“We will ensure that our military is agile, flexible and ready for the full range of contingencies,” Obama said.

The United States will continue to invest in capabilities to combat the full-range of threats, the president said. He specifically mentioned investing in intelligence, surveillance and reconnaissance programs and counter-terrorism capabilities, combating anti-access technologies, countering weapons of mass destruction and prevailing in all domains, including the cyber world.

“Most importantly, we will keep faith with our troops, military families and veterans who have borne the burden of a decade of war and who make our military the best in the world,” the president said. While the military must make tough fiscal choices, Obama said, funding will continue to focus on wounded warriors, mental health programs and families.

# Sparkman students learn job interview lessons

By JOHN PEARSON  
For the Rocket

HARVEST – AMCOM employees and managers looked into the eyes of the future and came away impressed. Ten members of the Army Education Outreach Program put students through the challenge of a Mock Job Interview Program at Sparkman High School. The volunteers helped reach more than 100 students throughout the day.

“The students were very responsive, which was very encouraging,” Terrence Clay, chief of the Integration Division at the Integrated Materiel Management Center, said. “You hear so much about this generation not meeting expectations, but I believe these students are showing otherwise.”

On Sparkman’s end, Beverly Massa and her fellow business instructor Verna Wilkerson organized the event along with the AMCOM Army Education Outreach Program. Massa sees many positives in the exercises.

“The mock interviews have proven to be an invaluable experience for our students and the time and attention the interviewers spent with them proved fruitful,” Massa said. “The feedback and personal consultation after each interview with the students was paramount. The recommendations leave lasting impressions with the students which will be utilized when they actually interview for employment.”

Mark Moe, chief of the Maintenance Support Division at IMMC, spent the entire day over the four sessions and then helped spearhead a “Lessons Learned” session with the teachers and people doing the interviewing. One lesson learned was there are some very sharp students who will become the future work force, maybe even at Redstone.

“The students I interviewed conducted the interview in a most positive tone and it began with a firm handshake with eye contact,” Russ Dunford, assistant product manager at FEDS Aviation Ground Support, said.

One particular interviewee impressed Dunford. “Often as a 10th-grader one might expect more of a reserved approach. The young lady I interviewed was positive, articulate and well-poised. Again, attitude is everything and I would have hired her regardless of the resume



Photo by John Pearson

**Demetria Cruz, right, equal employment opportunity specialist at AMCOM, puts a Sparkman High student through the paces of a job interview. The mock interview program was held in a joint effort between business instructors and the AMCOM Army Education Outreach Program.**

for the attributes observed.”

The main message was that to stand out these and all other students entering the work force need to develop these skills. “Practice your interviewing skills and seek constructive feedback,” Christina Ridgeway, command financial adviser, said. “This genuinely improves results and reduces nervousness.”

To a person each of the AMCOM people said they would hire one or more of the students because of positive attitude. As much as the students got to see through the one-on-one time with people who actually do some hiring, the folks from AEOP got a lot from this as well.

“I was interested because it gave me an opportunity to give back and to provide some feedback to students as they began to learn about applying for jobs,” said Brian Wood, who may be in position to do some hiring as director of SSIO at IMMC.

Other participants included Eura Reaves of the AMCOM IRAC Office; Demetria Cruz, equal employment opportunity specialist at the Aviation and Missile Command; Melanie Bone, who is also in the equal employment opportunity field at AMSAM; Cindy Stevens, chief at IMMC Supply Chain Planning Branch; and Lisa White of the Army Materiel Command.

More than one of the AMCOM AEOP participants will be invited back for a followup program at Sparkman High this spring.

# USA Staffing procedures to fill job positions

On Jan. 17, the Civilian Personnel Advisory Center will begin using USA Staffing to fill vacant positions at Redstone Arsenal.

Army vacancy announcements will continue to be posted on both [www.armycivilianservice.com](http://www.armycivilianservice.com) and on [www.usajobs.gov](http://www.usajobs.gov). Jobs announced under USA Staffing will require some new application procedures and documents which will be described in the individual vacancy announcement.

Here are steps that you as an employee or potential applicant can take now to simplify and expedite the process of applying for specific jobs under USA Staffing:

- Create accounts under both USAJOBS and Application Manager. A USAJOBS account is needed to apply for all Army positions. You may already have a USAJOBS account. If not, go to [www.usajobs.gov](http://www.usajobs.gov) and click on "First Time Visitors" and then "Create an Account." An Application Manager account will be required when you apply for jobs under USA Staffing. Go to [www.application-manager.gov](http://www.application-manager.gov) and click on "Create an Account"; then follow the directions.

- Pre-position your resume. You may create and store up to five versions of your resume in your USAJOBS account. This allows you to tailor your resume content if you have significantly different types of experience/skills and apply for jobs in different occupational areas. Be sure that your resume clearly describes the duties you have performed and the level of your experience. Include the beginning and ending dates for each job and the hours worked if less than full time. If you include volunteer experience, be sure to include the amount of time spent and describe the work you did.

- Upload supporting documents. Some documents are required to verify your eligibility for employment, veteran's preference, education and/or credentials. You can scan these documents, save them on your computer, and then upload them to your USAJOBS account by following the instructions under the "Upload a New Document" section. Once you correctly upload a document, it is available for use in all future applications.

- Make sure your account always has your current contact information, especially your email address. Review and update your resume periodically so it is ready to use when you find a vacancy in which you are interested.

By pre-positioning your resume and supporting documents in your USAJOBS account, you will be ready to quickly respond when you see a vacancy that interests you. If your resume and supporting documents are loaded in your account, the only requirement to finalize your application package will be completion of the assessment questionnaire for the specific job you are applying for.

Special note: The job opportunity announcements will specify the required documents to submit when making application. Merit promotion announcements will require in-service applicants to submit a copy of their SF 50, Notification of Personnel Action, showing proof of civil service status. For example, if you are a permanent employee at Redstone Arsenal and make application for another position at Redstone Arsenal, you will be required to submit a copy of your latest SF 50.

If you have questions, contact your servicing human resources specialist at the Redstone CPAC. (*Civilian Personnel Advisory Center release*)

# Her camera captures snapshots of service

*Photography student showcases military life through keepsakes*

By KARI HAWKINS

Assistant editor

kari.hawkins@us.army.mil

Lauren Heine has put her love of the military into pictures.

For her photography thesis exhibition at Watkins College of Art, Design and Film in Nashville, Heine, a professed “military brat,” captured the essence of military life through photos of cherished keepsakes belonging to family and friends.

The exhibit, titled “Uniform Identity,” uses the simple portrayal of a subject’s hands holding their chosen keepsake to give a glimpse into their personality and their military service.

Those keepsakes – including her youth leader’s cardboard Valentine from Operation Desert Storm, her dad’s airman’s hat with wings from flight school at Fort Rucker, her grandfather’s plaque honoring his Naval underwater expedition and another grandfather’s honorable discharge papers, a neighbor’s pocket watch that is a family heirloom, a school mate’s first Air Force coin and a friend’s Marine Corps Eagle, Globe and Anchor pin – are a snapshot into military life, representing some aspect of service, sacrifice and honor. They are accompanied by the words of their owners, who describe why they chose a particular keepsake and how it has affected their lives.

“I wanted to give a different view than a typical portrait,” Heine said. “I wanted to show more of the person through the object they chose and their own story told in their own handwriting in a letter. You can tell a whole lot about a person from their handwriting. I asked each of them to write me a letter and all the stories started coming out.”

The subjects were connected to Heine on a personal level, and were chosen by her to help build a bridge of understanding between the military and civilian worlds. Beyond taking the photos, Heine left it up to her subjects to tell the stories.

“I wanted it to be about them and I wanted to have as little a hand in it as possible,” she said. “I wanted this exhibit to be a bridge between civilian life and military life. There’s a lot of misunderstanding or unknowing of military life. People will ask a lot of questions or they will have a stereotype of what military people are. This helps to answer their questions and to show them all the different lifestyles of the military.”

Heine is now a Watkins graduate living in Harvest with her parents while she applies for photographer positions with criminal investigation units. She is the daughter of retired Col. Kurt and Barbara Heine. Her father’s last military assignment was serving as the project manager for JLENS as part of the Program Executive Office for Missiles and Space.

“I grew up in the military,” Heine said. “So, while other students were doing conceptual exhibits, I wanted to do something that was more like a documentary that was kind of diary showing this way of life.

“This was something that my teachers at Watkins really weren’t used to. Watkins is a fine arts school, and



Photo by Kari Hawkins

**Lauren Heine shows one of the photographs from her thesis exhibit “Uniform Identity.” The photo shows the hands of a military wife holding a Valentine written on the cardboard from a meals-ready-to-eat box.**

there aren’t many other military brats who go to school there. My exhibit involved a different lifestyle that many at Watkins aren’t used to.”

The exhibit, which was open to the public at Watkins in November and December, received a lot of positive feedback from visitors.

“We had this really big opening for three photography majors,” Heine said. “There was a lot of crying at my exhibit. The exhibit sensitized people to the military. My teacher told me that most exhibits about the military make violent statements or are political. But my exhibit was respectful and caring.

“People who saw the exhibit said they watch the news and know the war is going on. But actually getting to read about Soldiers themselves and to see their photographs brought it home and made it more realistic for them. It brought it to life for them.”

The most response came from the image of Heine’s middle school youth leader holding the Valentine card her husband sent her.

“In her letter, Christine Fishel (the youth leader)



Photo by Kari Hawkins

**Retired Col. Kurt Heine and his wife, Barbara, look over exhibit pieces with their daughter, Lauren. The exhibit works to build a bridge of understanding between the military and civilian worlds.**

talks about wives waiting at the door for their husbands’ letters while they were serving in Desert Storm,” Heine said. “One day, Christine was waiting and she saw the postman coming up to her door. She thought something had happened to her husband and she started crying. But it turned out the postman was trying to deliver to her a Valentine card that he had written on a MRE box.”

Heine believes her exhibit hit a sentimental chord for others because it came from her own feelings about the military.

“Maybe the best projects are the ones you know, the ones you can relate to,” she said. “Exposing something that is more vulnerable and more internal makes it a stronger work, it gives something that others can relate to, especially if they have relatives in the military or know someone in the military.

“I was worried that people wouldn’t want to talk about the stories they read in my exhibit. But the opposite happened – everyone wanted to talk about them. The exhibit seemed to open up a forum.”

Heine used a 4x5 view camera rather than today’s digital cameras to get the kind of photo she wanted for her exhibit.

