

Redstone Rocket

VOL. 49 No. 30

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July 26, 2000

Parachute infantry regiment explodes onto Redstone

Fort Bragg soldiers
fire TOW rounds

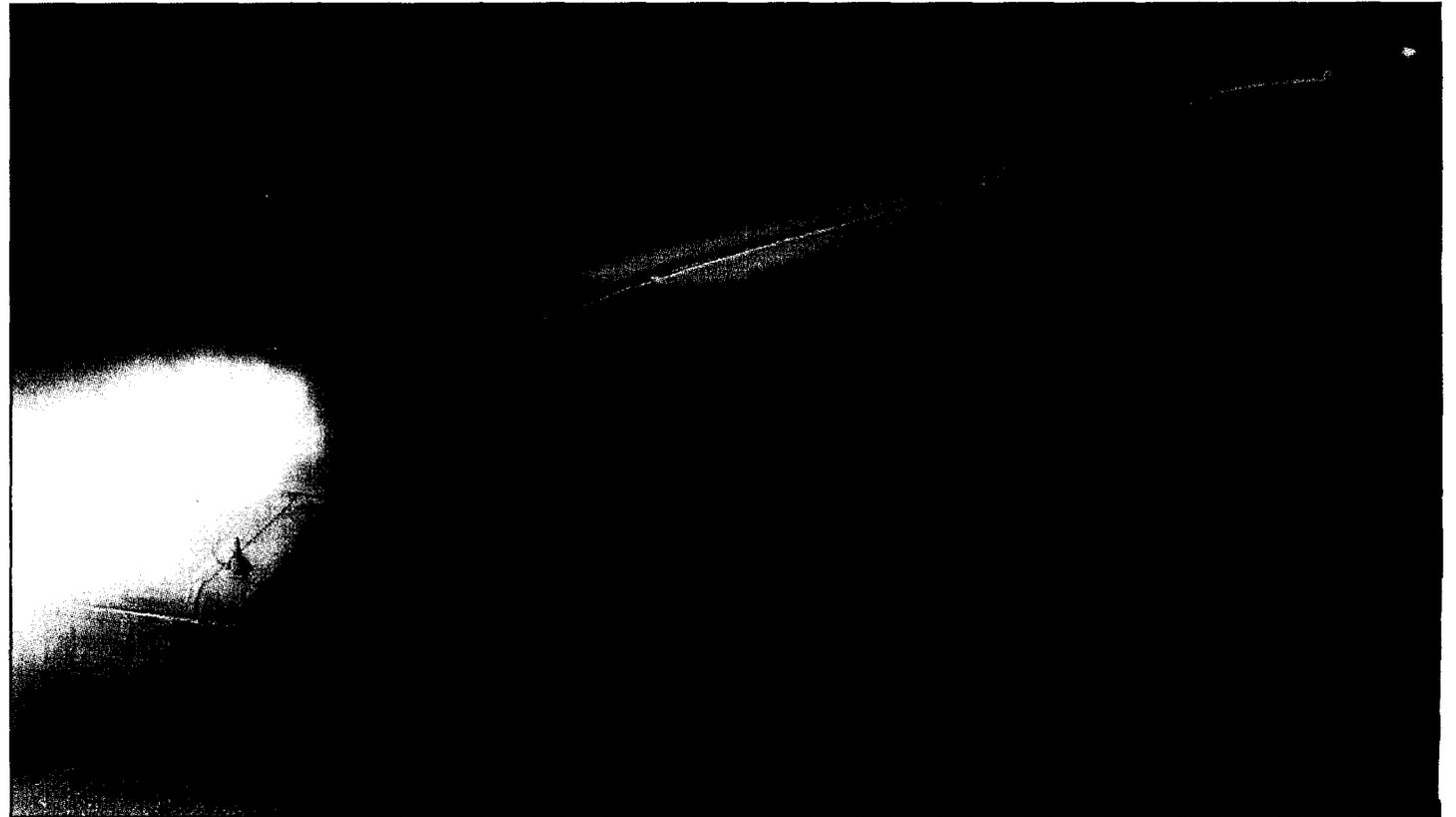
By Sgt. SHARON McBRIDE
Staff writer

With a deafening quake, the missile meets its target. As it tears through tons of metal, the soldiers on the other end of the deployed weapon celebrate the fact that they destroyed yet another enemy tank.

No, this isn't a scene from a war movie; this was real training with real missiles that took place at Redstone Arsenal. From July 9-29, the 505th Parachute Infantry Regiment, 82nd Airborne Division out of Fort Bragg, N.C., invaded Redstone to conduct live fire exercises with TOW missiles.

"Normally we shoot inert concrete rounds when we train at Fort Bragg," said Capt. Brandon Robbins, commander of Company D, 1st Battalion, 505th Parachute Infantry Regiment. "This training has allowed my soldiers to see what damage a live TOW missile can do to an actual tank."

See TOW on page 10

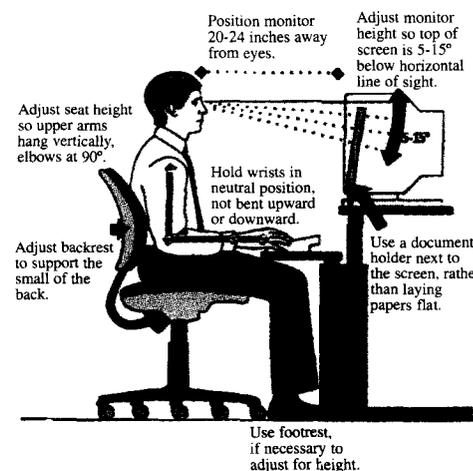


Redstone Technical Test Center photo

NIGHT FIRING— Members of 505th Parachute Infantry Regiment had the opportunity July 18 to fire TOW at night.

Ergonomics is good economics for employee health

HOW TO SIT AT A COMPUTER



Safety... Excellence Through Risk Management
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Adjusting your workstation can make you feel better

By SANDY RIEBELING
Staff writer

If you're stressed out and tired at the end of the day, it could be more than just the pressures of doing the job. The problem may not be what you're doing, but how you're doing it. Rearranging your workstation can help.

Ergonomics is the science of arranging and adjusting your work environment to fit you and your body. Lessening the stress and strain on the body while at work can prevent a variety of problems including eye strain, sore muscles, headaches, tension and fatigue.

There is also a class of disorders known

as cumulative trauma disorders caused by repeated body movements. Carpal tunnel syndrome, affecting the forearms, wrists and hands, is one of the best known CTDs. Good ergonomics is a key factor in reducing this type of injury.

"Making simple changes in your workstation can prevent a lot of stress on the body," Sandra Jackson, occupational safety specialist, AMCOM Safety Office, said. Jackson was one of 16 AMCOM employees who attended an ergonomics class conducted by the U.S. Army Center for Health Promotion and Preventive Medicine. "It was a 40 hour course— very intensive. We learned, among other things, how to evaluate a workstation and make recommendation for changes to suit the employee."

The most common problems noted during workstation inspections were simple

things such as glare on the computer screen and placement of the computer mouse.

"I'd say probably 90 percent of the people have bad workstations— workstations that don't fit them," Bobby Taylor, director, Wellness Center, said. "Keeping the (computer) mouse on the same plane as the keyboard is important. Sometimes the change is as easy as moving the keyboard over, extending it a little off the end if necessary, and putting the mouse next to it."

"Our goal is to get people comfortable in their workstations which will increase productivity and safety and reduce musculoskeletal disorders," Jackson said. "It improves the quality of work, decreases fatigue and makes the workers feel better at the end of the day."

There are some easy steps that can help
See Ergonomics on page 10

Firehouse joins post club scene
Red-hot lounge

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Vietnam veterans motor to Wall
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Letters to the editor

Family member needs assistance

Won't you please see it in your heart to help a Team Redstone family in need?

Alex Heath, 5-year-old son of Terri and Tom Heath, had a severe bout of Spinal Meningitis as an infant rendering him 100 percent deaf. The only way he will ever hear is with a Cochlear Implant Device (implanted hearing aid) at a total cost of \$26,000 leaving his parents in need of \$6,000.

Mrs. Heath is presently employed with MWR, at the Challenger Bingo.

We are asking for donations that can be deposited at any Compass or SouthTrust bank under the account of "Alexander Heath Implant Device Fund."

We are also asking for donations of used merchandise that can be dropped off at the Challenger Bingo, building 1500 at the side entrance off the patio. Dropoff dates and times are as follows: Aug. 1-4 from 4-7 p.m., and Aug. 5-6 from noon-3 p.m.

If you have any questions regarding merchandise dropoff, please contact Challenger at 837-0750 or 837-0751.

The merchandise donated will be sold on Aug. 19 at a yard sale held at the American Legion located on Drake Avenue, from 9 a.m. to 3 p.m. All proceeds will go to the Alexander Heath



Courtesy photo

ALEX HEATH

Implant Device Fund.

Any and all donations will be greatly appreciated.

So please come out and help us help Alex. If more money is raised than is needed, it will be donated to another fund for other children who need Cochlear Implants.

**Friends and supporters
of Alex Heath**

New lease on life is appreciated

I was unable to attend Dan Rubery's farewell functions on June 20 because I had a medical examination scheduled in St. Louis that I could not reschedule. That may have saved my life.

Let me begin with some background about myself. I was born in 1942—raised in Pennsylvania. I had a fairly active childhood. I participated in sports in junior, senior high school and college. I spent 21 years in the Army and met all the physical training requirements. I am now a contractor working on Redstone Arsenal and I attempt to maintain a workout schedule. Like most men my age I am about 15 pounds heavier than I should be, but I do attempt to eat properly.

During my workouts I have noticed a burning sensation on the upper part of my lungs but only after a period of exertion. The burning subsides after a brief period of time. I mentioned this to my doctor and I insisted on a stress test, since I have never had one. In early June I had my stress test and the test was fine, except I still felt the burning sensation. I asked for additional testing. That is when I was scheduled for an Echo Stress test on June 30. The test revealed some abnormalities but I did well on the machine. My doctor agreed I should go the next step and have a cardiac cath-

ization. I figured it was the Fourth of July holiday week and I could spare the time for the test. To my surprise they had a vacancy on July 7 so I agreed to have the test.

