

Redstone Rocket

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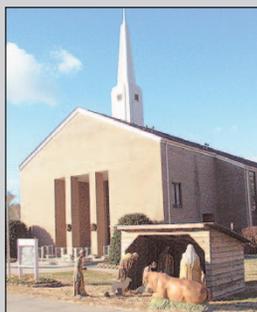
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Space command ready to move in

Von Braun Complex opening for SMDC's 800 workers

By SANDY RIEBELING
Staff writer
sandy@htimes.com

Making the move from Wynn Drive to Redstone Arsenal is a homecoming of sorts for some employees of the Space and Missile Defense Command.

"I used to work at Redstone. Making the move from Wynn Drive to Redstone Arsenal is a homecoming of sorts for some employees of the Space and Missile Defense Command. It's like I'm going home," Debra Valine, SMDC public affairs specialist, said. "I'm looking forward to the move. It cuts 20 minutes off my drive to work."

She's not the only one returning to familiar ground. Maj. Gen. Larry Dodgen, former commander of the Aviation and Missile Command and Redstone Arsenal, was named as the new commanding general for SMDC in December.

Dodgen will officiate the ribbon cutting Jan. 20 at 10 a.m. for building 5220, the new



Photo by Sandy Riebeling

GRAND OPENING— A ribbon cutting ceremony at the Von Braun Complex, the new home of the Army Space and Missile Defense Command, is slated Jan. 20

home of the Space and Missile Defense Command, located at the new Von Braun Complex on Redstone.

Several VIPs and hundreds of guests are expected to attend the ceremony and tour the facility. Arsenal employees unable to attend the ceremony are

invited to tour the building from 1-2 p.m. that day.

About 800 workers will be housed in the 202,000 square foot building located off Martin Road, near the Sparkman Center. The SMDC work force toured the new facility in December.

Building 5220 not only offers a more comfortable working environment for the staff with more natural light, break rooms on each floor and new furnishings, but there are practical improvements such as design flexibility to reconfigure easily as the organization changes, updated electronics and fiber optics to support office technologies, and new heating and cooling systems designed to current working environments. It also meets fire/life safety codes and American Disability Act requirements. SMDC's current building is 35 years old.

"One of the biggest advantages to being on Redstone is force protection," John Cummings, SMDC public affairs specialist, said. "Extensive force protection capability begins at the gate to Redstone Arsenal. And as you can guess, after 9/11, security has become all that much more important."

See **Complex** on page 6

Speeding crackdown: Slow down or pay up

New radar displays used to slow drivers

By SANDY RIEBELING
Staff writer
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Don't be offended if the officer behind the wheel of a police car sitting at the gate doesn't acknowledge your wave or smile. It's not personal. He may not even be a person.

Sgt. Radar only looks real from a distance. With his glassy stare masked by sunglasses and his perfectly formed upper body clad in a policeman's shirt or BDU jacket, it's hard to tell he's just a mannequin.

He doesn't even have legs. "Our best tool to get people to slow down is a police vehicle," SFC Jeffrey Cassell, senior operations sergeant, Provost

Marshal Office, said. "People automatically slow down when they see a police car. We only have so many officers. We can't be everywhere all the time. But we can put Sgt. Radar out in a parked car. People see him in the car, they slow down - mission accomplished."

The mission to slow Arsenal traffic to the posted speed limits has the Provost Marshal Office stepping up efforts by conducting "a lot" more radar enforcement and using some new tools, like Sgt. Radar and newly purchased radar speed display monitor and SpeedCom radar trailer.

"Our goal isn't to write tickets," Cassell said. "Most of our officers don't like to write tickets. But if there's a need, that's fine. What we really want is for

See **Speeding** on page 7



Photo by Sandy Riebeling

IT'S WORKING— Motorists slowed as they passed the new radar speed display monitor set up on Martin Road by the Provost Marshal Office.

An open lane random survey

What do you think about fingerprinting foreign travelers as they enter America?

By KELLEY LANE
Staff writer
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Laurie Pallotta
military spouse
"I think that three years ago I would have thought it was unnecessary and a big invasion of privacy. However, we've been attacked and as of Sept. 11th we don't have any control over who is coming into our country — we think we do but we don't. We know now that 11 men can come into our country and kill thousands. If fingerprinting and a quick picture is what it takes to keep us safe, then I say go for it."



Spec. Jon Huyck
Headquarters & Alpha

"With the way the world is today, it has to be this way. We know since the events of 9/11 that we may have people here that may not like our way of life. Our country was founded on people coming from everywhere, but these are different times now. We have to do what we have to do to keep America safe."



Lela Collins
retired military spouse

"I think it's a great idea. I think we need to keep a clear record on who's coming into our country."



SSgt. Robin Livingston
"I think it's a good thing that they are identifying the folks who are coming into our country to make sure they are safe and not here to harm anybody."



Crimes, accidents and other occurrences

The Provost Marshal Office provided the following list of reported incidents:

Jan. 3: An individual was detained after being observed selecting several items and then exiting the Post Exchange without rendering proper payment. The individual was issued a violation notice and released. Investigation continues by the Provost Marshal Office.

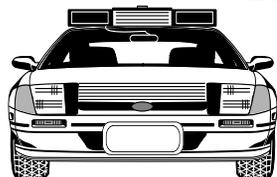
Jan. 4: A soldier was detained at the Provost Marshal Office after being apprehended by the Huntsville Police Department for desertion. The soldier was processed and returned to her unit at Fort Eustis, Va.

Jan. 6: An individual reported that someone removed jewelry and currency valued at \$450 from her unsecured locker at the Sparkman fitness center. Investigation continues by the Provost Marshal Office.

Jan. 6: Two individuals were detained after being observed selecting several items and then exiting the Post Exchange without rendering proper payment. The individuals were interviewed, processed and released. Investigation continues by the Provost Marshal Office.

Jan. 7: An individual was detained after being observed selecting several items and then exiting the Post Exchange without rendering proper payment. The individual was issued a violation notice and released. Investigation continues by the Provost Marshal Office.

Traffic citations issued: speeding, 26; parking violation, 3; failure to obey a traffic control device, 4; failure to maintain liability insurance, 3; expired registration, 1; and failure to wear seatbelts, 1.



Letters to the Editor

Year brings optimism

So a good and grand New Year lies before us; for one AMCOM primary organizational element it brings needed change. On behalf of those struggling within that organization to maintain initiative, exuberance and job allegiance, the New Year has brought encouragement. Fundamental change seems imminent. It is expected this POE will soon no longer exist. Not typically viewed as a positive thing, the expected carving up will reap limitless benefits in morale and attitude.

Regrettably, selected senior management within the POE in question still have not plumbed many leadership depths but remain content with drawing reassurance from the dogma of micro-management and theory of domination they appear to have forever known. Subordinate candor, common sense and

innovation, demonstrated inconsistent with these philosophies, continues to be tantamount to career martyrdom. Professional confidence in mid-level managers seems unattainable; senior management ideology perceives underlings as not to be trusted but to be restrained. This philosophy festers from vulnerabilities and the accompanying suspicion they themselves continue to create.

Fortunately, in due course, the esprit de corps that each of these organizational slices will find, as they are assimilated by the respective AMCOM elements, will garner notable benefits. The greater gains realized by AMCOM will be subtle but professionally and qualitatively significant. Optimism rules the dawn of the New Year!

Christopher Chavez

Exchange service earns award

At the National Retail Federation annual convention in New York, the Army and Air Force Exchange Service will be awarded the prestigious American Spirit Award. The board of directors of the NRF selected AAFES to receive this award based on its legendary support to the troops wherever they go. Their support in contingency operations is unprecedented in the history of retail; and they are honored that such a respected trade association would recognize the commitment, skill, hard work and courage it takes to fulfill their pledge "We Go Where You Go."

This is an honor to so many of AAFES associates who have served in these harsh, dangerous and demanding operations; those who have provided the support

behind the scenes to enable their contingency work force; and those who have kept the home fires burning by picking up the slack at home station while key personnel have been deployed to service the "best customers in the world." This is an award AAFES truly deserves. No one else does what they can do.

Whenever America sends its sons and daughters to fight our nation's wars, one American retailer goes with them ... AAFES.

Those who participate in that process truly epitomize the American spirit. Congratulations to all of them.

Liz Brumm
office assistant,
Redstone Exchange

Letter policy

Letters to the editor must be signed by the writer. The *Rocket* will withhold names upon request. Letters can be sent via e-mail to skip.vaughn@redstone.army.mil or faxed to 955-9138. The deadline for letters and all other submissions to the *Rocket* is noon Friday.

Quote of the week

"Let us run the risk of wearing
out rather than rusting out."
— Theodore Roosevelt

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Prayer breakfast open to all persons of faith

Redstone ministry team plans uplifting event

By SKIP VAUGHN
Rocket editor
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Tickets are available for an annual event sponsored by Bicentennial Chapel.

The National Prayer Breakfast is 6:30 a.m. Feb. 5 at the Officers and Civilians Club. Scheduled speaker is Chaplain (Col.) Lilton Marks, the Training and Doctrine Command chaplain at Fort Monroe, Va.

"Military installations throughout the Army have this prayer breakfast," Chaplain (Maj.) Joey Byrd, the event's point of contact at Bicentennial Chapel, said. "It will be a spiritually uplifting event, nourishing everyone's soul."

The suggested donation for a ticket is \$3. Tickets should be purchased in advance by calling Byrd, the resource manager for Bicentennial Chapel, at 842-2965 or his assistant, Sgt. Gregory Goyer at 842-2173.

"It's open for all persons of faith," Byrd said. The program will include music and a meal.

Marks, a native of Jeanerette, La., is an ordained minister of

the United Church of Christ. He was originally commissioned July 31, 1967 in the Infantry, after attending the Louisiana National Guards Officer Candidate School, and he entered active duty November 1968.

He has a bachelor's degree from the University of Southern Colorado in Pueblo, a master's in public administration from the University of Colorado at Colorado Springs, a master's of divinity from the Chicago Theological Seminary, a master's in strategic studies from the Army War College and a doctor of ministry degree from the Interdenominational Theological Center in Atlanta. His military education includes the Infantry Officer Basic Course, the Chaplains Officer Basic and Advanced Courses, the Armed Forces Staff College and the Army War College.

As an Infantry officer, Marks served with the 24th Infantry Division, the 25th Infantry Division, the Army Advisory Group in Louisiana and the 4th Infantry Division in the positions of platoon leader, battalion and group adviser, S-1, assistant S-3, and company commander, respectively. He left active duty in September 1975. Returning to civilian life, he worked for private corporations, state government



Courtesy photo

GUEST SPEAKER— Chaplain (Col.) Lilton Marks, the TRADOC chaplain, is scheduled speaker for the prayer breakfast.

and as pastor for churches in his denomination.

