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for retirement
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Retired officers
staying active,
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Senior aerobics
is healthy fun,
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Redstone Journal

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June 10, 1998



Time flies when you're...
Getting older



Illustration by Sue Youngblood



Letters To The Editor

Care packages

To contributors:

Greetings from Bosnia-Herzegovina and the many soldiers of Operation Joint Guard. I am the U.S. Army liaison officer for the Turkish Brigade participating in the peacekeeping operations in the former Yugoslavia. My six-soldier team and I work with a brigade of Turkish soldiers under an American command to patrol, man checkpoints, monitor local police, and other activities to ensure the current peace will continue. The Dayton Peace Accord which ended the war here mandated three sectors of peacekeeping divisions including the British, French and American multinational divisions. Within the American sector there are soldiers from Russia, Norway, Poland, Denmark, Sweden, Estonia, Finland, Iceland, Latvia, Lithuania and Turkey. Understandably with this many different countries involved in complicated military operations, it helps to have people on the ground to help sort out problems. Hence, my team and I work closely with our Turkish counterparts to monitor the peace and get this country and its people back on their feet.

Recently I was contacted by a commander from 2/2 Armored Cavalry Regiment who explained that he wanted to deliver a truckful of humanitarian packages sent by American citizens to the Turkish sector. After coordination a 5-ton truck came to my camp and we continued on to the refugee camp Putovici, near the city of Zenica 80 kilometers northwest of Sarajevo. This camp is the largest camp in our sector containing 48 families with over 450 people. Most of these refugees were displaced during the war from their homes in city of Doboij and are living a meager existence. Part of our mandate here is to assist these refugees in resettling to their cities and homes. But it has been a tenuous process and will take a great deal of time and patience. Among the packages delivered to this camp was one sent by you, and I can tell you it was both greatly needed and appreciated. Our vehicles were surrounded with people in anticipation when we arrived, and although we did not stay for the packages to be distributed to families, we left behind many wide-eyed and excited children.

Your kindness and consideration was not only gratefully accepted by the refugees, but also was a "shot in the arm" to my soldiers who are reminded that Americans are knowledgeable about what we're doing here and care enough to support us in our mission. On behalf of the refugees of Camp Putovici I offer thanks and a loud and thunderous "HOOAH!"

Capt. Christopher J. Kincaid
Turkish Brigade liaison officer

Flag etiquette

Iwanted to point out a slight error on page 15 of the June 3 issue of the Redstone Rocket. In the "Flag Day Q&A," the last answer was correct before July 7, 1976.

In Title 36, U.S. Code, Chapter 10 as amended by Public Law 334 of the 94th Congress and approved on July 7, 1976, Section 174.(a) states, in part: "It is the universal custom to display the flag only from sunrise to sunset on buildings and on stationary flagstaves in the open. However, the flag may be displayed 24 hours a day if properly illuminated during the hours of darkness."

I thought it might be interesting that another change to the law covering proper use of the flag is also in Section 174.(c) which states: "The flag should not be displayed on days when the weather is inclement, except when an all weather flag is displayed."

It distresses me to see that understanding of what the flag represents and why and how we honor those 3 million

plus men and women in uniform who have given their lives for these United States. "The flag represents a living country and is itself considered a living thing." I noticed the City of Huntsville didn't display any flag properly during Memorial Day, and when contacted about such, their only response was, "well somebody must have done it wrong."

As we approach our 222nd birthday on July 7, may I recommend everybody get a free copy of "Let's be Right on Flag etiquette" from any American Legion post. And to all in uniform or have served in uniform, may I thank you for your service to our country.

Name withheld by request

Gym staff

Iwould like to thank the gym staff for the work they do in support of the soldier. I have had duty at various locations throughout the world and have not run across a gym staff that interacts with its patrons and takes care of all the soldiers. Most are just concerned with the post level teams. The gym staff provides a variety of sports programs that should satisfy any sports fanatic, ranging from softball, football and basketball to golf, tennis and racquetball. They even have Trap and Skeet competition.

Most of the time all they hear is crying and complaining from people like myself, but I would like them to know that it's all in the competitive nature of the soldier to complain and nothing is meant by it. Once in a while it is nice to get a compliment for a job well done. Although you are paid for the job of supporting soldiers, the extra mile you take in doing so is well appreciated. I think I can speak for most of the soldiers in saying thanks and keep up the good work.

SSgt. George L. Landreth

Unit reunion

Ordnance Past hurdles five decades to visit Ordnance Present and, perhaps, to peer into Ordnance Future with the arrival here June 18 of the 199th Ordnance Depot Company Association for its 49th annual reunion.

The company, a World War II field supply organization, served as a unit at Tooele, Utah, Fort Knox, Ky., and Schofield Barracks, Hawaii, then split into its functional elements to establish ordnance depots on the three major islands of the Marianas Group: Saipan, Tinian and Guam. Service troops are expected to locate far enough from the point of contact with an enemy to avoid continual interruptions by hostile action. That rule was a bit difficult to apply on small islands where no location is very far from any other place-- or any other people -- islands that harbored remnants of hostile occupation forces.

And the features of the islands compounded the problem. Stands of head-high sugar cane on Saipan and Tinian and the Guam jungles offered avenues for unseen, unfriendly traffic to within uncomfortably close proximity to company operations.

A rustle in the cane or a sound in the jungle might be the wind or a small animal. Sometimes it wasn't. Constant vigilance in the depot and billeting areas maintained the company rosters intact and the flow of ordnance supplies into the complexes that supported the squadrons of the giant B-29 bombers on the three islands.

Reports of casualties in other units and bombing raids on every moonlit night were the continual reminders of the life-or-death struggle waged in the Pacific Ocean areas. Then, one unforgettable morning, Armed Forces Radio revealed the purpose of the mysterious, unapproachable installation in a remote corner of Tinian. An ultimate weapon was in American hands!

The full implication for humanity of the release of the atom's power would sink in later. Then, it presaged an early end to a war sustained only by the antagonist's dogged will to endure. Whatever may have been the disposition of the militarists on the other side, cooler heads opted for national survival, a decision that eventuated in the conversion of the once-embattled nation to a mighty industrial power.

The trek of company personnel back to lives put on hold years earlier by the call to arms began. Early 1946 found most of the original company members in familiar surroundings, familiar occupations. But involvement in the most historically significant endeavor of their lives was not easily set aside. A former company member, established in a life work that promised a meaningful and rewarding career, found something missing.

Vivid memories of hardships, dangers and triumphs over obstacles shared with people who became closer than brothers intruded continually on the everyday events of the peaceful life. Those faces from the recent past were missing.

Never one to dream idly of a desirable end, the former noncommissioned officer began visiting, phoning, writing. The campaign terminated with the muster of the company in Cincinnati in 1950.

In physical appearance it differed radically from the company that had last assembled in uniform. Every mode of dress from blue jeans to business suits appeared in the convention hall. But the faces and the personalities were unchanged. And the bonds that made the 199th a permanent force in all the lives were strong.

It was decided by common consent to form an association provided the instigator would accept lifetime responsibility for convening the company each year.

It was a fortunate choice. Maintaining company unity became an avocation of the selectee. Save for a brief hiatus during the Korean conflict, the association convenes this year for the 49th time, the fifth in Huntsville.

Of course the years have taken their toll. Some 90 of the members who attended that first assembly in Cincinnati are no longer with us.

But a new development has appeared over the years. Now, second and even third generation members of the 199th families swell the annual convention rosters. Perhaps, just perhaps, a family member who attended a reunion in childhood will pause at the midpoint of the new century and lift a toast to "199"-- a number that had special meaning in family history -- one hundred years earlier.

Richard W. Riehm

Retired lieutenant colonel

HHC AMCOM soldier dies at local hospital

A young soldier died June 2 at Huntsville Hospital after stricken at his home.

Spec. Douglas J. Smith, 23, from Sardis, Ala., was pronounced dead at 3 that Tuesday afternoon at the hospital. He was found at home Monday morning with an apparent cardiac arrest and never regained consciousness, according to CWO 4 Nick Walters, operations officer for Redstone Airfield.

Smith was a member of HHC AMCOM with duty at the airfield where he was a supply specialist. He was assigned at Redstone since December 1995. Survivors include his wife, Carmen, and their 2-year-old son.

"He's a fine soldier and will be sorely missed both as a person and as a soldier," Walters said.

Redstone Rocket

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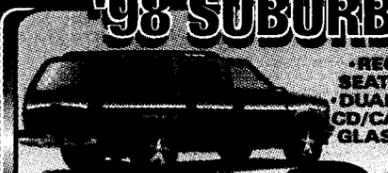
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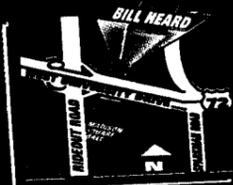
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Growing older, staying fit the Army way...

Physical training tests for soldiers makes allowances for age factor

By Sandy Riebeling

Physical fitness is not only expected in the Army, it is required. No matter at what age or rank, everyone has to pass the test, the physical training test, that is.

Every six months soldiers are required to take a physical training test. The score is determined by how well the soldier performs each section of the test, sit-ups, push-ups and the two-mile run, within the acceptable range determined by Army standards.

The minimum passing score is 180 total points, with at least 60 points from each of the three sections of the test. Performing the minimum requirements earns 60 points in each category. The minimum and maximum levels are set according to age and sex of the soldier.

"Age is certainly a factor in fitness," said SSgt. Jerry VanVactor, NCO-in-charge of the surgery team at Fox Army Health Center. "People begin to have more problems with their body. But to offset this, it's important to maintain physical activity level. You're less apt to have a declination."

