

The Next Stage

VOLUME 17, ISSUE 2

Newsletter of The Huntsville Division Alumni Association

MAY 22, 2012

Next Board Mtg:

(2nd Thurs each qtr)
July 12, 2012
5:00 pm, Faith
Presbyterian Church,
SE corner of
Whitesburg/Airport.
Come help us
generate new event
ideas!

Dates to Remember:

2012

6/2: Picnic at Green
Mountain Nature Trail.

TBD: Fall Dinner

12/1: Christmas Party
New: Magnolia Trace!

Details will follow
In future newsletters
for each event.

Monthly:

1st Wed: Ladies
lunch, 11:00 am.

Jun: Jan Kranert hosts
@ Victoria's Café.

Jul: No luncheon!

Aug: @ Millie's in
Rogersville. Contact:
Millie.Wallace@Hughes.
net

2nd Tue: Breakfast at
Mullins/Andrew
Jackson Way, 07:30.
**Call Bill Russell at
650-5400 for details.**

3rd Wed: Lunch at El
Palacio, 12:00. Call
Don Royston/539-
4338 for details.

*Hope we see you at
some of these events!*

StayCool @ MonteSano.Picnic...Saturday, June 2!

No, it's not a website...it's the site of our annual picnic! Ron Clements and Glenn Webb, shown at right, are getting geared up to serve yet another fantastic event at the beautiful Green Mountain Nature Trail Park. Come join us at ~**10:00 a.m.** to visit with friends. Lunch will be served ~11:00, and plan to just relax and enjoy the camaraderie and magnificent view when you're finished eating. Bring your hiking shoes and camera, and enjoy the trail hike around the lake after lunch. It should be lush vegetation with all the rain we've experienced lately.



Cost is **\$7.00per person** (down from last year!) for Lawler's "all-you-can-eat buffet" with pulled BBQ pork, BBQ beans, potato salad, cole slaw, bread, dessert and drinks!

Paid Reservations by Tuesday, May 29 to HDAA,

P.O. Box 4185, HSV, AL 35815-4185.

*Ron and Glenn have always done a fabulous job on this event...even as far as always
having great weather. They have real clout! Hope we see you there!*

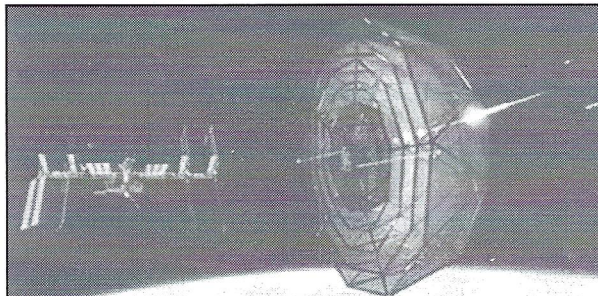
Directions to Green Mtn Nature Trail: From South Memorial Pkwy, take Weatherly Rd east, right on Bailey Cove Rd, left on Green Mtn Rd, right on Shawdee Rd to the park entrance on right.

ORBITAL DEBRIS SHIELD RECEIVES RAVE REVIEWS FROM NASA

It has been known for years that space debris (pieces of man-made, non-functional hardware) has been littering the Earth's low, medium and geostationary orbits and threatening the sustainability of the satellite industry. In the U.S., the Pentagon is responsible for tracking roughly 22,000 man-made objects in orbit—with hundreds of thousands, if not millions, more objects too small to track. After several years of inaction on the part of global governments, the risk to space assets from orbital debris has skyrocketed to create frightening scenarios for functioning spacecraft.

ATK has been working on a solution to this problem in the form of a **Multi-Layered Shield** — a small satellite that would work as a vacuum cleaner and trash compactor to protect valuable assets in a particular region. Through a significant amount of physics analysis, it was determined that a half-sphere, with three or four of them (depending on the size of the debris threat), would be more sufficient in protecting the International Space Station. Space debris is now the number one threat to the ISS, and it impacts the scheduling of ~50% of launch missions. done to address will be higher.

The MLS concept to the Air Force, To date, NASA has this viable method It's a matter of priorities, and



The MLS protects valuable space assets from debris.

(Excerpted from Aerospace News, dated March 26, 2012.)

one threat to the ISS, scheduling of ~50% If something is not the issue, the impact

has been presented DARPA, and NASA. expressed interest in of debris protection. getting direction, funding completed.

SPRING BREAKFAST EVENT!



