

Quality of life issues

Family Symposium survey seeks views

Page 6

Youth activities

Center offers plenty to do

Page 11

Parent/Principal Night

Meet school principals Aug. 15

Page 13

Redstone Rocket

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August 10, 1994

Sparkman Center complex very close to completion

BY SKIP VAUGHN

How close is the Sparkman Center to completion? Johnny Carson of former *Tonight Show* fame might say, it's "sooo — close..."

It's so close that the folks at Directorate of Public Works predict that the massive office complex will be ready more than a week before the dedication ceremony Aug. 22.

"We're probably at 99-point" percent of completion, quipped Sam Fields, associate director of DPW. "We're probably going to complete the project by the 13th of August, with the exception of some of the exterior work that will remain because of the inclement weather that the contractor has experienced and maybe one or two small areas in the basement of the building.

"We are very confident that the building will be in tip-top shape by Aug. 22nd which is our dedication ceremony," Fields said.

The Army has accepted from the contractor the following buildings within the complex: two three-story structures with a basement, buildings 5302 and 5303; and two three-story structures without basements, buildings 5301 and 5304. Not yet accepted are the main five-story structure, building 5300, and a one-story auditorium/conference center attached to 5304.

Buildings 5301 and 5303 have new furniture installed and the occupants began moving in Aug. 1. The Corporate Information Center is moving into the top floor of 5303 while the Integrated Materiel Management Center is moving into the top floor of 5301. The Weapon Systems Management Directorate will occupy the first and second floors of 5303. In addition to IM-MC workers, the Safety Office will be located at 5301. IMMC will also have people in building 5302 where the Total Quality Management office will be located on the first floor.

"Our order of progression (for moving in) is 5301 and 5303 concurrently, followed by 5302, 5304 and then 5300; with the only exception being moving the Command Group on Sept. 23 to the fifth floor of 5300," said Roger Schwerman, chief of the planning and real-estate branch at DPW. Projected completion for the moves is February 1995 but "our optimistic goal" is by this Christmas, he said. The complex is designed to hold about 2,500 people.

Occupants will include IMMC in 5301 and 5302, Safety Office in 5301, CIC along with Weapon Systems Management Directorate in 5303, TQM office in 5302, and Personnel and Training group in 5304. The following will be in the main building, 5300: on the fifth floor, the Command Group, Protocol, Legal, Resource Management, and the personnel and training director; on the fourth floor, Legal plus Resource Management; on the third floor, Security Assistance Management Directorate; on the second floor, Command Analysis Directorate, Lead AMC Integration Support Organization, and Internal Review & Audit Compliance Office; on the first floor, Intelligence and Security Directorate, Public Affairs Office, the Ombudsman, Equal Employment Opportunity Office, Historical Division, Administrative Services, and the Sparkman Management Office.

The Sparkman Management Office, by the way, is the place that people should call with their questions once these buildings have been turned over to the

(See Sparkman, cont'd on page 10)



ALMOST THERE — The office complex will be dedicated in a ceremony Aug. 22. An open house is scheduled Aug. 27.

Two Redstone Arsenal workers depart for potential deployment to Rwanda

Two Redstone workers departed Huntsville International Airport Aug. 2 for a mission that will probably take them to Rwanda as part of the Army's humanitarian relief effort.

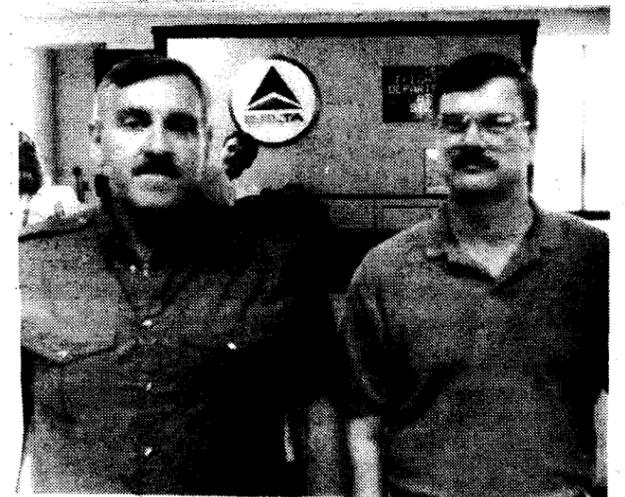
Departing on an evening flight were Bill Rutherford, a logistics management specialist with Logistics Support Activity, and Glenn Whitehead, a logistic assistance representative (LAR) who functions as an equipment specialist with the Integrated Materiel Management Center. They flew to Aberdeen Proving Ground, Md., where they were to be processed for about three days for eventual movement onward when called.

Asked why he volunteered for this assignment, Rutherford said, "I'm an emergency-essential mobile LMS, so I signed a mobility agreement; basically when you sign a mobility agreement, you volunteer."

Whitehead is a LAR with the customer support directorate under Integrated Materiel Management Center. "I'm proud to be chosen to go, I'm looking forward to helping the people," Whitehead said. "A little apprehensive going into the area but I'm excited about it. I'm fully prepared basically for whatever we run into."

Both would become members of the Army Materiel Command's logistics staff element in Rwanda. This element is responsible for movement of war reserve

stocks to the area of operation in Operation Support Hope.



READY FOR FLIGHT — Whitehead, left, and Rutherford pose at Huntsville airport before their departure last week. Their destination was a staging area at Aberdeen Proving Ground for potential movement to Rwanda when called.



Veteran's thanks

Editor:

Mr. James E. Plummer, chief, Support Operations Office, Redstone Arsenal Support Activity, generously approved a request of the Military Order of the Purple Heart George A. Rauh Sr. Chapter 2201 to distribute the Purple Heart Viola at the entrances of the Post Exchange, Commissary, and Class VI store on July 29-30.

On behalf of the many beneficiaries, my fellow members of George A. Rauh Sr. Chapter 2201 thank the respective managers and staff of these post facilities for their cooperation. Most of all, we want to express our appreciation to the members of our military community for their generosity and willingness to help serve the needs of our fellow veterans and their dependents.

F. R. Bisch
Commander,
Military Order of the Purple Heart
George A. Rauh Sr. Chapter 2201

Medical insurance

Editor:

The AMC Family Action Planning Conference this past month concluded that two of the top five most important issues are: 1) inequitable out-of-pocket medical expenses; 2) insufficient Champus allowable payments to providers.

Now I'm not going to get into the current political brouhaha about medical coverage. The facts of the matter are that those using Champus are discovering that their share of the expenses are not only very high, but also more and more frequent as military hospitals cut back even further and refer dependents and retirees to community facilities. Did you know that your Champus coverage also even pays the bill at the military hospital for most of your care now?

What is prompting this letter is that I have become acutely aware of the need for every family to educate itself through an impartial source on the Champus program before they find that they must resort to it. I, honestly, recently got into the business of selling Champus supplemental insurance. (For that reason, I ask that this letter be anonymously published to preclude the implication that I'm seeking business.) But my exposure in the business scares me on behalf of the numerous families who have contacted me for coverage for pre-existing conditions. They waited until

the medical bills were in the many thousands of dollars for a neurosurgeon and hospitals when little Mary fell off her bike and hit her head, or when little Johnny developed a debilitating disease. My own daughter was nearly killed and required extensive surgery at age 10; most kids do have some major medical needs. (How many teen-age boys do you know without a scar on his face?)

Most companies will not cover pre-existing conditions (once seen by a doctor) or have a fairly long period that you must have the insurance before the pre-existing condition is covered. You cannot buy car insurance to cover the wreck that you had this morning; likewise insurance companies are not in business to only pay medical bills for those who are already sick.

Please start shopping around for some sort of Champus supplement. I did not say buy from the first agent who makes it available. Do some research; the *Army Times* ran an article comparing several supplement programs several months ago. It's available at the library. Those were not all the policies available. Educate yourself and evaluate your individual family needs. Discuss the matter with the hospital Champus adviser, your family doctor, and read all the literature you can.

Yes, this letter is long, but I care about the fact that we are losing our benefits and need to do more for our own protection. It's important that we all start taking more responsibility for our families and their welfare rather than sitting around complaining that our benefits are eroding.

Name withheld by request

Customer service

Editor:

Last week my husband and I arrived at the Redstone Arsenal Exchange on a Saturday morning at 8:20. A sale was in progress which, naturally, made the store more crowded than usual. After spending about 30 minutes in the store, I went up to check out. There were only two registers open and one of those was the express lane plainly marked with a sign reading, "10 items or less — cash only." The only other register open had at least 10 or 12 people in line because they were *not* paying cash and chose to display some courtesy and to also indicate they could read!

Since I intended to pay cash I went, with my six

Aerojet wins contract for ground station

The Joint Tactical Ground Station (JTAGS) Product Office has awarded a contract to GenCorp Aerojet Inc., Electronics Division, of Azusa, Calif. for engineering and manufacturing development of the JTAGS system.

The 14-month contract has a value of \$15.6 million and requires Aerojet to deliver two JTAGS units plus provide support during government testing.

The contract has options for production of additional JTAGS units and refurbishment (if needed) of the EMD units. If exercised, these options will extend the contract to a total of 28 months and increase the value to \$35.1 million.

JTAGS is a portable information processing system that can receive and process in-theater, direct down-linked data from Defense Support Program (DSP) sensors and disseminate warning, alerting and cueing information on tactical ballistic missiles and other tactical events of interest throughout the theater using existing communications networks. The Army/Navy joint interest program responds to accuracy and timeliness deficiencies identified during Operation Desert Storm. JTAGS supports all the Theater Missile Defense pillars of attack operations, active defense, passive defense and battle management/command, control, communications, computers and intelligence (BM/C4I). By being located in-theater, JTAGS reduces the possibility of single-point-failure in long-haul communication architectures. JTAGS can be deployed worldwide by C-141 (or larger) aircraft, and operates in hot, basic or cold climates.