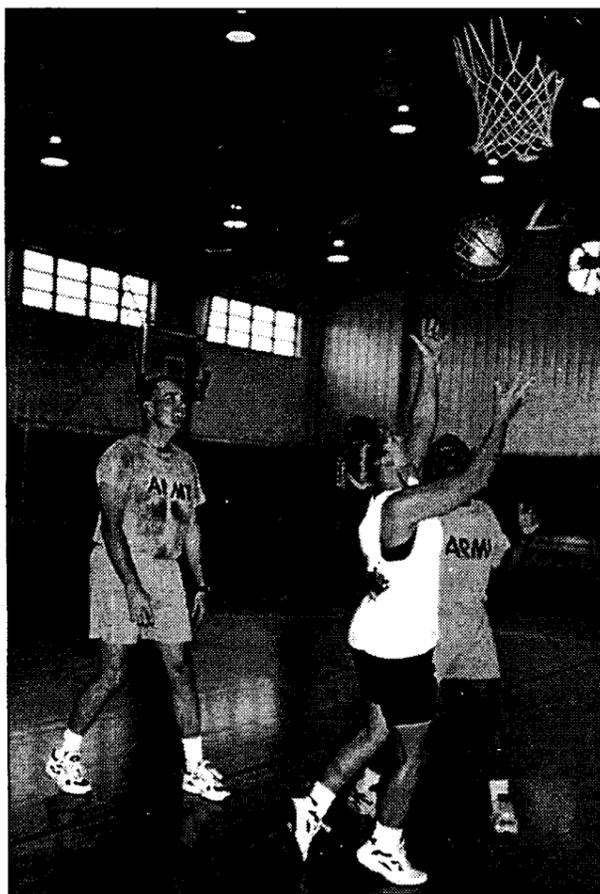


Photo by Sandy Riebeling

KEEPING FIT- After MEDDAC's physical training workout in Pagano Gym, SSgt. Jerry VanVactor, left, Spec. Linda Bedard and SSgt. Roosevelt Nettles play a little roundball as a cooldown.

The Army Physical Fitness Training Manual concedes to the limitations of the body with aging, which

See AGE on page 6

Statistics confirm the obvious...

Like it or not, we're getting older

By Skip Vaughn

The mirror doesn't lie. That gray hair or bald spot which wasn't there yesterday is for real.

Like it or not, we're getting older. Civilian personnel statistics show that a growing number of AMCOM workers are old enough for senior discounts at local eateries.

They say privately that the reason is obvious. Because of various hiring constraints, less youngsters are joining the work force. At the same time, however, more older workers are retiring. That leaves a graying silent majority in the middle.

Let's look at the AMCOM numbers provided by the Civilian Personnel Advisory Center-- which, by the way, don't include interns who are probably a lot younger than most of us:

- Some 1,448 of the more than 7,700 members of the command are at least 55 years old as of today.
- Only 16 of the AMCOM workers are age 25 or younger.
- Somebody in this command was born in October 1913.
- Fifty-two workers were born before 1930; that makes them 68 or older.

So, go ahead, pluck those gray hairs. Try to hide that bald spot. Like it or not, we're getting older.

Most military retirees are in their 40s when they leave the service

Retirement services officer encourages clients to get involved

By Sandy Riebeling

A few years ago, for the first time in the history of America's Army, the retiree population outnumbered the active duty population. That happened at the height of the Army downsizing process.

"This office supports

about 30,000 retirees," said Phil Fredrich, the retirement services officer at Redstone Arsenal. "We process on average, 150 to 200 people a year. We bury about that many as well."

Twenty years in active federal service is the minimum requirement to retire. The ceiling cap on service

years depends on rank; the higher the rank, the more years of service are allowed.

"Most people are in their mid-40s when they retire," Fredrich said. "You figure, they join at 20 or 21, put in their 20 years and can retire in their early 40s."

See SERVICE on page 16

Divorce

- Security Clearance Revocations
- Court-Martial Defense
- DUI
- Criminal Defense

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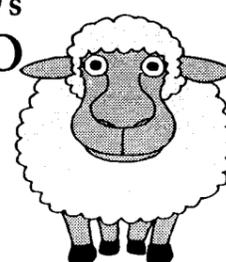
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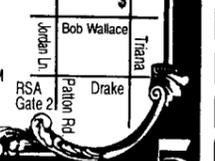
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Job isn't as much fun but...

Longtime EEO officer sees much change in 27 years

By Skip Vaughn

When Charles Ray came to work here, only 126 blacks out of nearly 10,000 workers held white-collar jobs.

That was 1971. Ray, the equal employment opportunity officer for AMCOM, has seen a great deal of change in the 27 years since. Now 1,250 blacks are among Redstone's 7,000 or so white-collar workers. Ray is proud of numbers like that. But he says he's not enjoying his job here as much as he used to, so he might be retiring soon.

"I have a lot of respect for this agency because I was a part of the change that occurred as it relates to the employment of minorities and women," Ray, 61, said. His government career started relatively late. He taught in the public school system from 1961-65 and served as executive director of the local Community Action Agency from 1965-71. Ray came onboard as a GS-12 EEO officer in the fall of 1971. He had a reporting date for the same day at Marshall Space Flight Center, but took the Army job for one grade less because he felt the Army commander was more seri-

ous about increasing the number of minorities.

"I think the thing that motivated me was that most black people at the time had no retirement system, no health benefits, that kind of thing. And it was the very fact that you could begin to get people into jobs where you have vacation, health benefits.... Most of us were in jobs where that was not a fact," Ray, a GM-14, said.

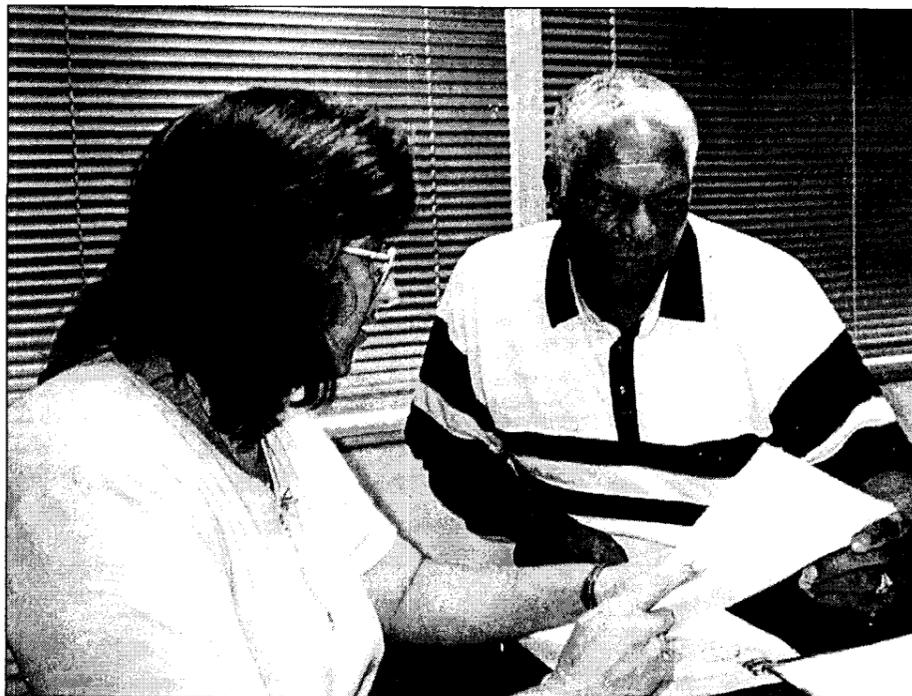
But 27 years on the job has taken its toll. He has purposely directed his efforts to "trying to accomplish the greatest goods for the greatest number of people of color," rather than looking at individuals. So, an awful lot of individuals haven't been happy with him through the years.

Ray is considering retirement, looking at the current downsizing efforts at the Aviation and Missile Command. "Depending upon what they come up with, I'm

ready to go," he said. "I don't like it (the job) anymore. When I came here I enjoyed what I did, but now I'm not terribly elated with the work."

He won't be among those who go out the door one day only to step into another job elsewhere. He will probably continue his current involvement with some non-profit agencies.

"I don't intend to go anywhere looking for another salary," Ray said.



COMPARING NUMBERS-- Ray, right, discusses the latest work force statistics with Jackie White, an EEO program assistant.

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To leave or not to leave...

Early planning is important for civilian retirement

By Skip Vaughn

Every year hundreds of Army civilian workers here decide they've worked long enough for Uncle Sam.

They want to do something else on their weekday mornings besides working for a living. They want to spend more time with their families. Or, maybe they want to embark on a second career.

Whatever the reason, prospective civilian retirees find their way to Claudine Robinson, the retirement counselor at Civilian Personnel Advisory Center. She and Orlando Boyd, a personnel assistant, accept retirement applications and figure out how much workers can expect in annuities.

"Sometimes they wait until the last minute to come in here. Early planning is the key," Robinson said.

"There are a lot of decisions to make. Once they give me the application, that's just the beginning of things."

The rules vary for workers under the Civil Service Retirement System (CSRS) and the Federal Employees Retirement System (FERS). Under CSRS, you can retire if you're 55 years old with 30 years service, age 60 with 20 years, or age 62 with five years.

FERS, which began in 1987, permits separation for those who have reached the minimum retirement age. If you were born before 1948, your minimum retirement age is 55 with 30 years service. For those born after 1948, the months are increased proportionately up to age 57. For everyone born after 1969, the minimum retirement age is 57. The other eligibility combinations-- for example, age

60 with 20 years service -- coincide with CSRS.

"Additionally, FERS has the option of minimum retirement age plus 10 years service. However, a 5 percent reduction for every year you are not 62 is taken," Robinson said.

The government generally has no mandatory retirement age for civilian employees. You can work forever if you want to. The only exceptions are air traffic controllers, firemen and law enforcement officers.

Robinson recommends that prospective retirees check to see if they have any deposit service, redeposit, or post-1956 military service which needs to be taken care of before retirement. "These situations can make a big difference in their annuities," she added. She also suggests that workers ensure they have had life

insurance and health insurance at least five years so these can carry over into retirement. And prospective retirees should ensure they have designated beneficiaries.

Under CSRS, annuity is based on your high-3 average-- the highest three consecutive years of salary -- which is multiplied by a service factor determined by number of years worked. This factor equates to 1 1/2 percent for the first five years, 1 3/4 percent for the second five years, and 2 percent for every year thereafter.

Under FERS, annuity is based on high-3 average multiplied by the service factor which equates to 1 percent per year. FERS is a three-tiered plan in which workers can benefit from a Thrift Savings Plan and Social Security in addition



Photo by Skip Vaughn

REVIEWING APPLICATIONS-- Robinson, left, and Boyd review retirement applications at the Civilian Personnel Advisory Center.

to their annuity.