The morning of July 7, I began the day with my regular workout which consisted of a 30 minute walk. As usual I felt the slight burning sensation but after the workout I felt great. I sat around thinking that the catherization test may finally reveal the problem and I will probably be put on some medication. Up till now all I take is the normal vitamin supplements plus a coated aspirin.

The catherization test was conducted in the hospital outpatient clinic and was relatively painless with minor sedation. I lay in the recovery room coherent but still slightly sedated hearing the cardiologist telling me I have artery blockage of 95 percent in two arteries and 70 percent in at least two others but my heart is strong and he is recommending surgery on Monday.

I left the hospital on July 14, a week after entering for a test after having a quadruple by-pass surgery.

Why am I telling you this? Because like me, many of you do not listen to our body telling us we are doing something wrong or we must dig deeper to find the problem. No one wants to accept the fact we may need surgery or something else.

We all know the do's and don't's to good health. No smoking, no fat, lower cholesterol, exercise, eat fruits and vegetables, drink alcohol in moderation, etc. Many of us have been trying to do just that. I thought I was. As my cardiologist told me a study was conducted during the Vietnam War and it was found that a high percentage of soldiers in their early 20s had 50 percent blockage of their arteries. Think about it, we are raised by our parents eating the food they prepare and our eating habits were not the best, we smoked, drank and did all the wrong things and on top of it, the most uncontrollable part, our heritage. We cannot change our genes.

See Lease on page 12

Police officers vulnerable to personal attack

On July 12, the Redstone Rocket published a letter that stated a police officer from Redstone Arsenal cussed a worker from Lee's Magic Tunnel Car Wash. The author of the letter lied. Officer Mike Spradley and I went to the car wash to recover a police vehicle that was there for inside detailing. Officer Spradley inspected the car and told me that it was still dirty. I inspected the car and found dried mud on the floors and door panels. There was dirt in and under the seats. It didn't even appear that the car had been vacuumed out.

Lee's Magic Tunnel charges approximately \$65 for this service. The manager was summoned and it was agreed upon that they would keep the car and make corrections.

As far as the cheap shot taken by "name withheld" is concerned, I can assure you that it is a lie. Neither Officer Spradley nor I cussed anyone. But the letter, thanks to Redstone Rocket, had its desired effect. I was relieved from my

duties as a police officer.

Police officers are always vulnerable to this type attack. The managers at the PMO seem to be oblivious to the perils that their officers face every day. My supervisor told me that he checked this story out and that it was true. However, during his "thorough" investigation of the allegation, my supervisor never bothered to talk to Officer Spradley or me. My supervisor discovered exactly what he wanted to discover in order to satisfy a personal vendetta. It is a shame that any officer should have to undergo this kind of underhanded spineless attack. For those of you that appreciate the police and give your support, I want to give to you my personal thanks even though I may never be a police officer on Redstone Arsenal again.

Billy J. Cooper

Redstone Rocket

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New chief of staff impressed with Team Redstone

Col. Stone joins AMCOM after commanding brigade

By BETH SKARUPA
Staff writer

Although he's only been on the job a few weeks, AMCOM's new chief of staff Col. Edward Stone already knows that it's going to be an interesting one.

"It's an interesting and diverse command with an important mission. I can see that it has a lot of visibility, with the secretary of the Army and the (Army) chief of staff's recent visits," he said. "And the people here are very committed and very dedicated."

Stone commented that once he found out he was coming to Redstone Arsenal, everyone he knew told him it was a great place to go and a great place to work. He said it was a great surprise because he did not know much about the Arsenal, Huntsville or the surrounding area.

"I had no idea how embraced it is, that this 'Team Redstone' actually exists. It's been a great experience so far," he said. "I hope that I will, in my own small way, bring additional value to an already great organization."

"I hope that I will, in my own small way, bring additional value to an already great organization."

— Col. Edward Stone
AMCOM chief of staff

Previously, Stone was the commander of the 1st Brigade, 1st Region (Reserve Officer Training Corps), U.S. Cadet Command in Devens, Mass. He was responsible for all ROTC programs in the seven northeastern states from Maine to New York with the exception of the city of New York and Long Island.

"In the two years I was there, we commissioned almost 1,000 second lieutenants for our Army. That's very satisfying when you see the quality of the men and women we have ... when you see the fire and sparkle in their eyes, it's very rewarding," he said. "I see that a lot in the young people and older people, too. I see it here at AMCOM as they talk with such



Photo by Beth Skarupa

LOOKING FORWARD— Col. Edward Stone, left, AMCOM chief of staff, discusses upcoming events with Sgt. Scott Ledermann, driver for the commanding general.

enthusiasm in their voices about the opportunities we're creating."

Originally from a small farm town near Lake Ontario in western New York, Stone moved to Hialeah, Fla., as a teen-ager. He began his Army career in ROTC while earning a bachelor's of business administration degree at the University of Miami. He was commissioned as a second lieutenant of infantry in 1973.

"I was supposed to go to the Infantry Officer Basic Course then go back to college to work on a master's or a law degree as a reserve officer," he said. "But I had so much fun and did pretty well, so they asked if I wanted to try for an obligated volunteer tour for two years. I was one of two guys selected for that."

Stone first served as an infantry platoon leader, company executive officer and battalion S-3 air operations officer with the reorganizing 9th Infantry Division at Fort Lewis, Wash.

"It was a rare opportunity, not only to go as an officer but since they were reorganizing, we were able to train our own soldiers. That was a great challenge. I trained the whole battalion in anti-tank training," he said.

With over 27 years of service in the Army including 10 years in Germany and

one year in India, Stone said he stayed in the Army because he enjoys what he does.

"It's still fun and I'll stay as long as I'm having fun. My family asks me when I'm going to grow up, but I can't think of anything I'd rather do," he said.

During his eighth year in the Army, Stone's formal training as a logistician began when he attended the Logistics Executive Development Course. He earned a master's of science degree in logistics management from Florida Institute of Technology and taught theater-level logistics doctrine and support operations at the Army Logistics Management College for three years.

"I was able to use the example of my combat arms experience to teach the theory I had just learned," he said. "After that, I transitioned through several logistics assignments ... I was taken from being a customer at the battalion level to a battalion level providing support, to a theater level and to a joint level. It was a great experience to see it from all these levels."

In 1994, Stone joined the Special Operations Command, Atlantic, as J-4 director for logistics and resource manager, then later became the chief of staff/deputy commander. He said his time spent as J-4 director was one of his most challenging logistics assignments.

"I had to develop support requirements and coordinate for providing them for special operations for all the services and do

it across thousands of miles. It was the most challenging, but also fun," he said.

While assigned to the Special Operations Command, Stone earned a Navy/Marine Corps parachutist badge for his training jumps with the Navy Seals. Since it had been 17 years since he jumped with his unit in basic airborne school, he was proud that he was able to re-familiarize himself with the whole process to make the jumps.

In 1997, Stone was America's student in India's 37th Strategic Studies course in Delhi, India. He said this was very interesting because he was able to see a part of the world he had not seen before and it allowed him to gain an appreciation for other nations' views of the global economy.

When he's not busy working, Stone said he loves spending time with his wife Marcia. He called her a great soul mate and said that they enjoy traveling together. Stone also said that he likes to golf, although he claims he's not that good at it, and he likes to shoot skeet.

Stone and his wife have two adult children. Their daughter Jennifer is an international trade specialist for the U.S. Department of Commerce in Washington, D.C. and their son Marc is completing a bachelor's degree in Management Information Systems from Florida State University. Marc moved here with his parents and hopes to find a position as a MIS specialist for a local company.

Gardner leaving LOGSA job for National Guard post

Christopher Gardner has been selected by Lt. Gen. Russell Davis, chief, National Guard Bureau, to fill the position as director of the joint staff and assistant to the chief and vice chief, National Guard Bureau.

Gardner is currently assigned as the deputy commander of the Logistics Support Activity. LOGSA provides logistics information and management support to the Department of Defense, Department of the Army, and customers in the areas of readi-

ness; maintenance and field support; materiel distribution; packaging, storage and containerization; Army cataloging; integrated logistics support; and asset visibility.

On June 20, Gardner's selection was approved by the Office of Personnel Management for induction into the Senior Executive Service. He will assume his new position at the National Guard Bureau, Arlington, Va., on July 30.

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Armbruster gets second star at farewell luncheon

Ceremony filled with bittersweet moments as couple say goodbye

By SANDY RIEBELING
Staff writer

There were a lot of jokes about pigs flying at the farewell luncheon for Maj. Gen. Robert Armbruster and his wife, Vicky. Many said it was a see-it-to-believe-it moment.

Armbruster, deputy for systems acquisition, came to Huntsville as a young major 18 years ago. He has since had several assignments at Redstone Arsenal and with the Space and Missile Defense Command allowing him to remain in the area. But his time here has passed as he accepts his second star and an assignment with the Office of the Assistant Secretary of the Army, Acquisition, Logistics and Technology, as the deputy for systems management and horizontal technology integration in Washington, D.C.

Vicky Armbruster has been in the area nearly as long as her husband, working in contractor support of the Missile Command in the early 1980s then hired by the Army as an engineer, working at Redstone Arsenal. She is the outgoing deputy to the program executive officer, tactical missiles.

A farewell luncheon for the couple was held July 19 at the Officers' and Civilians' Club. The room was packed with well-wishers and longtime friends, ready to add one last barb about their extended stay at the Arsenal.

There were, of course, solemn moments, as Robert Armbruster was promoted from brigadier general to major general.

"We've come here to promote this officer," Maj. Gen. Al Sullivan, commander of Aviation and Missile Command and Redstone Arsenal, said. "I've come to trust Bob explicitly with every action, and those of you who know me know that I don't say that of anyone very often. He is the Army's foremost Acquisition expert.