Marks returned to active duty in June 1984 as a chaplain. His assignments have included battalion and Brigade Chaplain, 82nd Airborne Division, Fort Bragg, N.C.; deputy community chaplain, Supreme Headquarters Allied Powers Europe, Belgium; deputy division chaplain, 3rd Infantry Division and force development and family ministry chaplain, Forces Command, Atlanta; division chaplain, 101st

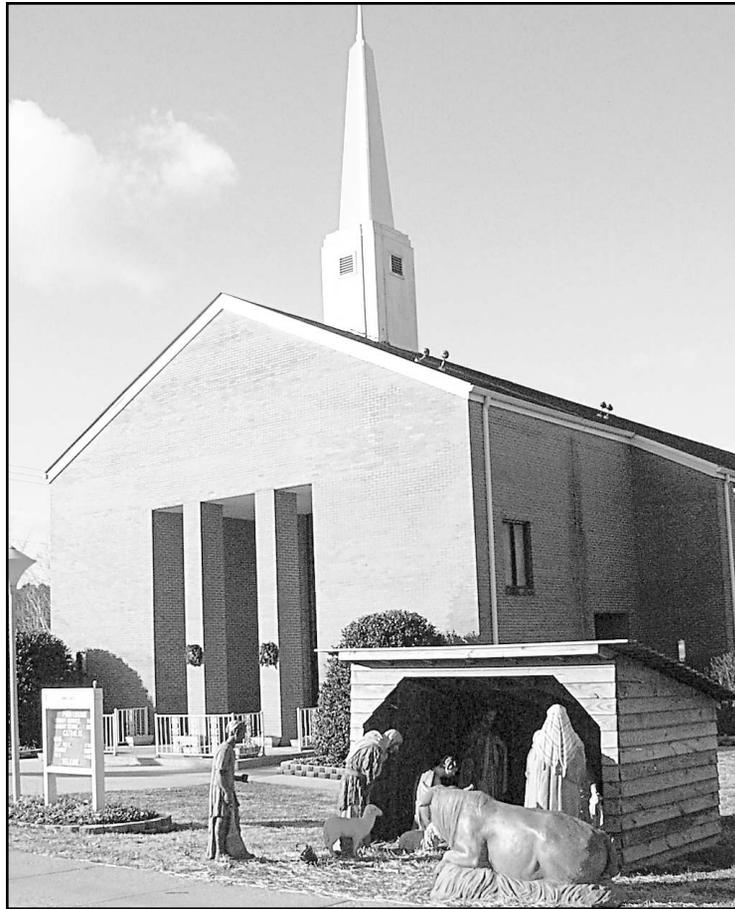


Photo by Skip Vaughn

CHAPEL SCENE— Bicentennial Chapel, which will sponsor a prayer breakfast in February, had a nativity scene during the holidays.

Airborne Division, Fort Campbell, Ky.; deputy installation and senior Protestant pastor, Army War College, Carlisle Barracks, Pa.; and installation chaplain at Fort Campbell.

His awards and decorations include the Legion of Merit, the Bronze Star with V device, the Purple Heart, the Meritorious Service Medal with five oak leaf clusters, the Army Commendation Medal with one oak leaf cluster, the Army Achievement Medal with one oak leaf cluster,

the National Defense Service Medal with star, the Vietnam Service Medal, the Armed Forces Reserve Medal, the Army Service Ribbon, the Overseas Service Ribbon and the Vietnam Campaign Medal. He is authorized to wear the Ranger Tab, the Combat Infantry Badge, the Expert Infantry Badge, the Master Parachutist Badge and the Air Assault Badge.

Marks and his wife, Carolyn, have five adult children and six grandchildren.

Getting to know you

By KIM MASON
Staff writer
kimberly.mason@redstone.army.mil

Name: Laquandis Baldwin

Job: Clerk, Competition Management Office

Where do you call home?
Salem, Ala.

What do you like about your job?
Mainly the people, those I work with and those I deal with. It is very rare to find a job where you like everybody.

What do you like to do in your spare time?
I am a full-time student at Alabama A&M University, where I am finishing up my senior year in computer science.



I also like to read and go to church.

What are your goals?
To own my own computer-based business in the future.

Perimeter gate hours change

Hours have been extended for Gate 8 at Goss and Patton roads.

The new hours for that perimeter gate are 6 a.m. to 10 p.m. seven days a week with no visitor access, according to the Provost Marshal Office.

Portable barricades are positioned at gates 8 and 9 for random anti-terrorism security measures. Because of the height of the concrete blocks, low-clearance vehicles should not use traffic lanes where the barricades are placed.

Here are the gate hours:

• **Gate 1 (Martin Road East)** — 5:30 a.m. to midnight Monday through Friday, 6 a.m. to midnight weekends and holidays. (Note: Monday through Friday inbound only 5:30-8:15 a.m. and outbound only 3-6 p.m.)

• **Gate 3 (Redstone Road)** — 5:30 a.m. to 6 p.m. Monday through Friday.

Closed weekends and holidays.

• **Gate 4 (Patton and Neal roads)** — Open.

• **Gate 7 (Martin Road West)** — 6 a.m. to 6 p.m. Monday through Friday. Closed weekends and holidays.

• **Gate 8 (Goss and Patton roads)** — 6 a.m. to 10 p.m. daily. No visitor access.

• **Gate 9 (Rideout Road)** — open daily 24 hours. (Note: 5:30-10:30 a.m. right inbound lane is only for vehicles with three or more occupants.) The turnaround at the intersection of Rideout Road and Overlook Road will be open for access from 8 p.m. to 4 a.m. Monday through Friday, and 24 hours a day weekends and holidays. The turnaround one-fourth mile south of Gate 9 on Rideout Road remains open 24 hours a day.

• **Gate 10 (Patton Road)** — 5:30 a.m. to midnight daily.

Paving way to replenish command's work force

Alabama A&M University enters Army partnership

By KIM GILLESPIE
For the Rocket

The Aviation and Missile Command and the Research Development and Engineering Center signed partnership agreements with Alabama A&M University on Friday. The agreements are designed to facilitate education and other work force initiatives between the Redstone organizations and the university.

AMCOM commander Brig. Gen. Jim Pillsbury, RDEC director Dr. William McCorkle and A&M president Dr. John Gibson signed the agreements at a ceremony at Redstone. Pillsbury noted that the agreements are crucial to reviving an aging work force, and offer the means to attract the best and brightest local talent. Gibson echoed his words, citing the benefits of linking the university's accredited engineering program and faculty, with military programs focused on scientific research and development.

The agreements will serve several purposes: allow the exchange and loans of professionals, research and data, and laboratory equipment, between the organizations; involve students in projects; and provide academic and career advice to students.

"Awareness, preparation and utilizing the resources available in the area, particularly knowledge and skills, are what

make any organization great," Phil Hodges, director of RDEC's Engineering Directorate and one of the architects of the agreements, said.

"We are just doing what great businesses in private industry do — finding the talent and helping the talent find us."

Some of the initiatives are already under way. Art McDonald, Engineering Directorate's division chief for automated test equipment, has been loaned to the university to assist with its Office of Research and Development and liaison with RDEC.

The agreements will also result in an Inter-personnel Agreement which allows A&M to provide a staff member funded by AMCOM to work full time with the organizations.

"IPAs are not new — we already have three IPAs with another university — but this will be the first IPA with the A&M staff to be working directly with the AMCOM command group on many of the initiatives defined by the agreements," Hodges said.

Most importantly, the agreements are designed to make all A&M students, and even potential A&M students, aware of the skills and professions needed by the Army and provide mentoring.

"If young people can just see someone performing a job out here, or talk to one of our employees, it may spark their interest," Hodges said. "Then we can tell the student what kinds of degrees or what kind of classes he or she may need to take.



Joe Ramirez/Photo Lab

IN ACCORD— From left Alabama A&M University president Dr. John Gibson, AMCOM commander Brig. Gen. Jim Pillsbury and RDEC director Dr. William McCorkle share congratulations after signing partnership agreements.

And later down the road, they may want to help us with our work, and the agreements mean they will have the information, or the means to access the information, to apply for cooperative positions, and hope-

fully permanent positions after graduation."

"These agreements are not just for next year, or the next, but for 15 years and 20 years down the road," Pillsbury said.

Pact produces master's degree program at Alabama-Huntsville

Engineers can compete for funded schooling

By **BOB HUNT**
For the Rocket

Engineers within the Program Executive Office for Aviation and the Research Development and Engineering Center have an opportunity to compete for a full-time, funded master's degree in engineering at the University of Alabama in Huntsville under a recently announced program.

The Rotorcraft Systems Engineering and Simulation Center at UAH is the result of a cooperative agreement between RDEC, PEO Aviation and UAH and is funded under a cost-sharing agreement, according to Dr. Jim Snider, center director.

"The center is comprised of government, industry and academia who have come together for the purpose of supporting our nation's requirements in rotorcraft design, analysis, systems engineering, and modeling and simulation," Snider, a retired major general and former PEO aviation, said.

One of the goals of the collaboration with UAH is self-serving, according to Paul Bogosian, deputy PEO aviation. "We wanted to support a formal graduate program with emphasis on rotorcraft systems engineering at UAH so that our Army could continue to grow the engineers we need at Redstone Arsenal to maintain our leadership in rotorcraft development," he said.

"Selected applicants will attend UAH full time over the four-semester, 15-month program and, if successful, will obtain a master's degree in engineering," Snider said. "Selectees also will be paired with a senior government employee who will mentor them throughout the program to help ensure their success."

Interested applicants from PEO Aviation and RDEC must have an under-



graduate engineering degree from an accredited college or university and must satisfy graduate school admissions requirements.

The application period runs through Feb. 13, followed by a government and university screening process before selected candidates are announced March 19. The first semester begins May 24. For more information call Vernon Daniels of RDEC at 876-1062, Odis Nickoles of PEO Aviation 313-4976 or Snider 824-6066.

Rotorcraft Systems Engineering and Simulation Center curriculum includes the following:

- First semester — Selected Topics in Mathematics, Statistical Methods for Engineers, and Aircraft Stability and Control.
- Second semester — Helicopter Theory, Aerospace Systems Engineering – Distance Learning from Georgia Tech, and Rotorcraft Design I – DL from GT.
- Third semester — Rotorcraft Design II – DL from GT, Performance Flight Testing, and Modeling and Simulation.
- Fourth semester — Engineering Reliability, System Safety – DL from GT, and Aviation Systems Simulation.

New face, new challenge at Tactical Missiles



Photo by Kim Mason

HAPPY TO BE HERE— Brig. Gen. Mike Cannon, program executive officer for tactical missiles, and his wife Gabriel greet employees.

Brig. Gen. Mike Cannon becomes program exec

By **KIM MASON**
Staff writer
kimberly.mason@redstone.army.mil

Brig. Gen. Mike Cannon issued a challenge as he became program executive officer for tactical missiles.

"Teach this old tanker how to be a rocket scientist," he told his workers.

Cannon succeeded Brig. Gen. Jeffrey Sorenson in a ceremony Thursday at Bob Jones Auditorium. After two and half years as PEO Tactical Missiles, Sorenson offered many praises and thanks.

He favorably acknowledged Cannon filling his position. "With Cannon as the new name for our PEO Tactical Missiles, you can't get any more lethal than that," he said.

Cannon comes to Redstone following an assignment as assistant deputy for sys-

tems management in the Office of the Assistant Secretary of the Army (Acquisition, Logistics and Technology) since August 2002. He has also held a number of key armor assignments.

Lt. Gen. Joseph Yakovac, military deputy for ASA (ALT), spoke via satellite to those attending the ceremony. On replacing Sorenson, Yakovac said, "If we expect acquisition members to be willing to take on new challenges, we have to show we are willing to do the same with our general officers."

Claude Bolton Jr., the ASA (ALT), was scheduled to speak, but was unexpectedly called the night before the ceremony, while en route to Huntsville, to return to Washington.

"Mike brings leadership, the ability to get the best out of those who work for him and he works well across the battle space," Yakovac said.

Cannon and his wife, Gabriel, have one son, Sam.