The retirement office at Civilian Personnel Advisory Center is in Sparkman Cen-

ter building 5303, room 3138, and can be reached at 876-3902.

AGE

Continued from page 4

includes a decrease in heart function, pumping less blood per beat per minute, lowering a person's physical ability. Also, the percent of body weight composed of fat generally increases while total muscle mass decreases.

The result is that muscular strength and endurance and body composition suffer, as well as a decrease in flexibility.

To this end, minimum and maximum standards for PT are lowered as a soldier ages. For example, push-ups range for a 20-year-old male is 42-71; for a 50-year-old male it's 20-56. The sit-up range, the same for both sexes, is 53-78 for a 20-year-old, and 30-66 for a 50-year-old.

These numbers reflect the new standards, effective Oct. 1, 1998. Ironically, the changes in the standards tended to lighten the load for younger soldiers, requiring slightly less than before, while slightly increasing standards for the older soldiers.

"Our seasoned vets are in pretty good shape already," said SSgt. Larry Lipsey, master fitness trainer and training NCO for MED-DAC.

You can't stop the aging process," said VanVactor, "but if you stay out there and keep at it, you will keep a level of fitness and add years onto your life."

The Army encourages the "keep at it" attitude through weekly or daily PT programs. Not every unit has them, because fitness is supposed to be a personal responsibility, but those that

do, tend to measure up better at test time.

"I use the seven principles of exercise, or PROVRBS: progression, regularity, overload, variety, recovery, balance and specificity," Lipsey said. "But the morale of the soldier is the real reason for success."

Soldiers who are fit at age 40 and continue to exercise show a lesser decrease in many of the physiological functions related to fitness than do those who seldom

exercise, according to the PT manual. Fitness also depends on diet.

"Keep to a low fat, low cal diet to help stay fit," VanVactor said. "Most people will lose weight if they just eat according to the food group recommendations. As you get older, you have to do more to maintain your level of fitness, with both diet and exercise."

For those just beginning an exercise program, VanVactor's motto is start low,

start slow.

"The PT standards are lower for Initial Entry Training soldiers, because they are just starting their fitness training," he said. "Once they're through basic and advanced individual training, they test at the regular duty levels, with a 60

minimum."

In starting slow, VanVactor recommends walking, then run-walk, then running. The same holds true for push-ups and sit-ups. Start with low repetitions to build strength and confidence for a continuing and successful fitness program.

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With more than 1,900 local members...

Federal retirees group works to protect members' benefits earned

By Sandy Riebeling

With age comes wisdom, and the wisdom of those in the National Association of Retired Federal Employees prescribes early planning for retirement.

"Ain't nobody going to take care of you, but you," said retired Navy Capt. William Howard, past president of the local NARFE chapter. "We're working to protect our earned benefits. But it's not just for us. It's for those people still working, too."

The Huntsville NARFE has more than 1,900 members. They meet the second Saturday of the month at the Huntsville Senior Center, to hear guest speakers and discuss relevant issues.

"We have programs in many different areas of interest," said Ellen Thorn, president of the Huntsville chapter of NARFE. "We've had programs on traffic safety, fire protection and safety, property tax issues, elected officials guest speakers and volunteerism."

Nearly 80 percent of the members volunteer in some form, either within the group by holding office or helping at functions, or in the community. Organizations such as Habitat for Humanity, Meals on Wheels, Red Cross and many other organizations in the area benefit from service hours given by retirees.

"It's important to keep active," said Howard, "to keep your mind active, otherwise your mind vegetates."

Giving back to the community is not a new idea to Thorn, who served in the WAVES, Women Accepted for Volunteer Emergency Service, from 1945-47. She left WAVES to marry career Marine Herman J. Thorn.

"At the time, WAVES were not allowed to be married," she said, explaining her reason for leaving the service. After 28 years in federal service, Thorn retired from the Missile Command in 1980. She volunteers in a variety of organizations, including playing the piano for the Alzheimer's Day Care program at Trinity Methodist Church.

NARFE, the national organization, has given more than \$2 million to Alzheimer's research, with \$2,700 of that coming from the Huntsville chapter, collected through membership dues and solicitations.

The members also support each other in very personal ways.

"When a federal retiree dies, we give assistance to the family members left behind," Thorn said. "We lead them through all the foolish steps they have to go to, to receive all the benefits they're entitled to. It's a little complicated. I did it for myself. And some women have the kind of husbands who never told their wives anything about the benefits program, accounts and things."

NARFE feels so strongly about spousal involvement in regards to accounts and benefits, they supply a form to their members, encouraging them to write down account names and numbers along with other vital information used to initiate spousal benefits.

Protecting those benefits earned is of national concern for the group. There are more than two million civil service retirees and survivors in the country today. The benefits drawn by retirees represent a large chunk of money, a fact that has not gone unnoticed by

Congress. When looking for ways to trim, tighten and squeeze the budget, federal pensions and social security benefits are a constant target.

"We have to keep our members informed on the legislative issues," Thorn said. "Everything we need, money, life insurance, health coverage, are all affected by the laws passed by Congress."

Early planning and preparation can make or break your "golden years" budget, Thorn said. Understanding and choosing the right retirement system is a very important step. Federal workers under the Civil Service Retirement System have the option of changing to the Federal Employees Retirement System which started in 1987.

Membership in NARFE is open to anyone connected to the federal retirement



Photo by Sandy Riebeling

RETIREE VIEW- As Congress cuts deeper into the budgets, retirees Thorn, left, and Howard, band together with others to protect earned benefits for themselves and those still in the federal work force.

systems in some way. They welcome new members.

For more information on Retired Federal Employees, the National Association of call 837-0382 or 881-3168.

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Retired officers continue to serve and support community

By Sandy Riebeling

They've done their duty for God and country, but members of the Huntsville chapter of The Retired Officers Association are hardly finished serving, their community and their fellow soldiers.

"We have a good core of volunteers that work at Redstone Arsenal," said retired Col. James Allred, editor of the chapter's monthly newsletter, The Sentinel. "We even have a volunteer that teaches youngsters to bowl at the Arsenal."

The Huntsville TROA chapter is the largest in Alabama with more than 850 members, many of whom offer volunteer hours to their favorite charity or organization, outside of the Arsenal gates.

While addressing the group earlier this year, Maj. Gen. Emmitt Gibson, commander of the Aviation and Missile Command and Redstone, said that there are 40,000 military retirees in an 80-mile radius around Huntsville.

"And for us," said Allred, "it's important to let them know that we support all soldiers in uniform, in the national defense effort." TROA's monthly meetings work on a variety of levels, offering a place to enjoy the fellowship of people with similar interests and backgrounds, providing programs of interest to the members, promoting a better understanding and more cordial relations between active and retired members and to keep the members informed of legislative issues concerning their benefits.

Casual discussions among retired officers are sprinkled with words like patriotism, duty, honor and freedom. It is a goal of the organization and a personal mission of its members to represent the military to the community with honor and dignity, in ceremonies, cemeteries and services.

"We were at the Huntsville cemetery (Maple Hill) on May 30, the actual Memorial Day, to lay the wreath," retired Col. Gordon Dison said. "One of our members also gave a short speech."

The members make a special effort to support others after the loss of a spouse.

"We watch out for our own," Allred said. "When a member dies, we help take care of those left behind, getting their benefits started, answering questions."

To show support in community education programs, the Huntsville chapter awarded 14 Junior ROTC medals to local high school students, and one medal to a ROTC student at Alabama A&M University.

"I was proud to be one of the presenters of the ROTC awards," Dison, chapter president, said. "We've had the program a long time, and it's still growing."

The chapter also supports a national level scholarship award given by the TROA.

Funding for their activities and donations to food pantries and the Arsenal's Army Emergency Relief fund comes from private donations and membership dues.

TROA also has an active legislative



Photo by Sandy Riebeling

RETIRED BUT STILL ACTIVE-- Retired Army officers Dison, Cave and Allred share old times and discuss concerns of the future.

department, keeping members updated on congressional issues concerning retired military personnel.

"We want to let members know about legislation on the state and national level," retired Capt. John Cave said. "We want people to get out and vote. To call, write or e-mail their congressmen. It's important." Because many of the members travel throughout the year and "do grandchildren duty" over the summers, get-togethers,

besides the monthly meetings are minimal. There are also groups within the association, many for women such as the TROA Auxiliary and TROA Widows. The group has also organized five golf tournaments for the summer.

For more information about the organization or to read up on the various activities, the TROA has a web page at: <http://advicom.net/~kkawano/troa/trao1.htm>

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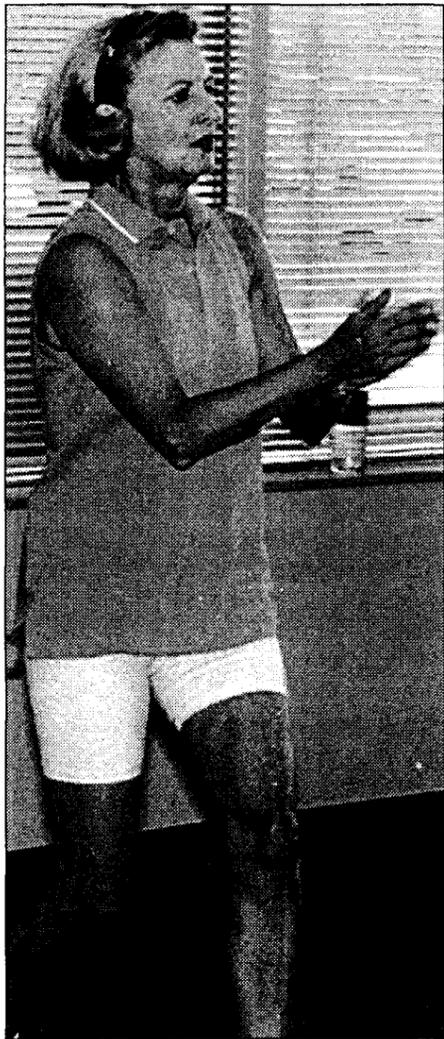
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Older exercisers agree...

Staying fit past 50 with aerobics proves worthwhile fun



STEPPING OUT— Nanni Noll, 54, stays in step with her classmates in the senior aerobics class held from 9-10 a.m. weekdays.