Don Royston, at left, hosted another exceptional breakfast event at Ryan's restaurant on University Drive. With 41 attendees, the camaraderie was robust and the food delicious. Thanks, Don, for all your planning. And, thanks for Jake Reep for all his accounting. Attendees: Bill/Amma Barnes, Billy/Mary Jo Beal, Tom/Carole Bryant, John/Linda Dehaye, Billy/Evelyn East, Jim Gasaway, Jack/Judy Godsey, Jack/Helen Hagler, Faye/David Jones, Andy/Rosa Karabinos, Helen Mitchell, John/Martha Nelson, Barbara Plonka, Jake/Betsy Reep, Don Royston, Charlie/Anna Thomas, Gene/Iva Thomas, Harold/Earlene Webb and son Scott, Jerry/Nancy Webb, Roy/Betty Willis, Don/Patti Wilson, Sam Zeman and daughter Jill. *Hope we see you next year!*

Bulletin BOARD

It's wonderful when we receive notes from folks we don't hear from very often. Below are a few excerpts from some recently received. Hope they all keep in touch more often. Pictures would be nice, too!

Harold and Becky Carlisle: They are enjoying life in FL, in spite of some health issues. Harold suffered a stroke in November 2011, but has decided to find out what God has in store for him since he's back home! He says to "Keep going!" *Glad to know you're doing better, Harold.*

Alice Clements, Blanche Irby, and Alice Tanner recently participated in an event at Burritt museum



honoring Tallulah Bankhead, who was inducted into the AL Women's Hall of Fame in 1981. Shown above are Blanche, Alice C., and Alice T. with friends at the event. *Love the Tallulah Bankhead look, ladies!...ever as elegant as she was.*

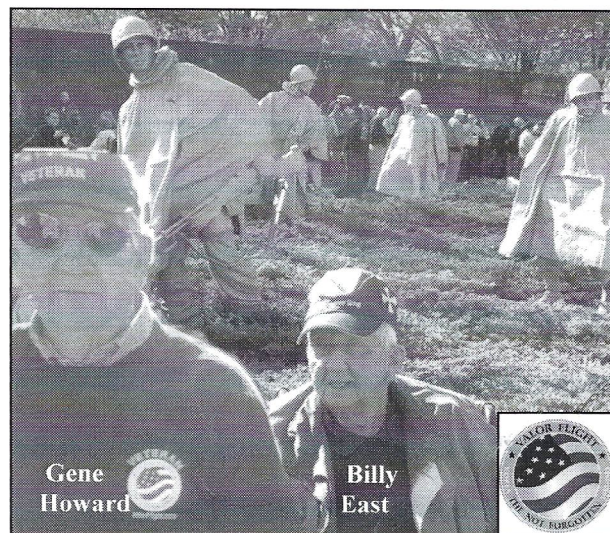
Lucy Grace is doing well, and enjoying staying on top of the technological world of computers. *Way to go, Lucy!*

Gene Howard recently had a "rumble" with his heart defibrillator. His wiring broke, and it gave him a huge jolt. When in the ambulance, it jolted him 23 more times prior to arriving at the hospital! *Glad you were the winner, Gene!*

Bob Lyles and his wife are no longer "snowbirding" in Arizona away from their Oklahoma winters. He agrees that retired life is simply the best. *Stay young, Bob!*

Bill Russell called to encourage everyone to attend the 07:30 breakfast at Mullins Restaurant on Andrew Jackson Way. He said the food is always good, and the

conversation even better! He also told of the 11-11-11 Valor Flight I, to the Washington, DC Korean War Memorial. Valor Flight reaches out to vets who live in Madison, Limestone, Marshall, Morgan, and Jackson counties who served in Korea from 1950-1953. Five other Thiokol retirees went as well: Billy East, Gene Howard, Tiny Nance, Ralph Snowden, and Jim Tucker. Bill said the trip was simply amazing, the Memorial magnificent, and the events provided by Steve Celuch, President of VF, and the VF-I staff very heart-warming. Shown below



are Gene Howard and Billy East in front of the Memorial. Valor Flight II will be scheduled as soon as enough funding is secured. *Donations might be a nice way to honor all veterans this Memorial Day. See www.valorflight.com. Thanks, to all of you for your courageous service, duty and sacrifice for our great country. We're so proud of you all!*

Betty Savelle said her move from the lake house in Guntersville to Charlotte, NC was difficult, but she has made the transition well, in spite of missing her AL friends. She stays active as a deacon in her church, belongs to a book club, the DAR, stays busy with a host of activities at her club house, and, of course, her sons. Her GPS has enabled her traveling around the area, although she believes she'll stay closer to home during the Democratic Convention! *We miss you, too, Betty!*