Aerojet was also the contractor for the Tactical Surveillance Demonstration and TSD Enhancements technology demonstration programs which started in 1990 and 1992 respectively. TSD demonstrated the capability to use DSP data, originally intended for strategic missions, in a tactical role. TSD was also the first system to use stereo DSP (data from two sensors simultaneously) which significantly improved the accuracy of the data generated by the CONUS-based monocular (one-sensor) system. TSDE improved on the TSD by adding a trinocular (three-sensor) capabili-

ty and developing a transportable prototype. The transportable prototype underwent testing at White Sands Missile Range, N.M., during 1993. This testing demonstrated that the system was ready to start EMD.

The JTAGS Product Office is a direct reporting office to the Program Executive Officer for Missile Defense. (News release from JTAGS Product Office)

items, to the register intended for cash only customers. There were six people in that line. The man who was at the head of the line waited until the cashier had completely finished ringing up his merchandise and then pulled out a checkbook. We all had to wait while he wrote a check in the "Cash Only" line. The cashier never even attempted to inform him or anyone else in that line that they needed to read the sign before entering a line for cash only customers.

Directly in front of me was a woman and her daughter who asked her mother, "Are you paying cash?" Her mother replied, "No, but they'll take other things!" When I and the lady behind me, who was also paying cash, questioned the sanity of the existence of a sign which very obviously means less than nothing, the woman in front simply informed us that "anyone could get as irritated as they pleased" — she had gotten in that line because it was shorter than the other one and that she also intended to pay with a credit card. Her daughter stood right there and listened to her mother admit that she had absolutely no regard or respect for any rule as long as she felt herself important enough to disregard it. Some example for a child, isn't it?

Several things are wrong here: (1) If the PX manager does not intend for the sign to be enforced, take it down! Cash means cash — not checks or credit card. (2) When a sale is scheduled, the management should make sure enough registers are open to take care of the customers. (3) The PX on Redstone is the only one in town. If the management is so concerned they will make the customer mad enough not to come back, they are deluding themselves. Where else are these people going to go to get any better prices on comparable merchandise?

The key to this whole situation is "customer service." Not everyone is rude and ill-mannered enough to blatantly ignore rules meant to provide good customer service for everyone — not just a chosen few. That Exchange is there for all eligible customers, but the ones who decide to abuse the rules because they can get by with it don't deserve the privilege!

Name withheld by request

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.

Weapon qualification planned for hunters

Prior to the 1994-95 hunting season all hunters must attend the annual hunters orientation beginning in September. This requirement ensures that all hunters are aware of laws, regulations and any changes which may have occurred since last season.

The Outdoor Recreation staff and volunteers are currently developing weapons qualifications criteria to ensure the hunter is familiar with his/her weapon and can demonstrate minimum proficiency. "This is not weapons training nor is it intended to exclude anyone from the hunting program," says Bill Moreland, director of Outdoor Recreation. "We simply simply want to ensure the hunter is familiar with the weapon, has checked it since last season, and can demonstrate proper firing. This is only a precautionary measure taken by Outdoor Recreation for the benefit of all hunters."

Requirements for weapons qualifications for deer hunting on Redstone Arsenal are planned for bow and arrow, shotgun and muzzleloaders. To successfully complete qualification with a bow and arrow, the hunter must strike a 9-inch round target two out of three times from a distance of 30 yards. Hunters using a shotgun and muzzleloader must strike an identical target two out of three times from a distance of 40 yards. Unsuccessful attempts will allow the hunter to

(See Hunters, cont'd on page 4)

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Missile Command reports on its internal controls

Every August, the Missile Command assesses how well it has managed funds during the fiscal year.

MICOM and agencies throughout the Department of Defense — in fact, every executive agency — are required to make such an assessment under the Federal Managers' Financial Integrity Act. This is a public law, signed by Congress in 1982, which requires that the head of each executive agency provide feedback to Congress.

On Friday Brig. Gen. James Link, commander of the Missile Command, signed the fiscal 1994 Annual Assurance Statement on the Status of MICOM's Internal Controls. The Missile Command's statement goes to headquarters Army Materiel Command; AMC in turn reports to Secretary of the Army who in turn reports to Department of Defense which ultimately reports to Congress.

MICOM managers completed 69 checklists. "We had eight material weaknesses reported and only two of those remain open," said Homer Reynolds, the internal management control administrator for the command. Some 242 people received training on the internal management control program.

"Internal controls is inherent in all of our jobs, and it's a way of life," Reynolds said.

Those attending the meeting in which Link signed



SIGNING — Looking on as Brig. Gen. Link signs the annual assurance statement are, from left, Readus, Reynolds and Col. Miller.

the assurance statement included Reynolds; Col. Kent Miller, director of Resource Management; and Linda

Readus, acting chief of productivity and management division at Resource Management.

73rd Ordnance Battalion reactivated at Fort Gordon

BY REX MAXWELL

Some things never go away and that is the case with the off-again, on-again activation/deactivation of the 73rd Ordnance Battalion.

The 73rd has enjoyed a long and prestigious lineage which started in 1927 when the unit was first designated as the 13th Motor Transport Command. Its most recent reactivation occurred in June when the 366th Signal Battalion at Fort Gordon, Ga., was discontinued, and the 73rd became a member of the Ordnance Missile and Munitions Center and School community for the second time in its history. The unit's history includes its redesignation as Headquarters and Headquarters Company, 1st Battalion, 37th Quartermaster Regiment in May 1936 from the

13th Motor Transport Command. In June 1940 the unit was redesignated as Headquarters and Headquarters Detachment, 73rd Quartermaster Battalion.

From April 1, 1942 to May 31, 1943, the unit was designated as Headquarters and Headquarters Detachment, 73rd Quartermaster's Medium Maintenance Battalion. After that, the unit was redesignated Headquarters and Headquarters Detachment, 73rd Ordnance Battalion.

With the changing of time, the unit's designation and activation have gone around the world from inactivation in Japan, Dec. 15, 1946; activated again Dec. 15, 1948 in Germany; that same year it was redesignated as Headquarters and Headquarters Company, 73rd Armored Ordnance Maintenance Bat-

alion; then redesignated as the 73rd Ordnance Battalion Feb. 14, 1957. The unit moved back to the United States and was activated at Fort Hood, Texas, March 1, 1957. From there the unit went to Fort Carson, Colo., for inactivation Aug. 25, 1961. After 25 years at Fort Carson, the 73rd Ordnance Battalion was transferred to the Training and Doctrine Command at Redstone Arsenal June 7, 1990. The unit was inactivated at Redstone Arsenal and after four years of being dormant, was reactivated June 29 at Fort Gordon.

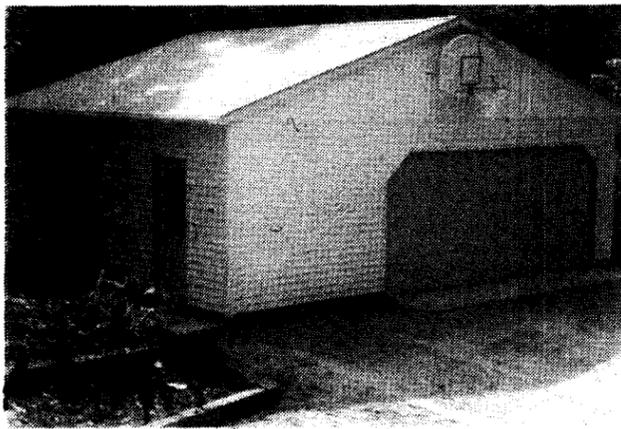
Because of the Army's realignment structure, the 73rd Ordnance Battalion at Fort Gordon falls under the control of OMMCS. "It was reactivated under our control because of the increased training mission that OMMCS has with the transfer of MOS's from the Signal Corps to the Ordnance Corps," said Col. Thomas Hooper, OMMCS commandant. He added that he does not expect any difficulties from having a split command with the 73rd at Fort Gordon and OM-

(See 73rd, cont'd on page 4)

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Excellence team draws from various fields of experience

A Redstone Arsenal "team of excellence" has been formed to assist the ACOE program manager through next May.

The Redstone ACOE team includes Carolyn Collier, program coordinator; Faye Yates, program assistant; and members Debbie Bearden, Spec. Cody Swinford, Maj. Alan Shero, Landa Pennington, Richetta Wilkerson, Yvonne Coleman-McGuire, Ivagene Baxley, Pam Rogers, Jim Bowne and Cynthia McCollum.

Brig. Gen. James Link, commander of the Missile Command and Redstone Arsenal, signed the following open letter on Redstone's Army Communities of Excellence (ACOE) program:

"Redstone Arsenal has a proud tradition in the history of the ACOE program, which is reflected in the numerous awards we have won over the past three years. However, the ACOE program is not just about the money and trophies we receive but rather the process that makes excellence in customer satisfaction a way of life. This program, under the direction and execution of the ACOE Office, promotes a culture of continuous improvements in facilities and service excellence.

"We have established a Team of Excellence to explore the numerous ways of finding the most effective and efficient means to further the cause of excellence in our community. The individuals chosen for this year's competition are from varying fields of experience within the Redstone family. Each member will work with the ACOE program manager through May 31, 1995 in an effort to involve every member of this command in the evaluation process.

"I solicit your continued cooperation as we all pull together to support this effort and strive for the pinnacle of success. Our goal is to improve on an already great community. Redstone Arsenal is truly the best Army installation in the world!

"The dream continues!"



ACOE TEAM — Members of the Redstone ACOE team pose with Brig. Gen. Link. "You have my 100 percent support," Link said.

73rd

(Cont'd from page 3)

MCS here. There are now eight different training locations under OMMCS control.

Hooper, along with OMMCS CSM John Hoffman Jr., uncased the 73rd Ordnance Battalion colors at the activation day ceremony and handed them over to its new commander, Lt. Col. Lloyd Jordan. As the colors were being uncased in a sea of orange Signal colors, "it felt great," Hooper said. "The Ordnance red colors looked great in a sea of orange colors at Fort Gordon."

Hunters

(Cont'd from page 2)

check his equipment and then attempt another qualification.

Qualifications are scheduled beginning in September and will continue throughout the hunting season. The schedule will be posted at Outdoor Recreation and announced in the *Redstone Rocket*.

Outdoor Recreation welcomes all comments in person and in writing concerning the weapons qualification.

For more information, call Moreland 876-4868 or stop by the Outdoor Recreation Center, building 5132.