Story and photos by Skip Vaughn

Disco music plays on the stereo as several seniors work out in unison, following the commands of their aerobic instructor at Sparkman Fitness Center.

It's a weekday morning, and the instructor proves to be a real task master. Her five students do step aerobics, light lifting with dumbbells, leg stretches with an ankle band, and then—mercifully—some cooldown stretching. She does have them check their heart rate periodically to make sure they're training within their target zone.

There are a few missteps, but for the most part everyone follows the instructor's cue. All wear smiles at the end.

"It feels so good after you're through," Earl Morgan, 65, says as he leaves the workout room. His wife, Olivia, 55, is also among the exercisers.

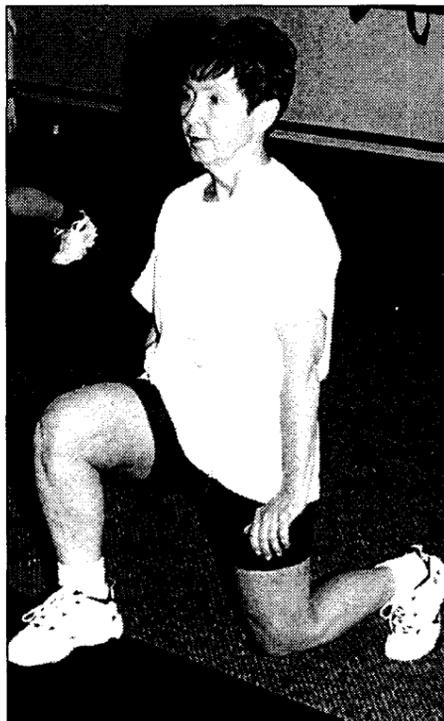
Why do they put themselves through this regimen when most folks their age, 50 and up, are content with a sedentary lifestyle?

"To keep in shape, feel better," answers Dot Stotser, 64, wife of retired Lt. Gen. George Stotser. "To look better, feel better, be happy. And it is fun. We love (instructor) Gaylene. She's a great teacher."

Gaylene Wilson is a recreation specialist and aerobic instructor at the Sparkman Fitness Center, operated under contract by LESCO Inc.

"I hope that they're having fun as well as getting fit," Wilson says. "It's not all just about looking a certain way, but being fit."

"My goal is (for the students) to have fun, improve their fitness level and just



HAVING FUN— Stotser says doing aerobics keeps her in shape and makes her feel better.

make everybody feel comfortable. And for the most part, they just have a lot of fun. They're eager to do different things and they don't mind working. And they always say when it's over they feel good."

Wilson, whose 15 students in the mornings range from ages 45-65, recommends that seniors work out to increase their bone density, flexibility, strength and endurance.

"I think they're definitely not a typical group of seniors," she says. "I mean a lot of



BUSY COUPLE— Earl and Olivia Morgan work out to the beat during the senior aerobics class.

them are the same age as my parents or a lot older than my parents. And it's amazing how well they do."

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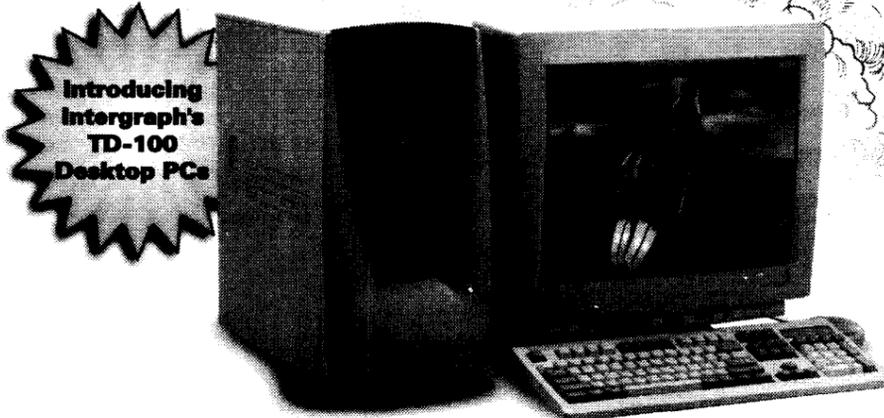
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Winning isn't everything but...

Redstone worker brings home olympic gold

By Margaret Banish-Donaldson

With a big grin and an assortment of medals clinking together against her chest, Mary Ann Meyer-Schuck of the Missile Research, Development and Engineering Center typifies many participants in the 19th St. Louis Senior Olympics.

"I like to win, but it's not everything," Meyer-Schuck said. "I was there to see friends and have a good time. The people were out there to participate and not necessarily to win. That's the competition you like to see."

Nearly 1,600 athletes, ages 50 to 94, came together for four days of competing and socializing. Athletes came from throughout the metropolitan St. Louis area and 19 states. They competed in more than 60 events, in various age categories, ranging from track and field, swimming and archery, to ballroom dancing, orienteering, horse-

shoes and shuffleboard.

"Competing in the senior olympics makes growing older a treat," Meyer-Schuck said. "I'm not what you would call a national-record holder, but I enjoy all sports, and do the best I can."

Growing up in North St. Louis City, she played softball, volleyball, basketball and bowling. As she got older and her knees gave out, Meyer-Schuck got involved with soccer and golf.

Meyer-Schuck did everything she could think of to prepare for the olympics. She had no idea what the competition would be so she practiced football accuracy at the olympic site field. Once the games began, she found she was doing a lot more than just going through the motions.

She took home one gold medal in the golf first place handicap, two silver medals for second place in the closest to the pin and football distance, and two bronze



Photo Lab picture

ON TARGET-- Meyer-Schuck earned silver and bronze medals for football distance and accuracy, among other events, at the St. Louis Senior Olympics. She got a gold medal in golf.

medals for third place in football accuracy and bowling scratch in her age group, 50 to 54 category.

Meyer-Schuck added that her mother, Anna Meyer, also competed and won third place in pingpong for her age group, 70 to 74.

"My son, Brian, and granddaughter, Kayla, cheered us on from the sidelines and hugged both of us when it was over," Meyer-Schuck said.

She finally has persuaded her sister, Kathy, who will be old enough next year, to compete in the women's and co-ed volley-

ball tournaments.

"This could become a family affair," Meyer-Schuck said. "Along with my sister, I am going to try and get the Old Rock High School in St. Louis volleyball team together for the 1999 Senior Olympics."

The 1998 Senior Olympics ran May 23-27. Some participants qualified for the Missouri State Senior Games, which in turn can lead to national competition.

'Competing in the senior olympics makes growing older a treat.'

- Mary Ann Meyer-Schuck

New MWR card arrives soon for community

The Morale, Welfare and Recreation family of programs, clubs and services will be accepting applications for the new MWR card. The system will be fully implemented by June 30.

This new card will replace the existing Officers Club membership card. It will also be required for Golf Course annual fee users, Flying and Saddle activities' dues and fees, respectively.

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Children should get what they need so....

State programs help with child support payments enforcement

By Erika A. Cain

Children deserve love and financial support from both parents.

Unfortunately, many parents often avoid seeking child support or establishing paternity on behalf of their child for fear of getting involved in the legal system or they cannot afford expensive attorney's fees. However, federal law has enacted legislation which ensures states will provide these services free or for a minimal fee not exceeding \$25. This is known as the IV-D program.

The IV-D program requires states provide assistance to ensure that adequate levels of child support are both ordered and paid. States may use enforcement methods such as reporting child support arrearages exceeding \$1,000 to the credit bureau, income tax refund intercept programs, recording of personal and property liens, seizure and sale of property

with the proceeds applied to the support debt, and wage withholding to enforce child support obligations.

Under the IV-D program, a state's attorney will pursue a soldier's or civilian's support claim, even if the non-supporting parent is located in a different state. This service is coordinated through the local Child Support Enforcement Agency. The CSEA will assist in locating parents, their employers, and/or their assets; establish paternity if necessary and enforce child support orders.

Establish paternity

The following steps are used by the CSEA to assist you in collecting support. The first step, if a child was born out of wedlock, is to establish paternity which is a legal determination of who fathered the child. In general, there are two ways to establish paternity. If the man you name as the father of your child agrees he is the father, he will be asked to sign an official form stat-

ing he is the father. In many hospitals and clinics, these forms are available to parents immediately following the birth of their child. This form will be used by a judge or hearing officer to legally establish paternity. In many states, you do not have to appear in court to establish your child's paternity.

If the man you name as the father or your child denies being the father, or if you are unsure of who the father is, blood or genetic tests can be done. Either parent can request a blood test in contested paternity cases. Usually the state will pay for these tests and collect the fees from the father once paternity has been established.

When paternity is established, a mother will obtain a legal document which certifies that the alleged father is the legal father of a child and get a child support order. Furthermore, once paternity is established, the child's legal rights can be established such as having

the father's name added to the birth certificate, rights to social security, pension and retirement benefits.

Payment amounts

After establishing paternity, the CSEA will also assist you in seeking financial support for your child. The amount of your monthly child support payment is decided by the laws of the state in which you live. The amount of support will be based on the needs of the child and the ability of the parents to provide support in accordance with their income and circumstances. The father may also have to help with medical expenses or provide health insurance for the child. If he is ordered by the court to pay child support, the court will attach an immediate wage withholding order which will require the money to be taken out of his paycheck. Under Alabama laws, child support orders require that the father provide financial support for his child until he or she becomes 19 years old

or emancipated.

The time it takes for the state to initiate this process may vary. In some cases it may take up to a year or longer to locate the missing parent, establish paternity and get a child support order. However, the local CSEA is a very inexpensive and effective resource in assistance with child support enforcement.

Soldiers and civilians should call the local CSEA nearest to their installation to

learn how to apply for enforcement services and what documents are required for assistance. If you have questions on how to contact your local CSEA or other legal questions, those who are entitled to legal services may call the Redstone Legal Office 876-9005 to set up an appointment.

(Editor's note: Capt. Cain is administrative law attorney and claims judge advocate in the Office of the Staff Judge Advocate.)

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A mission of intervention...

Speakers Bureau reps visit 'at risk' youth in Madison

By Sandy Riebeling

Crime prevention was the subject of the AMCOM Speakers Bureau team visiting Three Springs School in Madison. It is a common subject at the school, whose students are juvenile offenders supplied by the Alabama Department of Youth Services.