“It’s more creative and experimental,” she said. “With a digital camera, you can take thousands and thousands of pictures to get the right one. With a 4x5 you have to just wait for the perfect picture.”

After studying photographer Roland Barthe, who she described at the “godfather of photography,” Heine was determined to avoid posed exhibit photographs.

“I wanted to allow the subjects to relax and be themselves, and avoid also the weight of a singular person possibly representing their whole branch, as each is made up of thousands, as well as avoid the stern faces commonly seen in the standard military portraits, which was the pose generally created by the Soldiers,” she said.

“I looked at theories such as palmistry, reading

**See Artist on page 24**

# Book traces WWII from European women's view

By AMY GUCKEEN TOLSON

Staff writer

amy.tolson@theredstonerocket.com

It's a story that's not often told of World War II but it's a tale Margret Mefford is making known, one book at a time.

Mefford recently published the book "Journey to Freedom," a story of life in Germany throughout the WWII era. The German-born military wife spent the past few years collecting stories of women that lived in Germany in the 1920s, '30s and '40s, documenting the life of those that experienced WWII as European civilians, including her own. What resulted was a compilation of personal accounts, published in December, that include trying to escape the Russians, life in refugee camps, and the tragic tale of one woman who made the difficult decision to give her

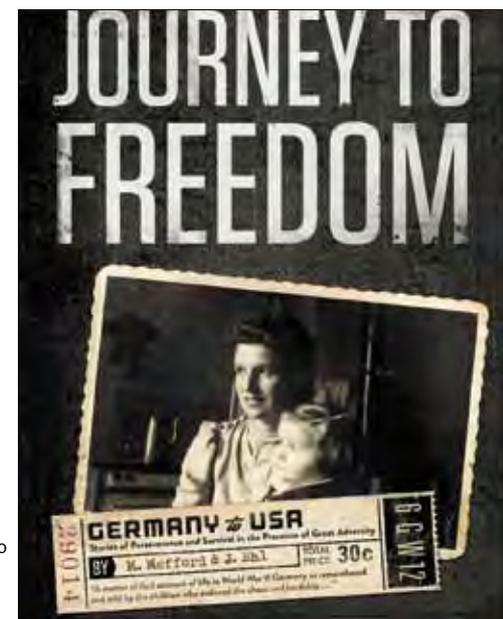
children away because her husband had died and she knew she could not take care of them on her own.

"The point of this book is to tell the true stories as they happened to ordinary people, who were in no way involved in the politics of war making, and then to be thankful for this country, and the peace we live in today, thanks to our great military heroes of today and yesterday," said Mefford, who moved to the U.S. after meeting her husband, a Huntsville native, while he was stationed in her hometown with the occupation forces in 1955.

Mefford, along with James Ehl, a retired NASA engineer who assisted with the book, will be signing copies of the book Friday and Saturday, from 9 a.m. to close at the Redstone Exchange. Books will also be available for purchase at that time. If you are unable to attend the book signing, visit [amazon.com](http://amazon.com) or [bn.com](http://bn.com) to purchase a copy of the book.

Courtesy photo

**Margret Mefford, along with James Ehl, a retired NASA engineer who assisted with the book, will be signing copies of the book Friday and Saturday, from 9 a.m. to close at the Redstone Exchange.**



## Assistance

continued from page 12

entire Southeast region of the U.S., according to the IRS. It also has an extremely low error rate.

The low reject rate, or error rate, is due to a system of checks and balances that are in place at the Tax Center, Yeoman said. Each return is checked three times before it is electronically filed: first by the person who prepares it, second by a quality-control preparer, and the third time at the desk where it is e-filed.

"And I think our tax center has the experience and personnel that have a firm grasp on military-related tax issues," Capt. J. Caleb Smith, the Tax Center's officer-in-charge from the JAG office, said.

As OIC, Smith is tasked to the Tax Center with fellow Soldiers Spc. John Hill and Staff Sgt. Keisha Cook to ensure that Soldiers "past and present" are supported. He describes himself and his two fellow Soldiers as "told to" volunteers, as opposed to most of the Tax Center's other volunteers who give their time without any compensation other than appreciation.

Volunteers must attend a 40-hour training session each year to review the tax laws in order to become certified as IRS volunteers. Once training is completed, some volunteers are able to give four hours of their time and some are able to give 40.

"We have a great group of returning volunteers. Most of them are retired military or spouses of retired military who

come back year after year," Smith said. "Some of our volunteers have been doing it for 11 or 12 tax seasons, so there's definitely a wealth of knowledge and experience down here. That's why I think we do everything (a paid preparation service) does and we do it better and we do it for free."

When a potential client calls the Tax Center for an appointment, he is asked a series of questions to determine eligibility as well as how complicated his tax return will be so that he can be assigned the best preparer for his return. The client also is told what items are necessary to bring to the appointment when he calls. The website [www.redstone.army.mil/legal/taxcenter.html](http://www.redstone.army.mil/legal/taxcenter.html) has the list of items as well.

Using a tax preparation software program and using the Tax Center just to check it is not recommended because it makes it difficult for the preparers to know what data was input or not input into the program. The Tax Center prepares a return for free and the e-filing of both federal and state tax returns are included in the service.

Some tax preparation sites promise that they will get a tax refund faster than others, but Yeoman explained that there is an IRS schedule and the only way another tax preparer can get a refund faster is if he gives his clients a loan. Although the Tax Center is prohibited from making loans, the tax preparers do everything they can to make sure that if you are due a refund you will get it. Most federal refunds are received within seven days.

If a servicemember knows that he is

not going to be here during a tax season, he can go to the legal office and get a power of attorney for tax preparation. Power of attorney can be done on a walk-in basis.

Last year the Tax Center completed almost 4,000 tax returns, according to Yeoman. This year's goal is to match that or to exceed it. Since most of the returns were for military retirees, that expectation is not unreasonable.

"Even with the Ordnance school and the training companies leaving, we still have a fair amount of active duty Soldiers here with the BRAC move and, with the retirees really being the bulk of our clients, it shouldn't change all that much," Smith said.

If a client is not happy with his return once it is prepared at the Tax Center, there is no obligation to file it. The Tax Center's assistance is considered a service that the Soldiers earned, not something to be pushed on them.

"The big thing is, I just don't want somebody to pay for something they can get for free from people they can trust as opposed to somebody who's just trying to make a dollar," Yeoman said.

The Tax Center operates completely on volunteer support on an operating budget of \$3,000 per year, Smith said. Although volunteers for this tax season have already completed training, anyone interested in volunteering is encouraged to call the Tax Center to have their name put on a list for next year.

To make an appointment or get more information, call the Tax Center at 842-1040.



Photo by Barbara McGroarty

## Cookie decorating

**More than 75 people decorated cookies at the Post Library on Dec. 17. Davin Jones, 6, son of Tasha Jones, is busy decorating his cookie. Each person decorated two cookies. Some took the cookies home while others ate them on the spot.**

# Weight-loss contest starts in January



You can tip the scales in your favor through a statewide weight-loss program.

FMWR Sports & Fitness Centers will serve as Scale Back Alabama weigh-in sites for Team Redstone members. Scale Back Alabama is a statewide weight-loss contest which started in January 2007.

The 10-week contest is designed to encourage Alabamians to lose weight, to exercise and to have fun while doing so. Last year's campaign drew more than 33,000 people in almost every county with a cumulative reported weight loss of 143,309 pounds.

"It's a fun, team weight-loss program," Phylissa Shannon, assistant

sports and fitness director, said. "Team members encourage, support and motivate each other. People tend to be more successful in reaching their weight-loss goals when they're held accountable. They don't want to let their teammates down, so they'll push harder in their workouts or think twice about eating something that's not so healthy for them. This program is a great way to start living a healthier lifestyle."

Redstone's registration and team weigh-in will be held Jan. 23-25; and the weigh-out week is April 8-12.

"There are four-person teams," Shannon said. "And the whole team has to weigh-in at the same facility. And they have to weigh-in and weigh-out at the

same location."

The goal is to lose 10 pounds in 10 weeks.

"Each person has to lose their 10 pounds," sports and fitness director Gaylene Wilson said. "If one member doesn't lose their 10 pounds the entire team loses their eligibility for prizes. It's extra motivation because you don't want to be the one person that messes it up for the rest of the team. It's a written commitment. So you know when you put something in writing, it's almost like a contract – you have to stick to it."

An informational meeting is scheduled Jan. 19 at 9:30 a.m. at Pagano Gym. For more information, call Shannon at 313-6094.

## Fitness

continued from page 1

realistic, it's not going to happen. The key is to make small lifestyle changes."

This means changing your eating habits, for example. Eat less and exercise more. And don't expect dramatic changes right away. You didn't gain all that weight in one day, so you won't lose it all in one day either.

"Small baby steps," Wilson said. "Diet is a key. Small steps like that. Don't just go gung-ho one day: I'm going to do this, because you're going to fail. Like they say, you're going to crawl before you're going to walk."

Anyone with access to Redstone Arsenal can use all four of the Family and Morale Welfare and Recreation fitness centers, including military and defense civilian employees. Contractors do have to become FMWR members, which entails a fee. To join, call the FMWR business sales office,

also known as the membership office, at 830-9175.

"If they're a family member that is eligible for a dependent ID, they can get in (to the fitness centers) with a dependent ID card," Wilson said.

The fitness centers do have age restrictions. A 13-year-old cannot walk in and work out without an adult family member, for example. At Pagano Gym and the Redstone Fitness Center, patrons must be at least 16 to sign themselves in. And they must be at least 18 to sign themselves in at the Sparkman Fitness Center and the Col. Stephen K. Scott Fitness Center.

"Only military ID holders can sign in one guest per visit," Wilson said. "DoD civilians, FMWR members, etc., aren't eligible to sign in guests."

The four fitness centers include the following:

- **Pagano Gym** – building 3474 on Honest John Road. Open Monday through Friday from 5 a.m. to 8 p.m., Saturday from 8-8 and Sunday from 10-6. It's also open

most federal holidays from 8-4. The phone number is 876-2943 or 876-6701.

- **Redstone Fitness Center** – building 3705 on Aerobee Road. Open Monday through Friday from 5 a.m. to 8 p.m. The phone number is 313-1200 or 313-1201.

- **Sparkman Fitness Center** – building 5302 in the Sparkman Complex. Open Monday through Friday from 5 a.m. to 7 p.m. The phone number is 313-6091 or 313-6096.