Please keep the following folks in your thoughts & prayers: Steve Adamek (nasty fall), Pat Barnes (5th back surgery), Buck Brewer, Alan (cancer) and Mary Compton (she worked at HD for Bill Hunter in 50s/60s), Harold Carlisle, Jim and Sue Ferrara, Dicky Hightower (son of Jim/Jean, nasty broken hip), Gene Huckaby (cancer), May Jackson, Bob Kruse (stroke), Marlin Moman (stroke), Betty Price, Joyce Royston, Bill Stogner (hip replacement), and Jo Tipton. *Full, speedy recoveries to ALL!*

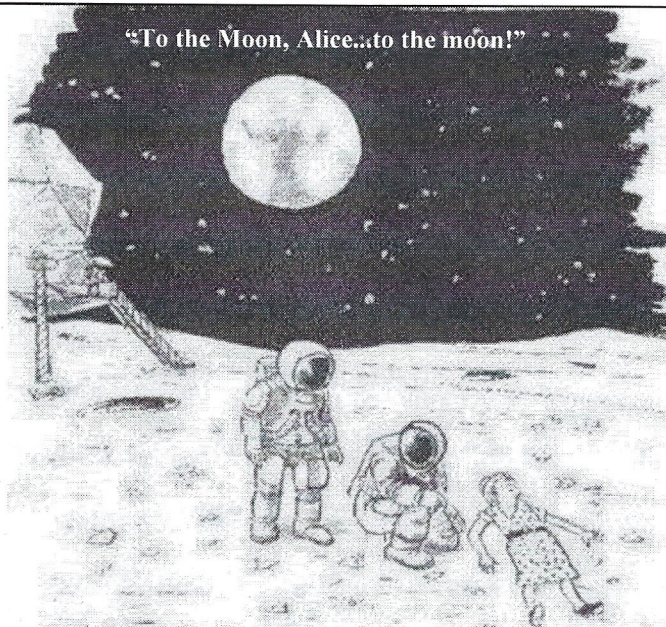
Hold your children in your arms as long as you can. And, when you can't hold them any longer, they will want to hold you. *Happy Mothers'/Fathers' Day!*

More friends in the news....

Vernon Bush is, once again, receiving more accolades and awards for his never-ending volunteer work at the Huntsville Botanical Garden and the park in Scottsboro. He's been honored as Volunteer of the Year at the Botanical Garden, was the first recipient of the garden's Vernon Bush Distinguished Service Award, and, most recently, the National Society Daughters of American Revolution's Conservation Medal. There was to be a ceremony in Auburn, but he was too busy to attend...doing what? Volunteering at the gardens! With several thousand hours of hard, loving labor, Vernon shows no hint of slowing down. "It's not going to end," he says. "As long as we've got something to do, we'll keep on going." *If you missed this particular article in the March 24, 2012 Huntsville Times, keep an eye out for other awards in future articles....Vernon is on the move. Congratulations!*

Andy and Rosa Karabinos are on the move, too, as they continue their mission work with South Alabama Missions (SAM). The Karabinos and many other volunteers coordinate the gathering, sorting, packaging, and delivering of hundreds of boxes of clothing, bedding, and housewares to those in need in S. AL. They do all this, as well as feed the volunteers! *Good works and angels wings! Thanks for all you do.* If you'd like to help in their efforts, the Thrift Store on the SW corner of Oakwood Avenue/N. Memorial Parkway is a great source to take donated items, as well as the Humane Society. Items that can't be used there are provided to the Downtown Rescue Mission and St. Vincent de Paul Society.

Learn from Yesterday, Live for Today, Hope for Tomorrow.



"It's Alice Kramden!"

Who could possibly ever have doubted our time on the moon?



• **Possible new treatment for AMD** is being studied: anti-inflammatory drugs that hitch a ride into the eye's retina on microscopic particles that may help Age-Related Macular Degeneration patients. These nanoparticles, called dendrimers deliver steroids to retinas affected by AMD. The same experimental treatment also appears helpful in treating retinitis pigmentosa (RP), which is associated with many genetic conditions that affect the retina. Dry AMD and RP cause neuroinflammation and injury to the retina that can lead to blindness. The injected steroids, which were attached to the nanoparticles targeted inflammatory microglial cells associated with the neuroinflammation. When the microglial cells gobbled up the steroid-carrying nanoparticles, the damaging activity was shut down, while the rest of the eye remained unaffected and vision was preserved. Collaborative research will continue to demonstrate the value of designing drug-delivery systems that are small enough to be taken into cells.