The day-long presentation included sessions on a variety of topics dealing with crime prevention as well as a tour through the Arsenal's crime van and a visit with the K-9 (Military Working Dogs) unit.

"We told the kids as little as possible about the program," said math and science teacher Dana Bohannon, explaining that she doesn't like to raise students' hopes in case things don't work out. "But the kids are really excited. They were worried that the K-9 unit wouldn't bring the dogs because of the bad weather."

"We're here to re-educate the students that might have strayed," said SFC James DeCourley, operations sergeant for the Provost Marshal Office. "These kids are at a serious crossroads. They are young enough to recover from their mistakes and avoid falling back into

the life once they're out."

The reason the 57 youths are at this maximum security school is because they have strayed, with crimes such as theft, drug use, forgery and assault.

Three Springs is a structured environment with a disciplined regimen both physically and mentally. Students walk in single file with their hands behind their backs, one hand clasping the wrist of the other. They count off when entering or leaving a room. "One-sir, two-sir, three-sir." They are not allowed to trade food in the lunch room. And on their green uniform shirts, their rank, or position in the program, is signified by the color of star displayed.

"There are four levels, community, peer, pledge and honor. And with each level, a different colored star," said Bohannon, adding that getting caught without their star on their shirt could cost them a level.

"Our goal is awareness," Bohannon said. "Awareness that these students can make a change. They do not have to continue to live the lifestyle that brought them here."

Awareness is one of the reasons Bohannon asked the

Speakers Bureau for a crime prevention program for the school.

"It's good for these kids to hear about communication, emotional control, legal issues and warning signs from others besides the teachers here at the school," said DoD police chief Ellis Andrew, who gave the introduction to crime prevention and communication skills.

Sal Riccardi, family advocacy program manager at Army Community Service, followed with a session on family violence.

"I explain to them the origin of emotions and anger control," Riccardi said. "I give them a better understanding of how emotions happen and how thought processes can exacerbate the situation. And how anger plays into all of this."

After lunch, DoD Police Sgt. Melynda Dugdale gave

a presentation on teen suicide, helping the students to recognize warning signs, like depression, in themselves and their peers.

"It is easy for kids in this situation to slip into depression," said Dugdale, "if they're not already depressed by the time they get here. This place is not a social environment. Very few hands went up when Chief Andrew asked how many of the students had made friends here. It's important for the kids to recognize suicide signs."

Madison County Sheriff's Department Investigator Steve Watson was also on hand to speak with the boys about gangs and juvenile crime. "I give a choices program. And the choice these kids make could land them in the penitentiary, getting shot or getting killed. They need to see another direction."

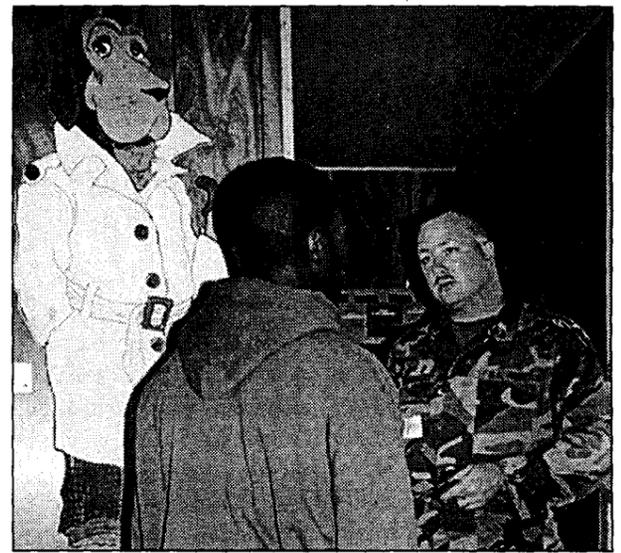


Photo by Sandy Riebeling

AT A CROSSROADS— DeCourley, in fatigues, talks to students about making the right choices and taking responsibility for their decisions.

DeCourley, along with Lt. Randy McClure, shift supervisor for the Provost Marshal Office, worked in the crime van, which houses several displays including gangs, weapons and family violence.

Three Springs education director Norman Sharp said that the thrust of the program is to get kids to

"reflect upon themselves." "They need to understand that they are responsible for their behavior, to self-evaluate themselves. Identify their errors and decide where they are going when they leave here."

"If we can just save one of these kids from coming back here again, it was successful," Andrew said.

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In first Redstone tour...

Charlie Company commander accepts leadership challenge

By Meloney Jones

The new commander of C Company, 832nd Ordnance Battalion says he welcomes the chance to produce quality soldiers.

Capt. Jeffrey Murray assumed command May 19 in a ceremony at the Ordnance Missile and Munitions Center and School.

Murray began his military career in 1986 in the Oklahoma National Guard as a helicopter crew chief in the 245th special operations aviation battalion. He was commissioned in the Army in 1992 as an infantry officer.

His career has spanned from Fort Hood, Texas, to Vilseck, Germany and Bosnia. This is his first tour at Redstone.

"I appreciate the opportunity to prepare soldiers to be their best," Murray said. "Charlie Company is the best training company in the Army, because we have incredibly dedicated drill sergeants."

Murray commands 120 to 250 soldiers. "I focus on maintaining the welfare and morale of the soldiers, and

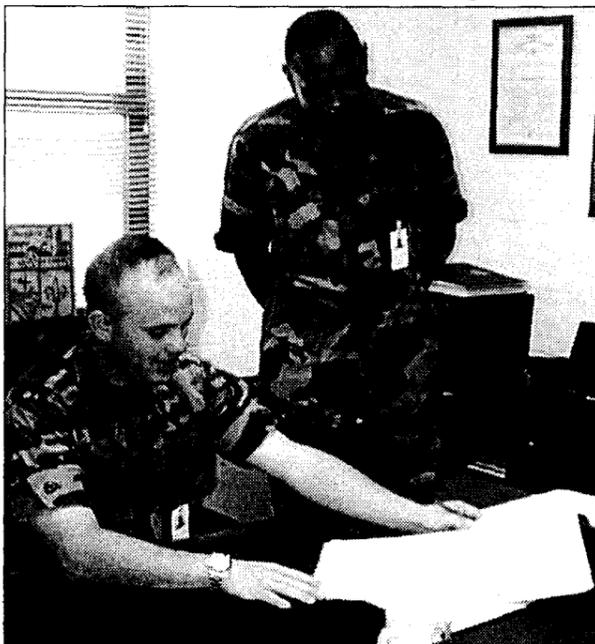


Photo by Meloney Jones

IN OFFICE— Murray, left, reviews unit plans at his desk. Looking on is SFC Anthony Robinson.

assisting the drill sergeants in getting what they need to take care of the soldiers," he said.

Occasionally, Murray sits in on classes and visits the Army supply point training area to oversee the soldiers. "For the most part the drill sergeants are who interface with the soldiers on a daily basis," he said.

"My drill sergeants are some of the finest the Army has to offer. They are pro-

fessionals and take pride in their job."

A new cycle begins every week with soldiers graduating and new soldiers arriving for the 10-week ammunition training course.

Murray takes pride in producing soldiers who are trained and qualified in their profession.

Murray and his wife, Tracey, have settled in at Redstone. "We love the area," he said.

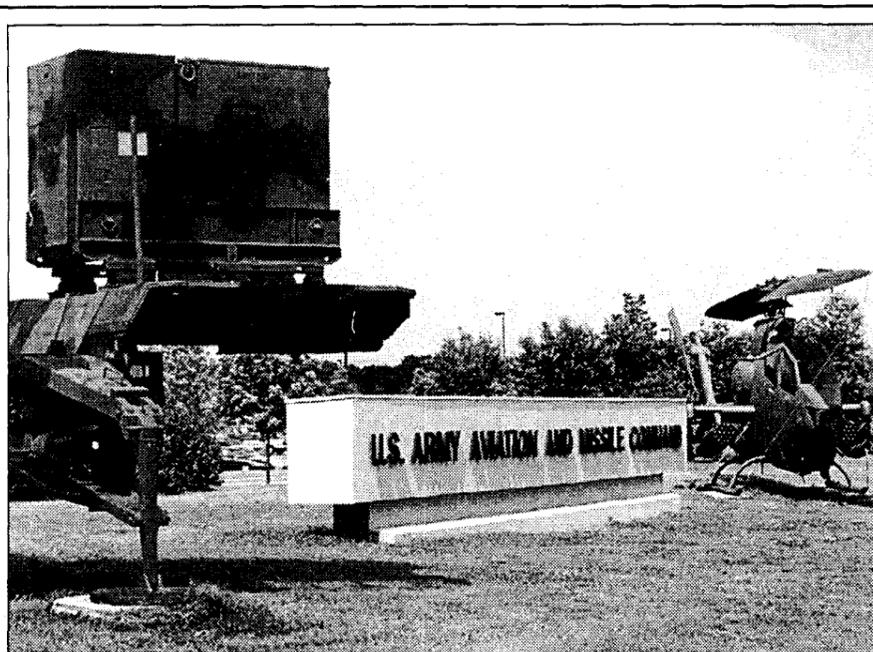


Photo by Skip Vaughn

Improved display...

A new, larger AMCOM sign has been erected on Martin Road in front of the Sparkman Center. Its predecessor was deemed to be overshadowed by the weapon systems located on each side.

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Engineer is elected chairman of aerospace association

By Paul Luz

Alfred Wright, an AMCOM engineer, has been elected as chairman of the Alabama-Mississippi section of the American Institute of Aeronautics and Astronautics.

Wright received his bachelor's degree in aerospace engineering from Iowa State University in 1985. He has been employed as an aerospace engineer with AMCOM in the Guidance Analysis group of the Missile Guidance Directorate for the past 11 years. He has worked on the design and development of missile guidance laws, guidance simulations, guidance hardware-in-the-loop and test flights for several current and experimental/developmental missile systems including Hellfire.

Wright is a senior member of American

Institute of Aeronautics and Astronautics. Before being elected as the chairman of the Ala.-Miss. section, he had previously served as treasurer, secretary and vice-chair.