■ Von Braun Complex dedication set Jan. 20

Complex

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Cost savings for the Army is another benefit. The lease for SMDC's current facility on Wynn Drive is about \$7 million per year. Total cost for the new facility was \$39 million, so in theory, the new facility will pay for itself in less than six years.

"Our move date is Feb. 18," Valine said. "We expect to have it wrapped up in about a month. It's a pretty aggressive move schedule."

With the move, some work spaces will be bigger, some smaller. Some workers feel the disadvantage to moving is that they lose a cafeteria and the short trek to University Drive for lunch and business. Building 5220 has a snack bar. A cafeteria for the complex is planned in a future phase.

"But what a lot of them don't realize is that there are lots of places to eat on post," Valine said. "Good food."

Groundbreaking was July 2001 for the project, which includes an 18,000 square foot central plant and infrastructure to support two additional administrative buildings of similar size planned for the complex. The project also covered the relocation and burial of the steam line as well as creation of necessary turn lanes and installation of a traffic signal at the entry to Phase I from Martin Road.

The complex will be developed in three phases totaling close to 770,000 square feet. (Sparkman Center is about 1 million square feet.) The initial phase for SMDC includes two buildings, a central plant to house the mail room and utilities and an office building for personnel.

One of the next two phases is expected to include a 400-seat auditorium.

Both the Missile Defense Agency and the Program Executive Office for Air, Space and Missile Defense are expected to move into the complex after the additional phases are funded and completed.

Speeding

continued from page 1

people to slow down. Drive at the posted limits. They are there for a reason – your safety. Speeding is the major cause of traffic accidents – following too close, not paying attention. We’re hoping the radar speed board will trigger you to think about your speed and slow down if you need to.”

The mobile radar speed display cost \$9,000 and is solar powered so it can be placed along any roadside without a generator. One charge lasts about six weeks. It can be connected to a remote system that goes back to a vehicle.

“We move it every couple of days,” Cassell said, adding that it must be calibrated after each move. “We try to put it in the high traffic areas where we know speeding is a problem. It’s really a great tool to make people aware of their speed.”

This speeding crackdown comes on the heels of a “very successful” Click it or Ticket campaign conducted on the Arsenal Nov. 17-30. In that two weeks, 8,436 vehicles were checked for appropriate seatbelt use and of those checks, 43 citations were written. A first offense citation is \$10. The check also netted one drunk driver.

“We set up check points on the installation and stopped every vehicle that came through,” Cassell said. “Again, this is a safety issue. We didn’t hide the check points. We announced them. Some people don’t understand why check points are announced but it goes back to getting people to do the right thing on their own. Drinking. Seatbelts. Speeding. Hopefully

if people know we’re watching and that it may cost them, they’ll police themselves. That’s our true goal – to get people to do the right thing on their own.”

By publishing this article, making the public aware of the added tools and increase in radar enforcements, the Provost Marshal is asking everyone to do their part to make the Arsenal a safer place to live and work.

But if you choose not to heed the warning, officers are ready to write the tickets. Pvt. Jessica Roman, currently the only female MP on post, doesn’t shy away from traffic stops or writing tickets.

“I don’t go out everyday and see how many I can catch,” said Roman, who writes four or five tickets a day and has written more tickets in the five months she’s been here than all the other female MPs combined, in the last five years. “A lot of it depends on circumstances – traffic conditions, congestion, speed limit discrepancy. One lady was going 70 in a 45 and tried to tell me she wasn’t speeding. Do yourself a favor – don’t lie.”

Roman described another incident last week when she clocked a woman speeding but the driver slowed so Roman let it go but then the driver sped up after passing her.

“I guess she didn’t know we have radar in back,” Roman said. “So I turned around and stopped her. If she would have just slowed down, I would have let it go.”

Besides urging motorists to slow down, Cassell also wanted to remind the people to expect more delays at gates from increased force protection measures required at Bravo condition.

“We have 100 percent hands-on ID checks. That means hands-on ID verification,” Cassell said. “Sometimes we check for two forms of ID. It also means an increase in the number of random inspections.”

The best way the work force can assist in its own safety, according to Cassell, is to “know your area.” Who is supposed to be there? What is supposed to be there? Any persons, activities or items unfamiliar to your workplace should be considered suspicious and the Provost Marshal should be contacted at 876-2222.

“Call us if you see a vehicle that doesn’t belong,” Cassell said. “If you don’t feel comfortable, something is out of the ordinary, call us.”

One last warning from the Provost Marshal Office concerns the temporary barricades at Gate 8.

“These barricades were given to us, another tool we can utilize to protect the people on post,” Cassell said. “The (ground) clearance on these are about five inches. We’ve had trouble with vehicles low to the ground. They need to go to another gate.”

Right now those barricades have been moved to the side of the road but once the word is out about the clearance needed to safely pass through, the barricades will be installed again.

“We’re having signs made up. We’re trying to let everyone know about it now. It stretches across all four lanes, in and out,” Cassell said. “These barricades are important at the gate and will be put back to keep the gate secure.”



Photo by Sandy Riebeling

DRESSING THE PART— SFC Jeffrey Cassell, senior operations sergeant, Provost Marshal Office, adjusts the shirt on “Sgt. Radar” the upper body of a mannequin that will sit behind the wheel of stationary police vehicles to deter speeders.

Tax assistance center returns soon for 2004

Soldiers, volunteers offer free preparation service

By Capt. FRANK ULMER
Tax assistance officer

The Redstone Arsenal Tax Assistance Center will be open Feb. 2 to April 15. The center will provide free tax preparation and filing assistance to eligible clients who include active duty and retired servicemembers and their dependents.

Last year's center saved clients more than \$270,000 in tax preparation and filing fees and helped obtain almost \$1.5 million in refunds.

Soldiers and volunteer tax assisters will provide both computer-assisted tax preparation and direct electronic filing of federal returns. Preparation and electronic filing of state tax returns will be available as well. Once again, all active duty and retired servicemembers and their dependents are eligible for tax assistance. Reservists or National Guard members who are on active duty orders for more than 29 days (and their dependents) can also take advantage of this free service.

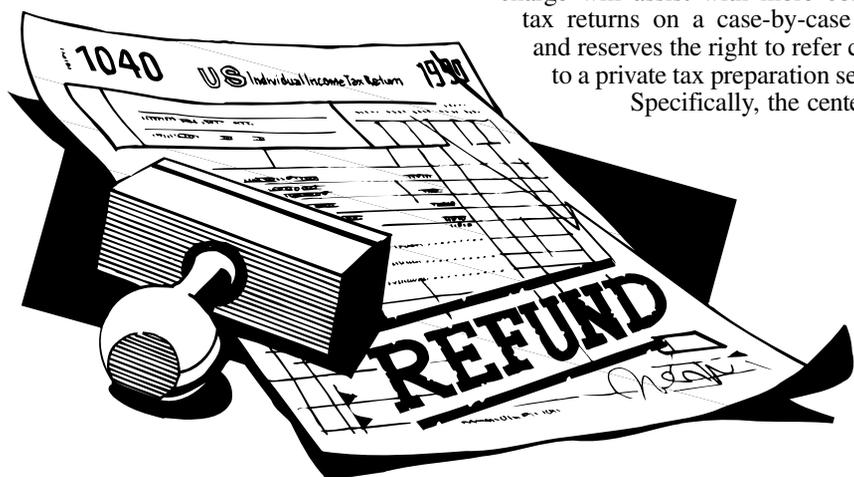
The center will be in building 3489, just off Ajax Road. IRS-trained soldiers and civilian volunteers will serve as income tax assisters under the supervision of the Staff Judge Advocate. The officer-in-charge will assist with more complex tax returns on a case-by-case basis and reserves the right to refer clients to a private tax preparation service. Specifically, the center will

not handle tax preparation involving complicated and advanced investment or rental property issues or matters concerning private businesses other than on-post family child care providers who are certified by Child and Youth Services. All tax assistance is strictly limited to personal tax returns.

The services provided by the center give eligible clients several advantages over commercial tax preparers. First and foremost, services are free. In contrast, the national average for commercial tax preparation and filing fees is well over \$100 per return. Second, the center is conveniently located on post. Finally, clients will not be confronted with the temptation of refund anticipation loans. These costly loans are traditionally offered by commercial tax preparers and

involve extremely high interest rates. Although clients can get money immediately with a refund anticipation loan, it will generally cost them a large portion of their refund. By using the center, a client will get the entire refund in approximately seven days.

The center will be open from 8:30 a.m. until 3 p.m. Monday through Friday, with tax return preparation offered by appointment only. Extended hours will be offered Tuesday and Thursday evenings from 5-7 to accommodate those who need services after normal duty hours. Walk-ins will be welcomed during the extended evening hours only. For an appointment or more information, call the center at 842-1040. Appointments will not be made until Jan. 26.



Army announces Stop Loss expansion

By SFC MARCIA TRIGGS
Army News Service

WASHINGTON — Officials announced Jan. 7 that the latest Stop Loss is in effect, and that active-duty soldiers currently serving in Iraq and Afghanistan will not be allowed to change duty stations, separate or retire until after their unit redeploys.

Of the 7,000 soldiers to be affected, 3,500 will fall under Stop Loss and 3,500 will fall under Stop Movement, said officials from the Office of the Deputy Chief of Staff for Personnel, G-1. They will be required to stay in the theater for the duration of their unit's deployment and up to a maximum of 90 days after the redeployment, said Col. Elton Manske, the chief of Enlisted Division, G-1.

It is important for the force to understand that the policy states that the post deployment period allows for up to a maximum of 90 days for soldiers to transition from service, G-1 officials said. The three months allows soldiers time to complete out-processing, attend medical needs and the Army Career and Alumni Program, complete housing arrangements, as well as ship personal belongings.

The 90 days is for the soldier, said Lt. Col. Franklin Childress, the G-1 Public Affairs officer. If soldiers complete these arrangements early and want to leave, then they may leave before the 90 days expire, he added.

Army officials emphasize that since lifting the last Unit Stop Loss in May, more than 16,000 soldiers have transitioned from the service.