Photo by Sandy Riebeling

SEEING STARS— Brig. Gen. Robert Armbruster, deputy for systems acquisition, came into his farewell luncheon as "promotable" and walked out as a major general. Maj. Gen. Al Sullivan, commander of AMCOM and Redstone Arsenal, presents Armbruster with his second star. Armbruster's wife, Vicky, assists in the ceremony.

The promotion is not in thanks, but so that we can extract more of him."

These few serious moments were surrounded by an atmosphere of jocularly as Sullivan added, "You'll be missed here, and indeed, we did see pigs fly."

Huntsville Mayor Loretta Spencer presented the couple with arm floaties for their next kayak trip, along with a restaurant gift certificate. Madison Mayor Chuck Yancura presented the couple with plaques and crystal mugs for their service to the community.

The ceremony ended with a comedic look into the lives of the Armbrusters through a slide show and video presentation.

At one point in the video, Vicky Armbruster's staff attempted to answer the question of how the couple had managed to stay in Huntsville for so long.

"They've really been put here as part of the witness protection program," the narrator said, "but the statute of limitations has run out."

During the slide show, the audience was reminded of some of Armbruster's favorite

sayings: Come see me for coffee; Is that a WHINE I hear?; Let ME help you; and Got it! There were also slides depicting the efforts to get a street on the Arsenal named after the departing general. In the end, the rules stipulate that a person must be dead in order to have a street named after them so they presented Armbruster with a green and white street sign, Armbruster's Way, as a memento of the effort.

Taking the afternoon fun in stride, Armbruster proudly wore a wrist corsage presented to him by the DSA employees and modeled his surfer's wig.

Vicky was the first to speak to the crowd, thanking them for their gift of friendship throughout the years.

"I leave here enriched by your friendship, confident in the technical knowledge you all have given so freely. Until we meet again, thank you for today and God bless."

In his farewell address, Armbruster likened his time here to the setting of one of his favorite books, "Lost Horizon." Referring to the book's noble society of Shangri-La, Armbruster said, "This is our Shangri-La. A society that nurtures people, invests in the young, mentors those to rise up and take their place. May we all find, each of us find, our Shangri-La. Vicky and I shall always come here when we need strength. You have a noble purpose for our soldiers, you have a noble goal. Thank you all. God bless the U.S. Army. God bless our soldiers, wherever they are."

Lt. Col. Breffeilh joins ranks of product managers

Lt. Col. William Breffeilh has assumed his new position as the Army TACMS Block II product manager.

The Billings, Mont., native holds a degree in mechanical engineering from Texas A&M University, and in 1982 received his Army commission in the Ordnance Corps. In 1991, Breffeilh received a master's of science degree from Boston University.

Before arriving here, Breffeilh occu-

pled several positions in the 4th Ordnance Company, Aberdeen Proving Ground, Md., and was later assigned to headquarters, Army Materiel Command Europe staff. He commanded the Missile Maintenance Company, 27th Main Support Battalion, 1st Cavalry Division in Fort Hood, Texas.

Breffeilh was the operations officer for the 15th Forward Support Battalion, 1st Cavalry Division, Fort Hood. He

deployed to Southwest Asia in support of Desert Storm as chief, Missiles Branch, Ammunition Retrograde Team, and again as the operations officer of the Logistics Support Agency during Operation Vigilant Warrior.

Military education completed by Breffeilh includes the Ordnance Officer Basic and Advanced Courses, the Combined Arms Service and Staff School, Army See Breffeilh on page 5



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Redstone support activity team cited for small business contracts

By SHAREE MILLER
For the Rocket

Maj. Gen. Al Sullivan, commander of the Aviation and Missile Command, has presented the Army Materiel Command Small Business Award to Darrell Brewer, Kathy Ray, and Gary Poolos. The team was commended for its support of the Small Business Program during fiscal 1999.

Brewer serves as the executive assistant to the commander of the Redstone Arsenal Support Activity, and is responsible for the day-to-day operation of that

activity. Ray and Poolos serve as contracting officers providing acquisition support to the activity.

In fiscal 1999, the support activity awarded about 39 percent of its total obligation of \$82 million to small business companies, and exceeded all the AMCOM small business goals. This was a 12.6 percent increase over the previous fiscal year even though the activity obligations decreased 7.1 percent during the same time frame.

Much of the success of this team was attributed to using a basic ordering agree-

ment with a woman owned small disadvantaged business for computer and hardware support and awarding two contracts to an Alaskan native corporation that is a small disadvantaged business.

In addition to dollars obligated, the

Redstone Arsenal Support Activity also used a variety of small businesses. Of the 107 businesses awarded contracts in fiscal 1999, 72 were small businesses, 20 were disadvantaged businesses, and 12 were women owned small businesses.

Breffelth

continued from page 4

Command and General Staff College, and Defense Systems Management College.

His decorations and awards include the Bronze Star Medal, four awards of the Meritorious Service Medal, three awards of the Army Commendation Medal, four awards of the Army Achievement Medal, the National Defense Service Medal, the Armed Forces Expeditionary Medal, the Southwest Asia Medal, the Armed Forces Reserve Medal, the Kuwait Liberation Medal, and the Army Staff Identification Badge.



File photo

Lt. Col. WILLIAM BREFFELTH



Photo Lab

TEAM MEMBER— Maj. Gen. Al Sullivan presents an award to Kathy Ray, among three workers recognized July 19 for Redstone Arsenal Support Activity's small business support.



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Chapel youth have place of their own

Teens can relax now at weekly meetings

By BETH SKARUPA
Staff writer

Teen-agers from the Bicentennial Chapel's Catholic and Protestant youth groups can feel right at home when they get together for their weekly meetings.

After all, they have a special place to meet — the Bicentennial Youth House located across the street from the chapel. The youth groups met in the chapel's activity room before they were given the house.

"We feel we can do a lot more there. We don't have to worry about messing up the chapel," Denise Young, the Protestant youth leader, said. "And teen-agers can get loud. They used to have Spanish mass while we were meeting. We'd have to say 'shhhh' all the time and that doesn't work well with teen-agers."

Although the house is shared by the Catholic and Protestant youth groups, they each occupy one side of the house. The front of the house is decorated with flowers and a statue of St. Francis of Assisi on the Catholic side and a cross that was signed by youth group members on the Protestant side.

Both youth groups are involved in planting flowers at the house and pulling weeds. Lisa Williams, mother of one of the Protestant youth group members, was instrumental in getting flowers planted and landscaping in front of the house. Several adult volunteers from the Catholic group were responsible for getting railroad ties to use as a border.

"The kids really like it. They feel like it's a place of their own," Sabine Wlodarski, one of the Catholic youth leaders, said.

The house is furnished with couches, tables and chairs. There are no beds and no stove. The groups keep board games and other items on hand and may pull couches from the different rooms into the main room to watch a movie.

The Catholic youth group meets on Sundays for Sunday school during the school year and on Wednesday nights, usually the second and fourth one of each month, for social activities throughout the year. Students in the ninth through 12th grade are welcome to attend.

Wednesday night activities include playing board games, working on a jigsaw puzzle, playing volleyball or softball, watching movies or just visiting. Once in a while, Wlodarski said the group has a cookout or makes ice cream sundaes. Most recently, the group went on a canoe trip.

The Protestant youth group meets on Sundays during the school year and breaks for the summer, although they do get together for special outings such as swim parties or attending a Huntsville Stars baseball game. This group includes sixth through 12th grade students.

"Anyone is welcome to join the youth groups. If you're Catholic and you want to join the Catholic youth group, you can go over there or you can come to ours," Young said. "It doesn't matter what your faith is; if you're Christian, you're Christian. It's not us and them. Now, in football it was us and them, but not any other time."

Young explained that the Catholic and Protestant youth groups do occasionally get together for joint projects or outings. They recently had a flag football game where the Catholic youth group played against the Protestant youth group, but



Photo by Beth Skarupa

HOME SWEET HOME— The Protestant youth group's side of the Bicentennial Youth House is decorated with flowers and a cross that was signed by the group's members.

that was the only time they had to work against each other.

"I think it's great that we have the house. I think we're more relaxed at the

youth house," Young said. "And at the youth groups, there's always food. Make sure to say that. We always have lots of food, fun and worship."

Youth volunteers make kids smile

Instead of making their summer all play and no work, a group from the Youth Services Summer Camp program devoted some of their time doing volunteer work with the Arsenal's younger crowd at the Child Development Center.

Summer camp counselor and volunteer coordinator Keisha Harton escorted 12 youths to the CDC June 26, for a day of sharing. The boys and girls were

extremely excited about the opportunity to make new friends and be a positive influence for the younger children. They had fun reading books and playing a variety of games with the toddlers and preschoolers.

Members of the volunteer group felt that the summer would have more meaning if they could put a smile on other children's faces, rather than just "playing" all

summer. The staff and children from both centers enjoyed the time that was spent together.

The YS youth volunteers included Ashley Redman, Danielle Bailey, Brandon Walters, Ryan Travis, Kurtis Thompson, Brandon Capers, Travis Johnson, Jaquilla Pritchard, Andrea Kinard, Monica Williams, Regas Williams and Chris Leonard.

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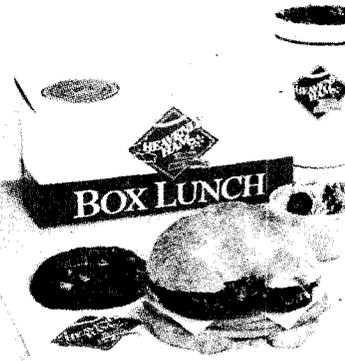
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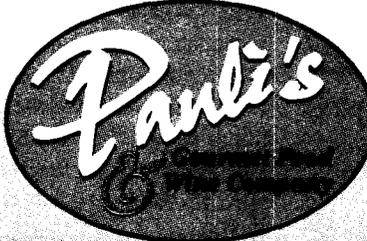
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Firehouse Lounge raises temperature on club scene



Tracey Murray/ MWR

SPARKY'S IN THE HOUSE— The Redstone fire department's mascot, Sparky, helps celebrate the grand opening of the Firehouse.