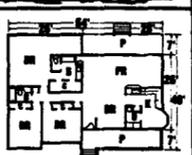
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24 Hr. Recorded Information

Explosive cargo transported slowly for good reason

Editor's note: The following article, in a question-and-answer format, was provided by Kathleen Sawyers, a quality assurance specialist in ammunition surveillance (QASAS).

"Dear QASAS:

"Too many times I have been delayed either on my way to work or en route from one area to another on the Arsenal. Something just has to be done about those guys moving stuff from one area to another. Can you believe that they were only going 5 mph! Usually I can swerve in and out and get down the road, but last time I really got held up!"

Dear Get-Me-to-the-Job-on-Time:

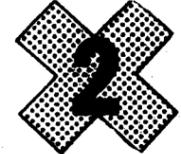
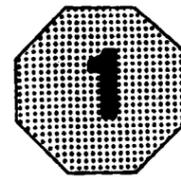
You probably encountered an intra-Arsenal movement of explosives. Most large items are moved during non-duty hours, but sometimes this is unavoidable due to special testing requirements — pre-environmental conditioning for example. An item such as a large rocket motor castor, besides its bulk and weight of up to 39,000 pounds each, has more than the obvious handling/transport problems. The extremely fragile skin of the rocket motor castor limits the number of straps that can be used to secure the load during transport. As few as two or three straps are used to

secure the massive weight as it goes up the road at an understandable 5 mph. Any sudden defensive moves by the load driver, at the least, could result in the castor breaking loose, rolling off the flatbed, and crushing anything in its path. A much more serious situation could occur, if during an accident, the item is struck, let's say from behind, by an unauthorized vehicle "cutting in line" and then following too close. By the way, a 50-foot clearance must be maintained behind any explosive loaded vehicle. The next time you are tempted to do some "four wheeled acrobatics" consider this: Should an explosion occur, given that the net explosive weight of a castor can be over 35,000 pounds, a catastrophe in loss of lives and property could be equal to or exceed that of the horrible tornado that ripped up Airport Road in Huntsville five years ago.

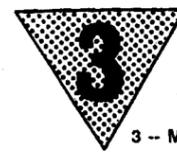
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These placards can also be found displayed on the outside of some buildings you may visit daily. Look for more information in an upcoming QASAS article.

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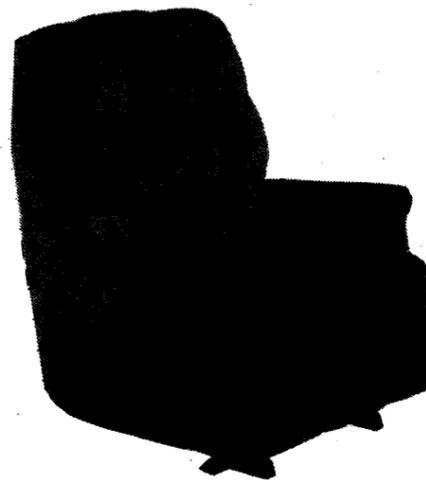
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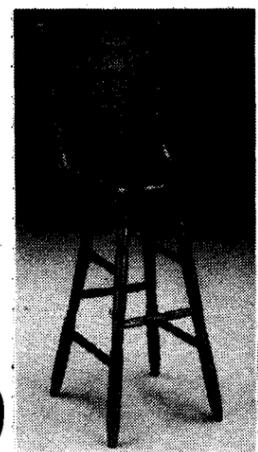
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Quality of life issues wanted for Family Symposium

A quality of life programs survey is under way in preparation for the next Redstone Arsenal Family Symposium, Nov. 15-16 at Bicentennial Chapel.

This survey is designed to determine what quality of life programs and services at Redstone are most important to you, and how satisfied you are with these programs. This is a chance to have input in concerns affecting you and your family. The data collected will be used for discussion at the family symposium. (Feel free to make positive comments as well.)

If you are a member of the Redstone Arsenal com-

munity — civilian, military, retiree or family member — please complete the following survey. Begin by answering the six demographic questions and then proceed to address the main survey questions.

Demographic questions

1. What is your grade/status?
 - a. E1-E4
 - b. E5-E9
 - c. WO1-MW5
 - d. O1-O8
 - e. Active duty family member/spouse
 - f. Military retiree
 - g. Retiree spouse
 - h. DoD civilian or spouse
 - i. Youth
2. How long have you been at this post?
 - a. Less than six months
 - b. At least six months, less than two years
 - c. At least two years, less than six years
 - d. Six years or more
3. How many family members do you have for whom you provide over half of their support (not counting yourself)?
 - a. None
 - b. One
 - c. Two
 - d. Three
 - e. Four or more
4. What is your marital status?
 - a. Single, never married
 - b. Married
 - c. Legally separated
 - d. Divorced, not remarried
 - e. Widow or widower, not remarried

5. Where do you live?
 - a. On post in housing for unaccompanied personnel (BOQ, BEQ, Barracks)
 - b. On post in government family housing
 - c. Off post
6. Are you a single parent?
 - a. Yes
 - b. No

Main survey questionnaire

Your opinions and concerns are sought in the following areas: morale, welfare and recreational services; pay, allowances, entitlements; medical and dental services; housing; education; transportation; retiree, reservist and civilian support; relocation; child care; commissary; Army and Air Force Exchange Service (AAFES); etc.

(Additional comments can be attached on a separate sheet.)

1. What at Redstone Arsenal needs improvement? (Please be specific and give brief examples, if necessary, to fully explain the problem.)

2. Recommended solutions? (If no solutions can be stated, the issue may not be addressed.)

3. If you would like to participate as a symposium delegate, call Sue Paddock 876-9675.

Return the completed survey to: Commander, MICOM, Attn: AMSMI-RA-CF-FS-AC (Annette Butler), building 3491, Redstone Arsenal, Ala., 35898-5355 or take it to Army Community Service, building 3491, by Sept. 15.

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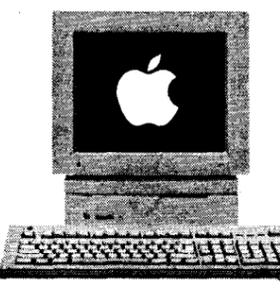
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Office Macintosh: Intro
Aug 17, Oct 7, Oct 14

Office Macintosh: Adv
Aug 10, Aug 24, Sep 14, Sep 28, Oct 21, Oct 28

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Aug 18 & Aug 25, Sep 22 & Sep 29, Oct 4 & 11

Microsoft Word: Lev 1
Sep 1, Oct 12

Microsoft Word: Lev 2
Aug 11, Sep 8, Oct 19

Microsoft Word: Lev 3
Aug 31, Sep 15, Oct 26

MacDraw Pro: Lev 1
Aug 16, Sep 9, Oct 20

MacDraw Pro: Lev 2
Aug 23, Sep 16, Oct 27

Microsoft Excel: Worksheets
Sep 6, Oct 18

Microsoft Excel: Database & Graphics
Aug 9, Sep 13, Oct 25

Microsoft PowerPoint 3.0
Aug 29, Sep 26, Oct 3

Aldus FreeHand:
Aug 30, Sep 20, Sep 27, Oct 5

FileMaker Pro 2.1: Lev 1
Aug 8, Sep 5, Oct 17

FileMaker Pro 2.1: Lev 2
Aug 15, Sep 12, Oct 24

Claris Works: Intro (1/2 Day)
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Set a healthier table by reading nutrition label

Editor's note: Goodman is a nurse educator at Fox Army Community Hospital.

BY SUSAN GOODMAN

As you walk down the aisles of your local supermarket trying to decide what to buy, do you read the nutrition and ingredient information of the food labels to help make your decisions? In the past, understanding the label information was not always easy. Before the new food labels appeared, 40 percent of all packaged foods provided no nutrition information. You bought an item and hoped for the best benefit. Well, it is now a new world at the grocery store. The U.S. Food and Drug Administration (FDA) has set new rules for food labels and they are in effect.

Most food packages in the supermarkets must now have a nutrition label and an ingredient list. If you haven't seen the new labels, or do not fully understand them, take the time to learn what is included in the label. If you understand one label, you understand them all. And this will help you in making wise food choices.

Let's look closer at the features of the new labels:

Always start by checking the serving size first. Serving size is now determined by the FDA for 139 product categories and no longer left up to the manufacturer. Serving size will now be closer to the amounts one actually eats.

The Percent Daily Values tells you how much of a day's worth of total fat, saturated fat, sodium, cholesterol, etc., you are consuming. These values are based on a 2,000-calorie-a-day diet. Remember that if you do eat more than the serving size, you need to adjust the figures accordingly.

While the grams of fat are recorded, unfortunately the percentage of calories from fat still is not listed. And dietary experts have been telling us to keep this under 30 percent. Several options are available to compute this figure:

- Divide the calories from fat by the total calories. For example, 50 divided by 170 equals 29 percent of the calories from fat.
- Or, multiply the fat grams by 30. If the number is smaller than the total calories, your food is less than 30 percent fat.
- For those in a hurry, as a quick rule of thumb, if the daily value of fat is 5 percent or less, the food is low in fat.
- If you are eating more or less than the listed serving size, multiply the fat grams times nine, then divide by the total calories.

Other listings include saturated fat, which is broken out because of its link to heart disease. Look for low numbers under Daily Value for saturated fat,

cholesterol and sodium. Look for high numbers under dietary fiber. No daily limit is recommended by the FDA for sugars or protein. Sugars are calories without nutrients, so limit their consumption. Most Americans get more protein than they need. Finally, a manufacturer must list Vitamins A and C, calcium and iron. Other vitamins and minerals may be listed on a voluntary basis.

Besides the nutrition information rules, guidelines have also been set for certain claims and adjectives that appear on the package. Terms such as "light" or "low fat" can no longer be defined by the manufacturer. Standards set by the FDA are as follows:

• **Light:** Means a food has one-third less calories or one-half the fat of its regular counterpart, but "light" may still be used to refer to taste, texture, or color.

- **Low fat:** Three grams or less of fat per serving (used with individual servings, not entrees).
- **Lean:** Less than 10 grams of fat, four grams saturated and 95 milligrams of cholesterol per serving.
- **Fat free:** Less than 0.5 grams of fat per serving.
- **Reduced:** 25 percent less than a regular product, or 25 percent less calories.

