

Redstone Rocket

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Good nutrition doesn't necessarily mean no fat

BY SKIP VAUGHN

Today's lean and mean psyche for nutrition has led many to believe they should not consume any fat at all. This is taking things a little too far, according to the dietitian at Fox Army Community Hospital.

"We try to encourage people to hold the level of fat intake to less than 30 percent of their total caloric intake," says Karla Drummond, project manager/dietitian for H&R Services Inc. which is the food service contractor at Fox Hospital.



DRUMMOND

She doesn't prescribe a license to splurge, but she does advise that some fat is better than no fat. "Your bodies got to have fat. You don't want to eliminate all of it.

"Fat has developed a bad name, but it is necessary for your diet. You just want to limit it to 30 percent, but you don't want to eliminate all of it from your life," Drummond says. "That's where we get our fat soluble vitamins from: vitamins A, D, E and K. It also insulates the body against heat and cold; it pads internal organs and protects them against injury.

"However, most people do tend to eat too much (fat). Just hold it to less than 30 percent of calories," she says.

Carbohydrates are also important to the daily diet. "You want to have about 50 percent of your caloric intake from carbohydrates," Drummond says. "That's

where you get your energy from so you can do your work every day."

Consumers should beware of relying solely on label-reading as they shop for food. Many items, usually meats, are marked "low fat" or "leaner." This doesn't necessarily mean these items are healthy; it just means they have 25 percent less fat than the standard product of that type. For example, a hot dog gets about 80 percent of its calories from fat. A "low fat" hot dog just means it has 25 percent less fat than the standard hot dog; so, it still gets about 55 percent or 60 percent of its calories from fat. "They're not low fat items, they're just a little bit less than the regular product," Drummond explains.

Foods that contain a lot of saturated fat, including tropical oils, should be avoided. "The tropical oils are the worst saturated fats you can use; they are the most saturated. You find this in some cookies and baked-type goods, some coffee creamers, whipped toppings. For most of these items, they do have another choice — like coffee creamer, they have one that doesn't include the tropical oils. The companies are becoming aware that this is a concern and they're trying to improve this," Drummond says.

"The so-called junk foods have empty calories — like candy bars and colas. They're high-calorie, but they're empty calories. But these items could be included in moderation," she says. "As long as you don't ignore the food groups, you can still include these in moderation."

Healthy foods include a variety of fruits and vegetables which provides vitamins; low-fat dairy products such as 1-percent or skim milk or 1-percent or fat-free cottage cheese, which provide minerals like calcium and also phosphorus; lean meats such as chicken without the skin, or ground round or ground chuck, which deliver minerals, vitamins and proteins; and carbohydrates such as pastas, breads and cereals, which also contain vitamins and minerals.

"It can possibly help to reduce the risk for heart

disease," Drummond says, referring to the benefits of good nutrition. "Good nutritional habits can also pre- (See Nutrition, cont'd on page 2)



SAFE BIKING — CWO 2 Glen Smith, logistics officer for Missile Systems Training Department at the Ordnance Missile and Munitions Center and School, stands by the bicycle safety display he assembled for building 3303. The display, which was up during April's "Safety Month" observance, shows the correct clothing and equipment for bike riding. Items used for the display were provided by the Post Exchange.

Memorial Day comes Monday

Whether you're participating in or watching the annual Cotton Row Run through downtown Huntsville, or just sleeping late at home, Monday, May 25 will be your day off.

Memorial Day, a federal legal holiday, is the last Monday in May.

The Commissary will be closed Sunday, Monday and Tuesday. It will reopen Wednesday.

Post Exchange will have its holiday hours of 10 a.m. to 6 p.m. Monday. It will resume its regular hours Tuesday from 9 a.m. to 9 p.m.

The First Alabama Bank branches and Redstone Federal Credit Union branches will be closed Monday.

Guide to a healthy diet lists the basic food groups

The "Nutritional Support Handbook" which serves as the bible for many dietitians includes a suggested guide to a healthy diet.

In order to maintain your good health, a balanced selection of the Basic Food Groups is essential, the book says. Select the recommended servings from the meat, milk, vegetables and fruits, and breads and cereals groups first. After you have done this, you can supplement your diet with recommended servings from the fats, sweets and alcohol group.

• **Meat, poultry, fish and beans group** — Recommended servings: Two basic servings a day for all age groups. One serving equals 2-3 ounce cooked lean meat, fish, poultry. The following count as 1 ounce meat: one egg; 1 ounce cheese; one-fourth cup cottage cheese; one-half to three-fourths cup cooked dry beans, dry peas, soybeans or lentils; two tablespoons

peanut butter; one-fourth cup nuts, sesame or sunflower seeds.

• **Milk, cheese group** — Recommended servings: children under age 9 — two to three servings; children 9-12 — three servings; teens — four servings; adults — two servings; pregnant women — four servings; nursing mothers — four servings. One serving equals one cup (8 ounce) milk, buttermilk or yogurt. The following foods contain approximately the same amount of calcium as one cup milk: one and one-fourth ounce cheddar or Swiss cheese; 2 ounce process cheese food; one and one-half cups ice cream; two cups cottage cheese.

• **Bread, cereal group** — Recommended servings: four basic servings a day for all age groups. One serving equals one slice of whole grain or enriched bread; one-half to three-fourths cup cooked cereal, cornmeal,

grits, macaroni, noodles, rice or spaghetti; 1 ounce ready-to-eat cereal.

• **Vegetable, fruit group** — Recommended servings: four basic servings a day for all age groups. One serving equals one-half cup or a typical portion such as: one orange, one-half medium grapefruit; one medium potato or a small salad. Common servings include a medium-size orange or apple. Include a dark-green or deep-yellow vegetable every other day and a citrus fruit or juice every day.

• **Fats, sweets, alcohol group** — Recommended servings: The amount recommended will vary according to the individual. Included in this group are foods like butter, margarine, mayonnaise, other fats and oils; candy, sugar, jams and jellies; soft drinks and alcoholic beverages; pastries and dessert. These foods offer little, if any, protein, vitamins and minerals but are highly concentrated in calories.



Open door policy

Editor's note: The following open letter to all Missile Command personnel is from the MICOM commander.

It is my policy to have an "open door" for discussion of problems with personnel of this Command. All primary organizational element heads will have a similar policy.

I expect all personnel to resolve problems within normal supervisory channels up through directors, office chiefs, or project managers. I am confident that most will be resolved through these channels. However, in the event you have a problem that cannot be solved through supervisory channels, and the matter is not grievable under the appropriate grievance procedures, I am available to help you. If you need my assistance, call me or make an appointment with my secretary to see me in my office.

Maj. Gen. William Chen
Commander,
Missile Command

A Challenge

Editor's note: William David "Dave" Wilson, an electronic integrated system mechanic in the missile division of RASA's Directorate of Logistics, wrote the following during the time he was attending the four weeks of MICOM Facilitator Cadre Training, March 2-12 and April 6-17, for Total Quality Management. His poem is entitled, "A Challenge."

A "Challenge" is before us
It concerns us one and all,
There's something that we have to do
Or this Great Land might fall.

We've got to pull together
We've got to make it right,
A "Challenge" is before us
Are you ready for the fight?

We've left our values far behind
Our quality is shot,
We've got to change the way we think
But it won't take a lot.

To provide the customer what they need
Is a very simple goal,
It's not that hard to change a bit
Or to burn some midnight oil.

In a world that's ever changing
It's time to start anew,
With the values that our parents had
And the ones their parents knew.

To produce a quality product
Or service with a smile,
It's something that we all should do
But haven't in a while.

It's not too late for us to change
And turn this place around,
The simple things will work the best
It's as easy as it sounds.

Many things we need to change
Before we get it right,
But if we work together
Our goal will be in sight.

It's time to change our attitudes
From only me to we,
To win we must have teamwork
And ideas from you and me.

So if we put our minds to work
And change the things we can,
Together we can make it go
And rescue our great land.

W. David Wilson
Cadre 9
March 12

Dental premiums to rise in July

WASHINGTON — Soldiers will pay higher premiums for the Basic Dependents Dental Plan, beginning in July.

In addition, the government share for the family premium will increase to 61.54 percent from its current rate of 60 percent.

Single premium rates will rise from \$4.57 a month to \$5.20. Family premiums will be hiked from \$9.14 to \$10 a month, at which it is capped.

Since 1987, the Department of Defense has offered the dental plan as an alternative to on-post dental treatment. The plan offers soldiers more than 110,300 participating civilian dentists from which to choose. (Arnews)

Barracks' moves at 832nd give soldiers more space

Editor's note: 2nd Lt. Vessels is assistant adjutant for the 832nd Ordnance Battalion.

BY RENEE VESSELS

The soldiers of 832nd Ordnance Battalion are getting a change of scenery this week. Some of the soldiers will be trading in their old barracks living space hoping to get a real bargain in the deal.

Currently the Delta Dogs are giving up their doghouse to the Bravo Bulldogs. Headquarters and Headquarters Company will be moving from their current building which they share with Echo Company into Bravo Company's barracks and two towers formerly occupied by the 515th. For more breathing room, Echo Company will now consist of the entire building.

This reorganization all started when the Command group became dissatisfied with its barracks utilization and began to strive to improve the quality of life for its single soldiers. "Barracks' life for the single soldier has always been difficult. We are trying to provide our soldiers with more living space and are doing what we can to improve what we have," says CSM Reginald Richardson, the battalion sergeant major.

From there, the staff took the ball and began to closely monitor the barracks space. The staff — with much needed input and assistance from the companies — developed a plan; and the first sergeants are making it happen. It's taken a lot of hard work, planning, and teamwork from everyone. Cheers, to a job well-done!