By Sgt. SHARON McBRIDE
Staff writer

The former JOC has a hot new name and decor.

Just Our Club has been re-christened the Firehouse Lounge and now sports a decor of firefighters' paraphernalia, all on loan from the Redstone Arsenal Fire and Emergency Services.

A grand re-opening and ribbon cutting was held Thursday, and free food was provided to everyone who walked through the doors. Normal business hours for the club are Tuesday through Friday from 4 p.m. to whenever.

"The unique thing about this club is that the hamburgers and hot dogs are free (every night)," Robert Schumann, Firehouse manager, said. "You just have to cook them yourself."

Special events can be held in the club, and those who are interested just need to schedule the time. For more information, call 842-0748.



Photo by Sgt. Sharon McBride

NAME THAT TUNE— Mike Dunphy checks out the jukebox in the newly remodeled Firehouse Lounge.

Iron Mike trophy winners meet golf challenge

AUSA tournament draws 30 teams

By SKIP VAUGHN
Rocket editor

The post command sergeant major has plenty of good memories from Armed Forces Celebration Week. But one stands above the rest.

There it was, standing on CSM Roscoe Johnson's desk last week: the Iron Mike trophy. Johnson and three teammates had their names inscribed on the trophy for winning the Armed Forces Celebration Golf Tournament held July 10 at Robert Trent Jones course at Hampton Cove.

The Redstone-Huntsville Chapter of the Association of the U.S. Army sponsored the tournament as a kickoff to Armed Forces Week, July 10-15. Some 120 golfers competed as 30 four-member teams in a scramble format on the 18-hole course.

Winning with a 52, a scratch score of 20 under par, was the team of Johnson, Lamar Futch, Leo Pelletier and Dave Seay. They made eagles on three of the four par-5s.

"This was the second year straight I played in this tournament," Johnson said. "And I knew going in that probably 11-15 under would win. However, all four team members were in that zone for that day. We look forward to defending our championship next year."

AUSA has held golf tournaments for years, but this was the second year of the Iron Mike trophy. The winning team gets to keep the trophy for one year and then it rotates to the next champion.

"It's simply called the Iron Mike because the soldier's bust that's mounted on the top of it is commonly called the Iron Mike," explained Mike (no relation) Kelley, tournament co-chairman.



Courtesy photo

NUMBER ONE IRON— The Iron Mike trophy is awarded to the winning team each year in the Armed Forces Celebration Golf Tournament sponsored by the Association of the U.S. Army.

The tournament is one of the chapter's two primary fund-raisers, along with the tactical missiles conference held in March. Some 20 companies either funded teams, sponsored holes or provided materials for the tournament.

"It's the intent that each year this will be held as part of Armed Forces Week," Kelley said.

"We're going to continue this team format next year. So I'll issue a challenge. Next year sign up, put together a team— whether you're a company or an office — come out and try to take the trophy away from this year's winning team. You know, try to get your name put on there."

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■ Fort Bragg soldiers fire live TOW rounds



Photo by Sgt. Sharon McBride

ON TARGET— PFC Lucas Gray, with Company D, 1st Battalion, 505th Parachute Infantry Regiment, 82nd Airborne Division out of Fort Bragg, N.C., practices lining up his shot with the TOW weapon system.

TOW

continued from page 1

Although concrete rounds, which move at a rate of 230 feet per second when deployed, do cause damage when they make contact with the target, it's nothing compared to the real thing. And the training enabled the soldiers to get much needed hands-on training with live rounds that they don't get while at home.

The TOW missiles on the Arsenal were already scheduled to be destroyed, but rather than just wasting them, the 505th was invited to shoot them and get that much needed live fire training.

"The more they train the better they become," said 1st Sgt. Nicolas Williams, first sergeant of Company D. "Everything they do is a perishable skill, and this just gives training a live twist."

"Shooting live missiles is outstanding," Spec. Douglas Leavitt, with Company D,

said. "It creates large holes in the steel of a tank. It's cool, and it boosts everyone's morale."

"I'm a new soldier to the unit," PFC Lucas Gray said. "I'm learning a lot more, and now I know what the weapons system can actually do. The training has been excellent. We are all learning more about our jobs (as 11-H anti-armor infantrymen)."

"I shot my first live round here," Pvt. Edward Cuellar said. "It was a great experience, one I wouldn't normally get when

training at Fort Bragg."

Also while at Redstone, besides shooting live TOWs, the 505th soldiers worked on skills to help them earn their expert infantry badges. The soldiers were also treated to a "down" day, where they visited the U.S. Space and Rocket Center.

"All the training has been a great experience," Cuellar said. "The best part is that I've been able to get behind the system and fire a TOW and see what it can actually do."

■ Simple changes can improve workstation comfort

Ergonomics

continued from page 1

you assess your workstation and make simple adjustments that can improve your comfort and safety on the job.

Assessment

To pinpoint the problem areas, ask yourself the following questions: Are your eyes really tired at the end of the day? Are your neck and shoulders often stiff and sore? Do you ever feel pain or discomfort in your back while working at your computer? Do you feel tingling, numbness or pain in your forearms, wrists or hands? Do you get stomachaches or indigestion during the day? Are your legs often stiff and cramped or do you have swelling and numbness in your ankles and feet?

Chair

A well-adjusted chair is the main support for your body. It improves circulation and helps prevent backaches and fatigue. Make yourself more comfortable by adjusting your backrest and chair height. The backrest should fit snugly against your lower back. If you can't adjust the backrest, use a small thin, firm pillow or rolled-up towel to support your lower back.

Proper chair height helps relieve cramping and stiffness in your legs as well as prevent stress and tension in your neck and shoulders. For proper positioning, place your fingers on the middle row of your keyboard, with your upper arms

hanging comfortably at your sides. Your forearms should be parallel to the floor. Move your feet forward until your knees are at a 90-110 degree angle. Your feet should rest firmly on the floor. If you can't adjust your chair height and your feet don't reach the floor, use a footrest or wedge-shaped item to support your feet. A three-ring binder should do the trick.

Monitor

Correct height and viewing distance of your display can reduce eyestrain and muscle tension in your neck, shoulders and back. With your lower back supported and feet firmly on the floor, hold your head upright and look straight at your screen. The top of your monitor should be at or below eye level. The screen should be 18-30 inches from your eyes or at about arm's length.

Keyboard

To improve the comfort of your hands, wrists and forearms and to help you avoid injury, adjust your keyboard to the proper height. Place your fingers on the middle row of your keyboard. Your wrists should be straight and relaxed. If they aren't, move the keyboard up or down until your wrists are straight. If the keyboard is too low, put a pad of paper under it. To help keep wrists relaxed, try a wrist rest or padded support.

Props

Arrange your props so that the things you use the most are within easy reach and the things you don't use often are farther away. Place your document holder

See Ergonomics on page 11

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Ergonomics

continued from page 10

and screen at the same height and distance. Consider a headset if you use the phone a lot.

Lighting

Glare is the reflection on your screen that makes it hard to see the screen clearly. While sitting at your workstation, look at your screen. It should be free of glare from overhead lighting or light coming through a window. If it isn't, close the blinds or close the shades to help reduce the glare. If you can't adjust window coverings, move your display until it is at a right angle to the window.

To help improve viewing comfort, you may also need to fine tune your display's contrast and brightness together to get the maximum possible brightness without blurring.

"Microbreaks throughout the day will also help relieve stress," Jackson said. "When I say micro, that means 30-60 sec-

ond breaks, not five minutes. Just enough time to look away from screen, do a little stretch, shake out your hands."

While many of these suggestions seem simple and minor, they are important.

"The effects of awkward positions and strain may not be noticeable right away," Taylor said. "It's something that builds up over time. Eventually it's going to wear on you and could cause problems down the road. Making a few common sense changes could save you a lot of pain and problems down the road."

Graduates of the ergonomics class are qualified to perform workstation assessments. Besides Redstone employees, two people from Anniston Army Depot and two people from Corpus Christi Army Depot, Texas, came to the training. While this article deals mainly with office settings, assessments and suggestions can be made for other types of work environments.

Employees interested in a workplace assessment can call the AMCOM Safety Office.

Dan Rubery gets roasted at retirement breakfast

The retiring deputy to the commanding general was treated to a farewell breakfast June 28 in the executive dining room at the Sparkman Center.

Dan Rubery received a "specially designed" retirement card presented by Jim Flinn, former director of Integrated Materiel Management Center, now deputy to the commanding general.

A breakfast buffet provided by the

Sparkman Cafeteria was served to Rubery, his wife Fran and other guests. Some 25 people attended.

During the breakfast, Rubery was thoroughly roasted by Rick Turner, master of ceremonies, and other speakers to include retired Col. Mike Boyd, Jim Wasson, Dale DeRoia, Dan Kruvad, Teddie Stokes and Dave Sparks.



Shawn Harris/ Photo Lab

DRESSING FOR OCCASION— Dan Rubery puts on a red vest at his farewell breakfast with assistance from Dave Sparks, acting deputy director of IMMC.

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Letters to the editor

Duty hour moonlighting gets attention

I have heard a very disturbing rumor concerning the level of professional behavior that some of our soldiers are exhibiting on Redstone Arsenal. Allegedly, some soldiers are being allowed by their commanding officers to work a second job during their normal reporting hours.

My understanding is that our soldiers are technically on duty 24 hours a day but work normal hours similar to the DoD civilian work force. I do not begrudge or belittle anyone for working a second job, as I have done so several times myself in the past few years. However, I am concerned that military personnel are allowed to work that second job during the middle of the day when they should be in their office. This practice seems to be fraudulent since the soldier is being counted as present for duty and being paid by the United States Army when he/she is also on duty for and being paid by another employer. I don't even want to think about the retribution I would suffer if my supervisor discovered I was working for another employer during my normal tour of duty hours

without being reported on annual leave.