Here's to good health: Start out year smoke-free

Support available
to stop smoking

By TAMIRIZ CENTENO
Community health nurse

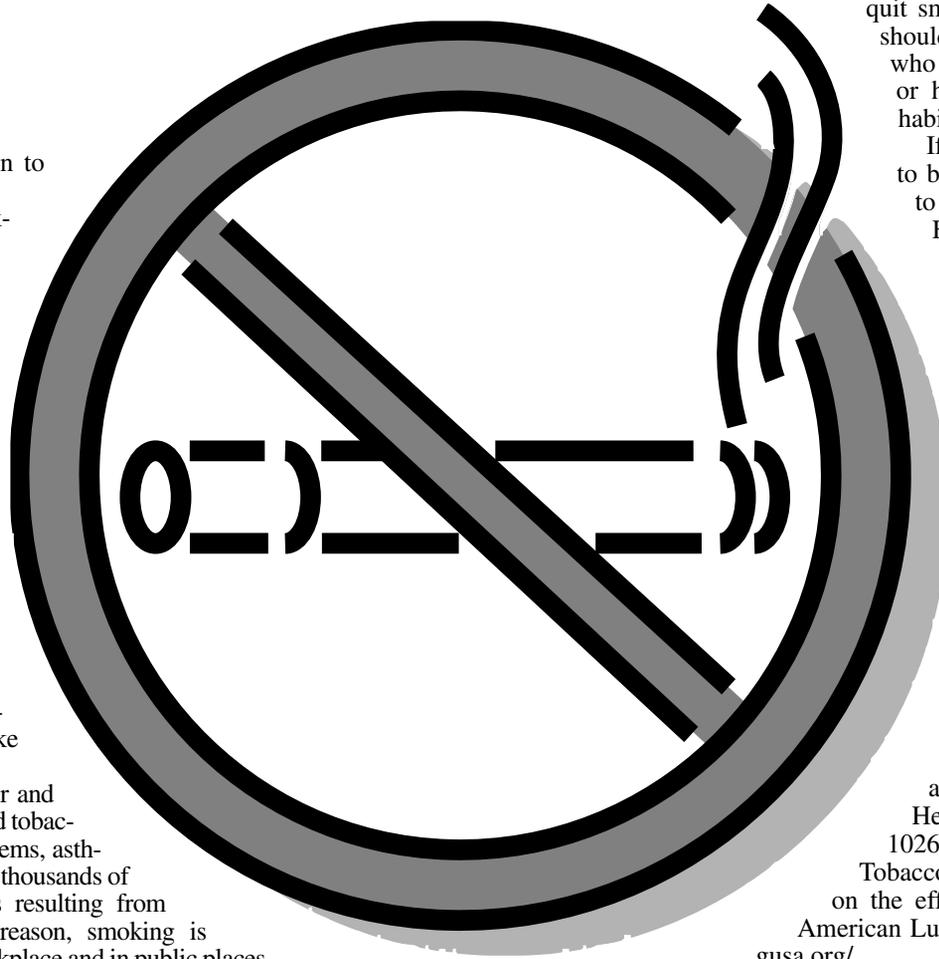
Have you made a New Year's resolution to quit smoking?

Tobacco use, particularly cigarette smoking, is the leading cause of preventable death in the United States, according to the Centers for Disease Control and Prevention. Poor health problems extend beyond smokers to nonsmokers involuntarily exposed to secondhand smoke.

Looking for motivation to help you quit using tobacco? Consider these facts:

- Smoking causes lung and other cancers, heart disease, stroke, chronic bronchitis, and emphysema.
- Smoking increases the risk of incontinence, cataracts, osteoporosis, impotence and infertility. Smoking causes premature wrinkling, yellow teeth and bad breath.
- Pregnant women who smoke greatly endanger the life and health of their developing child. Children whose parents smoke are more likely to become smokers.

Secondhand smoke can cause: lung cancer and heart disease in people who have never smoked tobacco; and illness in young children — ear problems, asthma, bronchitis and other illnesses. Every year, thousands of children are hospitalized because of illness resulting from exposure to secondhand smoke. For this reason, smoking is increasingly restricted or prohibited in the workplace and in public places.



Perhaps you are questioning your own desire to quit smoking. If you can quit on your own, you should quit. However, there are many smokers who need assistance from their family, friends or health care providers to stop the tobacco habit.

If you are thinking about taking the next step to being tobacco free, review these advantages to attending the Tobacco Cessation Program at Fox Army Health Center.

This program is free to all military beneficiaries and current Redstone Arsenal DoD civilians can attend on a space available basis.

You will learn all the tools and strategies that have helped people stop the tobacco habit. You will be guided to develop your own personal tobacco cessation plan. You will be in a group support program where everyone is sharing your same experience. Studies show that your best chance of quitting the tobacco habit is joining a support group in combination with drug therapy.

The first class of 2004 began Jan. 13 from 4-5 p.m. and will meet every Tuesday for eight weeks. New classes start the third Tuesday of each month. For dates and times of future classes call the Public Health and Education Center at 955-8888, ext. 1026. Use the same number to enroll in the Tobacco Cessation Program. For more information on the effects of tobacco on your health, visit the American Lung Association web site at <http://www.lungusa.org/>.

These guardsmen have father-son relationship

Chris and Michael Dunn arrive for training

By KELLEY LANE
Staff writer
kelleyqa@bellsouth.net

For PFC Michael Dunn, following in his father's footsteps meant getting combat boots.

Sgt. Chris Dunn, Michael's father, joined the National Guard 20 years ago in his hometown of Columbia, S.C. He had always wanted to be a military man, but his lack of a diploma kept him out of the Army.

"At the time I didn't have a high school diploma and the National Guard would take you without one," Chris Dunn said. "I loved it. I've always loved the National Guard."

He decided early on to use the wealth of training programs available to learn all that he could. Training, and the application of what he has learned, has sent him many places, including a year spent at Guantanamo Bay, Cuba, as an MP after Sept. 11th and five months with a hospital unit in Desert Storm. While it wasn't always easy for his wife and six children to see him go, it was always something his son, Michael, could respect.

Being born after his father joined, Michael never knew any way of life other than that of the National Guard. After four years of high school ROTC, he knew that he would follow his father's example and

join the Guard as well. He signed his papers in August 2003. His enthusiasm for military life has made him one of the first to volunteer for any and all instructors' requests. He has been designated as his platoon guide.

"I don't know if I like the school as much as he does," Michael said of his father. "But I love the military more than he does."

While the natural twists and turns of life have kept Chris from advancing in the ranks as quickly as he might have liked, Michael is setting his sights on a speedy advancement. He hopes to catch up to and eventually outrank his father. "I plan to catch up pretty quick," he quipped. "Now, I'm an E-3. He's an E-5, soon to be E-6. I'll be an E-4 and only two ranks under him. I'm going to catch up and then I'm going to pass him."

Chris, a construction supervisor back home, came home from Cuba just as a company of fellow local guardsmen was being activated for deployment to Iraq. His wife declared upon his return that he had "better not be activated for at least five years." He jokes that she wanted to make sure he remembered that promise as others were being called up. "I came home one day and as I was walking in the door, she said 'No.' I hadn't said anything to her. She just said 'No,' so I said 'No what?' She said 'No, you can't go to Iraq.' I told her I didn't want to go. I had said I'd be home for five years. She said OK, she just didn't know if I remembered or not," he said laughing. "She's very supportive



Photo by Kelley Lane

DUNN DEAL— Sgt. Chris Dunn and his son, PFC Michael Dunn, take a minute to catch up at the Post Exchange.

of my military career and what I do. She says after this school, there better not be anything else."

Chris is at Redstone for his seventh Military Occupational Specialty training course. This is his second trip to Redstone for training. "The instructors here are out of this world," he said. "They're very disciplined and well organized. With seven MOSs, I've been through plenty of schools. So, I think I'm an expert on schools and this is one of the best that I've been to."

He is studying repairs for the Multiple Launch Rocket System. By coincidence, Michael, a Target manager in South Carolina, is also attending school at Redstone, though he arrived two months before his father. Another coincidence will see them in the same unit again. An E-6 position, which the senior Dunn had left the unit to seek, has become available

in that unit. Both will be a part of the 742nd Maintenance Company Detachment 1, supporting other guardsmen deployed to Iraq, doing maintenance and repair on the MLRS equipment.

The two try to spend as much time together as their schedules allow, lunch and dinner at the dining facility being the easiest time to get together. While they enjoy regular father-son bonding activities in their spare time, Michael confesses that the military always creeps into their conversations. Having an eight-week head start on training, Michael is scheduled to return home in March, while Chris won't be headed that way until May. In the meantime, Michael jokes that if Dad has any trouble with classes that he'd help Dad with his homework for a change. "He could come to me," Michael joked. "I'd help him out."

Surprise visit spreads Christmas cheer



Photo by Spec. Ryan McClymont

HOLIDAY SPIRIT— Santa and his elves give children one last chance to make a Christmas wish with help from the Sergeants Major Association and the Vincent Drive Fire Station No. 2.

Third annual Santa Run deemed successful

By Spec. RYAN McCLYMONT
Staff writer
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Some Redstone Arsenal residents woke to the sound of horns and sirens as fire trucks drove through post housing Dec. 13. To everyone's surprise there was no fire or emergency, but instead the ruckus announced the arrival of Santa Claus and his elves.

Santa made his way through post housing giving children one last chance to sit on his lap, review their Christmas list and convince him that they had been nice this year, while his elves passed out Christmas treats.

The four-hour event, meant to spread peace, happiness and holiday spirit throughout the community, began at 9 a.m. and concluded at 1 p.m. with Santa noting, "This third annual Santa Run wouldn't have been possible without the combined efforts of the Sergeants Major Association and the Vincent Drive Fire Station No. 2."

When Santa was asked how it was possible that he could visit Redstone so close to Christmas, he replied with a blush, "I stopped on my way down to Daytona Beach where I get a week of rest and relaxation before preparing for my long Christmas Eve journey."

Pharmacy annex should fill community need

PX/Commissary gets new service

By SKIP VAUGHN
Rocket editor
skip.vaughn@redstone.army.mil

Redstone shoppers will soon benefit from a temporary inconvenience. Construction has begun on a pharmacy refill pickup

site at the Post Exchange and Commissary. The commissary entrance into the exchange mall was closed Monday for the next 2-3 weeks; and shoppers began using one of the side doors.

"We welcome it," commissary manager Willie Taylor said of the pharmacy which should open in March. "It will increase traffic flow for us, because most of our customers are retirees. It offers a convenient one-stop area for shopping."

People will be able to call in their prescriptions and pick them up while shopping, according to SSgt. Freder-

ick McCallum, NCO-in-charge of pharmacy services at Fox Army Health Center. "That's just an extension of the pharmacy we're offering to the community," he said.

Chugach Support Services is building the \$50,000 pharmacy annex, according to Scott Chapman, project manager for the Garrison's Directorate of Public Works. It represents a triangle within 26-by-24 feet so the actual size is about half that.

"It's going to cut across the wall out into the hallway. It's going to be at an angle," Chapman said. "It's pretty much going to be a right angle."

Some department stores offer similar pharmacy areas for their patrons.

"That's just another opportunity for us to better take care of our customers," said Taylor, who has left Redstone to return to Columbus, Miss. His successor as store director will be Sandra Edinger from Scott Air Force Base, Ill.

Redstone sales last December amounted to \$2.7 million, a more than \$95,000 increase from December 2002. "We attribute that to good customer service," Taylor said.

"This store has a lot of potential," he said. "I've enjoyed working with the staff. It's been tremendous. And the hospitality is wonderful."



Photo by Jeremy Reynolds

CONSTRUCTION SITE— Kim Sumpter, Post Exchange sales and merchandise manager, shows where the pharmacy annex will be located.



Dorothy Moore/Photo Lab

RESERVE APPRECIATION— From left Col. George Escher, store director Willie Taylor and Sgt. Maj. John Perry participate in a luncheon Dec. 16 celebrating unlimited commissary privileges for Guard and Reserve members.

Gala of Lights contest shines for residents

Christmas decorations judged in housing areas

Sometimes it pays to decorate your home for the holidays.

Members of the Sergeants Major Association judged Christmas lights in the housing areas in the second annual Gala of Lights contest. The judging was held 5:30-7 p.m. Dec. 23; and the winners were notified and received prizes Dec. 24.

The two winners were SSgt. Fernando Puga at 472-A Tripp Drive, Apollo Landing and SSgt. Kevin Lade of 642 Dyer Circle in the New Endeavor housing area. "I think it's great," Puga said. "It gives

you a sense of being involved and a sense of the community really does appreciate the work that you do."

The decorations represented a family effort by Puga, his wife Lorie and their three daughters. He was scheduled to leave last weekend for a year's tour in Korea.

Lade, of Delta Company, and his wife, Virginia, did their decorating. "She likes to do it as a gift to the kids and the people in the community," he said.