Patton traffic

Editor:

This is an open letter to the MICOM (Redstone Arsenal) community. I wonder if there has ever been a study to evaluate the cost and time involved in widening Patton Road to four lanes. Ever since the beginning of the Alternative Work Schedule (AWS), the traffic has picked up considerably on this highly traveled road. The traffic backs up all the way over the Cold Springs Bridge back to Redstone Road in the mornings (usually around the 6:45-7:30 time frame). And in the afternoons, the traffic backs up over the Martin Road Bridge and also on Mills Road. If a study has been done, please tell us why the widening will not take place; but if no study has been done, please do one. The workers on this installation would surely appreciate any effort made to alleviate this problem.

Melissa Black
Army TACMS Project Office

Sign your letter

Letters will not be considered for publication in the *Redstone Rocket* unless they are signed and contain an address or phone number for the writer. Names are withheld on request but unsigned letters will not be used. Send letters to: *Redstone Rocket*, AMSMI-IN.

Nutrition

(Cont'd from page 1)

vent obesity which in turn reduces the risk for hypertension and diabetes.

"For somebody that has bad nutrition habits, obesity usually results and when this happens there's always the chance for increased blood pressure and diabetes, especially when there's diabetes already in the family. Some types of cancer have also been linked to some types of high-fat diets," she says.

Ex-soldiers encouraged to seek teaching jobs

WASHINGTON — The Departments of Defense and Education are encouraging separating soldiers to transfer their training skills to the classroom, either as teachers or as school administrators. An Army initiative called "New Careers in Education" makes it easier than ever for separating soldiers to obtain teaching certificates, say education officials at the Pentagon.

Army officials say the strongest support for the New Careers in Education program has been in New Jersey, Texas, South Carolina, Florida, Georgia and Mississippi.

Information on entering the teaching profession is available by calling 1-800-227-LEAD in the United States and Europe; DSN 738-7336 in South Korea; and DSN 313-287-5844 in Panama. (Arnews)

Forts Hood, Irwin work with schools

WASHINGTON — Fort Hood, Texas, home of III Corps, and Fort Irwin, Calif., site of the sprawling National Training Center, are the first military communities to adopt AMERICA 2000, a Bush administration effort to improve the quality of education in the United States by the turn of the century.

"America 2000 is a strategy... to evolutionize schools (and achieve) world-class standards in the core subjects of math, science, history, English and geography," said Secretary of Education Lamar Alexander.

Defense Secretary Dick Cheney challenged other military communities to follow the lead. "It is only fitting that (the posts), long noted for... innovative training, have been the first to step forward and accept the president's challenge to improve our schools." (Arnews)

THE REDSTONE ROCKET

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Seatbelt usage encouraged for Memorial Day weekend

Redstone Arsenal has been submitted for a seatbelt safety award after two traffic surveys by military police showed more than 70 percent of the work force uses seatbelts.

Seventy-five percent of the 200 drivers observed May 13 were wearing seatbelts; and 76 percent of the 200 drivers observed in an earlier survey, March 23, were wearing seatbelts. These results entitle Redstone Arsenal to receive a 70 Percent Plus award from the National Highway Traffic Safety Administration, according to Sgt. Maj. Jeff Gilmore of the Provost Marshal Office.

"Military Police enforcement and public awareness efforts continue to emphasize the use of seatbelts, to

obtain even higher levels of seatbelt usage," Gilmore said.

May 18-25, the week preceding Memorial Day, has been declared "Buckle Up America Week." The purpose is to encourage all motorists and passengers to buckle their safety belts every time they get into their vehicle. In an open letter to the AMC work force, the Army Materiel Command said safety belts are proven lifesavers; an estimated 24,886 lives were saved by safety belts from 1983-90, and this was with a usage rate of less than 50 percent.

Gen. Jimmy Ross, the AMC commander, has challenged AMC workers and their families "to take the three seconds necessary to buckle your safety belts

every time you get in a vehicle, three seconds that will have a significant impact on your life."

Redstone Arsenal personnel have long been aware that safety belts save lives and reduce the severity of injuries in vehicular crashes, according to the Missile Command's Safety Office. Many occupants and drivers of automobiles involved in accidents on post have publicly stated they believe they would have incurred serious injuries or even have lost their lives if they had not been using seatbelts when the accidents occurred, the safety office said. Seatbelt usage has long been mandatory at Redstone. Beginning July 18, the new Alabama Seat Belt Act of 1991 will become enforceable statewide.

Armed Forces Celebration week to feature volksmarch

Take a break from your Saturday chores next month and join a day of family fun at the Armed Forces Celebration Volksmarch.

The Volksmarch and midway activities are set for June 13 at Vincent Park on Vincent Drive. The day is a part of the annual observance of civilian and military cooperation in the Huntsville area.

Walkers can take to the 10 or 20 kilometer course beginning at 7 a.m., and have until 5 p.m. to finish. The cost to preregister for a medal is \$4. IVV credit

costs \$1.50. Registration the day of the volksmarch is \$5. Families who want to walk together and receive one medal can file one registration. Individual awards will be presented at 11 a.m.

This year's volksmarch course is a class three, meaning it's not suitable for baby strollers or wheelchairs. The Volksmarch is only the beginning of this day of

outdoor fun. There will be activities for all family members, including basketball shoots, face painting, arts and crafts displays, balloon shoots, horseback rides and a moon walk for the kids; and bingo, musical entertainment, ping-pong and horseshoe tournaments and a car bash for adults. And there will be plenty of German and American food for everyone.

Semiannual interest rate figured for savings bonds

The semiannual market-based interest rate for Series EE Bonds issued between May 1 and Oct. 31, 1992, is 5.58 percent for their initial semiannual interest period. The current minimum rate is 6 percent for bonds held at least five years.

The semiannual rate changes each May and November, based on market averages during the preceding six months.

Series EE bonds issued before November 1982, and all Series E bonds and savings notes still earning interest, are now receiving market-based rates, or their current guaranteed rate, whichever is higher. These rates are used to calculate the redemption values of eligible bonds for interest accrual dates occurring between November 1992 and April 1993, says the Department of Treasury's savings bonds division.

Editor's note: Whisenant is the substance abuse program specialist for Community Counseling Center.

BY ANNA WHISENANT

Year after year, accidents in privately owned vehicles take more soldiers' lives than all other accidents in all other Army activities.

Drinking and driving is still a major cause of fatal POV accidents. In the Army, soldiers ages 17 to 25 are most often involved in these accidents. Many of these young people are new at both driving and drinking. Put together, that makes a deadly mixture.

One proven way to ensure the safety of our soldiers is through promotion of the Designated Driver Program. The Directorate of Community and Family Activities is committed to actively supporting and encouraging this program. Free non-alcoholic beverages will be served to the designated driver within groups of two or more in all installation activities where alcoholic beverages are served. Just inform the waitress or bartender that you are the *Designated Driver* for your group, and we'll take care of you — so you can take care of them.

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Open season for Thrift Savings Plan now under way

Federal workers here can sign up for the Thrift Savings Plan during open season May 15 to July 31.

The Thrift Savings Plan is a retirement savings and investment plan for federal employees which provides the same retirement savings and tax benefits offered by many private corporations. Employees covered by the Federal Employees Retirement System (FERS) and the Civil Service Retirement System (CSRS), or equivalent retirement plans, are eligible to contribute to the Thrift Savings Plan.

Eligible to participate are the following, according to the Civilian Personnel Office:

- All current employees previously eligible to enroll.
- FERS and CSRS employees first employed or reemployed between July 1, 1991 and Dec. 31, 1991,

inclusively, who were never previously eligible to participate in Thrift Savings Plan.

- Employees who did not terminate their contributions after Jan. 31, 1992.

The "Thrift Savings Plan for Federal Employees Open Season Update" pamphlet and the "Thrift Savings Plan Election Form" are to be distributed to all employees through their administrative offices.

To enroll in Thrift Savings Plan, complete TSP form 1 — the election form — according to instructions on the back of the form. Submit the form to: AMSMI-PT-CP-TS-CS, room 6, building 7444 no later than 4 p.m. July 31. Forms received either through interoffice mail or postal mail after July 31

will be returned and the employee will have to wait until the next open season to participate. Only one change per open season is allowed.

Any TSP form 1 that is returned to the employee because it is incomplete will be effective beginning the following pay period after the one in which it is received back in Civilian Personnel. Effective dates of enrollment include: form received May 15 through July 10, effective date July 12; form received July 13 through July 24, effective date July 26; and for received July 27 through July 31, effective date Aug. 9.

The civilian personnel office says questions regarding the Thrift Savings Plan should be addressed to the customer services clerk assigned to your organization.

Hughes Aircraft contributes to national children's center

The National Children's Advocacy Center in Huntsville has received a big boost in its campaign to raise \$306,000 to purchase, expand and renovate the facility at 106 Lincoln St.

Hughes Aircraft formally pledged \$25,000 to the center in a ceremony May 8.

"It was a donation to the Capital Campaign," said Susan Riise, executive director of the National Children's Advocacy Center. "They pledged \$25,000 over a three-year period. They gave us a \$9,000 check for this year; and it'll be \$8,000 and \$8,000 for the next two years."

Korean veterans memorial slated to open in 1993

Target date for dedication of the Korean Veterans Memorial is July 1993, the 40th anniversary of the Korean War's cease-fire.

The \$15 million memorial is to be built on a seven and a half acre site at Independence Avenue and Daniel French Drive in Washington, D.C.

On March 5 the National Capital Planning Commission approved the reduction of the original 38 statues to a squad-size 16 men and stipulated extension of a planned grove of trees to shade three or four of the statues. The original granite strips between the statues will be eliminated and the triangular field containing the statues will be narrowed. (News release provided by the veterans service officer for Madison County)

In 1990, the United Way granted approval for the center to conduct a two-year capital campaign. This is the first countywide fund-raising effort the center has ever undertaken; and, according to United Way regulations, the center cannot conduct another capital campaign for 10 years.