- **Col. Stephen K. Scott Fitness Center** – building 4460 on Digney Road. Open Monday through Friday from 5 a.m. to 7:30 p.m. The phone number is 955-7508 or 955-6844.

Lisa Hopkins, who retired in June from the PEO Air Warrior, has been working out on-post at least the last decade. She also runs on the fitness trails.

"It just gives you more energy," Hopkins said. "It makes you feel good that you're doing something positive for your health. You try to be proactive to keep the body going."

Said Wilson, "Redstone fitness centers offer the latest in equipment – both cardio-

vascular, strength and free weights. We have a full range of group fitness classes which vary from toning to kickbox to step to bootcamp and Zumba. All of our classes and services are free. We have well-maintained facilities and equipment and the best staff ready to serve. So why would you go off-post when you have all these benefits right here at your disposal? I think we take pride in serving the Redstone community and it shows in the service we deliver."

The recreation specialists include Young Rivera, Angie Smith, Carla Tomanovich, Jeff Terry and Tim Anderson. The assistant sports and fitness director is Phylissa Shannon. Recreation assistants include Joe Reed, Jesse Lamb, Dawn Rogers, Donald Lewis, Brittany Pfeiffer, Kodi Hooks, Sean Perry, Keisha Nelson, John Weeks, Karen Wheatley, James Mosley, Mike Potter, Paul Greene, Shelia Rico, Ashley Helmick and Marie Jefferson. Group fitness instructors include Smith, Rogers, Nelson, AnnaMarie Berinato, Tasha Edwards, Linda Rodgers, Yuressa Hubbard and Suki Cambron.

## Artist

continued from page 22

the lines of one's hands, which are said to hold the truths to a person's past, present and future. When looking at a person's hands we can see the dirt under their fingernails. This was the perfect place for me to create a new type of portrait."

Heine hopes to publish her exhibit in a book that will combine it with other letters between servicemembers and their families.

Besides building a bridge of understanding, Heine said exploring military life through photographs also made her realize how much she cherishes her childhood in a military family. She said

the experience taught her how to adapt to new surroundings and make new friends, and how to share the mysteries of her own military life with her civilian counterparts.

"Though I was fortunate enough to go through one high school, I swore to my friends and family that the military life was not for me, that I wanted to 'be like my friends, and stay in one place,'" she said.

"However, now that I have gone through college and reflect back, I cannot sit still. I have moved five times within my six-year college career proving that it is difficult to shake old habits. I will always have one foot in and out of the bath water per se, as I continue to balance my military roots and current civilian life."

# Fox Army Health Center's prognosis good for year

By AMY GUCKEEN TOLSON

Staff writer

amy.tolson@theredstonerocket.com

At the heart of Fox Army Health Center's goals and mission for 2012 is the very reason for the facility's existence – the patient.

Beginning this year, Fox transitions to Patient Centered Medical Home, a MEDCOM directive, which puts the patient exactly where they should be when it comes to their healthcare, at the center of attention. Each beneficiary will be assigned to a team – red or white for primary care, blue for active duty and special populations – that includes three primary care doctors, a pediatrician and an internal medicine physician who will handle all of their care, with the help of a support team of nurses and other healthcare professionals. With the change comes enhanced staffing and an improved ratio of support staff for providers. The first of the three teams will roll out in early February.

“I think that will help enhance appointment availability and continue to refine the team concept of care for the patient, and the patient feeling that the care is centered around him or her,” Fox commander Col. Elizabeth Johnson said. “Principles of Patient Centered Medical



Photo by Amy Guckeen Tolson

**Fox Army Health Center commander Col. Elizabeth Johnson looks forward to continuing to serve Fox's beneficiaries in 2012.**

Home were utilized in the past – the patient was the center of care. It's interesting, that old is new again in a sense.”

The transition to PCMH is just one

initiative sure to keep up the momentum from a productive 2011, where highlights at Fox included a successful Joint Commission visit and the completion of planned renovations, including the front entrance and pharmacy area. Johnson anticipates 2012 to be just as good, if not better, as the facility strives to serve the patient day in and day out.

“In fiscal year 2011, we had 99,000 outpatient visits to Fox,” Johnson said. “We do a lot of healthcare business here and we see a lot of beneficiaries. As we enhance our access to care with patient centered medical home, I expect it to increase in 2012, as that facilitates some efficiencies and effectiveness in healthcare, as well as keeping it personalized.”

While Redstone Arsenal mourned the loss of the Ordnance Munitions and Electronics Maintenance School Soldier population as they relocated to Fort Lee, Va. with BRAC last year, the absence has inadvertently improved access to care at Fox.

“One of the things that did impact our ability to provide care for the beneficiaries was the departure of OMEMS to Fort Lee,” Johnson said. “That has enhanced some opportunities to have more physical therapy appointments available for all of our beneficiaries as well as increased behavioral health and TBI (traumatic brain injury) services. Those are good things for 2012.”

Already a high scorer in overall beneficiary satisfaction, Johnson hopes to see those numbers go even higher this year, as patients continue to provide feedback to the commander and her staff on ways they can better serve them.

“We keep working at improving patient satisfaction, and we continue to do very well with overall patient satisfaction,” she said. “There's always room to grow and we're continuing to look at ways to improve patient satisfaction. We're always open to suggestions and to comments. I'm very grateful for the beneficiaries that let us know when something isn't quite right. They feel very free to communicate with us and I hope that continues through 2012.”

As the defense budget continues to take center stage in the media, Johnson noted the challenges that lie ahead this year when it comes to the dollars and cents of healthcare, but reassured patients that their access and level of care will remain the same, if not improve, in 2012.

“I think we all have to be attune to the budgetary climate and what we need to do to make sure that we're continuing to be good stewards of the resources that we're given,” she said. “Of course those precious resources are people as well as the money, and being able to take good care of those resources – there are challenges with the budget and resources available and effectively managing resources will continue to be a priority. But I believe we are on a good foot here at Fox with the personnel resources that we've been able to acquire as well as being able to take advantage of funding for different projects. I believe we're on a good foothold for 2012.”

In addition to the roll out of patient centered medical home, Fox will also undergo several energy savings initiatives throughout the year to help with cost effectiveness and energy savings, including the replacement of windows, improvements to lighting, and the renovation of the HVAC system. Fox also plans to enhance their social media initiatives to help beneficiaries meet their healthcare needs online. Ongoing collaboration with all of Team Redstone will continue throughout 2012 to keep the Arsenal population safe and healthy.

“We do have a huge civilian work force at Redstone and we are increasing our occupational health and industrial hygiene staff to help meet the needs of the civilian work force and their healthcare requirements,” Johnson said.

# Spiritual strength builds through personal commitment

*Faith fosters resilience to hurdle tough times*

By **KARI HAWKINS**  
Assistant editor  
kari.hawkins@us.army.mil

For many, January brings with it a resolve to get physically fit.

But being fit shouldn't start and end with the physical. It should also carry over into the spiritual aspect of a person's life – an area that can affect emotional well-being; relationships with family, friends and co-workers; professional ethics; and, also, the physical aspect, according to a chaplain with the Army Materiel Command.

And just like a "regular fitness program takes a lot of self-discipline and motivation to carry out the tasks, having discipline is also a requirement of spiritual fitness," Chaplain (Lt. Col.) Timothy Sowers said.

Assigned to the Army Materiel Command's headquarters at Redstone in June 2011, Sowers is offering sev-

eral lunchtime programs in 2012 to help Team Redstone employees with enhancing and maintaining their spiritual fitness. Bible study programs involving the popular Financial Peace University course, and classes in relationships and marriage, grief and loss, and relaxation will be offered. The command has also scheduled a prayer luncheon for March 19 that will feature comments from Maj. Gen. Donald Rutherford, the Army's chief of chaplains.

Sowers is putting a lot of effort into planning programs that will help the work force become more spiritually fit. But why is that important?

"Spiritual fitness goes hand-in-hand with resiliency," he said. "People who are spiritually fit are more resilient to weather life's stresses and unexpected events."

"We all go through hard times in life, whether they are financial, health-related or relationships. Folks who are spiritually resilient can weather those storms."

**See Strength on page 31**



Photo by Kari Hawkins

**AMC Chaplain (Lt. Col.) Timothy Sowers plans lunchtime programs during 2012 that he hopes will build the spiritual fitness of Team Redstone employees.**



Photo by Ellen Hudson

## Survivor access

Fallen Soldier family member Annette Hall receives a badge accessing Redstone Arsenal from Gate 9 Visitors Center employee Scott Horne on Thursday. Hall is the mother of Staff Sgt. Jeffrey Hall, who was killed in action in Afghanistan on June 1, 2009, by enemy fire. Army Community Service's Survivor Outreach Services has worked with the Directorate of Emergency Services to provide badge access to the Arsenal for the family members of fallen servicemembers.

# Apache pilots train on new helicopter

By Sgt. 1st Class JEFF TROTH

Combat Aviation Brigade Public Affairs

A new helicopter is coming to the Block. The 1st Attack Reconnaissance Battalion, 1st Aviation Regiment, Combat Aviation Brigade, 1st Infantry Division, is the first unit in the Army to have their entire fleet of Apache helicopters replaced with the comprehensively upgraded Apache Block III beginning in February.

“There are new components to the aircraft. There is new head tracker, a new helmet and new flight pages,” said Lt. Col. Edward Vedder, commander of the 1-1 ARB. “It takes some getting used to.”

The Apache Block III incorporates 26 new technologies designed to enhance the aircraft’s capabilities. It has received an updated communication system, engines, transmission and drive shaft. The rotor blades have also been reworked to make them more efficient and produce more lift.

“It doesn’t take additional skills to fly it, but the aircraft is significantly different,” Vedder said.

Because of these differences the 1-1 pilots are going back to school and receiving three weeks of training at Boeing’s facility in Mesa, Ariz., where the aircraft is manufactured. The pilots get 28 hours of academics, 24 hours in the new simulator and 8.5 hours flying in the Block III helicopter. Maintenance test pilots get an additional 22 hours of academics and three additional hours in the aircraft.

“The training is packed into a busy three-week schedule,” said Shawn Hopan, the training lead for Boeing’s Apache program managers office. “We only train currently qualified Apache pilots.”

Even for the experienced pilots like Vedder, who has flown Apaches since 1995, the new Block III took some getting used to.

“A Block II, it has a certain level of power when you pick it up. This is totally different,” said Vedder, who has flown in all three predecessors (the AH-64A and the AH-64D Longbow – Block I and block II) to the Block III. “When you pick this aircraft up you are going to immediately feel the power difference and when you go into forward flight it wants to go about 150 mph.