The winners received MWR Bucks from Morale Welfare and Recreation, a family dinner from the Soldatenstube, a gift certificate from Post Exchange, two free bowling passes from the Bowling Center, and a holiday basket from the vendors at the Commissary.

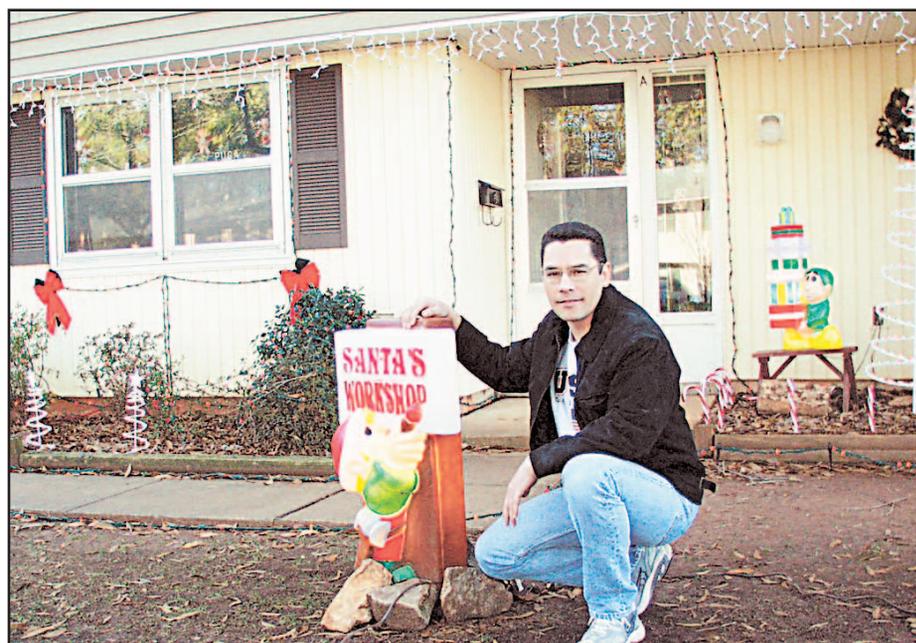


Photo by Jeremy Reynolds

SANTA'S WORKSHOP— SSgt. Fernando Puga is a co-winner in the Gala of Lights decorating contest

Fort Campbell troops return home from Iraq

Cheers mix with tears as families greet them

By Spec. ANNA-MARIE HIZER
Special to American Forces Press Service

FORT CAMPBELL, Ky. — Bitter cold and pre-dawn exhaustion did not deter a crowd of enthusiastic families, friends and fellow soldiers waiting with signs, flags and smiles here Jan. 7.

More than 100 people braved the sub-freezing air for the first of two flights of Screaming Eagles returning to Fort Campbell in the early morning hours.

"It's good knowing that everybody is getting ready to come back," said SFC Jimmy Hayes, Headquarters Service Battery, 1st Battalion, 320th Field Artillery Regiment, who himself returned one week before the flight. "Seeing my family (was the best)."

Another crowd of family and friends eagerly awaited a second airplane full of troops scheduled to arrive later in the morning. Though slightly smaller, this group showed as much excitement for their loved ones.

More than 300 soldiers returned on the two flights, marking the official start of more than 18,000 101st Airborne Division soldiers to redeploy after serving in Operation Iraqi Freedom since March.

More than 600 soldiers were expected to be home by the end of the week, with the remainder and their equipment returning over the next three months.

When the division received deployment orders in February, soldiers spent a whirlwind 10 days loading 1,200 rail cars with more than 4,500 pieces of equipment. Before returning home, the soldiers must prepare the same equipment for the journey to Jacksonville Port and then to Fort Campbell, Army officials said. Troops also must ready themselves and personal equipment for the trip.

In addition to the logistics of equipment transport, leaders and soldiers have the added task of training

their replacements.

At around 2:45 a.m. Jan. 7, equipment and training were far from anyone's mind as families and soldiers were only looking for one thing: each other. Cheers and shouts greeted the first airplane as it touched down on Campbell Army Airfield, and soldiers crowded windows to wave back at family members on the ground.

Desert-uniform-clad troops filed into a hangar and formed up for a brief welcome home ceremony and word of thanks from Brig. Gen. J.W. Noles, assistant adjutant general for Tennessee, before being released for a brief visit with families.

Spouses, parents and soldiers rushed for each other with open arms, many for the first time in a year. Children and 'long-lost' parents got reacquainted, and some met for the first time.

"It's very exciting," said Spec. Lawrence Silversmith. He beamed as tears of joy filled his eyes while holding his 6-month-old son, Kaiden, for the first time.

His wife, Jamaica, wiped back her own tears as she watched her family reunite. "I felt like my stomach was going to come out of my mouth," she said of her reaction to news her husband was coming home.

Parents hugged and kissed their children and some cried in disbelief over how much little ones had grown.

One father followed his daughter as she toddled along the hangar floor — the first time he had seen her walk. A little boy gazed up at the man in uniform holding him as he tried to remember daddy's face. Many families shared the same overwhelming feelings that their loved ones were finally home.

"You have to pinch yourself to make sure it's not a dream," said Sandy Goetz, wife of Maj. Jack Goetz from the 1st Battalion, 320th Field Artillery Regiment. "(I'm) relieved that he's here, and he's home, and he's safe."

Editor's note: Spec. Anna-Marie Hizer is assigned to the Fort Campbell, Ky., public affairs office.



Photo by Spec. Anna-Marie Hizer
HI, DADDY— Liam Goetz, son of Maj. Jack Goetz from the 1st Battalion, 320th Field Artillery Regiment, tries on his father's helmet as his family gets reacquainted. Goetz returned to Fort Campbell, Ky., after spending nearly a year overseas.

Troops rotating from Iraq should redirect their mail

Redeployment period stresses mail system

By SSgt. NATE ORME
Army News Service

CAMP ARIFJAN, Kuwait — The 3rd Personnel Command in Kuwait is urging soldiers preparing to deploy or return in the next few weeks to redirect their mail for a smooth, timely transition.

The 3rd PERSCOM manages postal operations in the Central Command theater. It has issued mail guidance procedures to be followed by soldiers, mail clerks and commanders to ensure that mail is properly channeled.

“It is only common sense to notify families, friends and correspondents prior to your redeployment to cease sending mail to you,” Lt. Col. Robert Howard, 3rd PERSCOM’s postal operations director, said. “The military mail system will be taxed heavily during this redeployment period. On an average, each soldier redeploying will be mailing out two to three personal packages home. The reduction in redirected mail will

only benefit the overall military mail system.”

Howard also said that the same standards apply to deploying soldiers entering the Operation Iraqi Freedom theater.

Rotating soldiers need to complete and return two change of address cards (DA Form 3955), which are supplied by unit mail clerks or their S-1 shop. One card stays with or goes to the servicing mail clerk, and one goes to the servicing Army Post Office or APO.

Redeploying soldiers should also notify all correspondents — family, friends, financial institutions, periodical mailers etc.— to stop sending mail into theater at least 15 days — preferably 30 days — before their projected move date, officials said. They explained that the “move date” is when units move from their established base camp to their redeployment site. Soldiers will not be able to receive mail at the redeployment sites, officials said, but added that postal services will be available there to send mail.

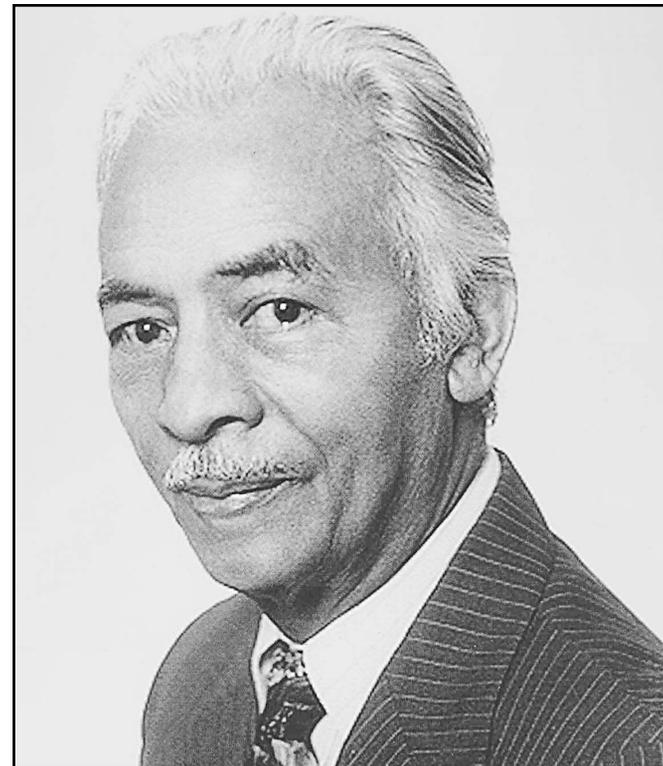
Unit commanders should inform rear or home-station mailrooms to stop forwarding mail to

the theater APO for redeploying soldiers and instead hold mail until the soldiers arrive home. Unit mail clerks in theater should provide the supporting theater APO with the unit’s forwarding home address. If mail clerks receive mail for soldiers already redeployed, they will then forward it to the address on the soldier’s change of address card.

Mail will be forwarded for 60 days by either the APO or a forward mail clerk. Ideally, that would be 30 days before a soldier’s redeployment date and 30 days after, officials said. After 60 days, mail is either returned to sender or disposed of in accordance with the DoD Postal Manual.

If mailing items from theater before redeploying, mark parcels/letters “MPS” for free delivery of non-valuable items, officials said. They reminded troops that there is no reimbursement for lost or damaged items marked “MPS.” For items of value, they recommended that troops insure the package or use registered mail.

See Mail on page 14



Courtesy photo

Tuskegee airman

Retired Air Force Lt. Col. Herbert E. Carter, an original member of the elite 99th Fighter Squadron of the Tuskegee Airmen in World War II, is scheduled speaker for a tribute to Dr. Martin Luther King Jr., Jan. 21 at 9 a.m. at the Richard Shelby Auditorium, building 4544. This program is sponsored by the Defense Intelligence Agency, Missile and Space and Intelligence Center African American Program Council. For more information, call Arthurine Shackelford 313-7318.

Fully funded travel available for returning soldiers, civilians

ARMY NEWS SERVICE

WASHINGTON — Charles Abell, principal deputy, Under Secretary of Defense for Personnel & Readiness, approved policy Dec. 19 to implement funding for Onward Transportation for military members on active duty (Active and Reserve Components) and Department of Defense civilians, participating in the Central Command Rest and Recuperation Leave Program. The Department of Army is the executive agent for implementation of this DoD program

Funding for Onward Travel is authorized by federal law and implementing

DoD regulations, and is responsive to the Congressional Conference Report that accompanies the Fiscal Year 2004 Emergency Supplemental Appropriations Act for Defense and the reconstruction of Iraq and Afghanistan. In that report, Congress recommended that \$55 million of the Army's Operation and Maintenance funds be used solely to cover additional travel costs incurred by servicemembers and DoD civilians participating in the CENTCOM R&R Leave Program.

Under the original CENTCOM R&R Leave Program, implemented Sept. 25, government funded travel was provided for R&R leave participants from the Aeri-

al Point of Embarkation in Kuwait City to one of four designated Aerial Ports of Debarkation – Rhein Main Air Base, Baltimore-Washington International Airport, Dallas-Ft. Worth International Airport, or Atlanta International Airport only.