I realize that everyone experiences slow periods in their office or with their jobs but I don't think that justifies being compensated by two separate employers for work performed during the same time period. I am also sincerely concerned that people outside of Redstone Arsenal looking in are getting a bad impression of the soldiers stationed here. Maybe I'm among the few but as a taxpayer and member of the American public I would still like to think of the soldiers defending my country as honorable, upstanding, decent and self-respecting individuals. Isn't there a "standards of conduct" or "code of honor" that military personnel must abide by?

If this is an isolated incident, I sincerely apologize to all of the soldiers that may suffer from the attention I expect this letter might elicit. However, if this is not an isolated incident but an accepted practice of the United States Army, I commiserate with the general public for what I view as negligent mishandling of our tax dollars.

Name withheld by request

Automation has its limitations, too

The recent products of automation efforts have left a sour impression with many of us unfortunate enough to have to deal with them. I will mention several examples of how attempts to "automate" something have resulted in greater degrees of frustration and lost productivity.

The first that leaps to mind is the PCMS system. This alleged automated system is used by IMPAC credit card holders to "input," or log purchases. You have to log on to a web-based system to input purchases. Then, the billing official approves on-line. You then have to indicate the purchase "ordered" within the system. Then, you "pay" for the purchase in the system. However, there is still a requirement to fill out the hard-copy paperwork to pay for the purchase and submit the original and three copies to Resource Management Directorate for the bill to actually get "paid." The automated system is nothing more than a log of what has happened, duplicate effort by any stretch of the imagination. Nothing actually happened, nothing was ever ordered, or paid for in the "system." It's not that it's not an easy system to use, it's just useless and redundant.

Another example is the "system" developed to obtain pricing of secondary items for Foreign Military Sales. It's lovingly designated the "Army FMS Pricing System" or AFPS (for short). I attended the training, which went something along these lines: The trainer stated, "Yes, you request pricing say, for a circuit card, from the item manager." It will automatically be routed to the item manager and then to Resource Management for valida-

tion of the pricing. I, like a dummy, ask, "What about a group of items, several different items combined into a single case line?" The answer is "The system doesn't do that." So I ask for clarification, "you mean that I have to ask for a price for a \$100 circuit card and get that validated by an item manager and Resource Management, but I can put \$3 million worth of secondary items on an FMS case grouped together as a concurrent spare parts package and it doesn't have to be validated?" The answer, "Well, yeah, but the system has a form to do the pricing." Anyone understand the massive control mechanism necessary to control who prices the \$100 circuit card yet the \$3 million worth of grouped items is, I guess, big enough to fend for itself?

Then, there is the Defense Security Assistance Management System, a system proliferated by DoD to develop FMS cases (among other things). Another system accessed through the web housed somewhere out in Oklahoma. The access times can be measured in eons and FMS cases that could have been prepared in a day now take forever. This is a really neat, windows-based system that requires more steps to do less effort than could have possibly ever been devised by your worst enemy!

I wonder how much these little jewels of automation cost to develop, not to mention, maintain? From my perspective, they have not realistically added value. The only real question that remains is that when the auditors are looking around for stuff to audit, review and scrutinize, why aren't these productivity Albatrosses ever put under the microscope?

Name withheld by request

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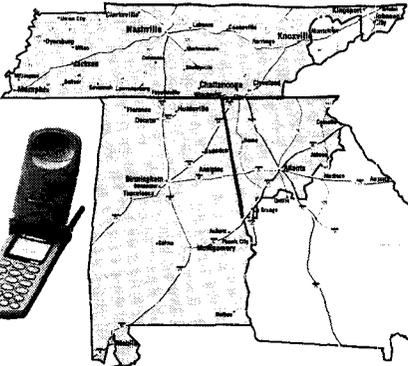
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continued from page 2

I recall an article in the Redstone Rocket, approximately two months ago when a father who was active in the Boy Scouts was participating in a jogging exercise and died of a heart attack. This should have and could have been prevented if we only heed our bodies' signs and not kid ourselves.

We know our bodies, habits and past history better than anyone. Be honest with yourself, regardless of the consequences, insist upon finding problems and take the needed action.

I thank God and my team of doctors for my new lease on life. For my friends who smoke, I will be back in Huntsville soon and I will be on your butts.

Bob Vlasic

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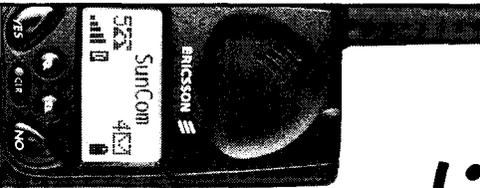


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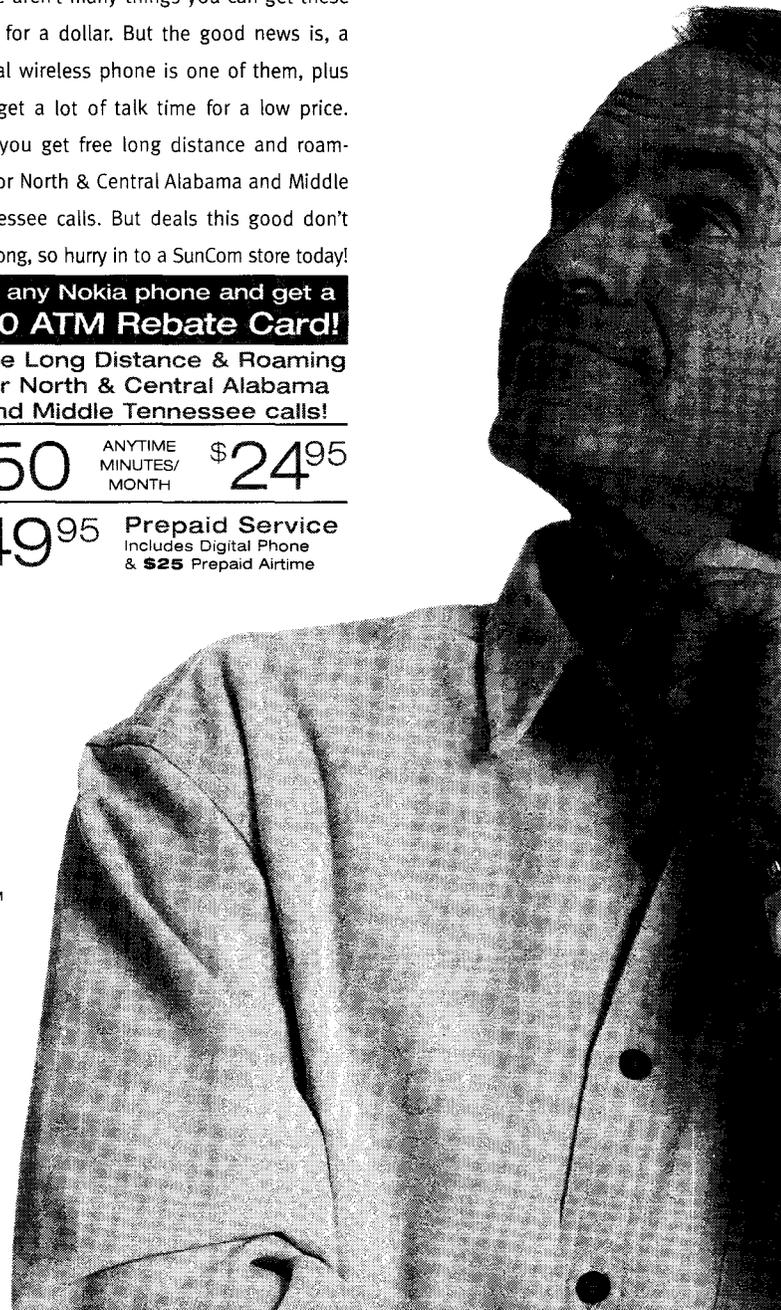
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Community thanked for Army Emergency Relief donations

By SKIP VAUGHN
Rocket editor

Many organizations received awards for helping Army Emergency Relief's record-setting campaign, but the true rewards come later.

That's when AER funds are used to assist soldiers and their families who need emergency financial help.

Members of Team Redstone contributed more than \$64,000 during this year's campaign, eclipsing the \$45,000 goal. There were fund-raising events, individual contributions and corporate donations.

"We couldn't have done as well as we did without your dedication," Capt. Wendy Ward, chairperson for the 2000 campaign, said during the AER awards ceremony July 19.

Ward, Ann Owens, the AER officer, and many organizations received awards in the ceremony at Bob Jones Auditorium.

"You are true heroes in my view," Maj. Gen. Al Sullivan, commander of Aviation and Missile Command and Redstone Arsenal, said.

"A lot of good came out of this year's program, and you all should be very



Photo by Skip Vaughn

JOB WELL DONE— Ann Owens, AER officer, and Capt. Wendy Ward, chairperson for the 2000 campaign, share congratulations for the record-setting Army Emergency Relief drive.

pleased at what you did."

AER provides interest-free loans and grants to servicemembers, family members, spouses, widows or widowers and retirees— anybody with a valid military ID card — during financial emergencies.

Making right call keeps umpire in game he loves

Little League ump
tapped for regionals

By SANDY RIEBELING
Staff writer

Little League baseball has brought Bob Bertoldi full circle.

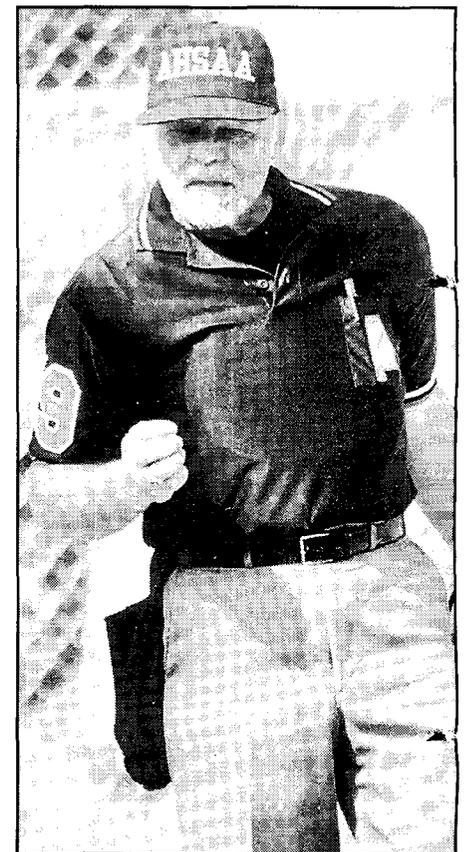
He started as a middle infielder— shortstop and second base— when he was 10 and he's been playing ball ever since. Next month, Bertoldi will pack his bags and head for the Little League fields once again, this time as an umpire for the World Series southeastern regionals in St. Petersburg, Fla.