“It has a lot of power and by far the most powerful and most impressive of them all.”

While at the Mesa facility the pilots not only became qualified on the new Apache, but also got to meet the Boeing people who designed and are building the aircraft.

“It is an excellent opportunity to come out here and learn and see everything, get to see the other side where the aircraft came from,” Chief Warrant Officer 2 Shawn Witt said. “You get to see the people behind the scenes, who put in a lot of time and energy so that we can have this piece of equipment in order to do our job.”

The new Apache has a couple added features which will allow Witt and other Apache pilots to do their job in inclement weather. The helicopters now have the capability to fly in weather conditions that previously would have grounded them.

“In the past if we had to get somewhere we had to wait for the weather to clear. Now we have capability, much like the Black Hawks and Chinooks, to launch aircraft and fly in the clouds,” Vedder said. “The Block III has an instrument package that rivals a 747. It is fantastic and very intuitive to fly.”

But the new Apache has the ability to do something the 747 cannot.

“The Block III is able to communicate with unmanned aircraft, the pilots are able to see the UAV’s video,” Hopan said. “To my knowledge no other aircraft has this capability.”

“Teaming up with the UAV is essentially another aircraft out there working with us to give us a better angle, better picture of what is happening,” Witt said. “This makes for a better situation for the war fighters on the ground because we have more information.”

But seeing what the UAV sees is not the extent of this new capability. With a couple taps on their computers the Apache pilots can take control of the UAV, eliminating the time needed to tell the UAV operator where the pilots need the UAV to “look.”

“It’s an extra workload for us, but it is very workable and manageable,” Witt said. “It is a really good system that they have worked out here for us.”

Vedder and Witt were two of the first 10 Apache pilots who went through Boeings class on the Block III. Five were from 1-1, while the others were from Fort Rucker.

The Gunfighters have 70 Apache pilot slots and there are an additional 15 Apache pilot slots in the CAB. They all need the training before they can start flying the new aircraft.

Seventy-five of these pilots will get their training at the Mesa facility, while the rest will be trained at Fort Riley, Kan., by a mobile training team later in 2012. This train-



Photo by Sgt. 1st Class Jeff Troth

**Chief Warrant Officer 2 Shawn Witt climbs into a new Apache Block III helicopter for a flight from Boeing’s facility in Mesa, Ariz., as Boeing test pilot Bill Lee looks on.**

ing schedule will ensure that all Apache pilots in the brigade are trained on the Block III before their next deployment.

“The Block III gives us the ability to get where we are needed very fast, much faster than we ever have before. And with the integration of the UAV sensor we can be more informed when we show up to provide lethal effects in support of the ground forces,” Vedder said. “It is really going to change the game for attack aviation.”



Courtesy photo

## Mentor of year

**Dr. Harry Hobbs, center, is honored as the “Mentoring” Mentor of the Year by the 100 Black Men of America, Greater Huntsville Chapter. From left are chapter president James Matthews Jr., Hobbs and Kenny Anderson, dean of humanities and social sciences at Calhoun Community College. Hobbs, communications relations officer for the Huntsville Police Department, is a retired chief warrant officer 5.**

# SMDC worker helps keep America's technological lead

By JASON CUTSHAW

SMDC/ARSTRAT Public Affairs

One Space and Missile Defense Command/Army Forces Strategic Command team member has helped keep America's technological lead on the cutting edge.

Gisele Wilson, chief of the SMDC Technical Center's Space Superiority Division, began working for the command in July 1981, and for more than three decades has been quietly behind the scenes on many of America's top defense projects.

After graduating from the University of Alabama-Huntsville, Wilson began her career after hard work in the classroom and a little luck out of the classroom.

"An employee asked my neighbor if they knew anyone graduating from college and my neighbor gave them my name," Wilson said. "I received a call asking me if I would like to come in for a job interview. My father, who encouraged me to get my engineering degree, had worked as a civil servant and he told me the government is a good place to pursue a career.

"It has been good to me so far and I am still looking forward to what the future holds."

Wilson began her career working in the Low Altitude Defense Project Office and worked on defensive missile and decoys for the MX Missile program.

After that, she worked on various radars, including the Ground Based Radar system as well as a whole family of radars. She then turned her attention to the High Endo-Atmospheric Defense Interceptor program, going from the radar world to the interceptor missile world.

After the HEDI program was finished, Wilson went over to the Kinetic Energy Weapons Directorate where she began working with interceptor technology as well as the different science and technology master plans and worked on active-sensors to go on interceptor missiles.

Wilson, as program manager, played a major part in what was the Lightweight Exo-Atmospheric Projectile program and helped bring to fruition one of the cornerstones of America's current anti-ballistic missile defense systems.

LEAP is a lightweight miniaturized kinetic kill vehicle designed to acquire, track and intercept a variety of targets such as destroying incoming ballistic missiles inside or outside the Earth's atmosphere. As an advanced technology integration demonstration program, LEAP sought to develop, integrate and demonstrate the capabilities of a lightweight kill vehicle.

"LEAP was a very successful technol-



Courtesy photo

**Members of the High Endo-Atmospheric Interceptor project at Space and Missile Defense Command/Army Forces Strategic Command from 1990-93 include, from left, Bill Reeves, Gisele Wilson, Robert Franklin, Clara Moore and Alice Gardner.**

ogy program, and we worked with the Missile Defense Agency and with the Navy AEGIS program office and that is the program we eventually transferred to the Navy," Wilson said. "And its follow-on programs are all now an integral part of their AEGIS LEAP Interceptor."

Wilson led the LEAP program team as they repeatedly demonstrated capabilities in a series of laboratory tests, simulations, hover tests and a space flight test.

The first LEAP intercept attempt was conducted in March 1995 and while the Army chose to pursue other programs, the Navy selected the Army LEAP kill vehicle for its Upper Tier Theater Missile Defense program in 1996.

Now known as the Aegis Ballistic Missile Defense System, the SM-3 with its next generation LEAP kill vehicle, was originally designed and developed by SMDC for the Army.

"It's great to know something you have worked on is successful," Wilson said. "It is nice to see something you started come to fruition and to see it being used to help defend our troops makes it even more special. It is nice to see things become successful."

Along with LEAP, Wilson has been instrumental in playing a major role in the development of the Scalable Panels for Efficient, Affordable Radar, Theater High Altitude Area Defense, High Endo-Atmospheric Interceptor, Advanced Discriminating Interceptor Technology Program and others.

"After working with the LEAP program, I moved to the Technical Center front office where I dealt with the engi-

neers to the program analysts," Wilson said. "I also worked with everyone from budget to congressional visits to taskers and beyond. Afterwards I went back to working with radar sensors and then tests and evaluations."

After working with evaluations, Wilson became the division chief of the Lethality, Survivability and Kill Assessment Division for a couple of years before joining the Space Superiority Technology Division.

"I've learned that on most projects you still need to go through the same processes, ideas, requirements, development and then you have to design it and test it," Wilson said. "Every project is different, but the process to help make it successful is mostly still the same. It is just different levels of whether you are at a smaller technology level or you are on larger projects at the test range."

A longtime friend of Wilson's spoke about her reputation as a leader, and her proven ability to accomplish the mission at hand.

"Gisele has been a key leader and manager of successful advanced development activities within this command dating back to the 1980s under the Strategic Defense Initiative," said Doug Burdette, a program manager in the Space and Cyber Directorate, Space Superiority Technology Division of the Technical Center. "She is a recognized technical expert in the interceptor development community and has an excellent professional reputation for excellence and leadership across the challenging joint service technical development community."

One of Wilson's former supervisors

talked about his time working with her and how the mission came first and her work ethic was second to none.

"When I first met Gisele, I had eight different sections working for me as the director of the Weapons Directorate," said Bill Reeves, former SMDC Technical Integration and Matrix Center director and now a senior acquisition analyst for BCF Solutions. "She was an engineer when I selected her for a new position. After selecting her, I had no regrets because she was technically proficient, conscientious, very energetic and one of the main reasons we have been so successful at SMDC. Had she not stepped in at times, I am sure we could not have accomplished the things we did.

"Gisele worked with me on the hit-to-kill programs which ultimately transitioned into the THAAD and other programs," he added. "She is very innovative in how she approaches problems and also from the conceptual standpoint in terms of ideas. Her breadth and depth of understanding what we were trying to accomplish made her stand out among her peers."

Reeves said how proud he was of all Wilson has accomplished and knowing her, there are going to be many more successes in her future.

"Since those early days with me, Gisele has gone on to do great and wonderful things here," Reeves said. "She always had great patience and tenacity, coupled with an attitude that is always aimed at getting the job done."

Reeves also said that like a THAAD missile, which travels at more than 9,000 feet per second, "Gisele has two speeds - fast and faster."

"Gisele is a great person," he added. "I can't think of anyone who has earned and deserves all of her successes. I am very proud of her and am honored to call Gisele my friend."

When talking of her time at SMDC, Wilson talked about working with people on all levels, from the leadership all the way down, and that no matter how successful we are in the lab or on a test range, the important thing is defending the nation and the Soldiers on the ground.

"I try to work well with others and I try to be honest," Wilson said. "I try to tell it like it is. Sometimes people want to hear it, sometimes they don't. You have to work with people on all levels and you have to be able to explain what it is you do so everyone can understand and be successful.

"And if we are successful in here, then our troops can be successful out there," she added.

# Safety Office suggests prevention as year's resolution

By BETH SKARUPA

Staff writer

beth.skarupa@theredstonerocket.com

The Garrison Safety Office wants Team Redstone to make a few safety resolutions for the New Year.

Number one is to improve on accident reporting. On average, 77 A and B classification accident reports are not turned in or are incomplete each year, Garrison safety manager Mike Moore said. A and B classification accidents are those that involve serious injury. At the other end of the spectrum, many C and D classification accidents are not reported at all. C and D classification accidents involve lesser injuries, such as one that simply requires use of a first aid kit.

"The reporting of all accidents is very critical because from a prevention standpoint they can help us identify trends, and from those trends we can understand the magnitude," Moore said. "Since Redstone is primarily a civilian-centric Army post, the big thing is reporting any Department of the Army civilian injuries."

Near misses of accidents also need to be reported, Garrison Safety Office trainee Jonathan Niedergeses added. "If we don't know what near misses there are, then it's going to become an accident. If no one does anything about it, then it's not going to be a near miss next time."

Moore said one safety resolution for Team Redstone is to work with Thomas Tucker, the injury compensation program administrator for Redstone. His program involves prevention of accidents and return to work strategies.