(Excerpted from Mayo Clinic Health Letter, dated May 2012.)

• **Chest Pain: Heartburn or heart attack?** Many people don't realize the heart and esophagus are in close proximity. They also share similar nerve connections. Both heartburn and a heart attack can cause chest pain, which can range from mild to intense, but it's not always easy to tell which is which. Other digestive conditions can have the same effect, such as a gallbladder attack or a muscle spasm in the esophagus. Be alert if you suffer occasional bouts of heartburn: if it seems to be worse or different than usual, especially if it occurs during physical activity or is accompanied by shortness of breath, sweating, dizziness, nausea, or pain radiating into your shoulder/arm, get emergency help immediately. These signs/symptoms may indicate a heart attack. Call 911 or emergency medical help immediately. If you have been prescribed nitroglycerin, a muscle relaxant commonly used to relieve chest pain due to heart disease, it can also help relieve pain due to a muscle spasm of the esophagus. Some people who experience chest discomfort believe they're having a heart attack, but find out later their pain is caused by gastroesophageal reflux disease (GERD). In any case, it's important to get help right away since both require proper diagnosis and treatment. *(Excerpted from a Mayo Clinic Special Report, 6/2012.)*

• **Coffee and Health.** The impact of caffeine on health has gone back and forth for years. Recent studies have indicated coffee is among the top 10 food sources of antioxidants. It's also a major source of chlorogenic acid, which is one of its star players for antioxidant activity. Antioxidant activity associated with coffee has been linked to protective effects on diseases, including cancer and cardiovascular diseases. For most healthy adults, moderate doses of caffeine (200-300 mg/day, which is 2-3 cups of regular brewed coffee) are fine. *Great news for us coffee hounds!* *(Excerpt from Mayo Clinic Health Letter, 6/12.)*

Peace starts with a smile. ☺

The Good Lord didn't create anything without a purpose,
...but, mosquitoes come close!

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The Huntsville Division Alumni Association
P.O. Box 4185
Huntsville, AL 35815-4185



REMINDER: YEAR AFTER YOUR NAME ON LABEL SHOWS
THE YEAR THROUGH WHICH YOU'RE PAID.
PLEASE CHECK TO MAKE SURE YOU'VE PAID '11 DUES!

THANKS!



Armed Forces Day: May 19
Memorial Day: May 28
Thank you ALL Armed Services/Vets!
Happy Father's Day: June 17

Cecil Stokes (pd 12)
3134 Constellation Dr.
Huntsville, AL 35802



Justice
FOREVER

3580209834



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In Fond Memory...

We join the families in mourning the loss of
dear friends and prior coworkers:

John Epps: Worked in Quality.

Henry Ewing: Worked in Reproduction.

Willie Walter Friend, Sr: Worked in Plant Engineering.

A.B. Harper: Worked in Rocket Engineering.

Thea Mauldin: Wife of Tim, who worked in Propulsion Requirements.

Tom McCrickard: Test/instrumentation engineer in the 50s/60s.

Bobbie McFall: Wife of Paul, who worked in Engineering.

Betty Jo Tucker: Wife of Jim Tucker, who worked in Materiel.

Nell Williams: Wife of Jim, who worked in Plant Engineering.

Herb Junior "Cub" Yell: Worked in Stress Analysis/Engineering. He
was preceded in death recently by his brother in Missouri.

They will be dearly missed by us all, as they each touched our lives.
Our heartfelt sympathy to those who have lost other loved ones, as well.



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35815-4185.

The 2012 HDAA Board consists of
President Don Royston, Vice President Cecil
Stokes, Secretary Tom Bryant, Treasurer/
Membership Jake Reep, and Directors: Fots
McCauley (12), Harold Webb (12), Roy
Willis (12), Don Wilson (12), Sam Zeman
(12); Bill Barnes (13), John DeHaye (13),
Joyce Royston (13), Gene Thomas (13),
Jerry Webb (13), Nita Boyd (14), John
Grider (14), Charlie Thomas (14) Sam
Vance (14), Patti Wilson (14). Ex-officio
members of the Board are: Jim Lee/
Historian, and Cecil Stokes/WebMaster.

For Internet information:

McFamily.com (contact Cecil for details)

*See you at the Green Mountain
Nature Trail Saturday, June 2nd!*