"The total goal is \$306,000, and right now we're about \$286,000; so they (Hughes Aircraft) put us within \$20,000 of our goal," Riise said.

Making the presentation from Hughes Aircraft were Theodore Wong, senior vice president, and Timothy Moe, group vice president.

"When I heard that the Children's Advocacy Center was in need of a major renovation, I knew that Hughes should help," Wong said. "Their cause is worthy of the personal concern and attention of all of us. This donation will be a real point of pride for our Huntsville employees."

In addition to his duties at Hughes Aircraft, Wong is also very active in his own California community. Los Angeles Mayor Tom Bradley appointed Wong as honorary chairman of Asian Pacific American Heritage Week in 1989. The Leadership in Education for Asian Pacifics organization honored him for outstanding corporate leadership in 1990; and he was selected "Good Scout of the Year 1991" by the Los Angeles chapter of the Boy Scouts of America.

Moe, as a longtime supporter of the Children's Advocacy Center, returned to Huntsville to be a part of the May 8 presentation. During Moe's assignment as manager of Hughes' Huntsville District Office, he served on the board of the Children's Advocacy Center during 1986 and 1987.

On hand to accept the donation were Congressman Bud Cramer; Sharon Porier, capital campaign coordinator; and Walter Grundy, M.D., board president for the children's center.



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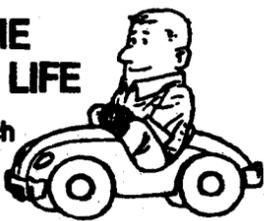
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Technical Analysis Inc. a finalist for quality award

A local company has been named as one of two finalists in the small business category for the 1992 George M. Low Trophy, NASA's Quality and Excellence Award.

Technical Analysis Inc. — with corporate offices in Houston, Texas, and a division in Huntsville — was selected as a finalist based on the company's in-place overall corporate quality programs. Technical Analysis specializes in system safety engineering analysis and training, and serves as a subcontractor on several key NASA contracts.

A subcontractor to PRC Inc. at the Marshall Space Flight Center on the safety and mission assurance con-

tract, Technical Analysis manages and performs safety engineering services. Technical Analysis also serves as a subcontractor to Loral Space Information Systems on the safety, reliability, maintainability and quality assurance contract at the Johnson Space Center, performing software assurance tasks.

Technical Analysis is the only Huntsville area company to make the finalist list in any category this year for the George M. Low Trophy. The award recognizes NASA's contractors, subcontractors and suppliers for outstanding achievement in quality and productivity improvement and total quality management. Created

in 1984, the Low Award was the first national award to recognize the quality of an organization's services and products.

Finalists for the award were announced after an intensive six-month application and review process. Validation teams will now visit each finalist's facility to verify performance achievement and process attainments. Actual award recipients will be announced by NASA Administrator, Daniel Goldin, at the Ninth Annual NASA/Contractor Conference on Oct. 20.

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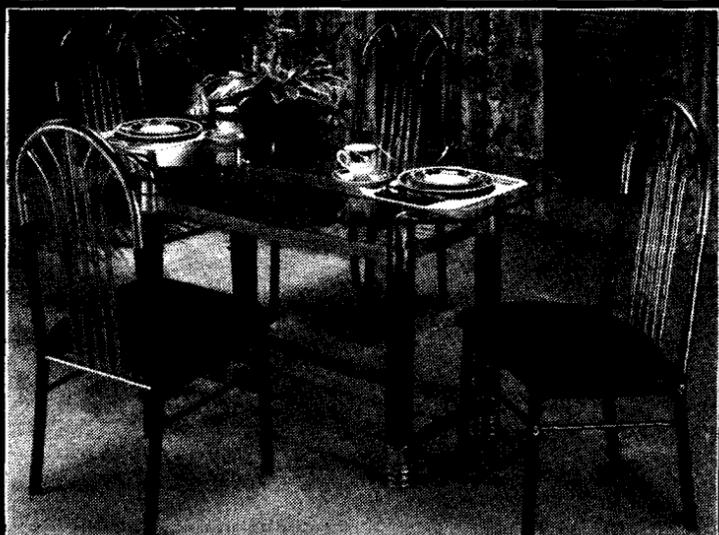
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CG for commissaries promises to update older stores

BY SKIP VAUGHN

Redstone's Commissary is serving its customers well but its outdated layout needs to change, according to the commander of all of the military commissaries.

Maj. Gen. John Dreska, director of the Defense Commissary Agency, visited Redstone Thursday. "We have about eight or nine Army commissaries that are built with this very similar design, including Fort Lee," said Dreska, who is based at Fort Lee, Va. "They're not layed out to our standards. But that's the way people designed commissaries 15 years ago."

These commissaries will be brought in line with today's design for commercial grocery stores sometime in fiscal 1993 or by the first month of fiscal 1994, Dreska said. "We're going to fix it, I guarantee it," he added, referring to the outdated layouts.

A \$3.5 million remodeling project is scheduled for fiscal 1993 at the Commissary here.

"It's doing the job," Dreska said, describing his impressions of the commissary. "We need to do some things with it. It's not layed out the way I'd like to see it layed out. There's not enough room for produce. But it's doing the job it's intended to do: It's serving the customer."

Dreska observed that the prices in the meat department were good, and that the produce looked good.

The Defense Commissary Agency or DeCA was established last Oct. 1 as the controlling agency for the 409 military commissaries. Dreska, its first director, has visited 250 of those commissaries, some more than once. He has visited most of the commissaries in the United States; and he plans to travel to Europe in June and to the Far East in July.

Dreska estimates he has visited all but about 15 per-

cent of the commissaries in the United States. "Things are coming right along. I've very pleased with the way things are going," he said.

He met with Maj. Gen. William Chen, commander

of the Missile Command and Redstone Arsenal, then toured the Commissary here Thursday afternoon. Among the officials accompanying Dreska was John McGowan, director of DeCA Southern Region.



TOP VISITOR — Maj. Gen. Dreska is escorted by Redstone commissary officials during his visit to the commissary.

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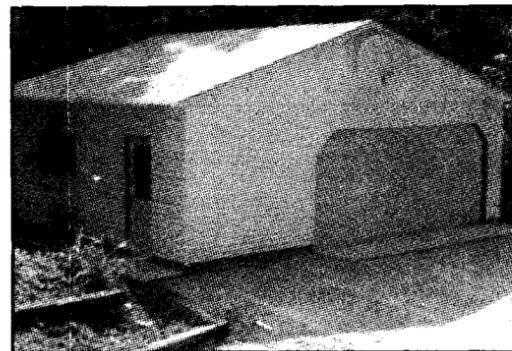


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Total Quality awareness course a real eyeopener

The Personnel and Training Directorate conducted 10 three-day sessions on Total Quality Management awareness, with emphasis on the "vision bug."

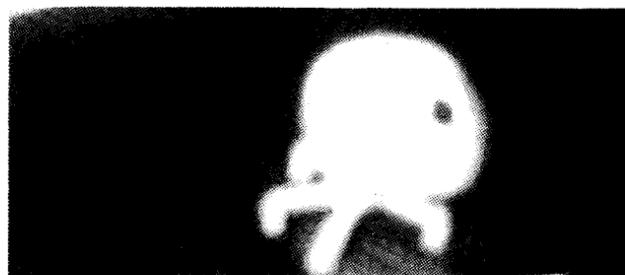
More than 250 bright yellow, artificial vision bugs were found in the clean and well-organized environment of the Madison CPO Training Center, operated under contract by TeKONTROL, to remind students that visioning is valuable in building a team or revitalizing a business.

During the three-day sessions, students learned that visioning is the first step in creating a total quality environment. Visioning is defined as a process that enables one to put aside reason temporarily and look

to the future as one would like it to exist. Students also watched the videotape "The Power of Vision" by Joel Barker, and wrote Personnel and Training Directorate vision statements for all levels of the organization.

Upon course completion, students were given a certificate that marked the date they were "bitten by a vision bug." Along with a certificate, students received a vision bug.

"The CPO Training Center continues to fulfill its mission in providing the proper environment to facilitate Total Quality Management awareness," said Suzanne Bass, a TKI contract employee.



VISION BUG — Students who completed a TQM awareness course received a certificate and their very own "vision bug."

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 727 28" CLASSIC ROLLTOP 28"W x 16"D x 43"H	 972 WR - 72" DELUXE FLATTOP WITH REVERSIBLE RETURN DESK - 72"W x 37"D x 30"H RETURN - 46"W x 22"D x 25"H	 972 F 72" DELUXE FLATTOP 72"W x 36"D x 30"H	 960 F 60" DELUXE FLATTOP 60"W x 33"D x 30"H
 954 PF 54" FLATTOP 54"W x 29"D x 30"H	 920/940 DELUXE 2 & 4 DRW. FILES 2 Drw. - 19"W x 28"D x 30"H 4 Drw. - 19"W x 28"D x 55"H	 921/931/941 2 Drw. - 19"W x 22.5"D x 30"H 3 Drw. - 19"W x 22.5"D x 42"H 4 Drw. - 19"W x 22.5"D x 54"H	 910 Schoolhouse 912 Paddleback 909-A Hoopback 905A Doublepress 906 Caneback 907 Bankers 909-S Side 905-S Side Leather Seat



FOOD SERVICE TROPHY — James Brunner, manager of dining facility 3, accepts the AMC runner-up trophy from Maj. Gen. William Chen, the post commander. Dining facility 3, located at building 3438 north, was runner-up to Aberdeen Proving Ground, Md., in the Army Materiel Command's fiscal 1992 food service competition for large dining facilities. Aberdeen's dining facility will represent AMC in the 24th annual worldwide competition for the Philip A. Connelly Award which signifies excellence in Army food service. "This recognition means a lot to us, so we'd like for you to continue the good work," Chen told the dining facility 3 workers assembled for the AMC runner-up trophy presentation May 13.