"What we need to do in 2012 is improve not only the trend analysis of how people are getting hurt but then improve the case management so we can get injured workers back to employment," Moore said. "That's why the accident reporting is so important."

The second safety resolution for Team Redstone is to keep safety in mind both professionally and per-



Photo by Beth Skarupa

**Garrison safety manager Mike Moore, left, safety trainee Jonathan Niedergeses, center, and NASA employee David Guy examine a report on the Army's safety campaign for 2012 through 2020.**

sonally, on post and off. Once again in 2011, off-duty safety posed the biggest challenge Armywide. Overall fatalities were up 6 percent due to an 80 percent increase in off-duty personal injury deaths, led by accidental drowning, and an 18 percent increase in fatal motorcycle accidents.

The number one Army loss in 2011 was in personally-owned vehicles, primarily motorcycles. The top three factors cited in fatal off-duty accidents were speed, lack of seatbelts or personal protective equipment, and alcohol use. Several Soldiers killed in motorcycle accidents were traveling at speeds of 90 mph or more.

"So just because you leave Redstone, it doesn't mean that safety stops when you go outside the gates. And that's whether you're riding a motorcycle, driving a car, out on your farm in Tennessee driving a tractor

or out on the ski slope skiing. Hopefully you'll be thinking a little bit about safety and risk management," Moore said.

Both on-duty and off-duty accidents need to be reported. Soldiers have to report accidents 24/7, but Army civilians also need to report their off-duty accidents because it helps the Safety Office to assess the impact on the work force and devise safety action plans.

Focusing on risk management is a third safety resolution that Moore wants Team Redstone to make in 2012. He uses the acronym STOP to instruct people on how to manage risk both on post and off. The "S" stands for "slow down, look around and think about what you are doing." The "T" stands for "think about the counter-measures." For example, when planning to drive from Alabama to Idaho to visit relatives, get the weather forecast both at the destination and along the route and bring snow chains if the weather forecast calls for it. The "O" stands for "observe what's going on, ask if it's going right and if not, decide what you can do differently." Finally, the "P" stands for "proceed safely."

When planning a long car trip, Niedergeses emphasized that people need to schedule rest breaks even though they

want to hurry up and see family as soon as possible. Scheduling breaks is critical because many driving accidents occur due to fatigue.

"It's much better to call your supervisor and take an extra day of leave rather than push the envelope and come back to town at 3 a.m. and report to work that same day at 8 a.m. after driving a couple of days or hundreds of miles," Moore added. "It's just not worth it. Some risks are always there, as in when a Soldier jumps out of an airplane. You can't get rid of all risk, but you sure as heck can control unnecessary risk."

The Garrison Safety Office's website at [safety.army.mil](http://safety.army.mil) has information and data for people who want to present a safety topic to access. It also has a new electronic accident reporting system with a training section and a real world reporting section. Moore suggested that people check out the website and learn how to use it because it is not just for the Safety Office, but for everyone on Team Redstone.

Most accidents on Redstone Arsenal are usually "fender bender type" traffic accidents or "slips, trips and falls" at the work site rather than more serious types of accidents, Moore said. He attributes that to the hard work of everyone on Redstone, particularly all the other safety staffs of the commands on the installation.

"Safety involves accountability, not only from leaders but from peer to peer as well. The Garrison Safety Office's role is to provide training and assist the Garrison commander. We cannot be everywhere at all times. So we're here to provide guidance, to provide solutions, and to think about the future and where possible accidents could occur. We couldn't do it without the support of everyone here at the Arsenal," he said.



# Strength

continued from page 27

Studies performed by universities and religious organizations have found that spiritual fitness affects a person's entire life. A study by Dr. Harold Koenig of Duke University Medical Center showed that people with greater spiritual resilience have greater well-being, happiness, meaning, purpose and hope.

"With spiritual fitness or resilience, you have less depression, a faster recovery from illness or health issues, less alcohol and drug use, greater stability in life, a better married life, and a greater support network," Sowers said. "And when there are problems, there is better discipline and ability to work things out."

Often, it is a life crisis that awakens people to their spiritual needs. Sowers hopes to help people become aware of their spirituality before a crisis strikes.

"When things are beyond our control, we really do need hope and as-

urance that God will get us through," he said.

Building spiritual fitness takes commitment and an inner sense of what is needed to build spirituality. It can involve participation in spiritual communities, such as church or Bible study.

"People who pray, serve others, pay attention to their religious values and have a positive outlook tend to be more resilient," Sowers said. "People who are members of groups who share their beliefs are likely to be more spiritually fit. It's very important to have a community of believers that can encourage you and keep you on track."

Today's society offers plenty of variety in churches and spiritual experiences. Visiting houses of worship, checking out church websites and asking friends about their own experiences can help believers find the right faith community to belong to, Sowers said.

"Just as you may seek out an exercise regimen to maintain your goals and focus, you should do the same in finding a community of believers that is uplifting," he said. "Start with what you know and what you want to ex-

perience. It is hard to put into words how to find that right community, but when you feel it, it's right."

Reading the Bible and spiritual literature can build a strong spiritual backbone.

"I have high expectations for the gospel, and for reading it every day," Sowers said. "I believe spiritual fitness is tapping into the power of God and you do that through God's word and prayer. Tapping into that power can change lives."

Sowers recalled that during three deployments – two to Iraq and one to Afghanistan – he carried a small Bible with him wherever he went. It got beat up, dirty and scarred by water marks, but its pages were always filled with inspiration and words that sustained his spirit in tough times.

For many, past life experiences can seem like a barrier to growing closer to God. But Sowers views them as a reason to grow closer to God.

"Life is a journey. With faith, you gather your experiences and move forward in a positive direction to develop spiritual resilience," he said. "We

should use our experiences to seek out all the positive things in life."

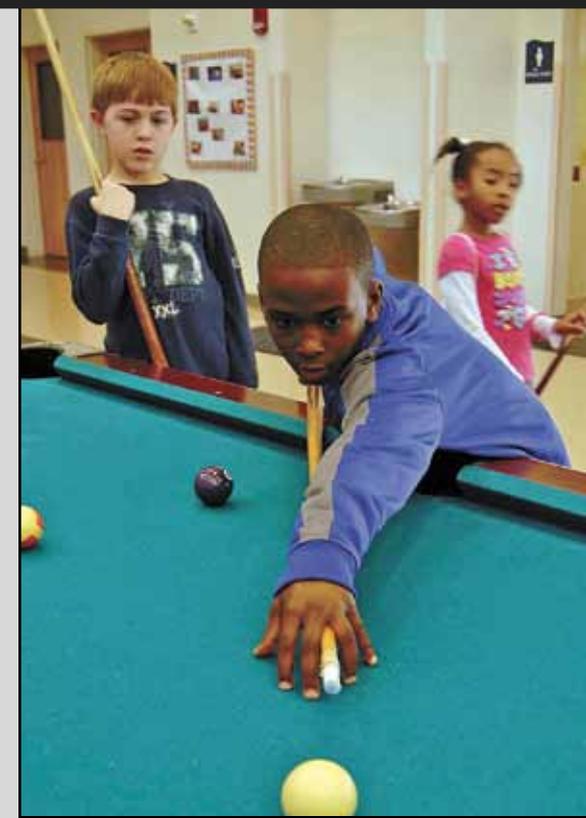
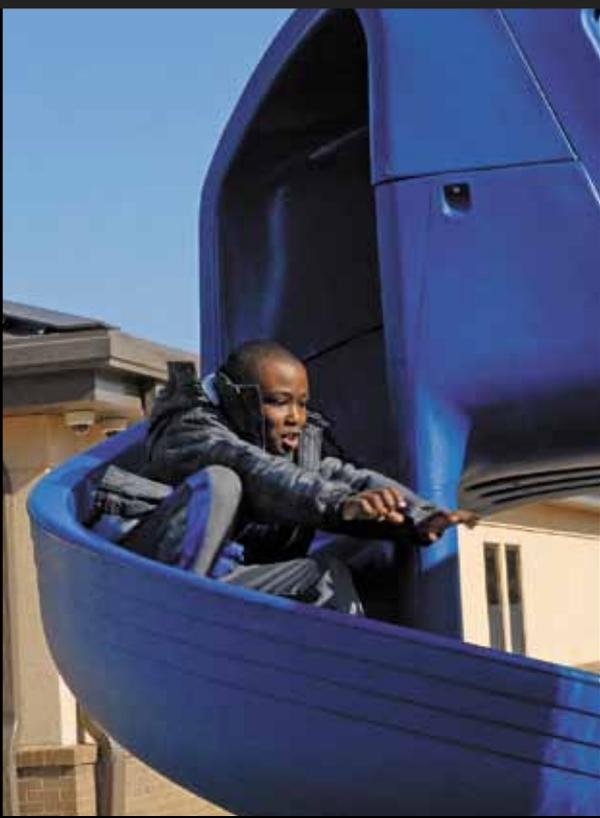
Sowers often wonders how people who are not spiritually fit survive hard times. He believes the root of depression that so many people experience is embedded in anger, hurt and sadness that lingers in those who aren't spiritually fit.

"Spiritual fitness helps us to deal with sadness and hurt and the frustrations of life. It helps us find a ray of hope and sunshine," he said.

Building spiritual fitness is a lifelong journey that never ends, and often ebbs and flows with what life brings.

"Spiritual fitness is kind of like logs or wood on a fire," Sowers said. "Sometimes, the fire is hot and energized. The fire is roaring. It's exciting and strong. Other times, it is in embers, and it is soothing and quiet. There are times to add a log or a stick to get the fire back up, or to use a stick to stir things up. It's always there, but it needs to be fed to stay alive."

To sign up for a spiritual fitness class, contact Sowers at [timothy.sowers@conus.army.mil](mailto:timothy.sowers@conus.army.mil) or call 450-7873.



Photos by Ellen Hudson

## Last day before school

At left, Walter Lockhart takes a spin down the slide at the playground at School Age Services as he and other children enjoy their last day of freedom before sliding back into the school year. At center, William Perry chases a basketball while a group of girls swing high on the playground swing set. And, at right, indoor fun for the day includes a game of pool for friends, from left, 10-year-old Matthew Snider, 9-year-old Trey Lockhart and 7-year-old Ja'mya Green.

## Win or Lose

# Army teams make splash in swimming/diving



**Ayman Andrews**

SAN JUAN, Puerto Rico - The Army men's and women's swimming and diving teams turned in strong performances at the Copa Coqui on Thursday. The Black Knight men finished fourth at their annual training meet, while the Army women placed sixth.