"I went through the roof when they called me and said I'd been chosen to umpire in the regionals," Bertoldi said. "It's a tremendous honor to be selected."

Bertoldi, a graphics illustrator for Morale, Welfare and Recreation, was one of 16 selected from a field of more than 330 nominees to umpire in the Little League regionals. And while the 13 state championship teams battle it out for the top slot, Bertoldi will be under the gun as well. His performance at the regionals will determine if he is one of two that will be selected for the World Series finals held in Pennsylvania.

"My goal is to be consistent and to call the best ball I possibly can. To do well enough to be considered for the World Series," he said. "Just going out there and watching this level of play is exciting. These are some of the best teams in the country."

This is Bertoldi's first shot at World Series umpiring but as a ballplayer, he's competed in the World Series twice, in the 40 years and older league and in the 50 years and older league. Going back to the big top is just icing on the cake for a veteran player who's not ready to leave the game.



Courtesy photo

BASEBALL FAN— Bob Bertoldi, graphics illustrator for MWR, began his umpire career in 1972. "I knew I couldn't play forever," he said. "Being an umpire is a tremendous way to stay in the game."

"I remember the first game I ever called," he said. "I had just played a game and I was sticking around to watch the next one. The teams' umpire didn't show and they asked me to do it."

Bertoldi, then 28, admits he didn't know all the rules but he'd been playing for a long time and called a good game. In fact, he was asked to join the Greater Huntsville Umpires Association, the official organization to call games in North Alabama and southern Tennessee.

See Umpire on page 45

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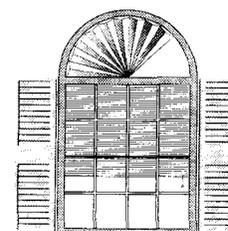
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■ Umpire gets call for Little League regionals

Umpire

continued from page 14

He continued to play as well as work his way up the umpiring ranks. To advance, Bertoldi attended weekly association meetings that include an hour of training on the mechanics and rules of the game and an hour for association business. His work was also periodically critiqued by other umpires to ensure he was doing the job right.

"When I first got involved back in 1972, the city wasn't as big. We had 55 umpers that called everything— Little League, Babe Ruth, American Legion, high school, AAU ball," he said. "Then the city grew, more parks, more high schools. There were too many so something had to be dropped."

The association quit calling Little League games in 1988.

That should be the end of the story but it's just the beginning. Bertoldi continued in the association, mainly calling high school games. He worked district tournaments hosted by the City of Huntsville as well. In 1995, he was approached by a park director to establish an umpire association for Little League.

"I didn't really act on it at first," he said. "But then I watched the games and realized these Little League parks needed umpires. They mostly had high school kids and parents as umpires but they didn't do a good job. They didn't know the

rules and made bad calls."

In 1998, Bertoldi established the District 8 Umpires Association. All they call are Little League games and already have contracts with four of the 11 parks in Huntsville, with more expected to be contracted in the coming years.

As the founder, Bertoldi was responsible for appointing board members and officers, for the first year, writing policies and procedures, creating tests for the umpires in the association to use for advancement.

"It was a lot of work," he said. "Some of us had to work every night, two games a night. I'm trying to recruit some new umpires for next season."

Building an umpire association is no small task. He has a full-time job, has a family, his wife, Brenda and their son, Christopher, 13, who also plays baseball as a middle infielder. Why did he choose to take on such a huge task?

"For the love of the game," he said. "I just love baseball. Through the years you get to know the parents and the coaches. It's amazing to watch these kids develop. I just love baseball."

It was this reason that he chose to umpire. "I knew I couldn't play ball forever," he said. "Being an umpire is a tremendous way to stay in the game."

The southeastern regionals are set for Aug. 4-15 in Florida. The World Series finals will be in Williamsport, Pa. The last game of the Series will be nationally televised on ESPN.

Government/industry symposium draws logisticians

By EMERSON McAFEE
For the Rocket

The Government/Industry Supportability Engineering Exchange Symposium 2000 was held June 20-22 at the Bob Jones Auditorium. This annual event devoted to Logistics and Acquisition drew large numbers of logisticians from across the country, as well as those from the local area.

They were provided with current and changing policy requirements from keynote speakers from the DoD as well as the Logistics offices of the Army, Navy, Air Force, Marine Corps, and Coast Guard. A special afternoon was also

See Symposium on page 22



Photo Lab

KEYNOTE SPEAKER— Dr. James Edgar, director of procurement policy and acquisition reform, addresses attendees during the symposium.

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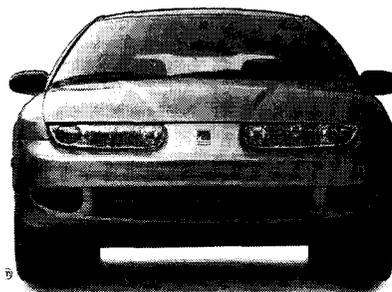
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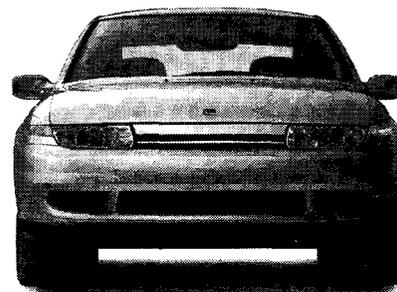
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Vietnam veterans 'Run for the Wall'

**Bikers deliver message:
Bring our soldiers home**

By SANDY RIEBELING
Staff writer

For the past six years, Vietnam veteran Lee Vela from Garden City, Nev., gets on his motorcycle and rides across the country. He is joined by hundreds of veterans who make the "Run for the Wall" each year. His destination, the Vietnam Memorial in Washington, D.C.; a wall that has etched on it thousands of names of those who died in battle, including his own brother's. Every year he gets a little closer to touching it. Maybe next year...

"Part of the reason for going to the Wall is to pay tribute and homage to those who lost their lives, part of it is to begin the healing process, something many veterans haven't been able to do," said Terry Hendrickson, Redstone employee who just completed his second "Run for the Wall" ride to Washington, D.C.

A retired Marine, Hendrickson fought on the battlefields of Vietnam from August 1966 to February 1968. He doesn't talk much about the war or the personal battle he fights—the memories of war. It is a hard place to be.

"I was stationed in D.C. when the wall

was built," he said. "But I wasn't ready to visit. I heard about 'Rolling Thunder' through the Internet a few years ago."

Thundering into D.C.

Rolling Thunder is a motorcycle parade through the streets of downtown Washington, D.C. scheduled for the weekend before Memorial Day. Some 250,000 bikers joined together this year to send American policy makers a message, that government support and intervention is necessary to recover the remains of soldiers killed in action and for an accounting of those listed as missing. It's time to bring them home.

Rolling Thunder celebrated its 13th year in 2000. A year after the first Rolling Thunder parade, "Run for the Wall" was birthed by a couple of Vietnam veterans who traveled across the heartland of America on motorcycles, talking to local radio, television and newspapers about the fact that there are thousands of men and women still unaccounted for from all of our wars. Since then, "Run for the Wall" has continued to grow. It is scheduled each year to coincide with Memorial Day so that they can join the Rolling Thunder parade.

"This year we left Ontario, Calif., on May 17, with about 240 people," Hendrickson said. "Of the original, about three-fourths made it all the way to D.C.

Some only went part of the way and all along the route we picked up additional riders. Some stayed with us a day or two, whatever they could do, some continued with us all the way to the end. We got to Washington with about 400 in the group."

Hendrickson made his first RFTW last year, joining the caravan in Louisville, Ky., and going to Washington. This year he vowed he would go all the way.

"It took me four days to get from here to Ontario," he said. "I tried to gauge it so

that I could visit friends along the way."

Nice homecoming

The RFTW is a nine-day motorcycle trip, roughly 3,000 miles. Built into the route are scheduled stops at cities and towns across America who support the Run by offering the group lunch or dinner or a reception of sorts.

"We get great support from local veterans organizations, civic groups and business that help us out with a place to stay

See Ride on page 17

Environmental Public Meeting and Tour

Redstone Arsenal
Rocket Engine North Plant Area
Saturday, July 29, 2000
Presentation at 10 a.m.
Rocket Auditorium

Corner of West Line and Redstone Roads
Gate 3 on Redstone Road will be open from 8 a.m. until 1 p.m.
for convenient access to the Rocket Auditorium

Bus tours of the OU-10 environmental site
leave Rocket Auditorium at 9:15, 10:15, and 11:15 a.m.

You are invited to attend a public meeting providing information about the investigation and cleanup activities at the Redstone Arsenal Rocket Engine (RARE) North Plant. (This site also is called Operable Unit 10 or OU-10.)

Purpose of the Meeting

The purpose of the meeting is to inform the public about the ongoing environmental investigations within the former RARE North Plant area. The Army will report on analyzed results of soil, surface water, sediment and groundwater samples taken January through March outside the arsenal boundary near the OU-10 area. As previously reported in a February 2000 public meeting, low concentrations of trichloroethene (TCE) were detected in the monitoring-well network near the arsenal's eastern boundary and in wells installed on public and private property east of that boundary.

The public also is invited to review documents relating to OU-10 activities as well as materials about other environmental program sites at one of five information repositories. For locations of the repositories or for more information about this meeting, please call Ms Pam Rogers, 842-0561.