Even though the definitions of the terms have been tightened, loopholes for the manufacturer and resulting confusion for the consumer still exist. So, read the Nutrition Facts section of the label.

You can eat to improve your chances for a long and healthy life. And by making the right food choices, you can reduce your risk of developing cardiovascular disease, cancer, and obesity. By reading nutrition labels, you can set a healthier table.

Dr. Catherine Yack **PODIATRIST**

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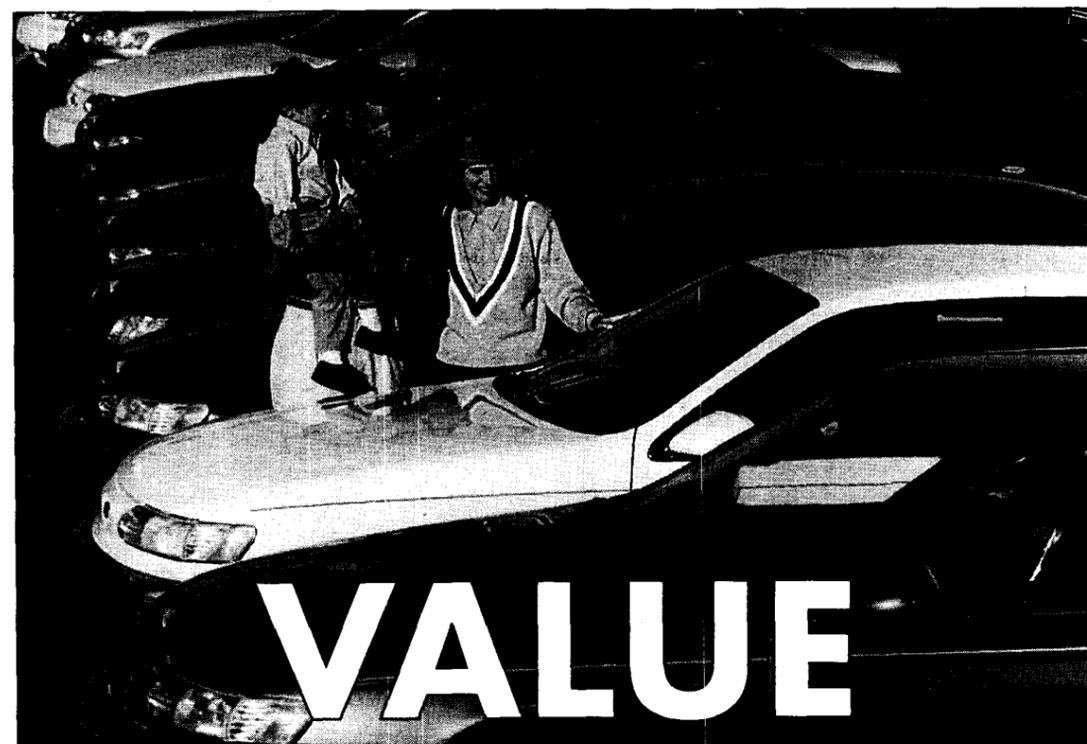
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Amount Per Serving		
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Cholesterol 0mg		0%
Sodium 500mg		21%
Total Carbohydrate 28g		9%
Dietary Fiber <1g		9%
Sugars 1g		
Other Carbohydrate 24g		
Protein 3g		
Calcium		6%
Iron		6%
Thiamin		15%
Riboflavin		6%
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<small>Not a significant source of vitamin A and vitamin C.</small>		
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>		
	<small>Calories: 2,000</small>	<small>2,500</small>
Total Fat	<small>Less than 65g</small>	<small>80g</small>
Saturated Fat	<small>Less than 25g</small>	<small>30g</small>
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<small>Calories per gram:</small>		
<small>Fat 9 • Carbohydrate 4 • Protein 4</small>		

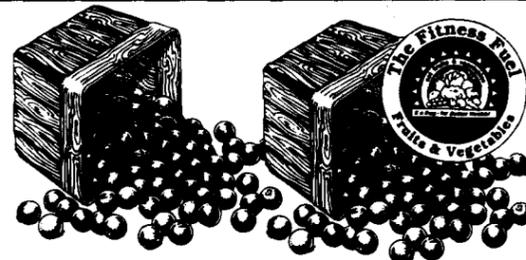
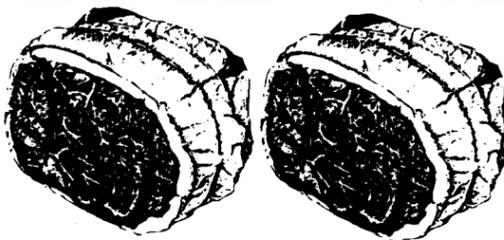
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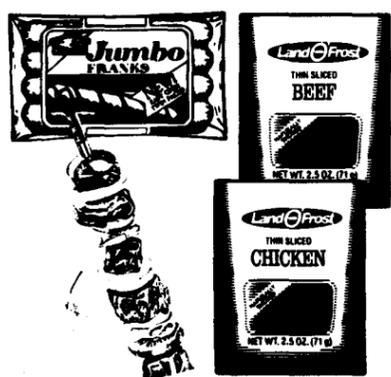
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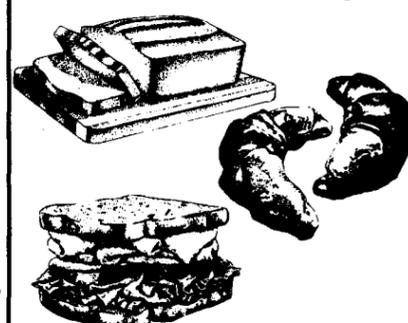
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Resource management director sees value of automation

BY SANDA MARTEL

The Missile Command's comptroller knows that the biggest challenge of his new assignment will be to continue supporting MICOM customers with fewer resources.

Col. Kent Miller Jr. began his assignment as director of the Resource Management Directorate in early July. He comes from a four-year Pentagon assignment as program budget officer at the Office of the Assistant Secretary of the Army for Financial Management.

As manager for central supply, transportation and depot funding, he had extensive dealings with Army Materiel Command and other major subordinate commands. For the past two years, he was involved with defense operations funds and dealt primarily with AMC. His current assignment is the first direct involvement he's had with Missile Command, he said.

"I've found everyone here to be friendly, cooperative and very professional. All that has really made a good impression on me," Miller said.

Miller believes that automation in the financial management area is an answer to operating with reduced resources in the future.

"I see automation as a critical area. In order for MICOM to continue to deliver world class customer service, it's important to be able to transmit good information; to transmit correct information is critical," Miller said.

There are several automation enhancements being planned in the near future, he said. For instance, Automated Resource Management Systems (ARMS) is expected to be on line in early fiscal 1995. ARMS can be used by managers to do their own financial planning.

"SOMARDS (the accounting system now used) is an old system that was designed for accountants, not for managers. It's complex and complicated."

ARMS builds a friendly interface between a manager who needs to do financial planning and the cumbersome SOMARDS system.

"People will be empowered to use this system. And automation enhancements like this become even more important when we look at future downsizing in the Army, less resources available making it necessary to get costs more visible. Managers will be able to get reports on screen and see exactly how much their costs are," Miller said.

Miller said he looks forward to leading the 113-member Resource Management Directorate and stresses the importance of people as part of his management philosophy.

"People are the No. 1 resource we have. If we take care of them and give them the authority to do their jobs they will find new and innovative ways to do business.

"If we give our people certain tools to accomplish their jobs everything else will follow," he said.

Miller is a native of White Bear Lake, Minn. He attended the University of Minnesota, was a member of ROTC and graduated in 1971 with a bachelor's of



MILLER

science in business administration. He was commissioned a second lieutenant of Infantry in the Army.

Assignments have included two tours of duty in Germany and several stateside assignments. He was infantry platoon leader for the 1st Infantry Division; Battalion S-4 logistics officer, assistant professor of military science at the University of Minnesota; assistant G-4 logistics officer for the 7th Light Infantry Division; and commander of Fort Dix (N.J.) Training Command. Comptroller assignments include financial management officer for 1st Infantry Division (Forward), financial management officer of 7th Light Infantry Division and chief of Program Resource Management Division for V Corps, Frankfurt, Germany.

Miller holds a masters of business administration from the University of Minnesota. Military schooling includes the Army War College, Military Comptrollership Course, Command and General Staff College, Infantry Officer's Basic and Advanced Courses. Miller is also a graduate of the Airborne School and a U.S. Army Ranger.

Miller's wife, Rory, is a lieutenant colonel Army nurse assigned to Fort Meade, Md. She will be retiring early next year and will be joining her husband here. They have two sons, Kent III, 21, and Jason, 18.

In his spare time, Miller enjoys boating and motorcycling. He lives in Madison.

Sparkman

(Cont'd from page 1)

building manager, Carol Meekins. She can be reached at 876-2029. "In other words, the people have a one-stop shop" for coordination issues, Fields said.

Limited cafeteria operation is planned to begin Sept. 1. Full operation of the cafeteria is to start about Oct. 1 when there should be a thousand occupants of the complex. The one-story cafeteria is attached to 5302.

For banking facilities, work is scheduled to start today (Aug. 10) to install automated teller machines; and they should be on-line and operating by Sept. 1.

The John J. Sparkman Center for Missile Excellence, named after the late senator credited with bringing the Army to Redstone Arsenal, is a \$58.4 million project which represents 686,000 square feet. A dedication ceremony, for invited guests, is scheduled 10 a.m. Aug. 22 in the auditorium attached to 5304. An open house for the entire Missile Command community — including current and retired workers and their families — will be held Saturday, Aug. 27 from 10 a.m. to 3 p.m.

Joe Davis, chief of the programming and construction branch at DPW, has the following advice for prospective occupants: There are still buildings under construction so, for safety's sake, stay out of ongoing construction areas. He added that parking lots are being completed and their patience would be appreciated in moving their cars when necessary. Work has begun on widening Patton Road; two lanes should be open at all times but drivers must be alert as to which two lanes are open. On Burose Road, the south entrances will remain blocked until the traffic lights are up and operating which may be by next week.