Effective with the Dec. 19, Onward Travel Policy approval, Active and Reserve Component servicemembers, and DoD civilians currently participating in the CENTCOM R&R Leave Program are eligible for fully funded travel to the nearest commercial airport serving their leave destination. Return travel will be funded from that same airport to the BWI APOD only and then back to the CENTCOM operations area.

Servicemembers and DoD civilians who traveled onward as part of the R&R Leave Program prior to Dec. 19 are not eligible for retroactive reimbursements of onward travel costs incurred.

■ Postal director sends advice for redeploying soldiers

Mail

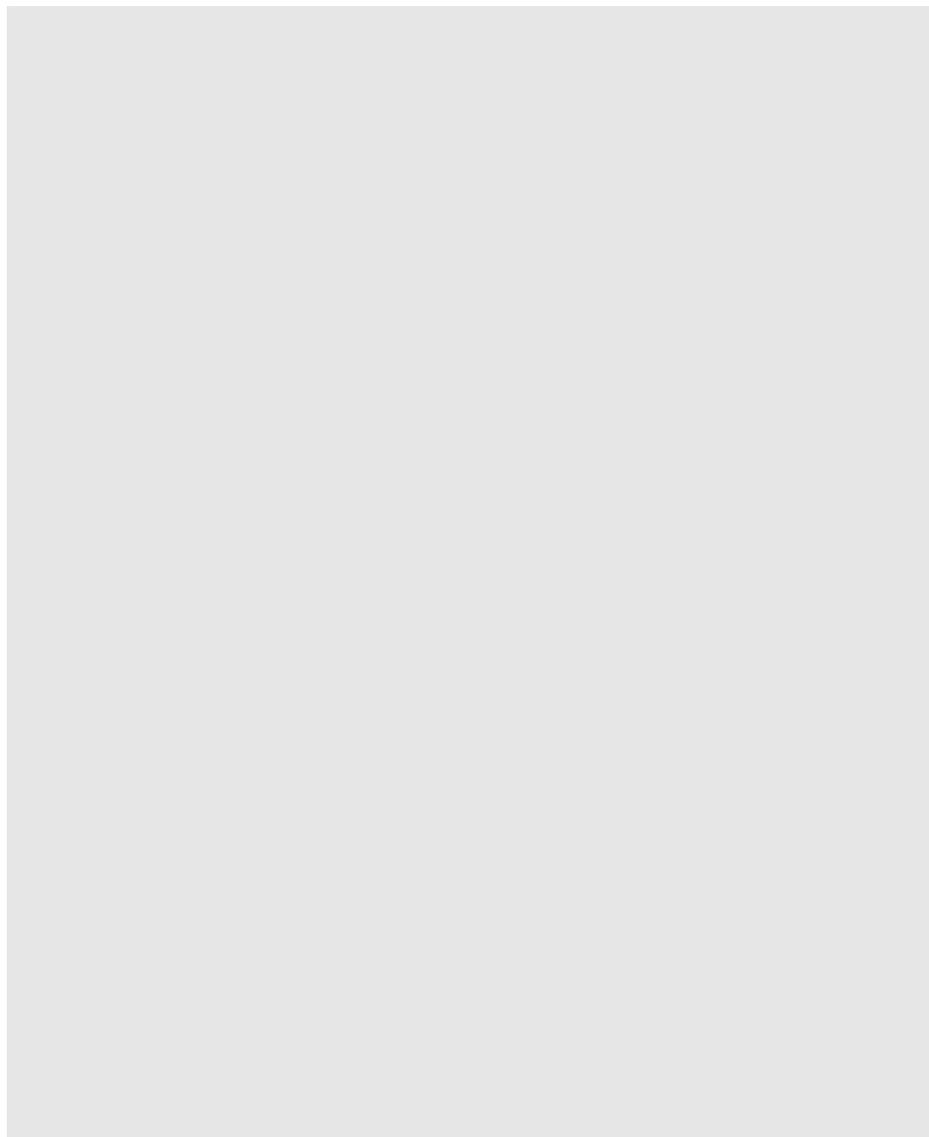
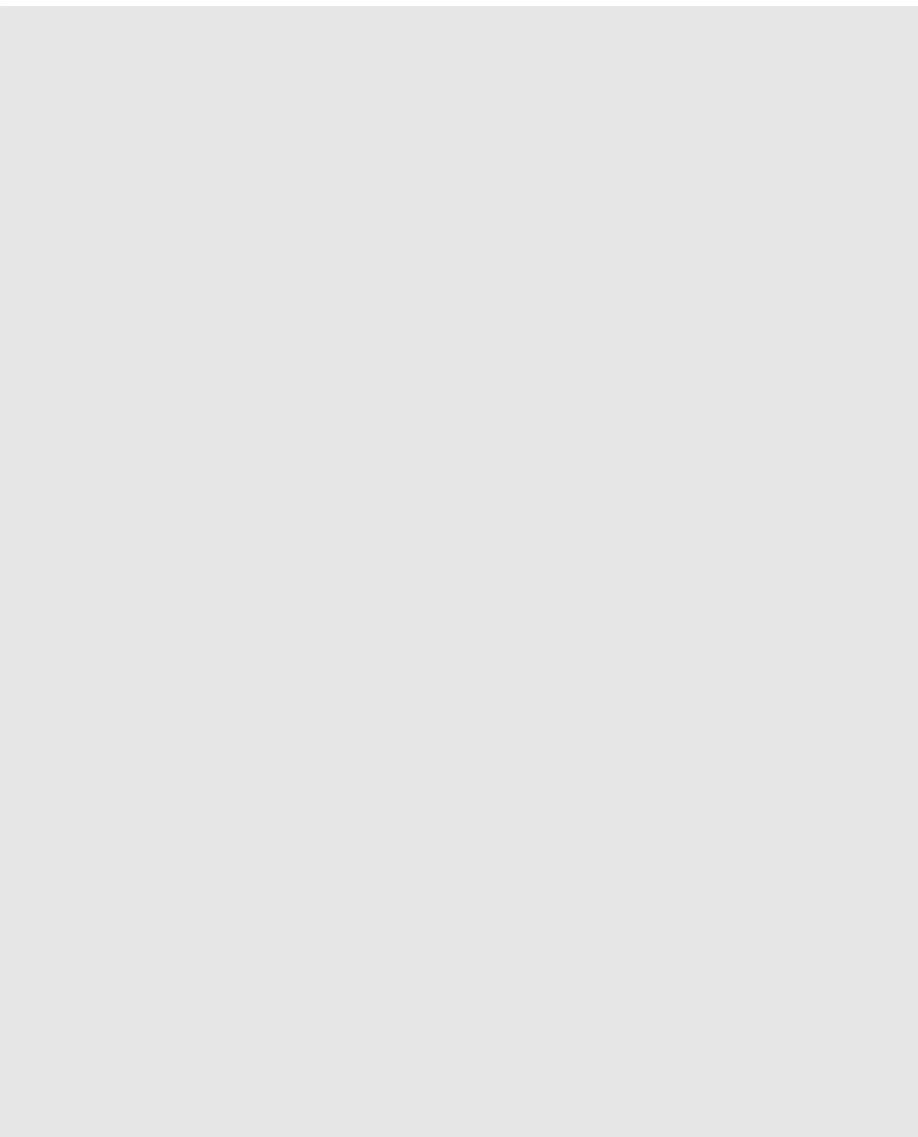
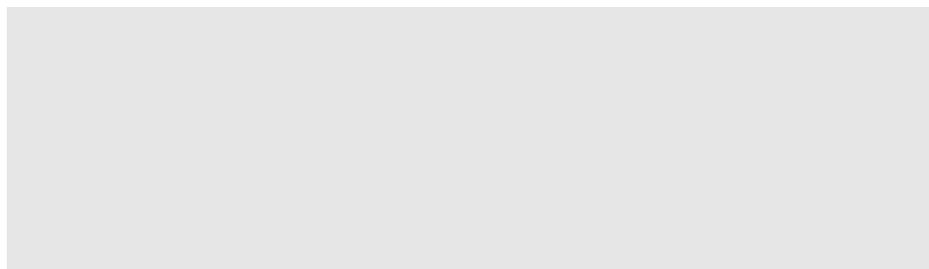
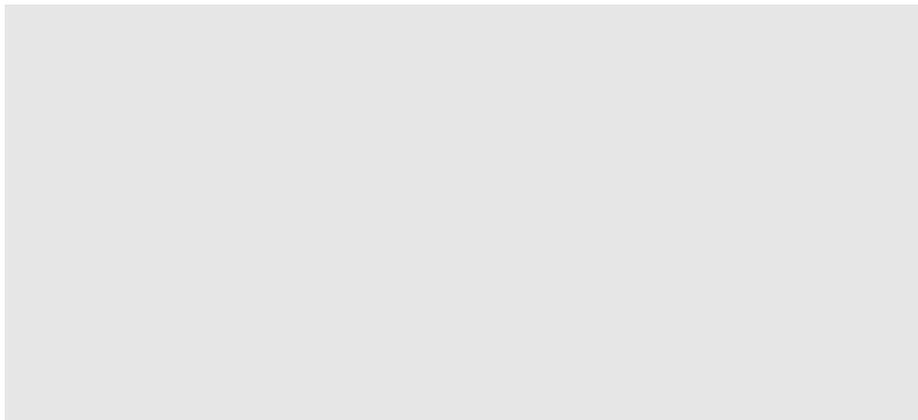
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As always, soldiers need to follow restricted mail guidelines when mailing items, officials said. Items such as expended/unexpended explosives, certain war souvenirs, ammunition are "non-mailable," officials stressed. Mailing military equipment such as rucksacks and duffel bags are also prohibited.

The maximum size and weight for mailing is 70 pounds and 138 inches combined length and girth. When mailing to an APO address, do not include the country name, such as Germany or Italy, officials stressed.

For questions on mail policy contact any of the following: your unit mail clerk; your servicing APO; or the 3rd PERSCOM, Postal Operations Directorate, DSN 318-825-1208.

Editor's note: SSgt. Nate Orme serves with the 3rd Personnel Command's Public Affairs Office.



Soldiers get handle on kettlebell sport

Russian weights build total fitness

By Spec. DAVID FOLEY
Army News Service

FORT BENNING, Ga. — Kettlebell lifting, a sport dating back to the Dark Ages, has recently been added to the physical training regimens of elite military and police units all over the world.

Air Force SSgt. Nate Morrison, one of the top kettlebell instructors in the nation, visited Fort Benning recently to share his love of the sport.

Morrison was invited by TSgt. Eric Brandenburg, enlisted terminal attack controller, who attended Jumpmaster School with Morrison and was intrigued by the benefits of working with kettlebells.

As forward air controllers for the rangers, Brandenburg has a fairly intense physical training program, but after one day of working with kettlebells, he noticed the difference.

"It's a totally different type of training," he said. "It worked places I hadn't worked in a while."

The reason for the difference Brandenburg felt was the off-balance design of the kettlebell, Morrison said.

A kettlebell is shaped like a cannonball with a handle, and its round design keeps it off center when it's being held, forcing the lifter to use muscles not normally used when lifting standard weights.

"Kettlebells put stress on ligaments and tendons, which makes them stronger, too," Morrison said.

Morrison said kettlebells have tremendous effects that can give anyone in the military a considerable advantage. They build strength, endurance, agility and coordination, all of which are vital for a soldier.