For more information contact:

Commander
U.S. Army Aviation and Missile Command
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- Introduction to Radar Systems Sept 18-22 • M-F • 8am-Noon • 23010117N
- The Unified Modeling Language Sept 25-29 • M-F • 8am-Noon • 21010097N
- Introduction to Linux Sept 25-Oct 6 • M-F • 8am-Noon • 21010098N
- Six Degrees of Freedom (DOF): Simulation and Missile Guidance Control Oct 10-Dec 7 • T&Th • 6-8pm • 23010139N
- Introduction to Propulsion/Rocket Propulsion Oct 23-25 • M-W • 8am-Noon • 23010072N

Business & Management

- Proposal Preparation Sept 11-18 • M • 6-9pm • 23010018N
- Internet Auctioneering Sept 11-30 • M • 6-9pm • 22010044N
- Securing, Organizing and Staffing the Project Sept 12-Oct 3 • T • 6-9pm • 23010050N
- Competing For Today's Workforce: Recruiting and Retaining Generation X Sept 14-21 • Th • 6-9pm • 23010073N
- Conversational Russian Sept 14-Nov 2 • Th • 6-8:30pm • 22010128N
- Civil War and Indian Collectibles Sept 19-Nov 7 • T • 6-8pm • 22010045N
- Metals (Antiques and Collectibles Series) Sept 21-Nov 9 • Th • 6-8pm • 22010046N
- Current Procurement Issues Sept 25-Oct 2 • M • 6-9pm • 23010019N
- Principles of Supervision Sept 25-Nov 20 • M • 6-9pm • 23010025N

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■ Vietnam veterans travel to Wall with message

Ride

continued from page 16

or dinner or a little gathering with refreshments," Hendrickson said. "Sometimes there's a parade into town. The streets are lined with well-wishers, disabled vets, supporters of veterans who participated in the war, whether they liked it or not. It's like a nice homecoming for some of these guys—something they've never had."

The group also visited several Veterans Administration hospitals along the way.

"These people are so hungry for visitors, for company," Hendrickson said. "There are maybe two to a room and sometimes there's a common area in the ward but not all of them are mobile—able to get out of their rooms and visit. It's easy to see what a visit means to them, and they deserve it."

Among the many events along the route, Hendrickson was especially impressed with the celebration held at the Navaho Indian reservation in Nevada.

"They have a wonderful ceremony to honor the riders, then several of them join the ride from there," he said.

The other most notable stop along the way comes toward the end of the trip in Rainelle, W.Va.

"It's way back in the hills, off the main route," Hendrickson said. "It's about the size of New Hope and every year the group gets invited to camp at the school

sports field. The kids get the day out of school. They come to the school anyway, taking their books around for autographs. It's a tradition for the town."

Perhaps one of the reasons for such tremendous school support is the fact that the principal's husband was killed in action in Vietnam. But the welcome is more than just the children. Citizens line the streets waving flags upon their arrival. This year the Moose Lodge served a roast beef dinner to the group and breakfast the next morning. Riders were also given access to the showers and the gym served as a barracks for those who didn't want to camp out under the stars.

A few days later, Hendrickson finds himself in the middle of 250,000 bikers, parading through Washington, hoping the message is clear: Bring our soldiers home.

"There's so much to the ride," he said. "Some of us who have done it before help the first-timers through it. It's great to meet the people we ride with and then to see all those people out in the communities supporting us. It's amazing."

Journey ends

At the end of the journey, Hendrickson hopped on his Honda Shadow and headed for home. Hendrickson settled in Huntsville in 1986 after retiring as a Ordnance Missile and Munitions Center and School instructor. He and his wife, Brenda, have three children, Ryan, who works in the Huntsville Police Department, Jack Russell, who also



Courtesy photo

BRING OUR SOLDIERS HOME— Veterans, mainly from the Vietnam War, unite to pay homage to those lost in battle and to tell the government, it's time to account for those still missing or killed in action. Retired Marine Terry Hendrickson, left, took vacation from his job at Redstone Arsenal to make the "Run for the Wall" this year. Shown with him are Marines he served with in Vietnam as well as some new friends he's met along the way.

works in Huntsville and daughter Taryn, a senior at New Hope High School.

After riding nearly 7,000 miles in two weeks, Hendrickson took the family to Panama City for some "fishing and laying on the beach to recover."

Hendrickson, chief, Inventory Branch Distribution and Transportation Division,

Logistics Support Directorate at Integrated Materiel Management Center, says he'd like to make the Run again next year, maybe on a new southern route that's in the works.

In the meantime, he spends his weekends riding as a member of the Redstone Riders Motorcycle Club in Huntsville.

Page 17 The Redstone Rocket July 26, 2000



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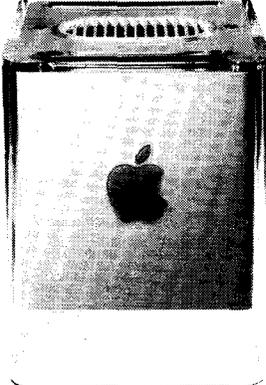
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Special Forces soldier: training in Honduras 'a reality check'



Courtesy photo

HOME ON THE RANGE— Sgt. Scott Pruett, communicator/linguist, 1st Battalion, honed his rifle skills while deployed for joint training exercises in Honduras.

Alabama Guard deployed for joint training exercise

By SANDY RIEBELING
Staff writer

Even though it was an exercise, war games in the Honduran jungles can seem pretty real at times.

"This was my first real world mission— doing my job as a linguist," Sgt. Scott Pruett, 1st Battalion, 20th Special Forces Group, Alabama National Guard, said. "I was camped out in the mountains, training with the Honduran forces in basic war skills. It was a learning experience for me. Not everybody lives like we do. It makes you appreciate our quality of life, as Americans and soldiers."

From June 10-30, more than 200 soldiers from the Alabama National Guard's 1st Battalion, 20th Special Forces Group, were deployed in Honduras at the Sotocano Air Base for Joint Combined Exercise Training.

As the director of operations, CW0 3 Rex Wilson was responsible for planning, directing and managing the missions, which included seven airborne operations, maritime operations, six Delta Queen operations, plus rappelling and other training exercises.

"It was memorable," he said. "It wasn't a lot of fun, but it was a good trip. We learned a lot from working with the Honduran staff. One of the objectives is to learn from each other and I think we both got something from the combined operation."

One of the riskiest operations, commonly referred to as a Delta Queen, included driving a small boat into the lowered ramp of a CH-47 helicopter while it hovered over the water, with the tail fin actually in the water. "Not an easy thing to do," Wilson said.

PFC Henry Taylor, 20, spent his days at the air base in the S-2 shop, working on intelligence, gathering data, creating maps, and putting together packets used by the Special Forces A-Team— "the teams that actually do the missions," Taylor explained. Even though Taylor was only off the base and out among the natives for a day during his deployment, it left an impression on him.

"It's a really beautiful, tropical place, very hot," he said. "But it's a poor country. There were little kids running around, asking for your shoes."

Pruett managed to stay a little cooler camped in the mountains with one of the Special Forces A-Teams.

"It was gorgeous in the mountains," Pruett said. "I'd get up before dawn, get some coffee and watch the sun rise before my shift started."

Pruett also used this time to get to know some of the Honduran soldiers. Since he was on assignment as a linguist, he was one of the few that could offer

small talk in Spanish, but Pruett described the soldiers as reserved.

"Occasionally you'd get one who would ask about America but they didn't BS a lot. They were serious most of the time. We did exchange berets and patches though. I have a patch that had Paracaidista on it, which mean parachutist. It's also sort of their 'Hoo-ah' word."

Mealtime at the camp was also a good time to get to know their counterparts.

"Some of the soldiers don't get taken care of like we do," Pruett said, adding that he often shared his MREs (military rations) with the Honduran soldiers. "If they don't get three meals a day, it's not a big deal. I think if our Army soldiers could see how soldiers in other countries live, they might think differently about how good we have it here. There were a lot of hungry soldiers."

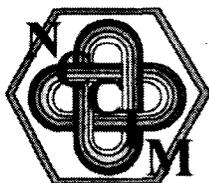
The biggest threat to the mission was not terrorists, as is commonly believed, but organized crime. There were a few incidents of locals trying to jump the fence at the air base but other than that, the training went smooth.

The battalion headquarters and a support company for the 1/20th are located in Huntsville.



Courtesy photo

SUITING UP— Special Forces training in Honduras included seven airborne operations. Maj. Wade Desmond, 1st battalion executive officer, 20th Special Forces Group, is assisted with his parachuting gear by SFC Jeff Hestley, battalion personnel sergeant.



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Announcements



Sports & Recreation

Ten-miler tryouts

Tryouts for Redstone Arsenal's team in the annual Army-Ten Miler will be held 7 a.m. Saturday and Aug. 12 beginning and ending at Sparkman Fitness Center. The team is to consist of eight members including up to five military plus coach Skip Vaughn and assistant coach Alexander Steel. Eligible persons include military, Army civilian workers, military family members, and Army civilian family members. They should be stationed here through December. The Army Ten-Miler is Oct. 15 in Washington, D.C. For more information, call Vaughn 876-1500 or Steel 876-3867.

Softball league

Civilian Welfare Fund Council would like to start a softball league this fall. If interested call Matilda Hatchell 876-1681.

Youth tennis clinics

Tennis clinics are available through the Redstone Youth Sports Program. Summer classes are held Monday, Wednesday and Friday from 9 a.m. to noon and Saturday from 9:30 a.m. to noon. These are for ages 6 and up, beginner and intermediate classes. Classes will run through Sept. 30. The cost is \$70 for eight lessons, or \$60 per child for two or more children in a family. Stop by

the Youth Center to register, or call Missy Richards 876-5437 for more information.

Golf tournament

Tennessee Valley Chapter of Army Aviation Association of America will hold its golf tournament Aug. 18 at Redstone Golf Course; 36 four-player teams. For reservations call Phyllis Heberer 464-9191.