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Officers Wives present merit awards to students

BY SKIP VAUGHN

The Officers Wives Club officially ended its 1991-92 club year May 12 by presenting merit awards to students and installing new OWC officers.

"I thank the ladies of the wives club for all the support they have given to our board this year. And the time we have spent with you, we've enjoyed very much," said Ceil Jellett, the outgoing president.

Betty Cochran is the new president. Other members of the board for 1992-93 include Sue Liberatore, first vice president; Rebecca Reynolds, second vice president; Patricia Rupp, recording secretary; Sylvia Ryan, corresponding secretary; and Gisela Mullek, treasurer.

The OWC presented a total of \$5,000 in merit awards to high-school graduates and college undergraduates. Recipients include high-school graduates Michael Bryson, Jason Paddock and Andrew Carter; and college undergraduates Heidi Patterson, Dawn Michelle Finley, Michelle Patch, and Deborah Behel, an OWC member. Each award was \$500 or \$1,000.

Here are profiles of the merit award winners:

- Michael Bryson, son of Lt. Col. and Mrs. Ralph Bryson, will be attending Birmingham Southern College to study engineering and law. His career goal is in corporate law.

- Jason Paddock, son of Lt. Col. and Mrs. Joe Paddock, will be attending the University of Alabama-Huntsville to study business management and accounting. His goal is to become an executive in a major corporation.

- Andrew Carter, son of Lt. Col. and Mrs. Richard Carter, will be attending Auburn University to study civil engineering or pre-med. His goal is in the field of engineering or medicine.

- Heidi Patterson, daughter of Col. and Mrs. James Patterson, is attending Florida State University where she studies elementary education. Her goal is to become an elementary school teacher.

- Dawn Michelle Finley, daughter of Col. and Mrs. Earl Finley, is studying architecture at the University of Michigan. Her goal is to work in architectural design.

- Michelle Patch, daughter of retired Col. and Mrs. John Patch, is an accounting student at Florida State. She hopes to be a certified public accountant, and one day go to law school to become a corporate lawyer.

- Deborah Behel, an OWC member married to

Capt. Steven Behel, is studying computer information systems at Athens State College. She hopes to become

a director in a systems management unit within government or private industry.



OWC BOARD — From left are Gisela Mullek, treasurer; Sylvia Ryan, corresponding secretary; Rebecca Reynolds, second vice president; Sue Liberatore, first vice president; and Betty Cochran, president. Not pictured is Patricia Rupp, recording secretary.



MERIT AWARDS — From left are Deborah Behel; Peggy Patch, accepting on behalf of her daughter Michelle; Rosemary Finley, accepting for daughter Dawn; Heidi Patterson; Andrew Carter; Jason Paddock; and Michael Bryson.

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Scout families host teens from Germany

A recent community service project by Redstone's Boy Scout Troop 308 had an international flavor.

Troop 308 hosted 11 teen-age boys and girls from Konstanz, Germany, for a day. The teen-agers arrived in Huntsville on Saturday, April 18 after a week in Disney World.

They joined their host Scout families at the airport and everyone then attended a pizza party at J.

Gregory's in Madison where Maj. Gen. William Chen, commander of the Missile Command and Redstone Arsenal, officially welcomed the visiting German students to the area.

The following afternoon, the Scout hosts delivered their German guests to Space Camp for a week of intense space activities prior to returning to Germany.



WELCOMING PARTY — Troop 308 Scoutmaster Buddy Beckwith and wife, Suzie, (right center with glasses) are joined by Scouts, Scout parents and members of the Huntsville German-American community in awaiting the arrival of visiting teens from Germany April 18 at Huntsville International Airport.

See Stars baseball for free tonight

Anyone affiliated with Redstone Arsenal — Army, NASA or contractor — can receive free general admission to the Huntsville Stars baseball game tonight at Joe Davis Stadium.

"Any person who can show proof of being affiliated with Redstone will be admitted free of charge for general admission seating," according to Ted Tornow, director of operations for the Stars organization. Family members and guests accompanying that person will also be granted a free ticket, Tornow said.

The Stars will face the Birmingham Barons at 7:35 p.m.

Tornow said guests will also be allowed full value of their free general admission tickets in a ticket upgrade if they so choose.

For more information, call the Stars organization at 882-2562.



FITNESS WALK — One event at Redstone Arsenal's first Health Fair held at the Youth Center last week was the Fitness Walk, which had 23 participants. Here, walkers warm up before beginning their walk. Some 32 exhibitors were at the fair dispensing information on how to stay healthy. The event was organized by the Civilian Wellness Center, which hopes to make the fair a yearly event.

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New NCO makes splash at his promotion ceremony

A newly-promoted sergeant didn't know what he was getting into when he agreed to a traditional promotion ceremony for noncommissioned officers.

Sgt. Brian Emperly of 95th Maintenance Company (Test Measurement and Diagnostic Equipment) ended up soaking wet after two tasks in the April 1 event in front of building 5437. First, he had to prove he could eat a cupcake in two bites while in the front-leaning-rest position. Failing that, his second task was to lie on his back in the dying cockroach position and yell "Please wash this Specialist from my body!"

His fellow calibrators helped him yell a second time by splashing him with four 5-gallon buckets of water. Emperly then had to read the NCO creed while dripping wet.

"He agreed to a tradition, not exactly this tradition," said SSgt. Marshall Lyons, "but he agreed that the NCO promotion tradition should come back. They only do it for NCOs and above." Lyons, the training NCO for 95th, photographed the ceremony for posterity.



WATER AT READY — Fellow calibrators take aim on their hapless comrade.



CAREFUL PREPARATIONS — Emperly adjusts his hat before attempting to consume the cupcake in only two bites from the front-leaning-rest position.



FIRST BITE — Halfway there, he has one bite left to finish off the objective.



ALMOST, BUT NOT QUITE — Emperly fails the first task by leaving some crumbs behind.



ROACH POSITION — Failing the initial task, he assumes the dying cockroach position.



BOMBS AWAY — The soldiers unload their 5-gallon buckets of water.



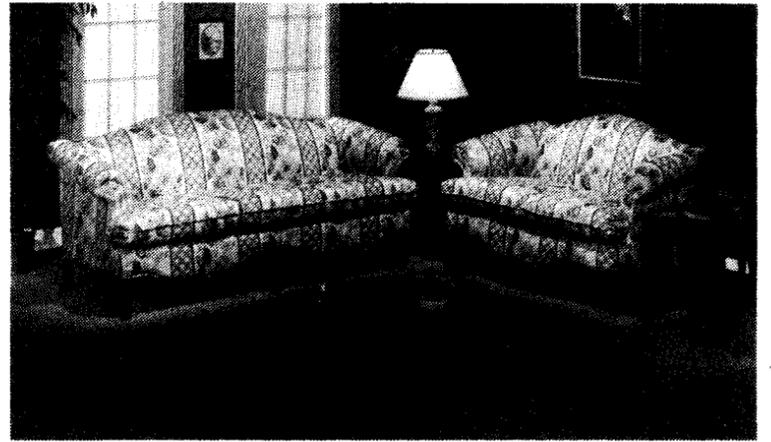
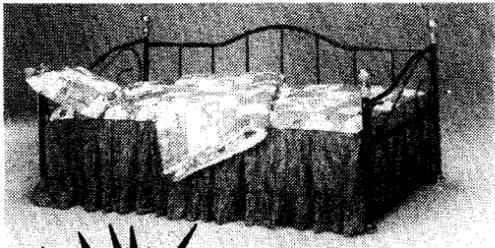
SPLASH — Emperly gets a watery initiation to the NCO ranks.



NCO CREED — The new sergeant, in wet uniform, regains his composure enough to read the NCO creed.

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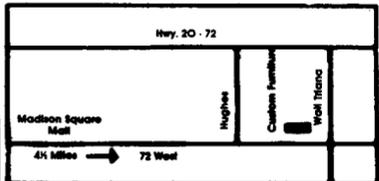
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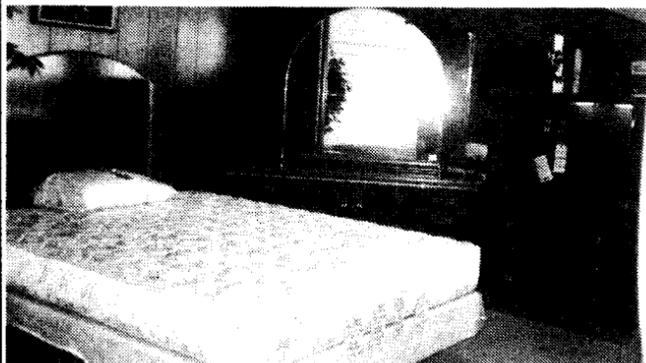
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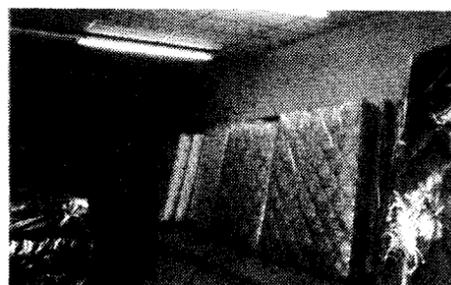
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Huntsville well-represented in youth chess competition

Huntsville youngsters, including some with Army connections, did well in this year's National Elementary Chess Championships for kindergarten through sixth graders.

The tournament held April 24-26 in Knoxville drew more than 1,200 competitors from throughout the United States, setting a record for participation. Bud Martin, the Huntsville city scholastic chess coordinator, took 23 youngsters to the tournament held at the Thompson-Boling Arena on the campus of University of Tennessee.