The nonprofit AIAA is a principal society and voice serving the aerospace profession. Its primary purpose is to advance the arts, sciences and technology of aeronautics and astronautics and to foster and promote the professionalism of those engaged in these pursuits. As of May 1, the Alabama-Mississippi section of AIAA had 841 individual professional members; and the global organization of AIAA, based out of Washington, D.C., had a membership base of 28,836 professionals.

(Editor's note: Luz, of Marshall Space Flight Center, is public policy officer for AIAA.)

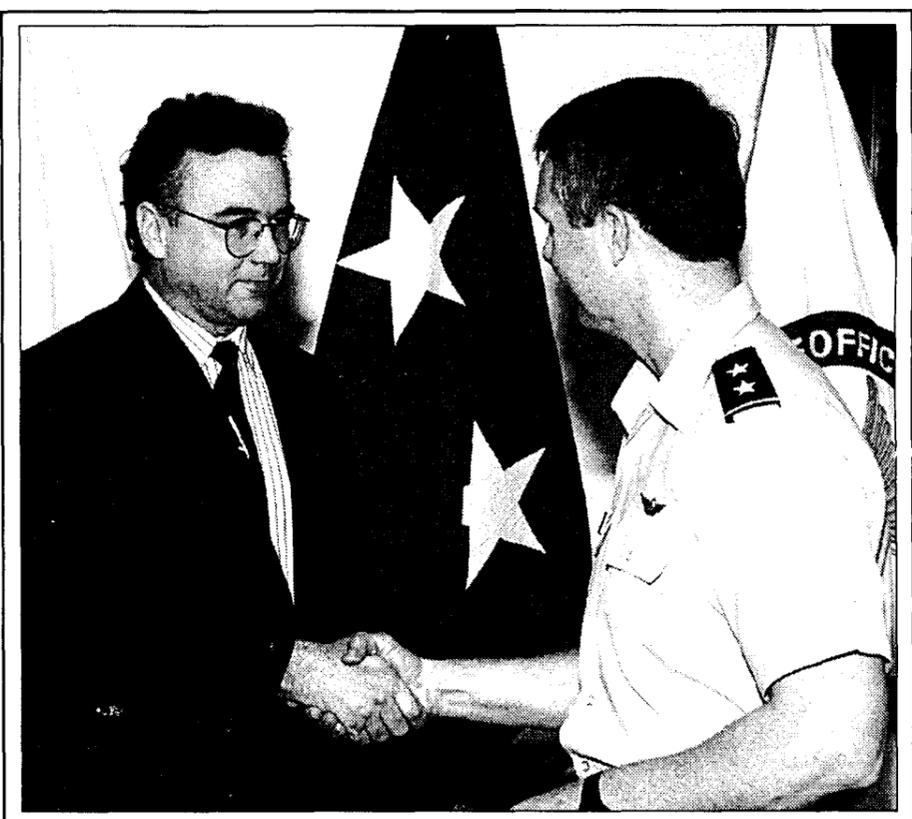


Photo Lab picture

New project manager...

James Caudle receives congratulations from Maj. Gen. James Snider, program executive officer for aviation, on his appointment to project manager for Cargo Helicopters. He will be responsible for the research, development and acquisition of the Improved Cargo Helicopter and sustainment of the existing CH-47D Chinook helicopter fleet.

Ten-Miler team tryouts planned

Redstone Arsenal will again be represented by a team at the annual Army Ten-Miler in October in Washington, D.C.

The team is to consist of five males and five females plus coach, Skip Vaughn, and assistant coach, Alexander Steel. Team members must meet mini-

mum time standards of 80 minutes for males and 90 minutes for females.

Eligible persons include military, Army civilian workers, military family members, and Army civilian family members. They should be stationed here at

least through December.

Tryouts are planned for 5 a.m. July 24 and 5 a.m. Aug. 1 on a 10-mile course which begins and ends near the Sparkman Fitness Center.

For more information, call Vaughn 876-1500.

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Planning for antiterrorism a big job

By Jim Bowne

"Terrorism." In the past, most Team Redstone employees used this word only when discussing countries other than the United States. However, recent years have shown that no country is immune from domestic and international terrorist activities. Terrorism can reach out and touch anyone, anywhere, anytime.

According to Gary Wilson, Team Redstone's Force Protection Program officer, over one-third of terrorist acts committed during 1997 involved U.S. personnel. Although on the job for only a month now, Wilson already has a firm grasp of what force protection is all about.

"The program itself is not new," he explained. "The program has had different titles, but antiterrorism has always been around. Simply stated, force protection means protecting Department of Defense (DoD) assets and resources against terrorism." Those assets and resources include personnel (military, civilian, and contractor), as well as high-value items (such as computers).

Wilson sees his job more in the vein of a "coordination project." "I want to bring all these organizations together, expand the level of communication, and make sure that intelligence knowledge is shared by all groups." The organizations to which he refers include personnel from local law enforcement, and those connected to physical and computer security threats.

Proactive effort

"We are proactive rather than reactive,"

Wilson said. "Being proactive is a requirement. We must plan for attacks, anticipate them, and try to prevent them when possible."

Federal law, DoD directives, and Army regulations govern the whole force protection process.

"I ran the program for a year and a half prior to Gary's arrival," said Rebecca Ogle, who is now Wilson's deputy. "The powers that be determined that one person simply could not handle the job alone."

"The force protection program is more important than it's ever been," Wilson said. "Terrorist activities are increasing all over the world, and our personnel not only visit these locations but are assigned there as well. The program is being rewritten to provide personnel with additional training and more information about the various installations to which they are assigned."

"The rewritten program will reflect the new methodology and new policies," Ogle added. "When I was running the program, I relied heavily on guidance from the U.S. Army Materiel Command (AMC) and AR 525-13. So far, two drafts of the new reg have been written. The reg used to be titled 'Army Combating Terrorism Program.' Now it's titled 'Antiterrorism Force Protection: Security of Personnel, Information, and Critical Resources.'"

Visit by AMC

Last month, Redstone's force protection program received a visit from AMC's Force Protection Staff Assistance Office.

See JOB on page 16

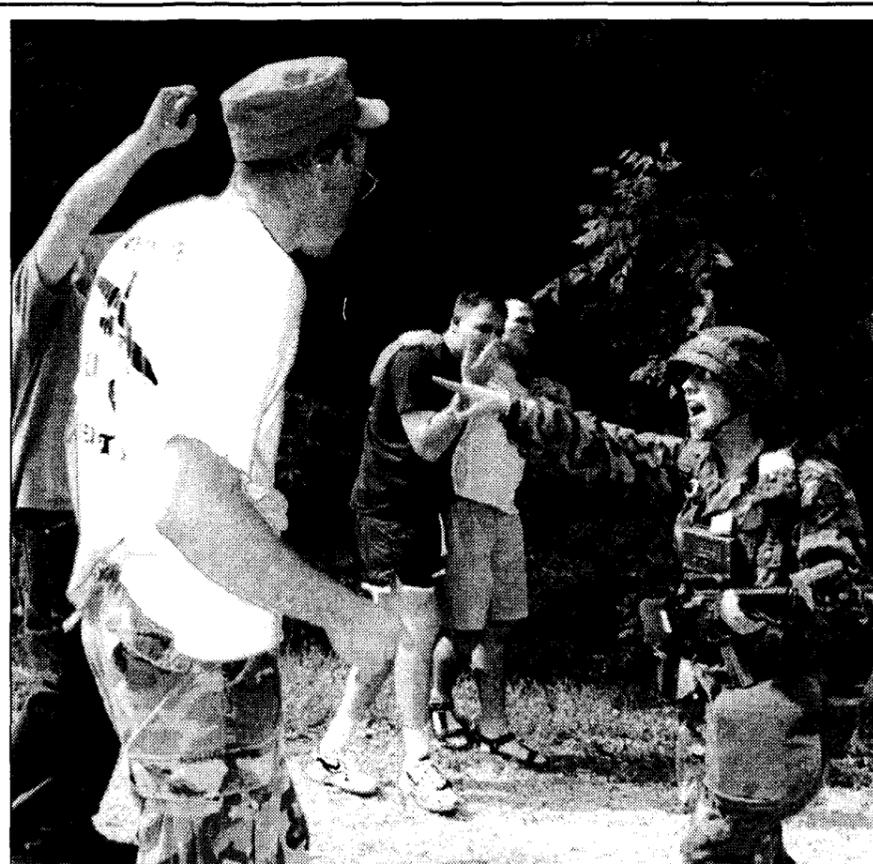


Photo by Sandy Riebeling

Securing the gate...

A field training exercise Thursday for the Officer Basic Course, class 2-98, brought a surprise visit from "locals" trying to enter the camp. 2nd Lt. Rachel Power secures the gate, and directs the locals back to town.

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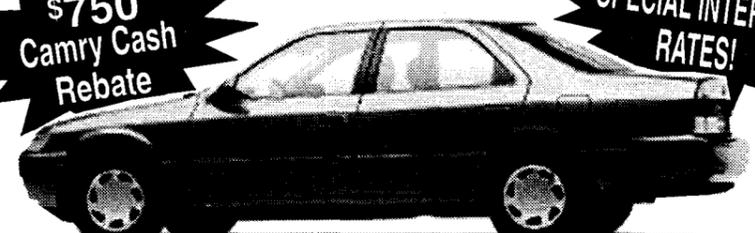
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SERVICE

Continued from page 4

"Lots of people who retire don't really want to," he said. "And it's not because of the money. A soldier who leaves his home and family for garden spots like Bosnia and Croatia doesn't do it for the pay. He does it for love of country, of God, of freedom. If you're here for the money, you're wasting your time."

Voice of experience

Fredrich isn't saying what he's heard others say. He speaks from experience as one who served two tours in Vietnam. He ended his 28-year military career as command sergeant major of the 73rd Ordnance Battalion which was stationed at Redstone in 1990.

Five years ago Fredrich came back to work as the retirement services officer for the post.

"It's my job to process soldiers out of the military," he said, "and make sure they have a warm, fuzzy feeling when they reach the door."

The retirement process is full of forms,

orders, letters, requests and waiting. Usually, a soldier can go from active to retired in about a month.

Part of the process includes calculating a retiree's pay, which depends on years of service and when the soldier enlisted. Currently the military has three different pay systems for retirement.