Freshman Joon Chung turned in a pair of top 10 finishes to lead the Army men. The talented plebe placed sixth in the 200-yard individual medley (2 minutes, 21.92 seconds) and took seventh in the 100-yard breaststroke (1:10.83).

Junior Ayman Andrews produced the Black Knights' best finish, placing runner-up in the 100-yard butterfly with a clocking of 58.32.

Elsewhere, junior Carter Kelly took sixth in the 100 breast (1:09.70) and freshman Michael Dustin was seventh in the 100 free (56.39).

Sophomore Lara Stouffer authored a pair of top 10 finishes on the women's side to lead the Black Knights' contingent. The second-year swimmer placed third in the 100-yard backstroke (1:11.59) and finished 10th in the 200 IM (2:36.83).

The Army women dominated the 100 back with

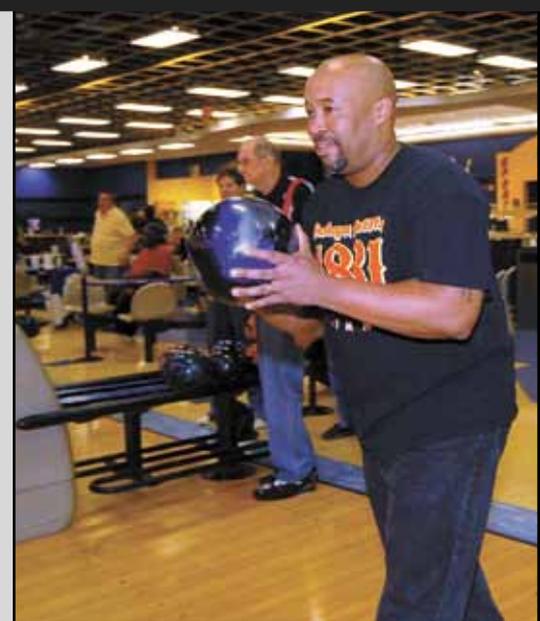
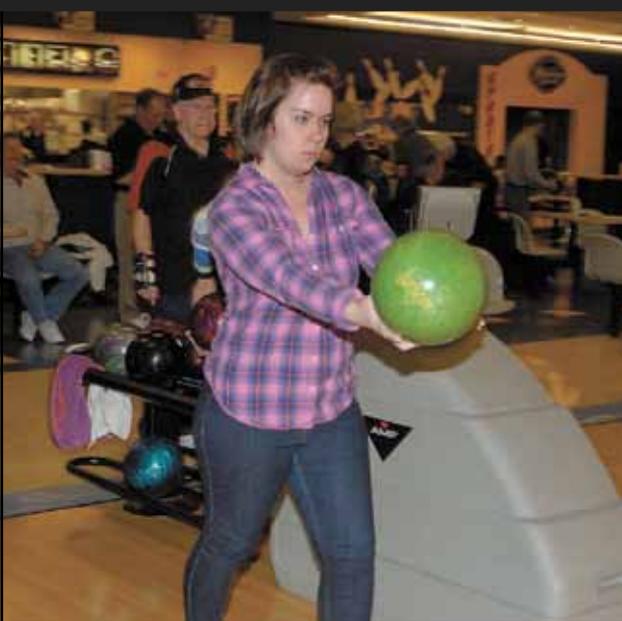
three swimmers finishing within the top six. Junior Julianna Lynch (1:12.29) and freshman Meghan Buckley (1:12.86) finished fourth and sixth, respectively.

Senior Paige Brink turned in a runner-up showing in the 100 fly, touching the wall in 1:07.81.

Sophomore Juliette Wallerstein added an eighth-place effort in the 100 free (1:03.09), while freshman Sam Allen chipped in a ninth-place finish in the 100-yard breaststroke (1:21.97).

"I thought this was a very productive and worthwhile experience for our young team," Army head coach Mickey Wender said. "We raced hard and learned a lot. This opportunity will certainly help us as we continue to move forward. We competed against some very good athletes in an Olympic-sized pool, and it was a tremendous learning experience."

After taking this weekend off, Army returns to its Patriot League schedule Jan. 13, when the Black Knights host Lehigh at Crandall Pool at 6 p.m. Army then hosts Bucknell in another key conference showdown on Saturday, Jan. 14, at 1 p.m. (*goARMYsports.com website*)



Photos by Ellen Hudson

## Bowling leagues rolling

Bowling leagues at Redstone Arsenal's Bowling Center are going strong as the year begins. At left, Rachelle Cox of the IMMC League concentrates on her bowling skills. In center photo, the leagues are fun for groups of friends, including, from left, Angela Burns of the Redstone Test Center League, Rachelle Cox of the Integrated Materiel Management Center League, Jason Bray and Dale Holcomb of the RTC League and Myra Cox and Jerry Cox of the IMMC League. At right, Lawrence McRae of The Delta Dogs League gets ready to bowl.

# Natick plays major role in face transplants

By **BOB REINERT**

*USAG-Natick Public Affairs*

NATICK, Mass. – What’s in a face? Plenty. If you doubted that, you simply had to listen to Dr. Bohdan Pomahac of Brigham and Women’s Hospital in Boston, who spoke Jan. 3 at the Natick Soldier Systems Center.

“The face has very unique features, unlike any other human part,” Pomahac told the audience at Hunter Auditorium. “There is nothing else that would be as easy to recognize as the face. It is a major, major source of social interaction. The facial area is really where pretty much all the human senses are located.”

Pomahac has intimate knowledge of the subject. Since 2009, he and his team at Brigham and Women’s have performed four face transplants on accident victims, including three full facial procedures made possible by Biomedical Translational Initiative funding through a contract issued by the Army Contracting Command-Aberdeen Proving Ground, Natick Contracting Division, in September 2009.

“The goal was to have technology available within 18 months that could be used for our wounded warriors,” said Cheryl DeLuca, chief of the Natick Contracting Division. “The work done in support of these face transplants will directly benefit our wounded warriors, making face transplants clinically available to them in the future.”

“The Natick Contracting Division is proud of the relationship we have forged with Brigham and Women’s Hospital and Dr. Pomahac’s team and excited for what the future holds for our wounded warriors.”

Pomahac lauded Natick’s involvement in his work.

“I think we’re at the beginning of a new era in facial reconstruction,” Pomahac said. “The initial support really came from the military funding. I think we are all feeling very, very fortunate that there is someone who sees the potential value in the future for the wounded warriors.”

Pomahac’s presentation at Natick included before-and-after images of the four transplant recipients. He then introduced Jim Maki, his first facial transplant patient.

“It takes an enormous amount of courage on the patient’s side, as well,” Pomahac said. “We don’t really know all the answers. We’re learning as we gain experience. Our patients, for us, are very special.”

Pomahac pointed out that transplants from donors become the only options in the most extreme cases of facial injury.

“It is so complicated and in such a tight space that it’s not even in the foreseeable future that we would be able to use some sort of man-made constructs,” Pomahac said of the face. “We pay huge attention to reconnect all the motor nerves and sensory nerves that provide the sensation, the feeling of the face both on the surface as well as inside of the mouth.”

Maki said he was pleased with how his transplant had turned out.

“Actually,” said Maki, “I haven’t been disappointed about any part of this.”

Pomahac said that Maki had improved aesthetically and functionally since suffering severe burns in a 2005 fall onto an electrified subway rail.

“He has really regained sensation in the entire allograft,” Pomahac said.



Photo by David Kamm

**Face transplant recipient Jim Maki speaks to an audience at Natick Soldier Systems Center as Dr. Bohdan Pomahac of Brigham and Women’s Hospital in Boston listens. A contract issued by the Natick Contracting Division has helped make Pomahac’s work possible.**

“What I’ve seen over the years is fairly profound changes in personality. Now we can talk about the Red Sox for an hour.”

Lessons learned by Pomahac and his team from Maki and other patients might one day help treat injured Soldiers.

“I think it will have tremendous potential applications for traumatic brain injury, stroke patients, for a variety of other brain conditions,” Pomahac said. “We’re learning that the nerves regener-

ate beyond what was thought to be possible. We want to see patients be able to reintegrate into society, or if it’s a Soldier, to be redeployed and be able to return to active duty.”

His successes so far have surprised even Pomahac.

“I’m amazed every day myself,” Pomahac said. “It wouldn’t be possible without your support, and it wouldn’t be possible without the teamwork. No one of us knows how it is to live without a face.”

## Pirate capture shows U.S. commitment to free seas, leaders say

By **KAREN PARRISH**

*American Forces Press Service*

WASHINGTON – The Navy’s Jan. 5 capture of 15 suspected pirates in the northern Arabian Sea demonstrates the Defense Department’s commitment to maritime freedom of navigation, DoD’s senior leaders said.

During a taped interview with Bob Schieffer for the CBS news program “Face the Nation,” defense secretary Leon Panetta and Joint Chiefs chairman Gen. Martin Dempsey noted the pirates capture represents a routine Navy mission.

At about 12:30 p.m. local time on Jan. 5, an SH-60S Seahawk from the guided-missile destroyer USS Kidd, part of the USS John C. Stennis Carrier Strike Group, detected a suspected pirate skiff alongside the Iranian-flagged fishing boat, Al Molai. The master of the Al Molai sent a distress call about the same time reporting pirates were holding him captive.

A visit, board, search and seizure team from the Kidd boarded the dhow, a traditional Arabian sailing vessel, and detained 15 suspected pirates who had been holding a 13-member Iranian crew hostage for several weeks. The Al Molai had been pirated and used as a “mother ship” for pirate operations throughout the Persian Gulf, members of the Iranian vessel’s crew reported.

Dempsey told Schieffer U.S. sailors responded “as we do to calls of distress. We protect freedom of the seas, freedom of navigation.

“We ... recaptured the ship, took the pirates into custody, and returned the ship to Iranian control,” he added.

The suspected pirates did not oppose boarding of the Iranian-flagged ship, and no injuries were reported in the incident, the chairman noted.

“I think in the face of the overwhelming combat power that was presented, the pirates made the right

decision and surrendered,” Dempsey said.

The secretary said pirate interdiction is “what we do in that part of the world.”

The action “sends an important message to the world that the United States is going to abide by international rules and international order,” Panetta added.

The Stennis left the strategically important Strait of Hormuz in late December. Iran’s government in recent weeks has threatened to close or restrict passage through the strait, which is key to oil and other commercial shipping routes.