"Especially from the three of us," Fields said, referring to himself, Schwerman and Davis, "we want to once again thank all the other DPW staff and other MICOM staffs and Management Engineering Activity staff, that's participated in working on this project; and especially Mobile District Corps of Engineers and their area office, as well as (contractor) Centex-Rooney and all of their subs. We feel it's been a great partnering experience, and the result of that has been a very quality facility in a very timely manner and not a whole lot of headaches."

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Editor's note: Jenness is a marketing assistant at Directorate of Community and Family Activities.

BY MICHELLE JENNESS

"I'm bored," "There's nothing to do." I'm sure every parent has heard these words a time or two. The Youth Center is the answer to our military children's boredom.

The Youth Center was established to provide activities, programs and services that promote social, personal, educational, and recreational skills for military family members, ages 6-18. A membership fee of \$7.50 per dependent is due June 1 each year.

The center is located in building 3148, set back from Goss Road. Fall hours (during school) of operation are 3-6 p.m. Monday through Friday for preteens (6-12 years) and 6-9 p.m. Monday through Friday for teens (13-18 years). On Saturdays the center is open for preteens from 2-6 p.m. and for teens, 6-10 p.m. The center is closed Sundays and holidays. However, camps are available during major holiday breaks, i.e. Christmas break, spring break and summer.

Features of the center include a full gymnasium (with a stage), a game room, sound modules, a meeting room, snack bar with a fireplace, a kitchen, an oversized patio, a piano room, an instrument/band room, a computer/stereo room, and a fitness room. One of the most convenient features for the handicapped is the wheelchair lift located in the gymnasium.

Seasonal sports are just some of the activities offered. Soccer season is under way, beginning this month and lasting through the end of October. Basketball season begins in November. There is a \$10 fee per sport played, with uniforms provided by the Youth Center.

The monthly dances are a big hit with the kids. Separate nights are established for the teens and preteens. Preteen dances are on Friday nights and teen dances are on Saturday nights. There is a \$2 admission fee for members while guests pay \$3.

Previous activities offered include gymnastics, ballet, jazz and tap, karate, tennis clinics, Scouting, and clubs/councils.

A youth council was established to give the youth an



COLORING CONTEST — Some youngsters ages 6-9 compete in a coloring contest during summer camp at the Youth Center.

opportunity to speak out and make decisions regarding youth programs. This council is made up of youth and adults to include the Redstone Arsenal Support Activity command sergeant major, the director of Community and Family Activities, the chief of Family Support Division, etc. Monthly meetings are held at the center.

Another program is the Teen Discovery. Teens, ages 13-18, meet once a month to discuss community in-

itiatives. They plan several activities and conduct fund-raisers for trips that they vote to go on. The youth involved in the Teen Discovery program also volunteer much of their time, such as helping in the Youth Center, National Night Out Against Crime, etc.

The Youth Center is a super place for our youth to socialize, learn and grow. It is a safe and fun alternative to those boring day blues. For more information, call the center at 876-KIDS.

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Quest for women's equality continues nationwide

BY KENNETH McCOOEY

With women taking a giant step forward for equal rights with being allowed to serve in combat units, they have yet scored another goal for equal rights in the armed services. This achievement coincides with this year's observance of the 74th anniversary of the passing of the 19th Amendment, which gave women the right to vote, and the observance of Women's Equality Day Aug. 26.

How the day is observed varies from one military installation to another. Redstone Arsenal will observe Women's Equality Day with a luncheon at the Officers Club Aug. 26. "All Army installations are having different observances for Women's Equality Day," said Bonnie Kilgore, Federal Women's Program manager for the Missile Command's Equal Employment Opportunity Office.

Even though women have made much progress for equal rights since the addition of the 19th Amendment to the Constitution in 1920, there are still many obstacles to overcome. Even though women are now allowed in some combat units, front line units like infantry and armor are still not open to them.

"I believe it's going to be another fight before women are allowed to participate fully in combat units," Kilgore said. "It won't happen in the next year or so. There will be another line drawn. My personal opinion is that women who want to serve in combat units should be allowed to do so. If we entered into a conflict and someone's life was on the line, there would be no concern over gender from the person whose life was being saved."

Not only are women fighting for equality in the armed services, they fight for it in the civilian workplace as well. While opportunities are open to them that were once thought of as for men only, their progress is still hindered by this traditional thinking.

"It (women's rights) has changed a great deal," Kilgore said. "Now we have women excelling in positions that at one point were strictly for men; engineers, police persons, etc."

"I can see the difference in women's equality," she said. "When I came to Redstone in 1972 the preponderance of women were in the lower realm of the grade structure, primarily secretarial and clerical work. Now you are seeing women move throughout



WOMEN'S ADVOCATE — Kilgore displays a poster for the observance of Women's Equality Day, Aug. 26.

the grade and management structure. In 1988 women held only 13.8 percent of supervisory/management type positions here at Redstone and today that number is up to 17.9 percent. That's significant when you consider we're downsizing.

"But we're still looking at the glass ceiling, upper management positions," Kilgore said. "It seems a woman gets to a point where she cannot advance any further because those positions have been traditionally reserved for men."

While finally getting the recognition they have long deserved, women have obstacles to overcome if they want to reach true equality. By continued perseverance, they may finally achieve this goal.

"You now have managers and supervisors who are more sensitive to the fact that women can contribute more than just domestically," Kilgore said. "But I don't believe I'll see true equality in my lifetime. But I believe we have a number of young women and men who will push that to the limit."

Women's Equality Day speaker a former SSDC worker

BY GERDA SHERRILL

Earla Lockhart, staff minister at Huntsville's First Missionary Baptist Church and former public affairs specialist at the Space and Strategic Defense Command, is scheduled speaker for the annual Women's Equality Day luncheon Friday, Aug. 26 at 11:30 a.m. at the Officers Club.



LOCKHART

The Rev. Lockhart is a native of Huntsville who graduated from Council High School, studied at University of Alabama in Huntsville, earned an associate of science degree in mortuary science at Kentucky School of Mortuary Science, and completed her bachelor's degree at Athens State College.

She has been active in church, civic, and community affairs throughout the years, had been a lay speaker in various settings for more than 30 years, and was ordained in February 1993 by Pine Grove Baptist Church.

After nearly 14 years of government employment as a public affairs specialist at the Tennessee Valley Authority and SSDC, Lockhart joined the ministerial staff at First Missionary Baptist Church. There she assists the pastor, Dr. Julius Scruggs, in the total administration of the ministries of the approximately 1,800-member church. She also oversees the church's Child Development Center and Academy.

Lockhart is often called upon to preach and teach in other churches throughout north Alabama. She is a member and associate minister at Pine Grove Missionary Baptist Church in Harvest.

She also maintains her longstanding association with Nelms Memorial Funeral Home as a licensed funeral director and embalmer. In addition she serves

on the board of directors for Care Assurance System for the Aging (CASA) and the Athens State College Alumni Association.

Women's Equality Day commemorates the passage of the 19th Amendment to the U.S. Constitution, which guaranteed women the right to vote and an equal voice in America's system of self-government. Passed by Congress in June 1919, the 19th Amendment was declared part of the Constitution on Aug. 26, 1920. A bill sponsored by Congresswoman Bella Abzug to designate Aug. 26 of each year as Women's Equality Day became law in August 1974.

The luncheon is sponsored by the Federal Women's Program managers of the following local agencies: Office of Personnel Management, Corps of Engineers Huntsville Division (HND), Redstone Arsenal (MICOM), and SSDC. Luncheon tickets cost \$7.50 per person and may be purchased from the following individuals until 5 p.m. Aug. 24: HND, Barbara Glenn 955-5760; MICOM, Bonnie Kilgore 876-3436; and Mary Peoples 955-4275.

PX shows thanks with big sale

Redstone Arsenal Post Exchange customers should mark their calendar for Aug. 12-18 to shop for savings during the Customer Appreciation Days sale.

"This is the largest sale of the year with savings up to 75 percent of final clearance prices on seasonal clothing," said Ken Klein, PX general manager. Similar savings include 50 percent off swimsuits for men, women and children; up to 40 percent off fine and fashion jewelry; 50 percent off selected cosmetics and fragrances; up to 50 percent off selected toys, and more.

This is AAFES's way of saying thanks to its customers by offering big savings on everyday merchandise. "Customers should shop early for the best selection. We have marked down this merchandise significantly in most departments throughout the store and the customer savings are high," Klein said.

Exchange hours for this Customer Appreciation Days sale at the Main Store are 8 a.m. to 10 p.m. Monday through Saturday, and 10 a.m. to 6 p.m. Sunday. All other facilities will be operating with regular hours.

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Redstone parents can meet school principals Aug. 15

BY SKIP VAUGHN

Redstone parents can meet the principals of their children's schools at an annual event Monday night, Aug. 15 sponsored by the Army Community Service (ACS) Education Committee.

The fifth annual Parent/Principal Night will be held 5-8 p.m. Monday at Bicentennial Chapel. Redstone parents with children attending Huntsville public schools are invited to attend.

"It's to give the new parents an opportunity to meet the prime educator of their children, that's the principal of their school. And it's to allow the parents who have been here for a while a chance to resolve any problems. The bottom line is to facilitate communication between parents and the schools," said Maj. David Veech, chairman of the ACS Education Committee.

This is also an opportunity for educators to learn the needs of the military community, said Dr. Bill Resha, chief of ACS. "I see this as a very positive interaction," Resha said. "Questions can be asked, answers can be given and a dialogue can be held."

Attendees will include principals of the three core schools serving Redstone: Lee McAllister of Williams Elementary, Shirley Hughes of Westlawn Middle School, and Tom Drake of Butler High. Also scheduled to attend are Ollye Conley, principal of the Academy for Science and Foreign Languages; Debbie Ferguson, special education department manager for Huntsville city schools; and Don Olsen, transportation officer for Redstone. Parents will have an opportunity to register their children for school bus transportation. Dr. Ron Saunders, superintendent of Huntsville city schools, is to give an overview of the city school system. In addition Huntsville Police Sgt. Andy Jackson, of the police department's Gang Task Force, is to give a briefing on gang activity.