"We had five people in the top 100 from Huntsville, which is outstanding, in the primary section (kindergarten through third grade). Plus, two in the top 100 in junior varsity (kindergarten through sixth grade under 1200 rating points only)," Martin said.

Stephen Chen, son of Maj. Gen. William and Sandra Chen, placed 91st out of the 563 children in the primary section. A second grader at the Academy for Science and Foreign Language, he had four wins and one draw in his seven games.

His brother, William, a fifth grader at the same school, placed 79th out of the more than 300 children in the junior varsity section. William also had four wins and a draw in his seven games.

Len Causey, whose mother and grandparents all work for the Army at Redstone, had five wins out of seven games and won third place for unrated players in the junior varsity section. He was 68th overall in that section. A sixth grader at Mountain Gap Middle School, Len is the son of Cindy and Jim Causey. His mother works in the Provost Marshal Office. His grandparents, Shirley and William Leonard, are also employed by the Army at Redstone: Shirley works in the Protocol Office, and William works at the Research Development and Engineering Center.

Huntsville's participants at the tournament included students from the Academy for Science and Foreign Language, Weatherly Elementary, Whitesburg Middle and Elementary Schools, Mountain Gap Middle School, Chaffee Elementary, and Challenger Middle School. The Weatherly team finished 10th in the na-

tion in the primary section, 39th in the nation in junior varsity, and 87th in the championship section. The championship section was for kindergarten through sixth grade with no limit for rating points which signify players' level of skill.



GUAM GROUP — Members of the Guam group for the Asian Pacific American Heritage Month observance include, from left, Sgt. Maj. Joe Quitugua, Marie Damian, Rita Fernandez, Frank Cepeda, Mary Cepeda and Jesse Quitugua. National Asian Pacific American Heritage Month is being celebrated in May.

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IMMC people sell flowers, serve time for worthy cause

The Integrated Materiel Management Center's fund-raising activities on behalf of Army Emergency Relief ran the gamut from a makeshift jail to a carnations sale.

IMMC people sold 550 red, white and blue carnations at \$1.50 each. "That was a lot of petal pushing," said Eddra Jeffries, an equipment specialist in the Air Defense Maintenance Engineering Division of the center.

Jeffries, a member of the FAAD heavy systems section, sold 300 carnations herself. Other big sellers in-



PLENTY OF CARNATIONS — Jeffries sold 300 of the flowers for Army Emergency Relief.

cluded Janice Williams of the Chaparral section, and Mary Brooks of the Hawk branch. Food World at Haysland Square handled the major task of individually wrapping all the live flowers.

"We sold them for like two weeks. They were delivered the 23rd of April, Secretaries Day," Jeffries said.

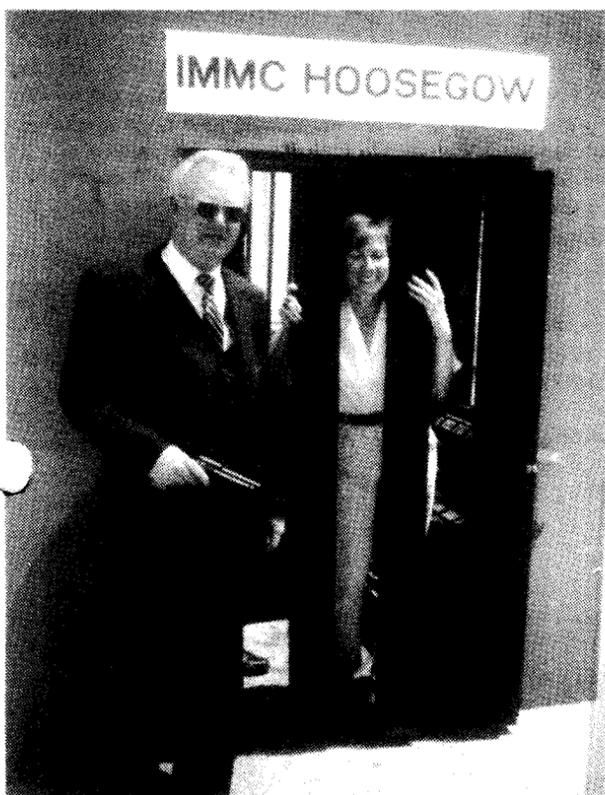
She drove her little Nissan 240 to Food World to pick up all those flowers, and predictably found her vehicle too small for the task. Jeffries credits her boss, Richard Wymer, with rescuing her and the flowers by driving over in his truck so the carnations could be brought to IMMC for delivery. After expenses of 50 cents per flower, \$543.65 was contributed to Army Emergency Relief.

A fund-raising jail on April 22 and 23 resulted in \$824.30 for AER. Dean Anderson, an equipment specialist in the FAAD heavy systems section, served

as the center's sheriff for the two-day fun event in which people were arrested and released.

Individuals involved with the flower sales included Jeffries, Williams, Brooks, Pat Tribble, Kathy Torres, Diane White, Debra Mittler, Paula Walker, Susan Campbell and Rhonda Frost.

Anderson's deputies for the jail included White, Robert Brooks, P.J. Johnson, Rick Watson, Leonard Hawk, Fred Daly, Ernie Hazzard, Tina Brandhorst, Lenny Hartshorn and CWO 4 Richard Christian.



MAXIMUM SECURITY — Anderson really gets into his role as the center's designated sheriff for the fund-raising jail. The inmate is Amy Pate of Land Combat Maintenance Engineering Division.

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Filipino-Americans promote their heritage locally

Asian Pacific American Heritage Month is being celebrated during May. To highlight some of the ethnic groups that compose the Asian and Pacific regions, several people have written about their country.

This week's submission is by Aniceto I. Bagley, public relations officer for the Philippine-American Association of Alabama. He was a Philippine Army guerrilla during the Japanese occupation of the Philippines in World War II and is retired from the U.S. Army and McDonnell Douglas Space Systems Company.

The soundman inserted the cassette and pressed the play button. Music poured out of the stereo speakers. The tune was recognizable as a polka but it had a Spanish accent and the predominantly stringed band gave it a strangely exotic lilt. Two pairs of teen-age boys and girls came on stage in native dress and went into a lively dance. The Young Bayanihan Dance Troupe of the Philippine-American Association of Alabama (PAAA) had begun the first of six numbers they were performing at Huntsville's Panoply of the Arts.

For several years, Filipino-Americans (Fil-Ams) in Huntsville and the outlying communities had gathered from time to time to share potluck dinners and

socialize in a Filipino atmosphere. About five years ago, it was decided to formalize the group into what is now the PAAA. In its constitution, the PAAA declared that it was formed to promote friendship and brotherhood, to preserve the traditions and culture of its Filipino heritage, and to foster civic, charitable and educational awareness among its members.

The most successful and visible endeavor of the PAAA has been the formation of the Young Bayanihan Dance Troupe which has performed at several civic, cultural and church functions in Huntsville. Thanks to the enthusiasm of the children and young adults and the encouragement of their elders, the group has developed a repertoire of about two dozen Philippine folk dances with some Hawaiian and Tahitian numbers thrown in.

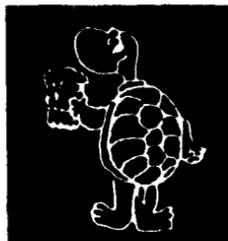
Practically all of the older Filipinos in the area are immigrants who have become American citizens or who are working toward that goal. Most are fluent in Tagalog which is the national language of the Philippines, although not all are from Tagalog speaking regions. In contrast, most of the children, some of whom arrived in the States at a very young age and others who were born here, do not speak Tagalog. The PAAA is trying to conduct classes for these young people in order to preserve the native tongue for future generations of Fil-Ams.

Filipinos in this area represent a cross section of the people who inhabit the 7,000-plus islands known as the Republic of the Philippines. Among these are doctors, engineers, artisans, clerks, secretaries, nurses, homemakers, teachers, musicians, civil service employees and military personnel, both active and retired, to name a few. With them they have brought some of the 70 distinct dialects spoken in the Philippines besides Tagalog — Ilocano, Cebuano, Pampangan, Waray-waray and Hiligaynon are just some of these. Ethnically, the Philippines is as much melting pot as America. Sometimes classified as Malayan, the Filipino is impossible to typify. In any gathering of Filipinos, Malayan, Indonesian, Chinese, Japanese, and Spanish features are likely to be observed. Large groups of merchants from India have settled in the islands and left their ethnic mark. In addition, the American presence during the last 94 years has had its own unmistakable effect.

From this kaleidoscope of culture, the PAAA is attempting to provide a forum wherein local Filipinos may gather to revive memories, customs and traditions of their homeland; a classroom where first generation Fil-Ams may learn to appreciate their heritage, and a conduit for cultural exchange with the rest of Huntsville.

— Aniceto Bagley

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Civilian softball

Here are the Civilian Welfare Softball League standings after the fourth week of action, May 11-14:

Teams	Won	Lost	Pct.
Original Power Players (OPP)			
Posse	7	1	.875
MED Lasers	6	2	.750
Thiokol-2	6	2	.750
Thiokol-1	5	2	.714
Major League	5	2	.714
PAD	5	3	.625
SEISI	5	3	.625
Hawaiinoids	5	4	.555
RADS	3	4	.428
Telos	3	5	.375
ATMDE	3	5	.375
TSPO	3	5	.375
Aeroheads	1	6	.142
USAISC	1	7	.125
The Mob	1	7	.125

Major League topples Posse in Civilian Softball play

In Civilian Welfare Softball League action last week, Major League beat OPP Posse to spoil OPP's dream of an undefeated season.