"When they come in, I go over VA benefits, survivor benefits, life insurance, and make them aware of the disability rating, which is something they have to request themselves," Fredrich said.

The briefing includes a variety of topics but the most pressing, by far, is the concern about medical coverage.

Medical issue

"Medical care frightens Army retirees," said retired Lt. Gen. Ellis D. Parker, co-chairman of the Chief of Staff of the Army Retiree Council, during an interview with AUSA (Association of the United States Army) News magazine. "We have planned all of our lives for free medical care as promised in recruiting bulletins for us and our families. Those bul-

letins were on the streets as late as 1994. People believed that promise."

Medical coverage is available through Tricare, the military's only medical system. Problems of coverage, amounts and geographical locations to military hospitals and health clinics are troublesome issues with the plan. Programs like the Federal Employees Health Benefit Plan and Medicare subvention test sites are being addressed as possible solutions to the veteran health care question.

Other benefits for retirees are much the same as active duty, with priority given to those still in uniform.

Many retirees go on to work for private industry after retiring. Civilian work for the government is also allowed, with a few restrictions.

Political involvement

"I always encourage the retirees to get involved," Fredrich said. "Politically, maybe not by running for office but certainly by getting in touch with their congressmen and letting them know about the issues

that are important to retirees."

Parker reinforces political involvement by reminding veterans that their new chain of command to get problems solved now includes Congress.

"Many of them, and more than ever before, have never served a day in the military," Parker said. "And so you have an obligation to educate them on the issues. They work issues. And the more people that are interested in those issues, the more they work those issues."

"There's also community involvement-- talking at schools, being a mentor," Fredrich said. "Lots of young people need guidance and structure. Military people know what that is. Many times a veteran is sought out if they know he's willing to open up and share his experiences."

Fredrich says the best part of the job is working with soldiers and retirees.

"I get anywhere from 60 to 100 calls a day, anything from benefits questions to what time the pool is open," he said. "It's a different job every day."

JOB

Continued from page 15

"Although we have not received their formal report," Wilson said, "we feel that we did well and are on the right track." The formal report is expected any day.

"When the team members arrived," added Ogle, "they were surprised to find that we're not just responsible for the U.S. Army Aviation and Missile Command and a few travelers." They found it hard to believe that there are only two of us to service not only AMCOM, but 38 additional tenant organizations, as well as subordinate activities."

Using guidance from the Department of the Army and AMC, Wilson and Ogle are currently developing an "Installation Force Protection Plan." "This plan will include what we plan to do to prevent a terrorist attack, how we plan to respond to such an attack, and how we plan to recover," Wilson said.

Wilson stressed he has much to do. He's reviewing

all of his office's responsibilities and determining how to cover them all. He's also discovering the width and breadth of the assets and resources for which he has protection responsibility.

"One of our main functions is to brief personnel and their families who are going to countries that have low-to-medium-to-high risk factors," Wilson said. "When a military person gets his or her orders, we invite the family members to attend the briefing. We want them to know the existing threat. We tell them that conditions could change a

lot once they are in-country."

Committees help

To help in this formidable task, Wilson and Ogle have two different committees from which to seek help. One is the Force Protection Committee, and the other is the Force Protection Working Group.

The Committee is chaired by the AMCOM chief of staff. Additional members include some primary organizational element chiefs, but not all; and some tenants, but not all. "I tried to rejuvenate the committee over the past one and a half years," Ogle said. "The

committee meets twice annually and more if the chief of staff feels it's necessary. They are supportive and the group is growing."

"The Working Group, which Rebecca and I co-chair," said Wilson, "includes personnel from Physical Security, from the Provost Marshal's office, and from the Intelligence and Security Directorate. We plan to expand this group also."

According to Wilson and Ogle, two others who have been instrumental to the

success of the local force protection office are Steve Carey and Maj. Doug Fails (an Army Reserve officer). Carey works for the Intelligence and Security Directorate and conducts medium-to-high threat briefings. Fails is a specialist in developing and putting together force protection plans.

Wilson said that he would have to develop memorandums of agreement and memorandums of understanding between AMCOM and its tenant organizations regarding the Force Protec-

tion Program. "Some organizations may want to have their own program and may do so," he said.

Prior to his recent job, Wilson was the security manager for PEO Aviation and worked in the Intelligence and Security Directorate for 10 years. Ogle also worked for the same directorate before coming to her present assignment.

For more information concerning Team Redstone's Force Protection Program, call Wilson 876-4107 or Ogle 842-6072.

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Announcements

Redstone Residents

Housing office

The Housing Management Division (family housing, billing office, and furnishings), buildings 111, 244, and 3653 will be closed from 9:30-noon June 24 to attend training. "We will be open from 7-9:30 a.m. and noon-4:30 p.m.," a prepared release said. "We apologize in advance for any inconvenience this may cause to you."

Ceremonies

NCO Academy graduation

The NCO Academy will hold a graduation ceremony for the Basic Noncommissioned Officer Course at 9 a.m. June 18 in graduation hall of building 3329. The public is invited. For more information, call 955-7954.

Quarterly retirement

The Quarterly Retirement Ceremony will take place July 9 at 4 p.m. behind building 3437 (HHC AMCOM). Rehearsal will be held July 8 at 7 a.m. behind building 3437. If you wish to participate in the Retirement Ceremony, call Support Operations, SSGT. Trescott 842-2385 by June 12.

Miscellaneous

Team Redstone picnic

The Aviation and Missile RD&E Centers are co-hosts of this year's Team Redstone Organizational Day, July 14 from 10 a.m. to 4 p.m. at the Col. Carroll D. Hudson Recreation Area. Rain Date is July 15. This is a family event for all Redstone Arsenal Army employees, spouses and children to enjoy the river and leisure time with their co-workers and families. There are sporting events, children's activities, music, military displays, bingo, and a free sack lunch/drink for all attendees. Door prizes will be given away throughout the day. Shuttle transportation will be provided from strategic points throughout the Arsenal. More information may be obtained from the AMCOM Community Bulletin Board. For information call Maud Woodsinger 955-7765 or Sherry Hilley 842-6715.

Recruit the recruiter

The U.S. Army Recruiting Command is sending the "Recruit the Recruiter" team to the Aviation and Missile Command to give presentations and answer questions concerning duty within the recruiting command. The team will be at building 3447, June 11 from 9:30 a.m. to 1:30 p.m. giving presentations and answering questions. The purpose

of the visit is twofold: first, to brief all interested Sgt. through SFC on opportunities as a U.S. Army recruiter and secondly, to encourage qualified NCOs who have more than 12 months time on station to volunteer for recruiting duty. All NCOs interested in recruiting duty are encouraged to attend a briefing. Spouses are also encouraged to attend.

Recycled paper

The new phone number for unscheduled recycled paper pickups is 313-2085. For more information, call John Souza 313-2089.

Church school

Vacation Church School will be held from 9-11:30 a.m. June 15-19 at Bicentennial Chapel. The theme this year is "Prayer." Registration is required. Those eligible include children age 4 who have completed preschool through those who have just finished the sixth grade. Registration, by the parent, is held weekdays from 8:30 a.m. until close of business in room 13 at the chapel.

Transition workshop

The Military Personnel Office is sponsoring a three-day Transition Assistance Workshop, June 16-18. The workshop is mandatory for all military personnel leaving the service within the next 180 days unless they have attended a previous workshop. These workshops are available to all branches of service including National Guard and Reserves. DoD civilians, military retirees, veterans and spouses of all are also encouraged to attend. The workshop will be held in building 3447 (behind Toftoy Hall). Seating is limited so you must register to attend. To register call Marie Adams 842-6145.

Post Exchange news

The PX Service Station, building 3240, will operate with these new hours starting June 22: Monday, closed; Tuesday through Friday, 7 a.m. to 6 p.m.; Saturday, 7:30 a.m. to 5 p.m.; Sunday, closed.

Federal retirees

The National Association of Retired Federal Employees (NARFE) will meet Saturday at the Senior Center on Drake Avenue. Jake Harbrough, of Life Safety Systems, Madison, is to discuss and demonstrate fire protection equipment as well as provide fire prevention guidelines. Refreshments at 9:30 a.m., program at 10. For more information, call 837-0382 or 881-3168.

IG assessment

The AMCOM Inspector General Office is conducting an assessment of children's services on Redstone Arsenal. Anyone wishing to surface concerns for consideration in this review may do so in person, telephonically (876-9701), or in writing to AMSAM-IG, building 111. If you desire to speak in person with a member of the team, call 876-9701

for an appointment.

Bible study

The Redstone community, civilian and military are invited to attend the Bible study held each Wednesday from 11:30 a.m. to 12:30 p.m. at Bicentennial Chapel. Free hamburgers will be served. For more information, call 313-6874.

Prayer breakfast

The monthly non-denominational prayer breakfast sponsored by IMMC will be held at 7 a.m. June 16 in building 5309, room 9128 (conference room at east end of Sparkman Center Food Court). The scheduled speaker is Lt. Col Rick Ryles, PEO Aviation. "Everyone's welcome and invited, so please bring your friends and join us for prayer praise and fellowship," a prepared release said. "Remember, no food or drinks will be served, but you may bring your own if you wish."

Mud volleyball

CASA anticipates its best turnout ever for the 10th annual Mud Volleyball Tournament, July 18 at the Athens Recreation Department on Highway 31 North in Athens. Register by June 19. The tournament is limited to the first 100 teams to register. Entry fee is \$15 per person which includes T-shirt and pictures. Proceeds benefit Athens Limestone County Aged and Homebound. For more information, call the CASA office 232-5751.

See ANNOUNCEMENTS page 18

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'84 Pontiac 5th Ave, Cold Air	\$300 Down
'89 Pontiac Lemans, Sharp	\$600 Down
'92 Dodge Shadow, Clean	\$800 Down
'90 Geo Prism, 4 Dr., Auto	\$1000 Down
'90 Toyota 4x4, Only 80K Miles, Sharp	\$7,900 Cash
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ANNOUNCEMENTS

Continued from page 17

Scottish festival

The ninth annual Scottish Festival and Gathering of the Scottish Clans, sponsored by Tennessee Valley Scottish Society, will be held June 20 from 9 a.m. to 5 p.m. at Sharon Johnston Park.