More than 1,000 Redstone youngsters are expected to attend Huntsville schools when the school year opens Aug. 17.

The budget is a major issue facing the city school system, according to Veech. The schools here stand to lose money in a proposed redistribution of state funds.

Other issues include discipline and the transferring of grades. When a child transfers from another school



AT ACS — From left are Dempsey, Resha and Veech. They look forward to Parent/Principal Night which will be held at Bicentennial Chapel.

system, his or her grade point average might not be on the same scale here. "Sometimes a kid might come in here with an A average, but it might be a low A. This system might interpret that as a B-plus. There's no universal grading system," Resha said. "To me the budget, discipline and the grading system are things that come up every time that we talk (with concerned parents)."

The ACS Education Committee meets the third Wednesday of each month during the school year at 5 p.m. at Army Community Service, building 3491. All Redstone parents are welcome to attend.

"The Education Committee is one way for parents to come together and discuss major concerns, problems, that they have," said Virginia Dempsey, family services coordinator at ACS, "and through the Education Committee, work with principals (and other officials) of the school to get those issues resolved."

"We always encourage parents to deal on a one-to-one basis with the school whenever possible," Resha added.

Resha encourages parents to attend the Parent/

Principal Night "to show their interest in their children's education, to meet the principals of their children and to get answers to any questions they might have." About 110 parents attended last year's event.

For more information and to register for free child care, call 876-5397/2859.

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(Starts Sept. 7th -- Meets Twice A Week - also meets Wednesday)				
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(Meets Twice A Week - also meets Wednesday)				
TUESDAY NIGHT				
HORTICULTURE	45	\$75.00	5-8	15
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Book of original poetry focuses on 'inner reflections'

BY SKIP VAUGHN

An Army worker has published a poetry book which she sees as a reflection of her life so far.

Diane Caldwell, a secretary in the acquisition management branch at Army TACMS-Bat Project Office, wrote "There is a Power — Inner Reflections," a book of poetry which will be on sale Saturday in the Post Exchange mall. Her 17-year-old daughter, Tiffinie, did the illustrations.

"It's really a collection of different poems. But I guess the main point I was trying to get across was that we have power to influence people around us, and it would be my desire that (this power) would be used in a good way," Caldwell said. The 50-page book includes poems she has written through the years, even one dating back to when she was in high school. She used to write poems for the literary magazine at school.

Caldwell, the wife of a soldier, had a poem published by the National Library of Poetry in each of the last three years. Based in Owings Mills, Md., the National Library of Poetry annually publishes a book of original poems. Caldwell received the Editor's Choice Award in 1993 and 1994 because her poem each of those years was recognized as one of the top 3 percent submitted.

She wrote her own book of poetry out of inspiration, she said. During lunch she would go to Vincent Park and write poetry as a way of relieving stress. "I guess also I wanted something to pass down to my children, of importance," she said. Caldwell published the book herself but had Crawford Printing Company print 300 copies.

She asked her daughter, a senior at Buckhorn High School, to do the illustrations. Tiffinie is a cheerleader and honor roll student who has been working this summer as a videographer at Auvid Productions International of Huntsville. "It was a pleasure," Tiffinie said, when asked about illustrating the book. "My mom asked me to, and I didn't mind since I'm OK at it."

Tiffinie, who did the illustrations when she was 16, plans to apply for college scholarships. She said she might want to pursue a commercial art career.

Caldwell, 40, is a Salem, Va., native who has resided in Huntsville for three years. She has been working at Army Tactical Missile System project office, which has combined with Bat project, for more than two years. She and her husband, CWO 4 James Caldwell Jr., have two children: Tiffinie and Nathan, 6, a first grader at Riverton Elementary. CWO 4 Caldwell is a materiel fielding officer at the Integrated Materiel Management Center; he is a former Pershing warrant



JOINT EFFORT — Caldwell wrote a book of poetry which her daughter illustrated. She will be autographing and selling copies of her book Saturday in the PX mall.

officer who arrived from Germany and has also been stationed in Oklahoma.

"I may write some more. I may write another book as I become inspired. Right now I'm not doing too much (writing), I'm doing something else with my lunchtime. I go swimming at lunch right now, it's nice and warm outside," Caldwell said.

Her favorite poem in the book is "Memories of a Soldier's Wife" which she wrote about her husband. They will celebrate their 21st wedding anniversary Aug. 14. "We got married while he was fresh out of boot camp," Caldwell said.

Memories of a Soldier's Wife, dedicated to her husband, reads as follows:

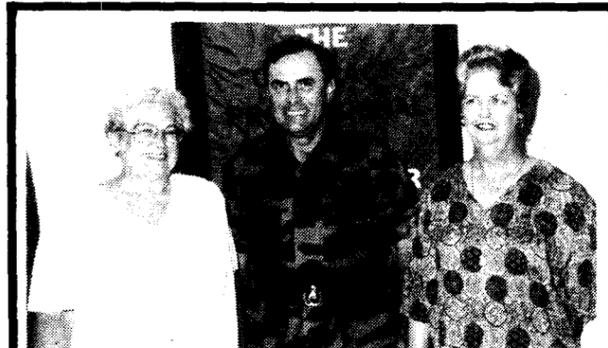
"I remember Mom and Dad and the clear mountain creeks and the green grass of Virginia. I remember when blackberries were yours for the picking. I remember the Vietnam War. I remember 'The Battle Hymn of the Republic' and our baby's first cry. I remember saying goodbye to my friends and 2,000 miles that lead to my hometown. I remember the black skies of Oklahoma and the white sands of New Mexico. I remember the Washington Monument, the Statue of Liberty and the graves of our war dead. I remember the American flag waving at half mast and I

remember you stood at attention. I remember the sandy beaches of Florida and the rolling tide. I remember the day you left and the day you returned. I remember the Alps of Germany and the sound of cow bells on a clear crisp morning.

"I remember you because I have 'seen' you, all of you. I know what you represent.

"I remember the world because I married you, and where you served, I have followed. I was your shadow, your strength.

"I remember you soldier. But proudly."



TOP CONTRACT PROFESSIONALS — Shirley Jackson, left, and Peggy Wheeler are winners of the Contract Professional of the Quarter Award for the third quarter of fiscal 1994. Jackson and Wheeler represent an RDEC Procurement and Requiring Element team. They were recognized for working together to award 118 delivery orders in 31 percent less time than average with an otherwise heavy workload. As they worked on this project, they identified and improved processes; their initiative was credited with producing an increased efficiency in the procurement process. Making the award presentation is Brig. Gen. James Link, commander of the Missile Command and Redstone Arsenal.



TOW BRIEFING — Cadets with the West Virginia Civil Air Patrol get a demonstration on the operation of a TOW missile launcher from SSgt. Sharon Booker. The cadets were here for a one-week encampment June 8 to 15.

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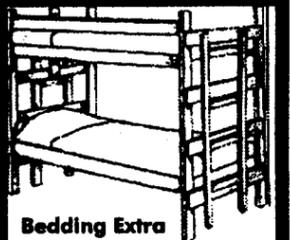
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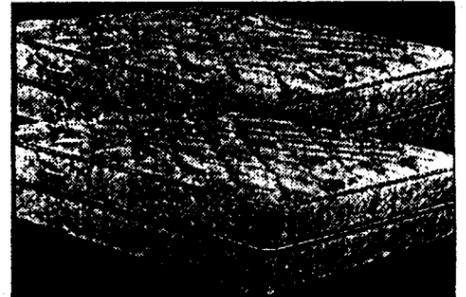
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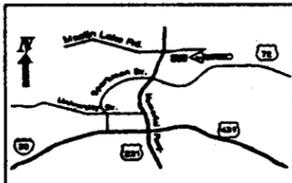


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Announcements

Physical exams

School-age physical examinations for fall sports will be conducted on Friday, Aug. 19, from 3:30-7:30 p.m. in the Family Practice Clinic at Fox Army Community Hospital. To schedule a physical, you must have the physical examination form from the school or requesting organization. Physical examination will not be done if an official form is not provided. Appointments may be scheduled by calling 955-8888 extension 23 between 8 a.m. and 4 p.m. Monday through Friday.

Square dancing

The Singles Square Dance Club will offer a free introduction to square dancing Sept. 13 and Sept. 20 at St. Stephens Church on Whitesburg Drive. Classes begin Sept. 27. For information call 851-8163, 883-5706 or 859-1989.

832nd soldiers

The 832nd Ordnance Battalion "Military Stakes Competition" will begin at 7 a.m. Saturday, Aug. 20 at building 3440, battalion headquarters. The competition will consist of Leader Reactionary Course, M16 Marksmanship, Drill Competition, and CTT. This event is open to all soldiers assigned to Ordnance Missile and Munitions Center and School. For more information, contact your company.

Troop sports

An A&R meeting for racquetball and tennis will be held at 2 this afternoon at the sports office at Pagano Gym.

A meeting for trap and skeet will be held 2 p.m. Thursday at the sports office at Pagano Gym. All military units should send a representative. For more information, call Joe Reed or Donald Lewis 876-7969.

Immunizations

Back to School immunizations will be held Aug. 8-12 and Aug. 17-19 at Fox Army Community Hospital. Patients will be seen on a walk-in basis from 8-11 a.m. and 1-3 p.m. at Fox Hospital, building 4100, room -1-K19 (previously the dental clinic). "Please have all immunization and medical records with you when you walk-in."

Runway Run 5K

The Huntsville International Runway Run, 5K race will be held Saturday at 7:30 p.m. at Huntsville International Airport to commemorate the east runway extension project. The TAC-certified race will actually be held on the east runway at dusk with the runway lights aglow. All entrants will receive special race logo T-shirts. The top three finishers in each age division will win special commemorative trophies. In addition, the first place overall and masters winners will also receive two roundtrip airline tickets good for travel anywhere in the continental United States. All registered runners will also be eligible for a drawing for several airline ticket pairs to be given away during the awards ceremony. Airline ticket drawings are courtesy of American Airlines, Delta Air Lines Northwest Airlin, and United Express. A corporate team division is also available. Postrace refreshments will be sponsored by Pepsi-Cola, Purity Dairies and SubZone Restaurant. Entry fees are now \$12. For more information or to receive an entry form and rules sheet, call the Airport Authority marketing department 772-9395, ext. 270.