Major League won 15-6 with good defense, timely hitting and only nine players. OPP's decision to select "visitors," in an attempt to get more at-bats in a game, backfired immediately after OPP took a brief 3-0 lead in the top of the first. That deficit was quickly

erased in the bottom of the first with a two-run homer by Major League's Richard Barbee and Major League never looked back.

Major League outscored OPP 9-1 over the final three innings. Besides Barbee other Major League standouts included coach Scottie Mobley, Larry Cain, Grant Degenhardt and Fleet Willoughby.

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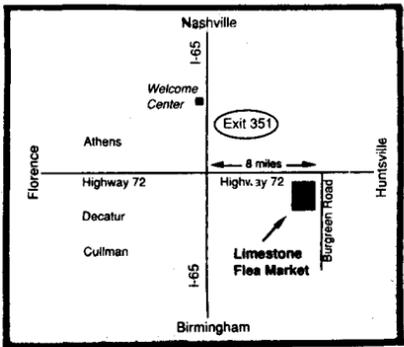
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Children's center adopts family discount

As a result of this year's Army Family Action Plan Symposium, a multiple child discount is part of the new fee schedule at the Redstone Arsenal Child Development Center.

Williams Elementary School receives patriotic display

The Huntsville Exchange Club has honored Williams Elementary School with a Freedom Shrine to be displayed in their school lobby.

The dedication took place Friday. Fourth and fifth grade students assembled to hear the dedication and participate in the ceremony. Cub Scout Troop 234 opened the assembly with presentation of colors and pledge of allegiance. The fifth grade choir directed by Elizabeth Wright sang the National Anthem; and Carolyn Burgoyne offered the principal's welcome.

Fifth graders, directed by Sylvia Dean, presented a skit about this nation's historical accomplishments. Jenny Jacks, president of the Huntsville City School Board, introduced the guest speaker, Dr. Ron Saunders, superintendent of Huntsville City Schools. Other honored guests included Mayor Steve Hettinger, Councilman Jim Putnam, Commissioner Mike Gillespie, Commissioner Grady Abernathy; and Martha Miller, a member of the Huntsville city school board. Jack Lee, president of the Huntsville Exchange Club, dedicated the Freedom Shrine to Williams Elementary School.

Effective June 1, the center fees will increase between \$8 and \$11 per month. A family with three children is now actually saving from \$12 to \$14 of what they would have been paying for the new fee increase, without the multiple child discount.

Fees are reviewed semiannually as directed from the secretary of defense.

"Some of our parents have looked off post for child care," said Ruth Taylor, director of Child Development Center. "Parents we have lost in the past have returned after comparing on and off post programs. We have degreed teachers in each program and our ratios are more stringent than required by the state, which means the children receive more personal attention."

For more information on Child Development Services, call the central registry 876-3704.

Coed softball league swings into action

The CWF Coed Softball League has completed its first week of the new season.

Eight games were played as of May 14 in the league which has expanded since last season. "We're playing 72 games this season, and we increased from six to nine teams," said Jeff Schrepple, league co-president.

The other co-president is Jesse Nobles. Here are the results after one week of play:

- DCD, MSIC, Untouchables, and TOW Jammers are all tied for first place with one win apiece.

- Stinger Project Office did not play during the first week.

- SDC/COE, Rifiers, Chargers, and IMMC all have one loss each.

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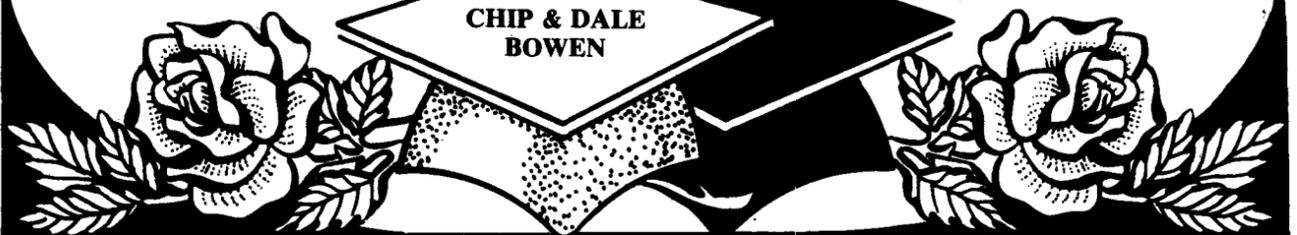
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Announcements

Research Park Toastmasters

Research Park Toastmasters meet at 11:30 a.m. every Wednesday to promote better speaking and leadership skills. They meet in the Corps of Engineers conference room on the first floor of the SDC building. For more information, call Bill Newton 955-5765. Everyone is welcome.

Systems engineers

The Huntsville Chapter of the National Council on Systems Engineering will meet 5 p.m. Thursday, May 28 in room C113, Materials Science Building (behind the Engineering Building), University of Alabama-Huntsville. All interested personnel are invited to attend. For more information, call Robin Soprano 895-4261.

Smoking cessation

Fox Army Community Hospital will have two six-session Smoking Cessation classes in June. Classes are free and open to all military personnel and their family members, retirees, and civilian employees. Space is limited; registration is necessary. Call 876-8831 to register or if you have questions. *Session 1:* June 2 (9 to 10:30 a.m.); June 4 (1 to 2 p.m.); June 8, 10, 17 and 24 (9 to 10 a.m.). *Session 2:* June 15 (9 to 10:30 a.m.); June 22, 29, July 1, 8 (9 to 10 a.m.); July 14 (10 to 11 a.m.). Participants are requested to attend each of the six sessions. Also, on June 22 a group support session, open to former participants, will be held from 1 to 2 p.m. in the MEDDAC classroom, Fox Army Community Hospital.

Chapel event

The Protestant Women of the Chapel (PWOC) will present a program, "The Power of Prayer," led by Barbara Niedermeyer. The program will be Thursday, May 21, 7 p.m. at the Bicentennial Chapel's activity room. Child care will be provided. For information call 876-5707.



Antique car show

The Tennessee Valley Region of the Antique Automobile Club of America will hold its 18th annual car show in conjunction with the Alabama Jubilee Saturday, May 23 at Point Mallard Park in Decatur. Cars must be at least 15 years old and judging will be divided into 24 classes, including production cars, Mustangs, Studebakers, Thunderbirds and Corvettes, and trucks. Car registration is \$10 for the first car and \$2 for each additional car. Registration will take place from 8 a.m. to noon, judging will be from noon to 3 p.m., with prizes awarded at 3:30 p.m. For more information call Bill Culp at 353-8390 or John Marsh at 355-5003.

Education committee

The Army Community Service (ACS) Education Committee will have its monthly meeting tonight at 7 at building 3491 on Honest John Road. Interested persons are invited to attend. For more information call Dr. William Resha, liaison officer for youth education at Redstone Arsenal, 876-2859/5397.

Newcomers orientation

The Newcomers' Orientation will be held from 9-11:30 a.m. June 2 at the Post Chapel. Attendance is mandatory for newly-arrived permanent party military. Family members and Defense Department civilians are encouraged to attend. Child care is provided on-site at no cost to attendees. For more information, call Frances Howard 876-2859.

Camp for children

Trinity Personal Growth Center announces its first summer program for elementary age children, Camp Care-A-Lot. The camp begins June 8, with the summer's theme "Around the World in 40 Days." The final week will begin July 20. Ages for children attending camp will be 5 years (entering kindergarten) by Sept. 30, 1992, through 10 years (completing fifth grade) by July 24, 1992. Parents may choose one week, all weeks, or any combination. The fees will be \$50 per week with a \$15 one time registration fee. For more information, call the Trinity Personal Growth Center 883-3254.

Post Theater movies

Thursday — *Lawnmower Man*, rated R, 108 minutes. Friday — *Lawnmower Man*. Saturday — *My Cousin Vinny*, R, 120 minutes. Sunday — *My Cousin Vinny*. Tuesday — *Ruby*, R, 110 minutes. All shows begin at 7 p.m. Admission is \$1.50 for adults, \$1 for children.

Tennis carnival

The Space City Racquet Club Inc. invites you to join the tennis team from 1:30-3:30 p.m. Saturday, May 30 at the Huntsville Tennis Center at Brahan Springs Park on Drake Avenue for a citywide Tennis Carnival. The tennis carnival will feature a Fast Serve Contest, Volley & Groundstroke Target Contest, Forgot-My-Racket Doubles, Tennis Volleyball, Serving Target Contest, and an Alley-Rally Tournament. Prizes will be awarded to the winners and to many participants. To register for the tennis carnival, go by the Huntsville Tennis Center to sign up or call the Space City Racquet Club Inc. 464-9906. Co-sponsors for this event include the Serve & Volley Shop at Whitesburg and Airport Road, and Las Vegas Discount Golf & Tennis on University Drive. Participation is free to all.

Contract managers

Huntsville Chapter, National Contract Management Association will meet Thursday, May 28 at the Best Western (formerly Ramada Inn) on Highway 20 next to Food World. Registration begins at 11:15 a.m., with lunch at 11:30. Cost of the luncheon is \$5 for members and \$8 for non-members. Don Bush, assistant administrator for procurement at the National Aeronautics and Space Administration, is to speak on "NASA Procurement Initiatives." Reservations are required; call 830-1792 by May 26.

Engineers society

The Society of American Military Engineers will meet 11:30 a.m. Thursday at the Holiday Inn, Madison Square Mall. Scheduled speaker is Dr. David B. Henson, president of Alabama A&M University. Luncheon cost is \$7. For reservations, call Phyllis McDonald 955-5182.

Vehicle decals

Individuals are reminded that old vehicle registration decals are to be removed from vehicle prior to affixing new vehicle registration decal to windshield, says the Provost Marshal Office.