Defense officials have stressed that the U.S. government does not seek confrontation with Iran, but will protect safe and secure maritime passage for ships transiting the strait.

While the Iranian government “often (tries) to provoke us,” Panetta told Schieffer, “the United States, in this kind of situation, is going to respond – as we should – in a very humanitarian and responsible way.”

# Rocket Announcements

## Sports & Recreation

### Boating skills class

U.S. Coast Guard Auxiliary will hold a Boating Skills and Seamanship class beginning Feb. 9 at the Installation Safety Office, building 3687 on Neal Road. The class will be held Thursday nights from 6:30-9. Cost is \$25 for the textbook. To register or for more information, call Thomas Kunhart 830-6621 (home) or 527-4475 (cell) or email tkunhart@knology.net.

### Swing dancing

The first course of the "Dancing Like the Stars 2012" program to be offered by FMWR will be six Thursdays of Swing, Jan. 19 through Feb. 23, from 7:30-9 p.m. at building 3155. No experience necessary. Singles will be paired up with a partner before classes begin. Tuition is \$66 per couple for beginners and \$55 per couple for reviewers who have taken this course previously at Redstone and feel they do not need the first class. Registration will remain open through Jan. 18. For registration information, or for a schedule of classes to be taught in 2012, call 876-4531.

## Conferences & Meetings

### Weekly worship

The Contemporary Christian Worship Service is held each Sunday at 11 a.m. at the Youth Center, building 3148. For more information, call 842-2964.

### Protestant women

You are invited to join the Protestant Women of the Chapel on Thursdays at Bicentennial Chapel as they meet for friendship, fellowship and Bible study. Choose from three sessions: morning from 9:30-11:30, lunch time from 11:30-12:30 and evening at 6. Some child care is available at the morning session, upon registration with Youth Services.

### Parkinson's support

Certified music therapist Jennifer Jonas will speak to the Parkinson's Support Group on Feb. 12 at 1:30 p.m., in the Youth building at Willowbrook Baptist Church, 7625 Bailey Cove Road - enter from back parking area. Family, friends and caregivers are encouraged to attend. For more information, call Rono Prince 837-6577.

### Sergeants major

The Sergeants Major Association

conducts a monthly meeting every third Thursday of the month at 6:30 a.m. at the Officers and Civilians Club. Breakfast is available at the club. The Sergeants Major Association meetings are open to all E-9 ranks, from all services - Army, Navy, Air Force, Marines and the Coast Guard. Membership into the association is a one-time lifetime fee of \$30. "We encourage all active, retired, reserve and National Guard senior Soldiers to come out and join us," a prepared release said. "Let's try and make a difference in the lives of the Soldiers, families and retirees in the Tennessee Valley area." For information call retired Command Sgt. Maj. Reginald Battle 955-0727.

### Toastmaster clubs

Anyone interested in improving their public speaking ability is invited to attend the Research Park Club 4838, which meets Wednesdays from 11:30 a.m. to 12:30 p.m. at the Sentar offices, 315 Wynn Drive, Suite 1. For information call Valerie Cortez 313-9753. The Strategic Speakers Toastmasters Club 6054 meets on the second and fourth Wednesday from 11:30-12:30 at building 4488, room B-306. For information call Claudinette Purifoy 955-9422. The Redstone Toastmasters Club 1932 meets Tuesdays from 6-7:30 p.m. at the Radisson Hotel, 8721 Madison Boulevard in Madison. For information call Dan Cutshall 684-2359.

### Men's ministry

Men's Ministry, "addressing the needs of men and planting seeds for spiritual growth in Christ Jesus," meets every second or third Saturday - for exact monthly date, call Harry Hobbs at 425-5307 - at 9 a.m. at the Redstone Links golf clubhouse. Breakfast is served for \$5. For more information, call Hobbs 425-5307.

### Tricare briefings

Humana Military Healthcare Services, the Tricare managed care support contractor for the South Region, holds informational briefings on Tricare every Monday at 1 p.m. and Wednesday at 10 a.m. in the Tricare Service Center, Fox Army Health Center, second floor.

### Administrative professionals

Redstone Arsenal Chapter of the International Association of Administrative Professionals will hold its 17th annual Seminar and Education Forum, with keynote speaker Ron Woods, on Feb. 6 at the Officers and Civilians Club. The topic is "My job would be easy if it weren't for other people." For

more information, call Alpha McRae 313-1957 and Gala Horry 842-8389.

### Trade association

The North Alabama International Trade Association will hold its annual meeting Jan. 25 at 11:30 a.m. at The Westin at Bridge Street. The guest speaker is Maj. Gen. Del Turner, commander of the Security Assistance Command. For more information, call 532-3505 or visit naita.org.

### Civil War round table

Tennessee Valley Civil War Round Table will meet Thursday at 6:30 p.m. at the Elks Lodge, 725 Franklin St. The scheduled speaker is Will Greene, noted author, lecturer, tour guide and executive director of the Pamplin Historical Park, Petersburg, Va. He will speak on "Breaking the Backbone of the Rebellion: The Final Battles of the Petersburg Campaign." Optional chicken buffet is available at 5:30 p.m. for \$8.95. Visitors are welcome. For more information, call 539-5287.

### POW advocates

Rolling Thunder is not a motorcycle club, but many members do use motorcycles as a tool in its mission. Members of Rolling Thunder include veterans and non-veterans. The Rolling Thunder mission statement is as follows: "Rolling Thunder Inc.'s major function is to publicize the POW-MIA issue. To educate the public of the fact that many American prisoners of war were left behind after all past wars. To help correct the past and to protect the future veterans from being left behind should they become Prisoners of War/Missing in Action. We are committed to helping American veterans from all wars. Rolling Thunder Inc. is a non-profit organization and everyone donates his or her time because they believe in the POW/MIA issue." Meetings are held the second Sunday of each month at 2 p.m. at VFW Post 2702, located at 2900 Memorial Parkway (southeast corner of Sparkman Drive and Memorial Parkway at Highway 72 East). Interested parties are welcome. For more information, call Butch Cross 714-9293, Hal Swanson 527-6217 and Ernie Marone 759-3639.

### Federal employees

The Huntsville/Madison County Chapter 443 of the National Active and Retired Federal Employees Association will meet Saturday at the All Saints Lutheran Church, 12100 Bailey Cove Road. Refreshment and social time will start at 9:30 a.m. with the meeting following at 10. Tom DeLong, district coordinator for AARP's Tax Aide Program, will discuss federal income tax highlights and changes for

tax year 2012. Active federal employees and retired non-members are invited to visit at any time. For more information, call 508-8250 or 539-1333.

### Blacks in government

Huntsville-Madison County chapter of Blacks In Government will hold its monthly Lunch and Learn session Jan. 19 at 11 a.m. at the Officers and Civilians Club, Loft Conference Room. Kerry B. Warner will discuss "How to Get Every Dollar You Deserve." He will provide a candid presentation on the changes to the tax law and will discuss extension, dependents, dividends, medical and college deductions. The public is invited. Those eating lunch should arrive by 10:45 to go through the cafeteria buffet line. For more information, call Ronnie Hawkins 876-8810 or Angela Jones 955-2494.

### Literary association

Dr. Holly Tucker, associate professor at Vanderbilt University, will talk about her book "Blood Work, A Tale of Medicine and Murder in the Scientific Revolution" on Feb. 5 from 2-5 p.m. at the Huntsville Art Museum Davidson Center, 300 Church St. Admission is free. This event is sponsored by the Huntsville Literary Association and Iberia Bank. For more information, call 361-6325 or visit www.hlahsv.org.

### Space society

Huntsville AL L5 Society (HAL5), the local chapter of the National Space Society, will meet March 1 at 7 p.m. at the Huntsville/Madison County Public library. Todd May, program manager of NASA Space Launch System, will speak on "What Would You Do With the World's Biggest Rocket? An Overview of NASA's Space Launch System." The event is free and open to the public. A social will follow. For more information, visit www.HAL5.org.

### Civilian leadership summit

The Redstone-Huntsville Chapter of the Association of the U.S. Army will hold its inaugural Department of the Army Civilian Leadership Summit on Jan. 26 from 1-4 p.m. at the Officers and Civilians Club. This free event will be followed by a Leader Social for all guest speakers and attendees from 4-5 p.m. Those interested in attending can register in the Training Information Program. Log into TIP at <https://tip.redstone.army.mil>.

## Miscellaneous Items

### Civilian deployment

Army civilian volunteers are needed to support Aviation and Missile Command

**See Announcements on page 35**

# Rocket Announcements

missions in Iraq, Afghanistan and Kuwait in support of Operation Enduring Freedom and Operation New Dawn. Skill sets needed include acquisition, maintenance, supply, quality assurance, operations, logistics and automation, among others. The new personnel deployment website is at the AMCOM homepage or <https://apdw.redstone.army.mil>. Volunteers must be currently employed by AMCOM or AMC. Contractors cannot be considered. Army civilians interested in deploying should notify their supervisor and visit the deployment website or call Nicole Massey 313-0365. Contractors and others interested can access [www.cpol.army.mil](http://www.cpol.army.mil) for openings and opportunities for overseas employment.

## Fraud hotline

The Huntsville Fraud Resident Agency (USACIDC) has implemented a fraud hotline. It is designed to help you, the taxpayer, to report incidents of suspected fraud involving government contract companies, government employees or government agencies. If you suspect or know someone who either is committing, or has committed any type of fraud against the government on Redstone Arsenal, or surrounding area, report it by calling 876-9457. You do not have to leave your name – all information will remain confidential

and anonymous. Please leave enough information so any followup investigation can be completed.

## Education test center

Taking online courses? Need a proctor for your exams? If so, call the Army Education Center Testing Office 876-9764 for an appointment. They can proctor exams for most colleges. Proctoring services are free and available to the Redstone Arsenal community (military/government ID card holders).

## Community assistance

Each year the Redstone Arsenal Community Women's Club distributes money to a variety of requesting non-profit organizations. "Thanks to all of our enthusiastic and supportive members who contribute their time and talent to make each fund-raising event a huge success," a prepared release said. Several fund-raising events are being planned this year to continue the club's humanitarian efforts to benefit the military and civilian communities. Applications for the RSACWC community assistance grants are now being accepted. Forms are available at the RSACWC website at [www.rsacwc.org](http://www.rsacwc.org) (click on community assistance) and will be used to collect the same information from each requesting organization. By doing this, it will reduce

the influence of such things as professionally prepared advertising, writing styles, supporters and the amount of information the club receives. All requests must conform to the RSACWC Community Assistance Request Form. Send to [rsacwccommunityassistance@gmail.com](mailto:rsacwccommunityassistance@gmail.com). Deadline for submission of the grant request is Jan. 28. All requests must be postmarked no later than the deadline. Requests received after the deadline will not be considered.