Job symposium

Job Symposium 5, presented by Huntsville Association of Technical Societies (HATS) and Phillips Junior College, will be held 5:30-6:30 p.m. Aug. 16 at Phillips Junior College, 4900 Corporate Drive, room 200. Admission is free, but seating is limited. For reservations call the HATS office 837-4287 (before 2:30 p.m.).

Toastmasters clubs

Improve your communication skills and leadership abilities by joining a Toastmaster club. Redstone Toastmasters meets Tuesdays at 6 p.m. at Shoneys on University Drive across from Landmark Chevrolet. Speakeasy Toastmasters meets Thursdays at 6 p.m. at the same location. For more information, call R.D. Davis 876-1293.

Catholic services

Beginning Aug. 13-14, opportunities for Roman Catholic worship at Redstone include: 5 p.m. Saturday and 9:30 a.m. Sunday at Bicentennial Chapel. For more information call Chaplain Joseph Saba, Catholic pastor, 876-5707.

Military bowlers

Attention all active-duty military bowlers (men and women): The 1994-95 Intramural League is about to begin. This league will bowl Tuesday and Thursday nights at the Redstone Bowling Center. All units in the Redstone community are eligible to enter teams into this league. If you already have a team ready to bowl, sign up at the bowling center now. A meeting of all interested bowlers will be held at 5:30 p.m. Aug. 23 at the bowling center meeting room. For more information, call SFC Rasmussen 539-3171 after 5 p.m. or call the Redstone Bowling Center 876-6634.

Industry demonstration

Research Development and Engineering Center's manufacturing technology division is developing new manufacturing processes and equipment to meet the production needs for missile systems. One project is to develop equipment for handling and testing complex (high lead count) microcircuit chips. A thermal handler, designed for TAB and other large frame carriers, has been developed. The project was funded under the Army Manufacturing Science and Technology Program. The manufacturing technology division will conduct an industry demonstration of the thermal handler at 10 a.m. Sept. 14 at building 5400. If you are interested in attending call Bud Martin, of University of Alabama in Huntsville, 876-1577 or fax 895-6848.

Smoking cessation

Smoking is an expensive habit, costing you time, money and above all, your health. Join Fox Army Community Hospital in a smoking cessation program. Classes will be held 9-10:30 a.m. Aug. 16, and from 9-10 a.m. Aug. 18, 23, 25, 30 and Sept. 8. Group support sessions will follow on Sept. 20, Oct. 4, Oct. 18 and Nov. 1 from 11 a.m. to noon. These classes are free and open to all military beneficiaries and Civil Service workers. As space is limited, call Preventive Medicine Service 876-8831 to register. For more information, call Susan Goodman 842-0147.

E Company 832nd

The Echo Company Family Support Group meets the first Thursday each month at 7 p.m. at the Recreation Center. Its purpose is to do the following: bond a relationship among members by creating a camaraderie similar to that shared by the soldiers; relay information from the commander and first sergeant in an effort to reduce social isolation, and convey the command's concern for their well-being; inform family members what installation and local civilian agencies for both routine and emergency services; and bridge the communication gap between the military unit and family members, thus helping family members better understand not only what the unit is doing but why — this helps reduce marital stress produced by some military missions; and to extend a hearty welcome to all newcomers. For more information, call Capt. Green 842-2220.

NCO association

The Noncommissioned Officers Association will have its monthly meeting Aug. 18 at 4:30 p.m. at the JOC Club. Members and non-members are encouraged to attend. For information call MSgt. Coveri 842-2898.

Thrift Shop donations

The Thrift Shop will be giving out its quarterly welfare monies this month. Deadline for requests is Aug. 17. Please forward all written requests to Sylvia Kitchen, welfare chairman, Thrift Shop, building 3657, Redstone Arsenal, Ala., 35898, by close of business Aug. 17. Next quarterly welfare donations will be in November.

Army 10-Miler team

Redstone is sending a team to compete in the Army 10-Miler road race Oct. 16 in Washington, D.C. Military and civilian runners are invited to try out at 7 a.m. Aug. 27 and/or 7 a.m. Sept. 10 at Pagano Gym. For information call Capt. Steve Hester 842-2068 or Sgt. Maj. Bob Cothran 876-3508.

Post Theater movies

Thursday — *Getting Even With Dad*, rated PG, 108 minutes. Friday — *Getting Even With Dad*. Saturday — *City Slickers 2*, PG-13, 108 minutes. Sunday — *City Slickers 2*. Tuesday — *Little Big League*, PG, 119 minutes. Show time is 7 p.m. Admission for Tuesday movie is \$1.50 adults, \$1 children. Admission for other nights is \$2.50 adults, \$1.25 children.

NCO spouses

The Active and Retired NCO Spouses Club will have its monthly meeting 7 p.m. Thursday in the Challenger Club. If you have any question or need a ride, call 828-6885.

Junior bowling

Youths ages 5-21 are invited to a free party with food and drink Saturday, Aug. 27 from 9 a.m. to noon at the Redstone Bowling Lanes. Instruction will be available for all new bowlers. "Bring a friend and enjoy a fun sport." The winter leagues will be forming soon, and all are invited to join. For information call Ray Weinberg 859-1469 or the Bowling Lanes 876-6634.

Savannah State alumni

There will be a meeting of alumni and interested supporters of Savannah State College at 5 p.m. Aug. 18 at the Huntsville (Main) Public Library, 915 Monroe St. For information call Elizabeth Smith 859-4464.

Friday bowling league

The Friday Night Bowling League will hold a meeting 7 p.m. Aug. 19 at the Recreation Center. Anyone can bowl, and if you are interested call the Bowling Lanes 876-6634; or call the secretary, Naomi Hodges, at home 883-2612 or work 533-0915 from 9:30 a.m. to 1 p.m. Bowling will begin 7 p.m. Friday, Sept. 9. A sign-up sheet will be at the Redstone Bowling Lanes.

Retirement ceremony

The retirement ceremony for August will be held 4 p.m. Aug. 18 at the post parade field. Rehearsal will be held on the day prior at 7 a.m. at the parade field. The reviewing officer will be Brig. Gen. Jan A. Van Prooyen; and the commander of troops will be Lt. Col. Mark Pierson. For information call SFC Black or Sgt. Spears at 842-2500 or 842-2623.

Configuration managers

Tests for becoming a certified Configuration Manager, Data Manager, Configuration Specialist, or Data Specialist, will be given by the American Defense Preparedness Association in Huntsville on Sept. 17 at Teledyne Brown. Registration is required at least 30 days prior. For information call Chuck Billingsley 726-5612 or Dick Thomas (408) 338-9858.

NCO/Soldier of Year luncheon

The Redstone Arsenal appreciation luncheon honoring the NCO and Soldier of the Year will be held 11 a.m. to 1 p.m. Sept. 15 at the Challenger Club. Ticket cost is \$6.50. Tickets go on sale Aug. 15. Points of contact for tickets include SFC Garcia 876-8966, TMDE; SFC Laacke 955-0814, TMDE; SFC Joye 876-3752, OMMCS; SSgt. Alston of OMMCS; Sgt. Gonzales 876-5530, MEDDAC/DENTAC; Cpl. Messier 842-0884, HHC MICOM; and Spec. Quamina 842-2631, HHC MICOM. "Please come out and support this great event; the entire Redstone family is invited." Personnel receiving an invitation must RSVP through the Protocol Office.

Community activities

BOWLING CENTER — All Redstone youth are invited to a youth moonlight bowling tournament 6-8 p.m. Aug. 20 at the bowling center. Cost is \$6. Door prizes will be awarded. For information call 876-6634.

CIVILIAN WELLNESS CENTER — The Redstone community is invited to a one-hour lecture on menopause at 11 a.m. Aug. 16 at the Recreation Center. Dr. Carol Motley, associate professor of family medicine for University of Alabama, is scheduled speaker. For information call 955-6844.

ARTS & CRAFTS — Redstone youth are welcome to make their own creative tie dye shirts at 2 p.m. Aug. 13 at Arts & Crafts Shop. Please bring a white prewashed shirt. For information call 876-7951.

OUTDOOR RECREATION — A turkey shoot will be held 10 a.m. to 2 p.m. Aug. 13 between the trap and skeet ranges. Cost is \$3 per shot. "We will provide weapons or you can use your own 12-gauge shotgun. For your safety, the trap and skeet range will be closed during this event." Prizes will be awarded. Active duty, retired military, DoD, DA civilians, Redstone contractors, family members and guests are invited. For information call 876-6854.

Comptroller society

Redstone/Huntsville Chapter of the American Society of Military Comptrollers will have its monthly luncheon 11:30 a.m. Thursday at the Madison Square Holiday Inn. Scheduled speaker is Joseph Galbraith, assistant deputy chief of staff for personnel (Army civilians). For reservations call Shelly Hart 722-1906 or one of the reservation members.

Logistics engineers

Tennessee Valley Chapter of the Society of Logistics Engineers will have its August luncheon meeting Aug. 16 at Holiday Inn, Madison Square Mall. Social is set for 11:30 a.m. to noon. Luncheon cost is \$7.50 per plate. Dave Harris, public affairs officer for the Missile Command, is to speak on "A New Era Begins for MICOM." For reservations call Jim Hussman 955-6365 or Judy Campbell 955-7795; deadline for reservations is noon Aug. 12. Persons making reservations and not canceling prior to noon Aug. 15 will be charged.

Air defenders

Alabama Chapter of the Air Defense Artillery Association will hold a farewell/retirement luncheon in honor of Lt. Gen. Donald Lionetti on Monday, Aug. 22 at the Holiday Inn, Madison Square Mall. A social period begins at 12:30 p.m. and lunch will be served at 12:45. Lionetti, commander of the Space and Strategic Defense Command, will retire after more than 33 years of active military service. The SSDC change of command with Maj. Gen. Jay Garner will be Sept. 6. Cost of the luncheon is \$10 for chapter members and non-members. Persons wishing to attend should call Shirley Brown 895-8928 by 4 p.m. Aug. 19. Payment for the luncheon should be by check made payable to the RSA/HSV Chapter, ADAA and either delivered at the luncheon or mailed to RSA/HSV Chapter, ADAA, P.O. Box 8321, Redstone Arsenal, Ala., 35898.