Test Center picnic

Redstone Technical Test Center will have its annual picnic at 1 p.m. Friday, June 12 at the civilian recreation area. This event is for government employees of RTTC and their families. Cost is \$5 for adults; children under 12 will be admitted free. For more information, call Walter Ruh 876-0147.

Singles group

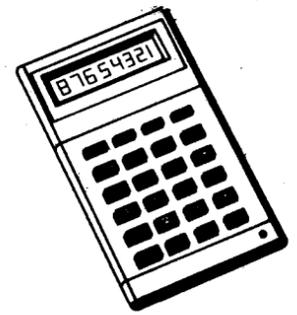
Singles United Tuesday Area Group meets every Tuesday night at 7:30 at the Trinity Methodist Church on Airport Road, in the Epworth Wing. "On May 26 we have Open House. An Evening with Music with Nancy and Friends. All Singles over 21 are invited." For more information, call Elisabeth Gibson 852-3862.

Toastmasters club

Tennessee Valley Toastmasters Club meets the first and third Thursday each month at 6:30 p.m. at Shoneys on the Parkway just south of Drake Avenue "to promote better listening and speaking skills." For more information, call Nell Donlin 876-7104. "You are invited to meet with us at Shoneys."

Recreation Center

The Recreation Center plans the following trips: June 14, White Water Rafting on the Ocoee, \$30 (minimum age 12); June 28, Six Flags, adults \$19.50, age 3-9 \$15.50; July 5 Braves vs. Cubs \$12.50. Trips are open to military and retiree families. Civilians are welcome on a space available basis. For more information call 876-4531.



Budget classes

Army Community Service is offering a series of Basic Budget classes which will cover such topics as banking services, budget development and record keeping, debt liquidation, credit, consumer issues, insurance, and personal financial readiness. Classes will begin June 2 and are open to active duty and retired military personnel and their family members, as well as Department of Army civilians. Classes will begin at noon, and last about 50 minutes. Classes are set for Tuesdays in building 3491, ACS.

Bowling leagues

"Summer bowling fun!" Wednesday Night Bowling Leagues are forming now. For more information, call Redstone Arsenal Bowling Lanes 876-6634.

Computer users

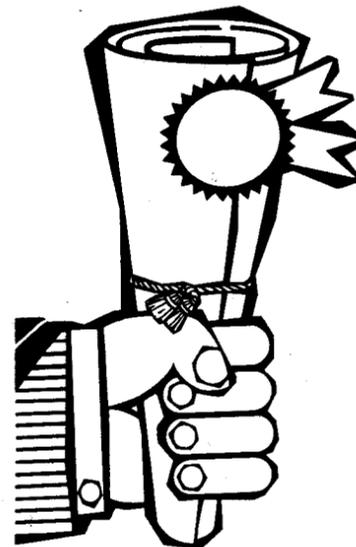
The Huntsville MAC Users Special Interest Group on Desktop Publishing will meet 7 p.m. Wednesday, June 3 at Parisians Community Room, Parkway City Mall. Microsoft Word 5.0 will be the topic for discussion with a demonstration on "How to Format Equations." For more information, call 880-3761.

Boat launch

Boaters are reminded that on June 6, the Recreation Area 2 boat launch will be closed for an organization day activity. This includes both the loading and unloading of boats. Recreation Area 1, however, will remain available for general usage. For more information, call 876-4868.

Reward offered

A \$500 reward is offered for information leading to the arrest and conviction of the person(s) responsible for the damage of U.S. government quarters located at 411 Hughes Drive, Redstone Arsenal. Person(s) unknown gained entry to the unoccupied quarters between December 1991 and April 29, causing \$7,600 worth of damage. Anyone having information concerning this crime should call Special Agent Bennie Williams, Redstone Arsenal Criminal Investigation Division (CID), at 876-2037. This offer expires June 16.



AIAA awards banquet

The Alabama-Mississippi Section of the American Institute of Aeronautics and Astronautics will have its annual awards banquet at 5:30 p.m. Thursday at the Research Park Holiday Inn. For reservations, call John Lassiter 544-3022 during work hours.



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classifieds

Federal law makes it illegal to advertise any preference, limitation or discrimination in housing based on race, color, religion or national origin. The REDSTONE ROCKET will not knowingly accept advertising that is in violation of the law, and readers and advertisers are hereby informed that all dwellings advertised in this paper are available on an equal opportunity basis.

According to the Inspector General, the use of office phone numbers in classified advertising is contrary to regulation. Please submit home numbers only.

FOR SALE: 19' Winner ski boat, 140 hp I/O, new carpet, swim platform, ski's, runs good, \$4000 or best offer. 837-7318.

FOR SALE: 1970 Bowrider Trihull with 70 horse Chrysler engine. 1 adult life vest, 1 child life vest, 2.5 gal. gas cans, 2 fire extinguishers, tool box with tools, engine flush attachment, \$1500. 721-9760.

FOR SALE: 1988 Ford Taurus L. 3.0 liter V-6, air conditioning, power steering, am/fm cassette, cruise control, transferable extended warranty, 44K miles, \$6000. 881-5804.

FOR SALE: 1985 Mustang GT. 5.0 liter V8, 110hp, power steering, air conditioning, am/fm cassette, full front bra, plus performance products. Very clean, well kept car. 99.5K miles. \$4500. 880-9538.

FOR SALE: Nissan factory trailer hitch for Pathfinder, 2000 lb. capacity, 200 lb. tongue wt., 2" ball, \$70. 837-7318.

FOR SALE: 1990 Toyota SR-5 Ext Cab (5 passenger) truck. 3.0 liter V-6, air conditioning, power steering, digital am/fm cassette, cruise, 5 speed, tilt, tinted windows, anti-lock rear brakes, tach, gauges, low mileage, insulated cab level steel matching Gem top with kiss connection, factory warranty, and more. \$10,975. See Roland Cornwell, Bldg. 5400, or call (205) 498-3318.

FOR SALE: Solid oak bar with brass top, hutch style mirror and 3 oak swivel bar stools, \$1850 or best offer; 700 watt microwave oven, only 3 years old, excellent condition, \$75. 882-9845.

FOR SALE: Two step end-tables, \$30 each; Small rustic pub table, \$75. 881-3061.

FOR SALE: 1984 Olds Omega. 2 door, automatic, air conditioning, power steering and brakes, am/fm, power windows, rebuilt motor. Excellent condition. \$2500 or best offer. 882-6876.

FOR SALE: Zenith XT (IBM compatible) computer. Dual 360K floppy drives, 512 Ram, 8088 microprocessor, DOS 3.2 operating system, CGA color monitor, CGA video card, 150 watt power supply, standard 84-key keyboard, excellent condition. \$350 or best offer. 882-7096.

FOR SALE: Three snack and candy vending machines. These machines are presently placed in local businesses and location agreements will be transferred to purchaser. A bargain at \$1200. Contact Ray at 883-4582.

FOR SALE: 1986 Layton 24' travel trailer. Roof air, awning, dual wheels, sleeps 6. Like new, \$6600. 852-6639.

FOR SALE: 1982 Toyota Corolla. 4 door, power steering, automatic, cold air, 110K miles, runs great, body needs some work, \$700 or best offer. 773-0701 after 5:30 p.m.

FOR SALE: Murray 11 hp riding lawn mower, runs and operates great, \$200 or best offer. 773-0701 after 5:30 p.m.

FOR SALE: 1992 Mitsubishi Eclipse GS, fully loaded. Contact Sherman at 533-2577.

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FOR SALE: 1988 Pontiac Grand Prix. Maroon with grey interior, 5-speed, am/fm cassette, tinted windows, power windows and steering, cruise, tilt wheel, power brakes, good tires, 75K miles, \$7000 or best offer. 837-7240.