## Thrift shop grants

The Thrift Shop will be taking applications for 2012 grants until Feb. 29. These grants are open to all non-profit groups (no individuals please) that impact the Redstone community. For more information, call Lisa Loew 604-8777 or email [lloew3@gmail.com](mailto:lloew3@gmail.com).

## Merit awards

The Redstone Arsenal Community Women's Club is accepting applications for merit awards. These financial awards are available to graduating high school seniors, college students and spouses who are U.S. military and DoD civilian family members whose primary residence is located within

the Redstone Arsenal community and who meet the eligibility requirements. Applications will be accepted through Jan. 31. Information and applications regarding the merit award program are available online. For more information and to download the application, visit the women's club website at [www.rsacwc.org](http://www.rsacwc.org) or contact Teresa Lee, the Merit Award chair, at [www.rsacwc-meritawards@gmail.com](mailto:www.rsacwc-meritawards@gmail.com) or 830-0562. The Redstone Arsenal Community Women's Club is a non-profit, private organization not affiliated with Redstone Arsenal or the Army.

## Student apprentices

The Defense Department initiated the Science and Engineering Apprenticeship Program in 1980 to involve academically talented high school and college students in hands-on research activities and student/mentor relationships during the summer. The high school and college programs are designed for students who are U.S. citizens, with a Social Security card, and at least 16 years old by the beginning of the program June 4, 2012. The apprenticeship program is divided into periods

**See Announcements on page 36**



Photo by Ellen Hudson

## Breed apart

There's a special dweller who resides with a pasture of cows in a field along Patton Road. Passersby may notice that "one of these things is not like the others" if they happen to catch a glimpse of a donkey mingling with the cows. The donkey has been in residence for several months in the Patton Road pasture, which is bordered by Maintenance and Hansen roads.



# Rocket Announcements

of 8, 10 and 12 weeks. Possible career placement areas at Redstone include physics, chemistry, computer science, engineering and mathematics. The application deadline is Feb. 24. In addition to your application, you are required to submit copies of your transcripts and teacher recommendations by March 2. If students are unsuccessful in receiving application information from high school senior counselors or college placement services, call Angela Jefferson 842-8981 or Vivian Whitaker 313-3198 at the Civilian Personnel Advisory Center or review application information at <http://www.gwseap.net> or <http://www.usaeop.com>.

## Scholarship program

The American Society of Military Comptrollers scholarship program is to provide financial assistance to aid ASMC members or their immediate family in continuing their educational endeavors. The 2012 application deadline is Feb. 29. For more information call Lindsey Harper 876-8361, Michelle Cobb 842-0228 or Judy Smith 876-6163.

## Dog ball

Greater Huntsville Humane Society's "Dog Ball" will be held Feb. 10 at 5:45 p.m. at the Von Braun Center, South Hall 2. All proceeds benefit the humane society. For tickets call 881-8081, stop by the humane society at 2812 Johnson Road or visit [www.thedogball.org](http://www.thedogball.org).

## Special education law

The Autism Resource Foundation will sponsor a seminar, titled "Wright's Law: Special Education Law and Advocacy," March 1 from 8:30 a.m. to 4 p.m. in Chan Auditorium, Administrative Sciences Building, University of Alabama-Huntsville. Preregistration is required. For more information, call 975-1579 or visit [www.theautismresourcefoundation.org/wrightslaw](http://www.theautismresourcefoundation.org/wrightslaw).

## Combined fund organization

Any federation, charitable organization or combination thereof wishing to be selected as the principal combined fund organization must submit a timely application to the Local Federal Coordinating Committee for the Tennessee Valley Combined Federal Campaign in accordance with the Office of Personnel Management's regulations. The primary responsibility of the PCFO is to support the federal government's CFC Board of Directors in managing a comprehensive local workplace fund-raising campaign while ensuring the fiscal integrity, accountability and

transparency of the process in accordance with 5CFR, Part 950. The selected federation and/or charitable organization selected to serve as PCFO will be required to sign a memorandum of understanding with the LFCC. This agreement will be a multi-year contract. More information may be downloaded from <http://cfc.redstone.army.mil> and also the Office of Personnel Management's website [www.opm.gov/cfc](http://www.opm.gov/cfc). Deadline for receipt of applications is Jan. 17. All interested parties may contact Donna Johnson, LFCC chairperson, AMSAM-CFC, building 3708, Redstone Arsenal, AL 35898-5795, by phone at 876-9143 or email [donna.c.johnson@us.army.mil](mailto:donna.c.johnson@us.army.mil).

## Parent workshop

The Huntsville City Schools Special Education Department will sponsor a workshop on "How to be an Active Participant in Your Child's IEP" Jan. 18 from 11 a.m. to 1 p.m. in the executive dining room at the Annie C. Merts Center. Parents of Madison County and Madison City Schools are also welcome. For more information, call Lucille Nobles 428-6872 or email [lnobles@hsv.k12.al.us](mailto:lnobles@hsv.k12.al.us).

## Wellness event

In Madison, "RESTORE" is Asbury Church's annual Wellness Event. "RESTORE" is free and takes place Jan. 21 in Asbury's Hope building. Educational classes are offered from 9 a.m. to 3 p.m. by local health and professional experts on spiritual, physical, mental and emotional topics. Health issues affecting every stage of life will be covered. Class space is limited so register early under events at [www.asburyumc-madison.com](http://www.asburyumc-madison.com) or call the receptionist's desk 837-0365.

## Youth center open

In January the Youth Center, building 3148, will be open every Saturday from 1 to 5 p.m. for sixth-12th grade students. The homework lab and the gym will be open, and programming will also be offered in arts or technology. Also the Youth Center will be open Friday from 7-11 p.m. for a Middle School Late Night Party. Youth in grades six through eight are invited for dinner and an evening of playing games or watching movies with their friends. All events are free for students with current registration with Child Youth and School Services.

## Valentine's Day theater

Valentine's Day Dinner Theater, with a play titled "He Completes Me"

by Brandon Hollands, will be held Feb. 10 at 8 p.m. at the Holiday Inn Research Boulevard (in front on Madison Square Mall). Mix and mingle is from 7-7:45. Cost is \$15 for college students with approved school ID, \$30 for singles and \$60 for couples. This event is sponsored by Beacon Hill Worship Center. Tickets may be purchased at the door on the day of event you may call elder Darrell Stroy for more information 541-1451 or email [stroy.darrell@yahoo.com](mailto:stroy.darrell@yahoo.com).

## Professional development

The Breakpoint Consulting Group is offering a CMMI Introduction course from Jan. 31 through Feb. 2 in Huntsville. This is a new three-day course covering both the Development and Services models. For more information, call Jeffrey Dutton 527-4151 or visit <http://www.breakpointcg.com/LearningCenterCMMISVCDEVIntro.html>.

## Mardi Gras party

Pinnacle Affairs is bringing Mardi Gras to the Rocket City on Feb. 4 at the historic Huntsville Depot Roundhouse downtown. There will be performances by comedian Ced Delaney, the disc jockey duo 5D (Ghon Bomb and Chief Rocka), Coolbone Band, and Chakabaman the stilt dancer. Doors will open at 9 p.m. Advance tickets are \$15. There will be free party favors all night long. For more information and tickets, call 508-8674 or visit [www.huntsvillemardigras.com](http://www.huntsvillemardigras.com).

## Senior volunteers

Madison County Retired & Senior Volunteer program is partnered with various nonprofit organizations in Huntsville and Madison County that utilize volunteers. R.S.V.P. recruits, places and trains individuals who are 55 or older to fill community service needs. For more information about R.S.V.P. or volunteer opportunities, call R.S.V.P. director Pamela Donald 513-8290 or email [pdonald@seniorview.com](mailto:pdonald@seniorview.com).

## Health luncheon

Central North Alabama Alumnae Chapter of Delta Sigma Theta Sorority will hold its annual Go Red Luncheon, Feb. 4 at the Marriott, 5 Tranquility Base, Huntsville. Tickets for the luncheon are \$40 a person and may be purchased by calling Flo Dawson 683-9913 and Edwinta Merriweather 682-6230. Proceeds will be used by CNAA to help the American Heart Association continue lifesaving research and community education in providing services to fight heart disease. Proceeds will also benefit students in the form of scholarships, mentoring, reading programs and leadership training.

## Foster parents

Alabama MENTOR, at 9582 Madison Boulevard, will hold a New Parent Orientation on Jan. 17 at 6:30 p.m. for anyone interested in learning more about how to become a foster parent. Alabama MENTOR recruits and prepares families willing to open their hearts and homes. For information call 774-2934, ext. 22, or visit [www.al-mentor.com](http://www.al-mentor.com).

## Small businesses

The UAH Small Business Development Center Network and the Procurement Technical Assistance Center will present "Part 1: How to Start a Business" and "Part 2: Writing an Effective Business Plan," Feb. 8 from 10 a.m. to noon at the Chamber of Commerce of Huntsville/Madison County briefing room, 225 Church St. The guest speaker is Steven Levy, president of SEL & Associates. Cost is \$20. To register call 824-6422 or email [SBDC@uah.edu](mailto:SBDC@uah.edu). ... On Feb. 22 from 10-noon, the program will be "Understanding the SBA Loan Programs," by L.D. Ralph, lead lender relations specialist, SBA. Call 824-6422 or email [SBDC@uah.edu](mailto:SBDC@uah.edu).



## Blood drives

This month's Red Cross blood drives include the following: Jan. 12 from 7 a.m. to 12:30 p.m. at building 5400 and from 7-noon at the Sparkman Center. ... Jan. 20 from 8 a.m. to 1:30 p.m. at NASA building 4316 and at building 5400.

## Benefit dinner

The non-profit organization AGAPE of North Alabama has announced that Capt. Mark Kelly, commander of Space Shuttle Endeavour's final mission, will be the keynote speaker for the 2012 AGAPE Benefit Dinner on March 8. The dinner, themed "Endeavour to Succeed," will be held in the Von Braun Center. All funds raised will go toward providing services for children and families in a spirit of love and hope, caring enough to make a difference across North Alabama. Tickets are available to the public. Purchase tickets, reception passes and sponsorships at [www.agape-cares.org](http://www.agape-cares.org) or call 859-4481.