Hunter safety orientation

Every Thursday beginning Sept. 8, the mandatory Hunter Safety Orientation will be held 4:30-5:30 p.m. at the Recreation Center, building 3711. These orientation classes will end Nov. 10.

Beginning Sept. 1, the orientation will be available at all Learning Centers. Please call in advance to ensure availability of terminals. For hours and locations, call 876-9416.

All persons hunting on Redstone Arsenal, including guests, must attend the annual Hunter Safety Orientation. Active duty military assigned to Redstone Arsenal must have a current Alabama drivers license or a copy of PCS orders assigning them to Redstone in order to purchase a resident Alabama hunting/fishing license. For more information, call Outdoor Recreation 876-4868/6854 from 9:30 a.m. to 5 p.m. daily.

SSDC loses two of its top managers to retirement

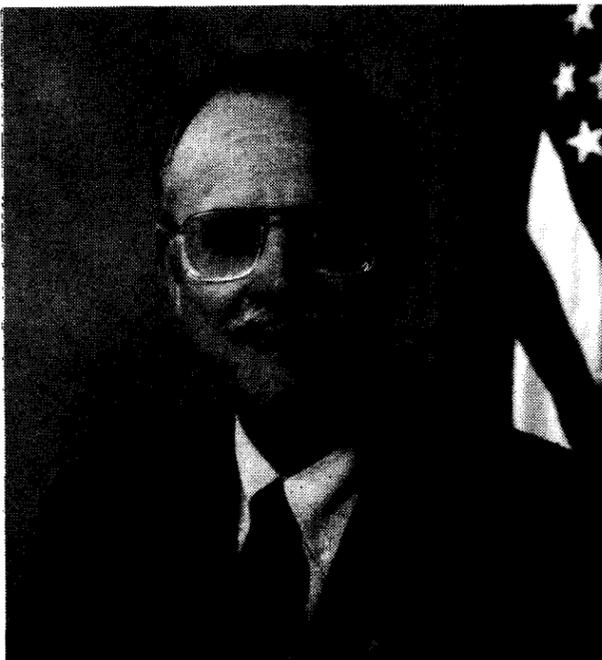
BY GERDA SHERRILL

Dr. Edward Wilkinson and Melvin Capps, both top management officials at the Space and Strategic Defense Command and members of the government's prestigious Senior Executive Service, retired from federal service last week.

Wilkinson, director of SSDC's Weapons Directorate and its predecessors for the past eight years, has been a key player in a number of the command's significant programs. His Homing Overlay Experiment achieved the first exoatmospheric "hit-to-kill" intercept of a reentry vehicle in 1984. In 1987, his Flexible Lightweight Agile Guided Experiment achieved the first ever hit-to-kill intercept of a ballistic missile in the atmosphere. This resulted in the Extended Range Interceptor program which was selected as the interceptor for the Patriot Advanced Capability III system.

Also in 1987, Wilkinson began the Lightweight Exo-Atmospheric Projectile effort, now part of the Navy's Standard Missile testing project. In 1988, he established the joint U.S.-Israeli Arrow tactical missile program. In addition, the Theater High Altitude Area Defense missile is a product developed by Wilkinson.

Capps, director of SSDC's Survivability, Lethality,



CAPPS



WILKINSON

and Key Technologies Directorate since 1986, was responsible for planning, formulating, and executing development and exploratory research programs which included materials, structures, and power technology for strategic defense systems.

Capps began his government career in 1963 as a first lieutenant with the Army's then Nike-X Project Office, a predecessor to SSDC. In 1966, he launched his civilian career with the ballistic missile defense program and has held a number of key positions since then.

"Both executives and their expertise will be dearly missed at SSDC, which wishes them the best of luck with their retirement plans," said Dr. J. Richard Fisher, the command's executive director.

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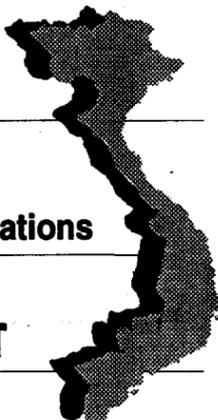
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According to the Inspector General, the use of office phone numbers in classified advertising is contrary to regulation. Please submit home numbers only.

FOR SALE: Bodyguard-Ergometer exercise bike, cast iron flywheel, plus book stand. Great buy at \$95. 883-1510.

FOR SALE: 1990 Mercury Sable GS. White with burgundy interior, driver side air bag, meticulously maintained, 69K miles, \$5900. 883-6894.

FOR SALE: Browning Mag Hunter compound bow with Toxonics hunting sight and other extras, \$125; Classical guitar, youth size, with case, \$60; Dunlop golf clubs, right handed, 3 woods, 7 irons and putter, good condition, \$60. 895-9619.

FOR SALE: Remington Wingmaster, model 870, 16-gauge pump-load shotgun, recently refurbished, good condition, \$350. 883-8935.

FOR SALE: Cabinet for TV and stereo (stereo equipment included), \$400 or best offer; Brown recliner (massage & heat), \$150; Other household items, best offer. 721-1267.

FOR SALE: 1969 Chevy Pickup. C20 3/4 ton, completely rebuilt (350 motor, transmission, brakes, carb, etc.), 5K miles since rebuild, all rebuild receipts, new tires & paint, bed liner, camper top. Great running truck! \$4300. (205) 586-3035 (Arab).

FOR SALE: 1987 Isuzu Trooper II, 1 owner, 4WD, 4 door, 94K highway miles, complete maintenance history, oil change every 3K miles, great vehicle, \$6400. (205) 586-3035 (Arab).

FOR SALE: Fisher Price bicycle child carrier, \$25; Little Tikes rocking horse, \$8; Graco stroller-bed, \$25; Century 2000 STE infant/child car seat, \$25; Graco infant bath tub, \$1; All like new. 539-0533, leave message if not home.

FOR SALE: NordicTrack Pro w/workout computer with pulse sensor, 6 months old, \$600. 881-8156.

FOR SALE: 2 complete sets of his/her scuba gear, used only a few times, like new. Includes BC, gauges, skins, regulators, fins, dive bags, gloves, wet suits, etc. Man's is USD & woman's is DACOR, priced separately or as a set. 883-1510, leave message.

FOR SALE: Honeywell Bull AP-L laptop, 25Hz, IBM compatible, 50MB hard drive, 3.5" high density drive, built-in modem, good condition, Word-Perfect 5.1 and Quicken software included. Honeywell Bull printer included. \$700 or best offer. 883-1510, leave message.

FOR SALE: DP "AirCizer" exercise bike, looks brand new, \$100. 883-6894.

FOR SALE: New, rear wing fiberglass spoiler, still in the box, 54"x5 1/2", contoured sides to fit car, \$90. 830-5906.

FOR SALE: Antique guns. Remington, model 12A, .22 short, long or long rifle, pump action, Serial Number 518186, \$275; Savage, model 99, .303, serial number 307176, \$500. 880-7154.

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The deadline is 5 p.m. on Friday before the Wednesday publication. However, classifieds will be published as space permits. First come, first served basis.

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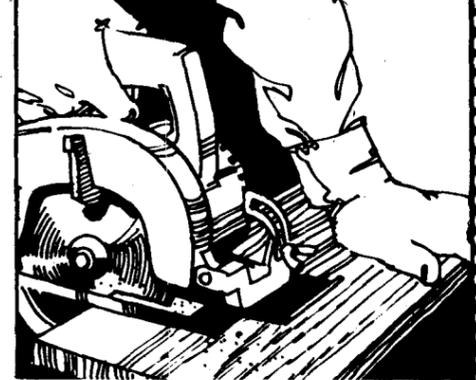
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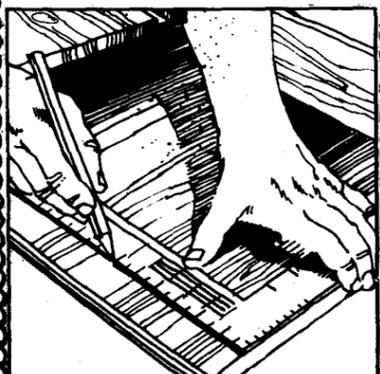
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COUNTRY BOY AT HEART? You'll love this 3 BR rancher located on 14 acres. 105. acres fenced. 2 ponds and a large barn. Only \$127,500. Call Rick 852-9957. (67330RR)

1ST TIME BUYERS! 1400 sq.ft. 2-story has 3 bedrooms, walk-in closet in master bedroom, new paint inside and out and wood burning stove in living room. Fenced yard and gas grill. \$56,000. Call Rick 461-8676. (3214B)

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6 ACRE MINI-FARM. Barn, fishpond and tractor shed highlight this 1950 sq.ft. house with 4 BR, dining room and 3 year old central air. Mid 80's. Nellie 534-4901. (150C)

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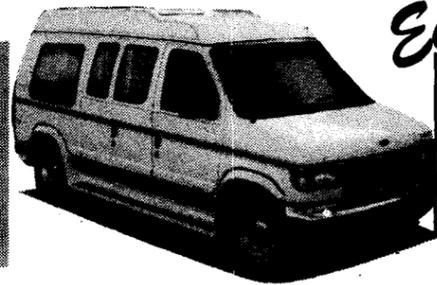
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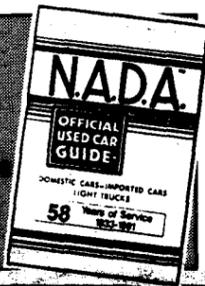
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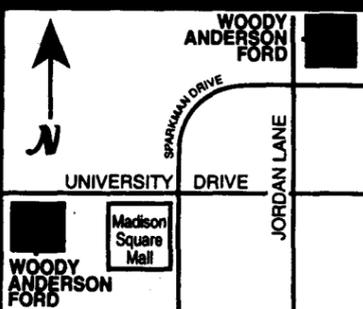
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