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Western Auto

<p>GOOD Deluxe All-Season Radial Whitewall 35,000 MILE</p> <p>As Low As... P155/80R13 IN. SIZE 18⁹⁷ Each</p> <p>ALL 13 IN. P165/80R13 P175/80R13 P185/80R13 20⁹⁷ Each</p> <p>ALL 14 IN. P185/75R14 P195/75R14 P205/75R14 P215/75R14 30⁹⁷ Each</p> <p>ALL 15 IN. P205/75R15 P215/75R15 P225/75R15 P235/75R15 35⁹⁷ Each</p> <p>16-8600 series</p>	<p>BETTER Deluxe Classic LX All-Season Radial W/W 45,000 MILE</p> <p>As Low As... P155/80R13 IN. SIZE 23⁹⁷ Each</p> <p>ALL 13 IN. P165/80R13 P175/80R13 P185/80R13 25⁹⁷ Each</p> <p>ALL 14 IN. P185/75R14 P195/75R14 P205/75R14 P215/75R14 35⁹⁷ Each</p> <p>ALL 15 IN. P205/75R15 P215/75R15 P225/75R15 P235/75R15 40⁹⁷ Each</p> <p>16-8800 series</p>	<p>DELUXE American Spirit LXR All-Season Radial W/W 55,000 MILE</p> <p>As Low As... P155/80R13 IN. SIZE 28⁹⁷ Each</p> <p>ALL 13 IN. P165/80R13 P175/80R13 P185/80R13 30⁹⁷ Each</p> <p>ALL 14 IN. P185/75R14 P195/75R14 P205/75R14 P215/75R14 40⁹⁷ Each</p> <p>ALL 15 IN. P205/75R15 P215/75R15 P225/75R15 P235/75R15 45⁹⁷ Each</p> <p>16-9150 series</p>	<p>PREMIUM Ultra 775 Radial All-Season Radial W/W 60,000 MILE</p> <p>As Low As... P155/80R13 IN. SIZE 33⁹⁷ Each</p> <p>ALL 13 IN. P165/80R13 P175/80R13 P185/80R13 35⁹⁷ Each</p> <p>ALL 14 IN. P185/75R14 P195/75R14 P205/75R14 P215/75R14 45⁹⁷ Each</p> <p>ALL 15 IN. P205/75R15 P215/75R15 P225/75R15 P235/75R15 50⁹⁷ Each</p> <p>16-9100 series</p>	<p>OUR BEST Ultra 770 All-Season Radial Whitewall 65,000 MILE</p> <p>As Low As... P185/70SR13 IN. SIZE 41⁹⁷ Each</p> <p>OTHER 13 IN. P195/70SR13 43⁹⁷ Each</p> <p>ALL 14 IN. P185/70SR14 P195/70SR14 P205/70SR14 P215/70SR14 53⁹⁷ Each</p> <p>ALL 15 IN. P215/70SR15 P225/70SR15 P235/70SR15 P215/60SR16/P225/60SR16 63.97</p>
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<p>MICHELIN XAA All-Season Steel Radials 2 Steel Belts</p> <p>P165/80R13 54.21 P185/70R14 73.41 P195/75R14 72.54 P205/70R14 79.68 P205/75R14 77.43 P205/75R15 79.14 P215/75R15 82.49 P225/75R15 85.25 P235/75R15 89.81</p> <p>XZ4 tread 17-4130 series</p>	<p>SENTRY Deluxe Sport All-Season Radial 30,000 MILE</p> <p>As Low As 17⁹⁷</p> <p>155SR12 155SR13 155SR14 175/70SR13 185/70SR13 26⁹⁷</p> <p>175SR14 185/70SR13 185/70SR14 185/70R14 205/70R14 32⁹⁷</p> <p>16-5700 series</p>	<p>SENTRY Ultra Sport Metric All-Season Radial 50,000 MILE</p> <p>As Low As 22⁹⁷</p> <p>155SR12 155SR13 175/70R13 185/70R13 32⁹⁷</p> <p>175SR14 185R14 185/70R14 195/70R14 205/70R14 38⁹⁷</p> <p>16-9700 series</p>	<p>SENTRY Ultra STR Metric All-Season Radial 60,000 MILE</p> <p>As Low As 27⁹⁷</p> <p>155SR12 155SR13 175/70SR13 185/70SR13 37⁹⁷</p> <p>185/70SR14 195/70SR14 195/70SR15 43⁹⁷</p> <p>16-9750 series</p>	<p>SENTRY Performance GT-60 All-Season Radial 40,000 MILE RWL</p> <p>As Low As 48⁹⁷</p> <p>P215/60R14 P235/60R14 P245/60R14 56⁹⁷</p> <p>P235/60R15 P275/60R15 P215/65R15 65⁹⁷ 55.97</p> <p>16-8300 series</p>	<p>SENTRY Performance GTH All-Season Radial 35,000 MILE</p> <p>As Low As 53⁹⁷</p> <p>P185/60R14 P185/60R14 P215/60R14 61⁹⁷</p> <p>P185/60R15 P205/60R15 P215/60R15 70⁹⁷</p> <p>16-9300 series</p>	<p>FALKEN FK06U/KF05G High Performance</p> <p>185/70HR13 61.97 185/70HR14 66.97 185/70HR14 67.97 185/70HR14 69.97 195/80HR14 72.97 195/80HR15 78.97 205/60HR15 77.97 215/60HR15 78.97 225/50VR16 151.99 245/50ZR16 171.99</p> <p>17-8979 series</p>
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<p>SAVE \$20! Buy 4 Tires \$20⁰⁰ and SAVE \$20⁰⁰ Buy 2 Tires and SAVE \$8⁰⁰</p> <p>Offer good with this coupon only. Excludes Deluxe A/S 35,000 and Michelin tires. Coupon good thru June 6, 1992. Company-owned stores only.</p>	<p>MICHELIN XCH4 Light Truck Radial ROWL</p> <p>LT215/75R15C 92.65 LT235/75R15C 99.43 30X9.50R15C 103.87 31X10.50R15C 114.26 LT215/85R16C 112.67 LT235/85R16E 125.64 32X11.50R15C 122.56</p> <p>*Blackwall 18-4610 series</p>	<p>BFGoodrich All Terrain Truck Radial</p> <p>235/75R15 98.99 30X9.50R15.6 97.99 31/10.50R15.6 107.99 31/10.50R16.5 122.99 32/11.50R15.6 116.99 33/12.50R15.6 128.99</p> <p>18-4610 series</p>	<p>AUTOMOTIVE SERVICE</p> <p>Computerized Alignments 24⁹⁹ FRONT 34⁹⁹ THRUST 44⁹⁹ 4 WHEEL</p> <p>THRUST ANGLE FRONT REAR</p> <p>LT. TRUCKS/VANS, PARTS, LABOR & SHIMS EXTRA</p> <p>Monroe Struts & Cartridges Low As 44⁹⁹ Installed As Low As... After Rebate Chrysler Cartridges/Alignment Extra</p>
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0% INTEREST FOR 90 DAYS...APPROVED \$200 WESTERN AUTO CHARGE TIRE PURCHASE. Tread design may vary from illustrated. Limited tire warranties for miles specified. We reserve the right to limit quantities. Tire assortments vary by store, but stores can order any advertised tire for you at these prices. Some tire sizes may be back-ordered from the manufacturer. Tire sizes other than those advertised may be available for special order at additional cost. Credit provided by NationsBank, N.A. Complete details in store.

<p>LIFETIME WARRANTY* MASTERS "ALL-NEW" Water Pump 20⁹⁹ UP TO 69⁹⁹ Units in stock for many U.S., import cars and lt. trucks. 77-6200 series</p>	<p>MODINE LIFETIME WARRANTY* MODINE Radiators... 99⁹⁹ UP TO 259⁹⁹ Original equipment specifications. In-store stock only. 77-3811 series</p>	<p>PIRELLI Auto V-Belts High Quality, Low Price! Standard type belts. Ea. 20% OFF Multi-Rib & Serpentine 4⁹⁹</p>	<p>Auto AC Refrigerant 3²⁹ 12 oz. size. Limit 4 cans. 78-4402-0</p> <p>Air Conditioner Compressor 59⁹⁹ UP TO 289⁹⁹ Available for many cars and light trucks. Many applications in stock.</p>
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NAME BRAND'S AT LOW DISCOUNT PRICES SEVEN DAYS A WEEK!

<p>CHAMPION Spark Plug In-Store94 Rebate.....-25</p> <p>CHAMPION Spark Plug Automotive-type plug. Resistors, now only... Marine/Cycle...10% OFF 69^c Champion Standard Plugs.....59c Net</p>	<p>Spark Plug Wire Set 3-36,000-Mile Warranty</p> <p>CAROL Plug Wire Set 3 year, 36,000 mile warranty. 64-4100 ser. 9⁹⁹ 6 cyl. set.....14.99 8 cyl. set.....17.99</p>	<p>LIFETIME WARRANTY</p> <p>3 Pc. Timing Gear Set Meets O.E. specifications. Applications in stock for many cars. 74-2800 ser. 16⁹⁹</p>	<p>Tough One 65 Battery Our best selling battery. Quality at a low price! Up to 470 CCA's! 65-6526 ser. 37⁸⁸ Exch.</p>	<p>DieHard Battery America's best seller! 60 month warranty. 65-8821 ser. Up to 650 CCA's! 65-8821 ser. 59⁹⁹ Exch.</p>
<p>AC Oil Filters Now... Many U.S. cars and lt. trucks. Limit 2 filters. Don't Forget to Change Your Fuel Filter. 99^c</p>	<p>SPECIAL BUY Whistler 280 Radar Detector Now... Receives X/K band. City and Highway modes. 21-5033-2 49⁹⁷ 480 Detector. 21-5035-7.....59.97</p>	<p>12V Portable Air Compressor 250 PSI. With 18 in. hose. Compact, easy-to-handle. 15-6427-7 9⁹⁷ Compressor/Light/Gauge. 15-6431-9... 15.97</p>	<p>Auto Window Film Kit Tinted window film. Non-reflective film sops glare. 30 in. x 5 ft. Easy to apply. 19-1137.38 4⁹⁷</p>	<p>Replacement Auto Carpet Universal auto carpet. Many assorted colors available. 68-3226-5 7⁷⁷ "Peel-N-Stick" Backing</p>
<p>Valvoline Motor Oil 5W30, 10W30, 10W40, HD30 99^c Limit 12</p>	<p>DUPLI-COLOR 5 oz. Spray Can 73-1001 ser...2.97 DUPLI-COLOR Scratch Fix 1/2 oz. 73-2020 ser. 1⁹⁷</p>	<p>SLICK 50 Engine Oil Treatment Qt. 78-1206-8 19⁸⁸</p>	<p>turtle wax Super Hardshell Car Wax 16 oz. liquid or 14 oz. paste. 2⁷⁷ Ea. 73-7142.62</p>	<p>GUNK GUNK Engine Cleaners 16 oz. 78-6939.44 1³⁷ Each</p>

<p>Western Auto SEARS DISCOVER MasterCard VISA Card</p>	<p>All Stores Will Be Open Memorial Day During Regular Hours</p>	<p>HUNTSVILLE 3200 Memorial Parkway North 851-8600</p>	<p>HUNTSVILLE 10035 Memorial Parkway South 882-3303</p>	<p>HUNTSVILLE 4949 University Drive Northwest 722-0150</p>	<p>DECATUR 2115 Sixth Ave. Southeast 340-1930</p>	<p>Western Auto We reserve the right to limit quantities. Tire assortments vary by store-the stores can order any advertised tire for you at these prices. Some tire sizes may be back-ordered from the manufacturer. Tire sizes other than those advertised may be available for special order at additional cost.</p>
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THE OFFICIAL AUTO PARTS & SERVICE STORE OF... NASCAR