Polo match

The Huntsville Polo Club will play for the Cavalry Memorial Cup against the Scoopernong (Atlanta) Polo Club on Sunday at Harris Hill Farm. Gates open at 3 p.m. The game starts at 4. Harris Hill Farm is located at the intersection of Highway 72 East and Moore's Mill Road. The polo grounds and parking are located on the south side of Highway 72. Civil War reenactors representing the 4th Alabama Cavalry (mounted and dismounted units) will be on hand to celebrate Cavalry history. They will have an encampment. There is no admission charge for this family oriented, casual event. Lawn chairs and tailgate picnics are encouraged. For more information, call Fred Lee 880-3364 or the Polo Hotline 539-6759.



Miscellaneous

Mr. Man premiere

The 10th annual "Mr. Man Premiere," a

presentation of S.B. Productions, will be held Aug. 12 at the Officers' and Civilians' Club. "Selected men will compete in gentlemanly style, finesse, personality and performance for the honorable title of Mr. Man," a prepared release said. "Due to the overwhelming response to the concept and buildup of this Premiere, tickets are currently on sale until sellout." Seating is limited and there will be no standing room. Ticket locations are Regions Bank (Redstone), Burch & Hatfield Formal Shop, Sew 2 Fit, and T&L Records. For more information, call Samuel Brown (256) 233-4702 or pager 650-7736.

Quarterly retirement ceremony

The Quarterly Post Retirement Ceremony will be held Aug. 17 at 9 a.m. between buildings 5303 and 5304 at the Sparkman Center Parade Field. Military retirees who wish to participate in the ceremony should call MSgt. Loew, RASA Support Operations, 876-2819, by Aug. 5.

Alcoholics Anonymous

An Alcoholics Anonymous group meets each Thursday at 11 a.m. in the Sparkman Center, building 5304, room 4309. For information call 313-1478. The Redstone Arsenal Group of Alcoholics Anonymous meets each Wednesday at noon and Friday at 5:15 p.m. in room 11 of the Bicentennial Chapel.

Columbia academy

Columbia Military Academy, Columbia, Tenn., will hold its "Turn of the Century" Grand Reunion in Columbia on Aug. 3-6. All graduating classes will be participating and the goal is to get 1,000 alumni to the reunion of 2000. If you or anyone you know is a graduate of CMA and would like additional information about the reunion, call Greg Thompson at home 882-2570. For more information about the school and its history, go to the following website: <http://www.cmaa.com>.

Retired officers

The Retired Officers Association will meet today at 11 a.m. at the Officers' and Civilians' Club. Stephen Mann, senior vice president for Morgan Stanley Dean Witter, is to speak about "The Roaring 2000." For more information, call retired

Capt. Albert Castelli 859-1340.

Body composition checkup

Height-weight charts only provide averages based on a sedentary population. They do not take body composition into consideration. Bathroom scales do not reveal what makes up that weight—how much is fat and how much is lean body mass. Find out your body composition at the Redstone Fitness Center, building 3705, from 10 am to noon Thursday. Please wear short sleeves. For more information, call the Public Health and Education Center 842-0196.

Church youth contest

Hope Community Church is holding a King and Queen contest in preparation for the Grand Opening of its new location, 1111 Pulaski Pike. Crowning of the Kings and Queens is scheduled 3 p.m. Saturday. Contest age groups include six months to 5 years, 6-12, and 13-20. Scholarship and Saving Bonds will be awarded. The building funds manager, Brenda McKinney-Hardimon, can be reached at 534-8750.

Thrift shop job

The Thrift Shop has an opening for afternoon cashier. Requirements include knowledge in sales, data entry and customer relations. Hours are 12:30-4:30 p.m. Wednesday and Thursday, 8:30 a.m. to 4:30 p.m. every other Friday, and 9:30 a.m. to 2:30 p.m. every other Saturday. Applications are available during business hours— from 9 a.m. to 4 p.m. Wednesday, Thursday and Friday. For more information, call Sheila Torongeau 881-6992.

Military intelligence group

The Tennessee Valley Chapter of the National Military Intelligence Association will hold its July luncheon at 11:30 a.m. Thursday in the Regimental Room of the Officers' and Civilians' Club. Scheduled speaker is John Nolan, president of Phoenix Consulting Group and author of the book "Confidential." Non-members are welcome and reservations are not required. For more information, call George Lewis 830-3809 or Bob Westfeldt 971-6533.

See Announcements on page 21



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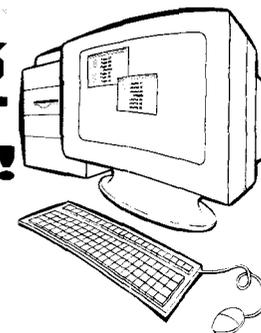
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Cajun dance

The Cajun/Zydeco Connection will sponsor a dance Friday at the Knights of Columbus Hall on Leeman Ferry Road. Tony Delafosse will appear at the dance from 8-11 p.m. Free beginner Zydeco dance lesson begins at 7:15 p.m. For more information, call 880-2653.

Resume workshop

Army Community Service will offer a workshop on Aug. 3 from 10-11:30 a.m. to help you tailor your resume to highlight your skills and abilities that are important to the position you are seeking. To register call 876-5397.

Sergeants major

The Sergeants Major Association will hold its monthly meeting Aug. 18 from 5:30-7:30 a.m. at the Radisson Suite Hotel on South Memorial Parkway. For more information, call Sgt. Maj. Marvin Whited 842-2879.

Purple Heart memorial

The NCO Academy will conduct a Purple Heart memorial service at 4 p.m. Aug. 7 for the Military Order of the Purple Heart George A. Rauh Sr. Chapter 2201 and MOPH Ladies Auxiliary Unit 2201. The memorial service will be held on the south side of building 3300. The public is invited. For more information, call 1st. Sgt. Johnson 876-8744.

Marine Corps ball

Go all Marine veterans/retirees: The Marine Corps Ball is almost upon us. If you are interested in attending the celebration, you can contact SSgt. Mason at the Marine Element, building 3305, second deck. The phone number is 842-2540. Leave message between 11 a.m.-1 p.m. and after 4 p.m. For more information, call 876-1691.

Selection board

The 2000 CSM/SGM/USASMC/QMP Selection Board will convene Oct. 17 for all eligible for promotion to the rank of command sergeant major or sergeant major. Cutoff date for receipt of NCOERs, photos

and letters to the president of the board to Enlisted Records is Oct. 6. The Military Personnel Office will conduct a records review for all eligible CSMs, Sgts. Maj., 1st Sgts. and MSgts. from July 31 through Sept. 8. Appointments will be scheduled through the Personnel Service Centers. For more information, call Mrs. Moudy/Ms. Anderson at 876-1296 or 876-3295.

Environmental open house

There will be a poster presentation on the proposed plan and comment period for Redstone Arsenal Environmental Site RSA-50, the Inactive Munitions Demilitarization and Disposal Area, during an open house planned for Saturday. The comment period for this proposed plan will run until Aug. 27. The proposed plan recommends no further action be taken to clean up the site due to the absence of hazardous chemicals. During the open house, attendees will also receive information on testing for TCE in the groundwater adjacent to the former Redstone Arsenal Rocket Engine area on the eastern side of the installation. The open house will be held in the Rocket Auditorium at the corner of West Line and Redstone Roads, Saturday from 9 a.m. to noon. For more information or directions, call Pam Rogers 842-0561.

Newcomers orientation

Learn about Redstone Arsenal by attending the Army Community Service Newcomers' Orientation set for Aug. 1 at building 3447. Attendance is mandatory for active duty personnel permanently assigned to Redstone Arsenal. Spouses are encouraged to attend. The orientation will include speakers, information booths, and a bus tour. Attendees will receive MWR Bucks that can be used at any MWR activity. Free child care is offered through the Child Development Center. Shot records are required for the children. For more information, call Mary Breeden 876-5397.

Beer tasting

An 10th annual International Beer Tasting will be held 6-8 p.m. Aug. 4 at the Officers' & Civilians' Club. This event is open

to the Redstone community. Tickets are \$8 advance or \$10 at the door. Ticket includes complimentary hors d'oeuvres buffet and live entertainment by Aspen Gold. Call 830-2582 for more information.

Toastmasters

Research Park Toastmaster's Club invites you to have fun and improve your speaking skills, too. The club meets every Wednesday except holidays from 11:30 a.m. to 12:30 p.m. at the Corps of Engineers building. For more information, call Bonny Pfitzer 864-7220.

Blacks in government

The Huntsville/ Madison County Chapter of Blacks in Government recently awarded \$500 scholarships to two graduating seniors: Curtessa Noland of Lee High School and Cassandra Matthews of Madison County High School.

Fox Army Health Center

Due to a temporary personnel shortage in the Optometry Clinic, Fox Army Health Center, only active duty servicemembers will be seen until further notice. For an appointment, call 955-8888, Ext 171. Tri-care Prime patients may be seen by local network and participating optometrists. Call the Tricare Service Center 882-7404 for further information before scheduling

appointments with a local optometrist. All other patients requiring eye care should make appointments with civilian doctors or, if eligible, the VA Clinic. The phone number for the VA Clinic is 533-1645. Fox regrets this temporary inconvenience.

Administrative professionals

The Redstone Arsenal Chapter, International Association of Administrative Professionals presents two scholarships annually to a local high school and college student majoring in business administration. This year the recipients were presented their scholarships at the June monthly chapter meeting at the Officers' and Civilians' Club. Nikki Denise Hughes, high school recipient, and Patricia Wellington, college recipient, each received a \$500 scholarship. Twenty-five students completed applications this year to compete for the two scholarship awards. Twelve members and four guests attended the awards luncheon meeting. The Redstone Chapter's officers for 2000-01 include Ellen Mahathey CPS, president; Jenny Glazner, president elect; Ivagene Baxley, vice president; Susan Douglas, recording secretary; Carole Worsham CPS, treasurer; Yolando Caballero, member-at-large. For information on IAAP membership call Jacqueline Kenner, membership committee chairman, 876-8131 or Mahathey 876-4396.

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