Before discovering kettlebells, Morrison lifted weights until he was big and slow, then ran it off until he was small and fast. But with kettlebells, he gets a moderate level of everything.

Morrison isn't the only one who's seen the same effects from a kettlebell routine.

Soviet sports scientist Vladlen Voropayev conducted an experiment with two groups of college students and documented the results of kettlebell training in 1983. Voropayev observed a group of students with similar scores on a standard



Photo by Spec. David Foley
UPLIFTING— Capt. Mike Thompson, left, and TSgt. Eric Brandenburg lift kettlebells during a class at Fort Benning, Ga., Dec. 13.

military fitness test and let half of them continue the university's training program (pull-ups, standing broad jump, 100-meter sprint and a 1-kilometer run), while the other half only lifted kettlebells.

At the end of the experiment, the group that used the kettlebells scored higher in every area of the test than the other group.

Morrison conducted an experiment similar to Voropayev's. He challenged a friend — an avid dead lifter — to take one month away from the weights and train with kettlebells.

Before the experiment, the subject could lift 315 pounds, and when he returned to the weights, one month later, he lifted 415 pounds.

Kettlebells not only make a person stronger, Morrison said, they make them younger — in a manner of speaking.

"Other PT programs have left a lot of us with herniated disks and other joint injuries," Morrison said. "Kettlebells strengthen the areas around those injuries and make the pain go away."

"I've seen people who said, 'I was on my way out, but now I feel like a kid again,'" Morrison said.

Editor's note: Spec. David Foley writes for the Benning Bayonet newspaper.

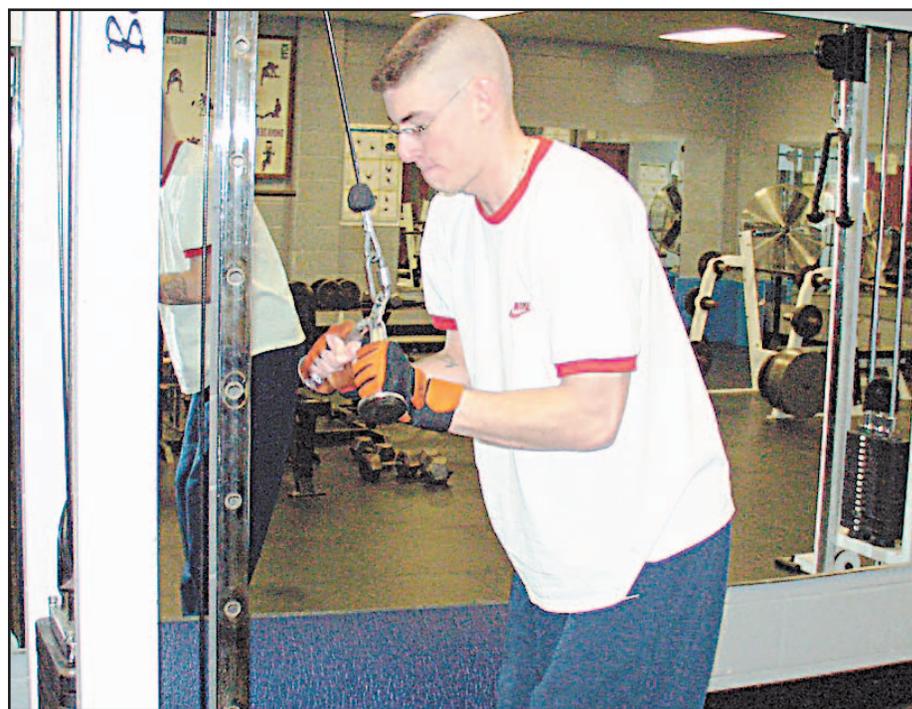


Photo by Jeremy Reynolds

Heavy duty

Spec. Eric Moe, a military policeman, works out at Pagano Gym on his duty days.

NCO Academy scores No. 1 in basketball

Redstone Rocket ranks 10 teams

By SKIP VAUGHN
Rocket editor
skip.vaughn@redstone.army.mil

The NCO Academy looks like the team to beat as the troop basketball season tips off this week at Pagano Gym.

With a mix of newcomers, holdovers from last year and proven winners from another team, the Academy won the preseason tournament championship Dec. 17. That makes it the obvious choice as the *Rocket* ranking's No. 1 team entering the season.

Close behind is HHC 59th, the preseason runner-up.

MEDDAC, which lost to the 59th in the losers' bracket final, is ranked No. 3. Charlie enters the season at No. 4 followed by fifth-ranked AMCOM.

The rest of the teams include

Bravo at No. 6, the Marines at No. 7, eighth-ranked 2117th, Headquarters & Alpha at No. 9 and Delta at No. 10.

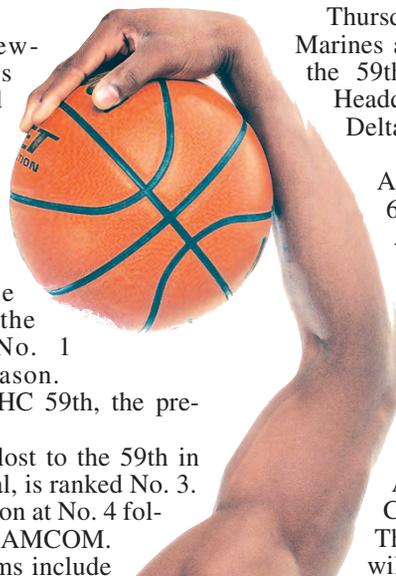
"I'm sure we'll get better as the season goes along," Marines small forward Kevin Conrad said. "But I'm sure it'll depend a lot on the new students, the incoming students."

Tonight's games include Delta vs. AMCOM at 6 p.m., MEDDAC vs. HHC 59th at 7 and Charlie vs. Bravo at 8.

Thursday's menu features the Marines against 2117th at 6 p.m., the 59th vs. Charlie at 7 and Headquarters & Alpha against Delta at 8.

Friday night brings AMCOM vs. MEDDAC at 6, 2117th against NCO Academy at 7 and Bravo vs. Marines at 8.

The Eastern Conference has Delta, NCO Academy, Headquarters & Alpha, 2117th and Bravo. Western Conference members include the 59th, AMCOM, MEDDAC, Charlie and the Marines. The postseason tournament will start Feb. 23.





Sports & Recreation

Trivia sweepstakes

Redstone Arsenal Morale, Welfare and Recreation will run the "Online MWR Trivia Sweepstakes" Jan. 26-30 on the www.redstonemwr.com web site. Throughout that week, participants will log on to the web site and answer eight daily trivia questions on MWR facilities and topics. You can get the correct answers to play by looking on the MWR web site, calling the MWR facility, or visiting the MWR facility. New questions will be posted each day and expire at the end of that day. All answers must be received through the web page only and the most number of questions answered correctly will determine the winners. Go to www.redstonemwr.com for "Online MWR Trivia Sweepstakes" details, prizes and more information.

Youth soccer

The Madison Soccer Club Shockers is forming teams for spring play in the North Alabama Soccer League. Practices will begin in February and games in March. "Specifically, we are seeking boys and girls ages 7-10 with a strong desire to play soccer," a prepared release said. For more information, call Jo Countess (256) 771-0530.

Golf course

Because of reduced staffing, the Golf Course will have the following hours from Jan. 24 through Feb. 2: Pro Shop, 8:30 a.m. to 4 p.m.; tee times, 9 a.m. to noon; and office, 9:30 a.m. to 3 p.m. For more information, call 883-7977.



Conferences & Meetings

Protestant women

Protestant Women of the Chapel meets Thursdays from 9:30 to noon at Bicentennial Chapel. Four studies are offered. "Come for fellowship, worship, prayer and Bible study," a prepared release said. Child care is available. Other classes are held Thursdays from 11:30 a.m. to 12:15 p.m. and in the evening. For more information, call Tonie Welch 489-5646 or Jennifer Devlin 716-0107.

Sunday school

Adults are invited to study the book of James at Sunday school from 9:30-10:30 a.m. at Bicentennial Chapel, room 13. For more information, call Tonie Welch 489-5646.

Communicators club

Learn the art of speaking, listening and thinking through the Communications Club which meets every Thursday at 11:30 a.m. at Sparkman building 5300, room 5140 on the first floor. For information call Dan Cutshall 876-4547 or Ron Legowik 876-5619.

Health center team

Fox Army Health Center officials say they are dedicated to providing the best service possible to all of their beneficiaries. In support of that they have a Consumers Health Advocate Team which meets quarterly, the first Monday — January, April, July and October — at 11 a.m. at the Skylight Conference Room, Fox Army Health Center. If you have any questions, comments, concerns, suggestions, etc., on how they can better serve the community, you are invited to attend and participate.

Sergeants major

The Sergeants Major Association will hold its monthly meeting Thursday morning from 6:30-7:30 in the Twickenham Room at the Officers and Civilians Club. For more information, call retired CSM Jean Rose 313-1659.

AMCOM town hall

The AMCOM Town Hall, with Brig. Gen. Jim Pillsbury, commander of the Aviation and Missile Command, is Feb. 4 from 9-11 a.m. in Bob Jones Auditorium. It will be broadcast on Team Redstone Television Channel 42, and via Internet Portal TV to computer desktops equipped with the IPTV application. Ten seats for the hearing impaired will be reserved in Section 7 of the auditorium. Badges must be worn by all attending.

Admin professionals

Redstone Arsenal Chapter, International Association of Administrative Professionals invites you to its monthly meeting at 11 a.m. Jan. 20 at the Officers and Civilians Club. Attendees will go through the buffet at 11, and the meeting should begin

approximately 11:30. If interested in becoming a member of the Redstone Arsenal Chapter call Marilyn Dale, chairman of the membership committee, 955-7743.

Logistics society

Col. Kurt Weidenthal, commander of Logistics Support Activity, is scheduled speaker for SOLE's January lunch at 11:30 a.m. Jan. 20 at the Officers and Civilians Club. Cost is \$12 (\$11 for members of International Society of Logistics). Make reservations by close of business Friday with Emma Louise Cooper 955-8462, Randy Gibbs 313-2942 or Deborah Baugh 313-6693.

Airborne association

Vulcan Chapter of the 82nd Airborne Division Association meets on the third Saturday of each month. The next meeting is this Saturday. Anyone interested in the association or attending the meetings can call Barry Simpson 533-3000 or Dennis Camp 883-7488.



Miscellaneous

Merit awards

The Officer and Civilian Women's Club each year presents Merit Awards to qualified applicants based on their scholastic achievements, citizenship and sincere desire to pursue higher education. These awards are designed to help offset the cost of tuition, books and related fees. All applicants must meet the following criteria: be a member, spouse of a member, or the dependent of an OCWC member in good standing as of Oct. 1, 2003 and live within a 50-mile radius of Huntsville. Candidates may compete in one of four categories: high school senior, undergraduate, graduate and member/spouse. Previous award winners may compete in succeeding years, but may win only once in each category. Additionally, students receiving full scholarships are not eligible to apply for a Merit Award. The deadline for Merit Award consideration is Feb. 11. For more information call Michelle Archer, the Merit Award chairperson, 534-5783.