Resume workshop

A workshop on writing an effective resume will be held 10-11 a.m. June 18 at Army Community Service, building 3491. To register call 876-5397.

Army families

Army Family Team Building is a training program designed to prepare all military families for various situations and events they may experience in military living. Level I offers information for the new military spouse. Levels II and III offer leadership and management development training. Free child care is offered on site. The training will be held June 20 from 8:30-noon in building 3447. To register call 876-5397.

Youth gymnastics

Gymnastics classes will be offered throughout the summer at the Youth Center. Beginner, intermediate and advanced classes are held from 5-8 p.m. every Tuesday and Thursday for ages 3-16. For more information, call the Youth Center 876-5437.

Beanie Baby auction

Spiritlife Christian Academy is sponsoring a silent auction for a set of 12 Tee-nee Beanie Babies (McDonald's) still in the package. Mail your bids to: Spiritlife Christian Academy, Attn: Silent Auction, 1469 Browns Ferry Road, Madison 35758. Winner will be contacted. Bid closes June 30. For information call 772-8424.

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 phone numbers only.

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'95 Camaro Z28. Red, auto., T-Tops, low mil., very nice! \$13,000 obo. Diane, 882-1930.

'95 Chevy Astro LT. Loaded, 8 passenger, rear air, CD, new tires, 44K mi., white with grey int. \$15,900 obo. 830-2842.

'95 Ford F250 5 spd., air, AM/FM, bedliner. 232-6197 after 4 pm.

'95 Mitsubishi 3000 GT. 5 spd., white, in warranty, kept in garage. 1 owner driver. Asking \$18,500. Immaculate cond. 650-5221.

'95 Pontiac Trans Am. Original owner, 31K mi., remaining factory warranty, dark green, auto., traction control, CD etc. \$14,500 obo. 852-6481.

'94 Mazda B2300 pick-up with matching camper shell. 5 spd., air, 57K mi., immaculate. \$7,700. 883-6894.

'93 Mark VIII Lincoln. Exc. cond., 65K mi. \$12,000. 859-9629.

'93 Mazda MX6 LS. 6 cyl., Auto, 57K mi, green, PW, pwr. sunroof, new tires & brakes, \$10,495. 461-0773 after 6 pm.

'92 Pontiac Grand Am 4 dr. sedan SE. V6, list \$7,375, asking \$6,500 obo. 430-4087 after 4:30 pm.

'92 Toyota extra cab truck. 5 spd., air, cruise, 4 cyl., 2x4 WD, exc. cond., matching camper. \$7,500. 355-1834.

'91 Ford Ranger XLT. Air, cassette, custom wheels fiberglass topper, new brakes. \$3,895 obo. 882-5036.

'90 Ford F150. 70K mi., 302 V8, auto., Longbed. Asking \$6,500. Bob, 859-5782, after 4 p.m.

'89 Geo Metro. 5 spd., great gas mileage, runs good. \$750 obo. 464-7029.

'88 Alfa Spider Quad. Air, hardtop, 72K mi., 5 spd., PW, Pwr. mirrors, red. 883-8439 or 882-2266.

'88 Cadillac El Dorado Barritz. White w/ gray top, leather with all options, new Michelins, runs great. \$3,900. 534-7484.

'88 Chevy Cavalier. 2 dr., auto., air, radio, tape player, gray. 837-1191.

'87 Mustang convertible GT. 5.0L, 5 spd., red/white top, 73K original mi., exc. cond. \$6,500. 830-1246.

'87 Plymouth Caravelle. Good running car. \$1,990. 883-2022.

'85 Chevy Blazer 4x4. new motor, good tires, brakes & air, PW, exc. int. \$3,300 obo. 650-7234.

'84 Bonneville V8. Pwr. seats, pwr. locks, windows, cruise, tilt AM/FM cassette, 1 owner, good cond. \$2,500. 837-0546.

'84 944 Porche. Must sell due to babies and PCS. 101K mi., good cond. \$4,500. 721-9918.

'83 Olds 98. 2 dr., V8, like new, new tires, 36K orig. mi. Asking \$3,800. 859-5782 after 4pm.

'81 Chevy truck. 350 V8, auto. \$1,500 obo. (256) 971-1999.

'81 Dodge Aries station wagon. Auto, air, cruise, 2.6L, runs good. \$1,200. 883-0874.

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'80 Honda Accord. 4 dr., auto., air, PS, PB. Above average cond., below average mi. \$1,500. Must see prior to questions. 883-6115.

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'87 Ebbtide 17' runabout boat. 85 hp. Mercury outboard motor with Trailmate easy load trailer. \$3,500. 837-5287.

'95 Innsbruck travel trailer. 33 ft. with slide out. Fully contained, loaded with extras, sleeps 6, must sell, used twice. \$13,000 neg. 882-2723.

'97 Larson 23' deckboat. Mint condition, low hours, loaded. 5.7L (250 hp) V8, 50+ mph., seats 14. Always dry stored. \$23,900. 772-7874 evenings.

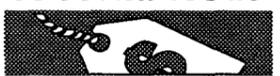
'96 Kawasaki jet ski STS. 3 seater, new battery, low hrs., cover, trailer, warranty spring '99. \$4,950. 233-0732 (Athens).

Seadoo XP. Garage stored, top of the line 2 seat personal watercraft, new engine. \$2,500. 852-1287, lv. msg.

20' California style tunnel hull boat, 7 pass., full gauges, '96 225 Mercury, SS prop, tandem trailer, 85+ mph. \$8,500. 882-9171.

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Miscellaneous



AMPEG SVT8*10 bass cabinet. Good cond., \$600 obo. (931) 937-9223.

Antique 1906 Brunswick pool table. Restored, appraised \$4,000 asking \$3,000, includes accessories. Will consider offer. (256) 379-2981.

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Civil War musket. Reproduction model 1862, Remington rifle musket, .58 caliber, brass trim, unfired cond. Asking \$275. 464-9751.

Community yard sale. Wheeler Point subdivision, behind Williams Elementary off Zeirdt Rd. June 13, 7 am.

Electronic bumper pool table, \$170 obo. Riding lawn tractor, \$400 obo. Kitchen table and chairs (4), \$200 obo. All items exc. shape. 852-5099.

Entertainment cabinet. New and very sturdy, holds 25" TV. Asking \$100. Marble fireplace accessory set and brass magazine rack. Price neg. 461-7973.

Epson 5000 (Same as LQ 570) printer. Dot matrix, very fast, like new. \$75 obo. 880-2647.

Formal sofa / sleeper. Navy with floral design, good shape, \$100. 880-7075.

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Classifieds

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Hay squares. Alfalfa, \$2.50. Grass/clover, \$1.50, in the field, also round bales. 12 young cows. (931) 433-7053.

JAC's Collectables. Largest NASCAR store in North Alabama. U.S. Hwy. 72, Elgin, AL. .5 mi. west of 101. 247-1917.

King bed, \$75. Reclining couch / loveseat, \$900 obo. Oak table / chairs, \$200. Bookcase, \$25. Dennis Austin work-out, \$100. Turbo Glider, \$100. 881-0807.

La-Z-Boy loveseat incliner, \$200. Bose speakers, 901 series, \$300 obo. Sears cartop carrier, \$25. Hoyt Pro Hunter bow, \$75. 837-6904.

King-size waterbed. Complete, inc. headboard, siderails, semi-waveless mattress, \$150. 464-9785.

Lawn mower. Murray 20 in. self-propelled, rear bagger. new in box. Cost \$260 new, asking \$225. 539-1383.

Matching living room set including couch & 2 chairs, coffee table, lamp and wood chair. All exc. cond. \$350. 461-4835.

Maternity clothes. Professional/casual, winter/summer. Size lg., 10-12-14, \$5-\$15. 830-9679.

19 inch G.E. color TV w/ remote, cable ready, alarm clock, channel memory, add or delete channels. \$130 obo. 895-0537.

Pecan wood king size bed room set. 2 nite stands, triple dresser, mirror, headboard, boxspring and mattress with frame, \$850. 536-2010.

Pine den group, \$150. LR group, \$75. Bed and dresser, \$50. Pine end tables and coffee table, \$30. 532-4055.

Pool for sale, \$595. 24 ft. round above ground, needs liner, other equip. works well, accessories included. 881-9605, iv. msg.

Queen mattress and box spring set, firm, good cond., \$109. Twin mattress and box spring set, firm, exc. cond, \$99. 883-6951.

Refrigerator, Kenmore 19 cu.ft., almond, ice maker, exc. cond., \$225. 837-0104.

Refrigerator, 19 cu. ft. Gold w/ icemaker, \$150. Snapper self propelled w/ grass catcher, \$250. '85 VW Jetta engine, \$200. 852-0218.

Selling personal Beanie Baby collection. Many retireds. Call for names/prices. 551-2934.

Sofa, loveseat, chair and Ottoman by Berkline. Tan, exc. cond., \$400. 3 wood shelves, glass inserts, \$125. Delivery possible. 721-0563.

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2 sets or pair of scales. Great cond. Price is negotiable. 461-9613 after 4 pm.

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Want to buy external hard drive and CD ROM drive for Macintosh. 650-0076.

Whole house window exhaust fan, \$50. Debbie, 880-9843.

Yard sale. Baby/toddler items. Little Tykes and other toys, maternity clothes, etc. Sat. June 13, 7am-1pm. 1206 Donna Ave., Decatur.

Real Estate



Albertville: <http://www.boaz.net/personal/reggie/4sale.html>. Approx. 2,600 sq.ft., 4.4 acres city limites, barn, workshop, basement, 3BR, 2.5 BA, hardwood floors. 878-9898

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Homes for sale. First time buyers. No down payment. No closing costs. Joe Jensen Realty. 830-0821.

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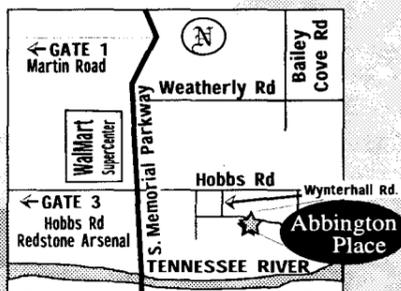
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