Reserve unit

A local Army Reserve detachment doing weekend drills on Redstone Arsenal is looking for prior active duty soldiers who want to return to duty, or soldiers who wish to transfer from other Reserve/National Guard units with a specialty of 74B information systems operators, and 75B/H unit administration. For 74B, the unit will consider reclassification/waiver action to 74B if you can document with resume your Civilian Acquired Skills to include your education/experience in the following computer skills: data base management, PC programming languages, networking/systems administration and telecommunications skills. Minimum of a secret clearance is required. And you must possess the character and personal qualifications to pass a SBI Investigation check to obtain a top secret clearance required by the specialty. Specialties 74C and 74F are now authorized to convert to 74B as well. For MOS 75B/H, you must be MOS-Q

prior service or transfer from another unit. For information call Charles Vartan 876-0604 (work) or 883-8891 (home).

Civilian deployment

Civilian employees are needed to support Aviation and Missile Command missions overseas. Deployment opportunities exist in Southwest Asia in support of Operation Enduring Freedom and Operation Iraqi Freedom. Skill sets needed include acquisition, maintenance, supply, quality assurance, engineers, operations officers, logistics and automation, among others. Volunteers must be currently employed by AMCOM. Contractors cannot be considered to fill these positions. Civilians interested in deploying should notify their supervisor and call Jane Wyatt 876-4106 or Maj. Felicia Carter 313-3867. Contractors and other interested people can access www.cpol.army.mil for openings and opportunities for overseas employment.

Surplus sales

Marshall Space Flight Center's surplus property can be purchased through the General Services Administration sales web site. To bid on this property, go to www.gsaauctions.gov. For more information, call 544-4667.

Business scholarships

The Redstone Arsenal Chapter, International Association of Administrative Professionals will present two \$1,000 annual scholarship awards to a local high school and college student majoring in a business field. Merit awards may apply toward tuition, books and fees for undergraduate or graduate level studies. Deadline for applications is March 31. For more information, call Jackie Kenner 876-8131.

Student apprentices

The Department of Defense initiated the Science and Engineering Apprenticeship Program in 1980, under the direction of the Executive Office of the President, to involve academically talented high school and college students in hands-on research activities and student-mentor relationships during the summer. This program is designed for students who have demonstrated aptitude and interest in science and engineering courses and careers. A major benefit of the program is pairing the students with university and professional engineering mentors. The high school and college programs are designed for students who are United States citizens and 15 years old by the beginning of the program June 7, 2004. The apprentice program is divided into periods of 8, 10 and 12 weeks. The points of contact for applications are senior counselors, at all public, private and parochial high school and college placement services. Possible career placement areas at the Aviation and Missile Command include physics, chemistry, computer science, engineering and mathematics. The deadline for postmarking applications is Jan. 31. If the student is unsuccessful in receiving an application from the high school senior counselor or college placement service, call Julie Lumpkins of the Civilian Personnel Advisory Center 313-4834.

Closings or delays

If inclement weather causes Redstone Arsenal to close or delay its opening, tune in to any of the following stations for the most current information: radio — WAHR, 99.1FM; WDRM, 102FM; WEKR, 1240AM; WEUP, 1600 AM; WGSV, 1270AM; WJAB, 90.9FM; WLRH, 89.3FM; WRAB, 1380AM; WRSA, 97FM; WTKL, 1450AM; WVNN, 770AM; WWIC, 1050AM; WZYP, 104.3FM; television — WAAY (Channel 31); WAFF (Channel 48); WHNT (Channel 19). Three additional methods have been implemented to provide current information about delays or closures. You can call 955-8445 to hear a recorded announcement or you can click the button for weather information on either the Team Redstone Internet site (www.redstone.army.mil) or the AMCOM Portal Intranet site (https://intranet3.redstone.army.mil:7443/pls/aprtl/aprtl_amcom_site.amcom_page).

Aerospace scholarship

The Air Force Association, Tennessee Valley Chapter, will present a \$1,000 scholarship to an Air Force Junior ROTC cadet, cadet in the Civil Air Patrol, dependent of active duty or retired Air Force personnel, dependent of Air National Guard or Air Force Reserve personnel, or dependent of an active duty member of another service (Army, Navy, or Marine Corps). Applicants must pursue a full course load toward an aerospace technology associate degree at Calhoun Community College. This scholarship will be for the 2004-05 school year and will be broken into \$500 awards to the school for each semester attended. Candidates may apply until May 1. For more information, call Terry Roof (256) 230-0396 after 6 p.m. or e-mail at TLRoop@charter.net.

Leadership luncheon

The National Space Club-Huntsville will hold its annual Leadership Luncheon Jan. 28 in the Von Braun Center North Hall. A reception starts at 11:30 a.m. and the luncheon is noon to 1:30. Cost is \$25 per person or \$200 for tables of eight. For reservations call Carla Bossard 837-3982 or Jodi Weiner 721-2450 by Jan. 21.

Post library

Come in to check out some bestsellers, audio books, a history book or any other subject of interest at the Morale, Welfare and Recreation Post Library. See the new Children's Room. The library is open 11 a.m. to 7 p.m. Tuesday, 11-6 Wednesday, Thursday and Friday and from 11-4 Saturday. It has public computers with research databases, word processing software and Internet access. Staff will assist with book and information searches as requested. The library is in building 3323 on Redeye Road. For information call 876-4741.

Logistics course

The Tennessee Valley Chapter of SOLE is offering a 50 hour Logistics Management course, beginning Jan.12. The course provides a comprehensive review of logistics, preparing students for the next CPL exam scheduled May 1. The course is also open to anyone who simply wishes to broaden their logistics knowledge. Course fee is \$100. Four textbooks are required for the

course. For more information, call Joyce Bilodeau 426-3603.

Veterinary clinic

The Veterinary Treatment Facility, building 3453, will have an Evening Clinic Jan. 20 from 4-7 p.m. The veterinarian will also start seeing appointments on Wednesdays. For more information, call the veterinary clinic 876-2441.

Army family team building

Soldiers receive training that will enable them to meet the many challenges of military service. But what about the family members? How do they learn to cope with the challenges of a military lifestyle? How will they learn about military benefits, and about facilities available to them? These questions, and more, will be answered in Army Family Team Building classes. AFTB is a program developed by family members for family members. AFTB Level I classes will be offered Jan. 27-29 from 6-9 p.m. at building 3338 on Redeye Road. These classes are free. Level I is designed to enhance basic knowledge of Army life. It includes the following topics: Military Terms, Acronyms, Customs & Courtesies; the Chain of Command and the Chain of Concern; Intro to Military and Civilian Resources; Family and Military Expectations; and the Impact of Unit Mission and Family Life. Call 876-5397 by Jan.16 January to reserve your seat and arrange for free child care. Space is limited.

Dr. King celebration

All are invited to attend a tribute to Dr. Martin Luther King Jr., Jan. 21 at 9 a.m. in the Richard Shelby Auditorium, building 4544. The scheduled speaker is retired Air Force Lt. Col. Herbert E. Carter, an original member of the elite 99th Fighter Squadron of the Tuskegee Airmen. A veteran of World War II, Carter flew more than 77 operational missions against the German and Italian air forces and flew in combat tours in the North African, Sicilian and European campaigns. Musical selections will be provided by Calvin Drake. This program is sponsored by the Defense Intelligence Agency, Missile and Space and Intelligence Center African American Program Council. For more information or requests for reasonable accommodations, call Arthurine Shackelford 313-7318.

Thrift shop

The Thrift Shop, building 3209 on Hercules Road, is open for shopping Tuesday from 9-5, Wednesday and Thursday from 9-4. Walk-in consignment hours are Tuesdays, Wednesdays and Thursdays 9-12:30. Appointments are Tuesdays, Wednesdays and Thursdays 12:30-3. The shop is accepting winter clothes and items. Donations are accepted and tax slips are available. For more information, call 881-6992.

Fashion fair

The Huntsville Alumnae Chapter of Delta Sigma Theta Sorority Inc. will sponsor the 46th annual Ebony Fashion Fair, "Color Splash," tonight at 7 in the Von Braun Center Concert Hall. Tickets are \$30 reserved, \$25 general admission or \$15 for students (kindergarten through 12th grade). For tickets call 704-9747 or 337-5898.

Veterans' records

The National Personnel Records Center is working to make it easier for veterans with computers and Internet access to obtain copies of documents from their military files. Military veterans and the next of kin of deceased former military members may now use a new online military personnel records system to request documents. Other individuals with a need for documents must still complete the Standard Form 180 which can be downloaded from the online web site. The new web-based application was designed to provide better service on these requests by eliminating the records center's mailroom processing time. Also, because the requester will be asked to supply all information essential for NPRC to process the request, delays that normally occur when NPRC has to ask veterans for more information will be minimized. Veterans and next of kin may access this application at <http://vetrecs.archives.gov>. Note there is no requirement to type "www" in front of the web address.

Resource manager scholarships

The American Society of Military Comptrollers announces its annual scholarship program for ASMC members and their immediate families. The national scholarship is open only to high school seniors, but the local scholarship is also open to undergraduates and those working on graduate programs. The application can be found at <http://www.asmconline.org>. Deadline is March 1; and applications may be mailed to Jan Howard, PEO, Air, Space and Missile Defense, Attn: SFAE-AMD-BD-SF, P.O. Box 1500, Huntsville, AL 35807-3801. Applications may also be faxed to 313-3446 or e-mailed to Jan.Howard@amd.army.mil. For more information, call Howard 313-3447.

Post Exchange news

The PX will operate with the following hours on Martin Luther King Jr. holiday, Jan. 19: Main Store, 10 a.m. to 6 p.m.; Concessions, 10 a.m. to 6 p.m.; GNC, 10 a.m. to 5 p.m.; Mall Barber Shop, 10 a.m. to 6 p.m.; Beauty Shop, 10 a.m. to 6 p.m.; Cellular Service, 10 a.m. to 5 p.m.; Furniture Store, closed; One-Stop Goss Road, 10 a.m. to 6 p.m.; Service Station, closed; Burger King, 10:30 a.m. to 6:30 p.m.; Military Clothing, closed; Barber Shop,

building 3479, closed; Food Court - Anthony's, 11 a.m. to 5 p.m.; Cinnabon, closed; Baskin Robins, closed; Robin Hood, closed; and Churches, closed.

Prenatal education

Expectant parents (military beneficiaries) are invited to a free prenatal educational program sponsored by Fox Army Health Center. Registered nurses provide information on nutrition, exercise, labor and delivery, and newborn care so parents can make informed choices about their health during and after pregnancy. The program is fun and informative. Family members and labor coaches are welcome. Free "What to Expect When You are Expecting" books will be available for all who attend. The program will be held Jan. 28 from 8 a.m. to noon at Fox Army Health Center. Call Public Health and Education Center 955-8888, extension 1026, for information and to register.

Fox center hours

Fox Army Health Center announces holiday hours for Martin Luther King Day. The Primary Care Extended Hours Clinic will be open from 8 a.m. to noon Jan.16 and Jan.19 for scheduled appointments. All other clinics and the pharmacy will be closed. The health center is closed Sundays. Advice nurses are available 24 hours a day at 955-8888 or 1-800-223-9531 to provide care advice and schedule urgent care appointments. Access to the building may be gained through the pharmacy entrance on the south side.

Benefit cookbook

The Redstone/Huntsville Chapter of the American Society of Military Comptrollers is still selling "Cooking with Comptrollers." This is a collection of recipes from some of the Redstone community's best cooks. The cost is \$10 and all proceeds go toward local charities and ASMC's community projects program. If you would like a copy while supplies last, call Becky Lake 955-0053.

Combined fund organization

The Local Federal Coordinating Committee for the Tennessee Valley Combined Federal Campaign is accepting applications for a Principle Combined Fund

See Announcements on page 18

