

On Cue
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The Fort Huachuca Scout



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Scout reports

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Post pool closed for repairs

Engineers are looking at ways to re-design the water pumping system at the Barns Field House swimming pool. The current system, in use since 1953, must be replaced with newer equipment. A redesign to the system to employ two pumps, one for backup, is on the drawing board now.

To fix the problem now, the current pump has been removed and sent to a company in Tucson where it will be rebuilt and a new engine shaft manufactured. This work is expected to be complete on July 9, and installation of the pump on the swimming pool's water system should be completed by July 12.

Holiday safety reminder

Due to the severe fire risk, and in coordination with the special closure order of Coronado National Forest sent down by the U.S. Forest Service, **ALL CANYON AREAS ON FORT HUACHUCA REMAIN CLOSED** to foot and vehicle traffic.

Post residents are reminded it is unlawful to explode or possess any fireworks in the State of Arizona in accordance with FH Reg 190-14 and the Arizona Revised Statute Articles 36-1601 and 36-1602.

FST certification course

Preventive Medicine Wellness and Readiness Service-Environmental Health will be offering a Field Sanitation Team Certification Course July 22-26. This is a 40-hour course located in the Raymond W. Bliss Army Health Center. All units are required to have a Field Sanitation Team, per AR 40-5, consisting of at a minimum, one noncommissioned officer and one junior enlisted. Interested units should contact Environmental Health NCOIC Sgt. Meador at 533-7031/2273 for additional information and requirements not later than July 15.

40th Signal Battalion reunion

The 40th Signal Battalion will host a Team 40th Reunion July 11 on Fort Huachuca. Former Team 40th members are invited to attend this historic event. The day will begin with a Streamer Ceremony 8 a.m. - 11:30 am at Cochise Theater and culminate with dinner and dancing at 5 p.m. at theLakeside Inn.

Those interested in attending should RSVP by Monday. For more information, call 533-2408.

Change of command

The U.S. Army Dental Activity will conduct a change of command ceremony, 7 a.m., July 16 at the Brown Parade Field Gazebo.

Col. Terrence S. Murphy will relinquish command to Col. Mark N. McDonald. For more information, call Jeanne Price at 533-3144.

Arizona parks remain closed

Large area closures continue on all National Forests in Arizona. The Coronado, Prescott and the Apache-Sitgreaves National Forests are closed to all unauthorized use and entry. This includes all public use. These closure orders will remain in effect until further notice.

Travelers are urged to contact an office of the local, state, tribal or federal land management agency they wish to visit before leaving home to determine the status of a particular area. For more information about fire restrictions and area closures call 1-877-864-6985



Photo by Sgt. 1st Class Donald Sparks

Steve Saucedo, 111th Military Intelligence Brigade warehouseman, removes the MI Village sign after the village had been renamed Prosser Village in memory of Staff Sgt. Brian Cody Prosser in a rededication ceremony Friday. Prosser was the first military intelligence soldier killed in Operation Enduring Freedom.

MI Village renamed after Prosser

Hero's legacy to live on at Fort Huachuca, soldiers in military intelligence community

Sgt. Sharron L. Stewart
Scout News Editor

Six days before the nation celebrated its independence, the Military Intelligence Corps honored a young hero who paid the ultimate price for freedom by being among the first to lose his life during Operation Enduring Freedom.

Family, friends and soldiers from all

across the nation came to mourn the loss of Staff Sgt. Brian Cody Prosser, an MI soldier, Friday when MI Village was renamed Prosser Village in the fallen hero's honor. He died Dec. 5 2001, near Kandahar, Afghanistan.

Green, tan, maroon, and black berets dotted the somber audience.

Prosser's widow Shawna, his mother and stepfather, Ingrid and Al Solhaug, and other

friends and family members also attended the ceremony.

Shawna was presented with Prosser's posthumous awards which included the Legion of Merit, the Joint Service Achievement Medal, and the Knowlton Award for his significant contributions to the MI Corps. Shawna was granted an honorary member-

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Army's new uniform reg goes online

By Staff Sgt. Marcia Triggs
Army News Service

The most current uniform policy regulation went online June 25, and clarification of the Army's tattoo policy is only one of two dozen changes or updates that will take effect Aug. 1.

The one change people won't see in the regulation is: males having the authority to carry umbrellas. The Army is not ready for that change, said Master Sgt. Kittie Messman, the uniform policy noncommissioned officer for the Army's G1.

Last December the Army announced that changes were being staffed, and the tattoo policy is one that underwent the most modifications.

"Under the old regulation, it stated that tattoos were prohibited on the face, neck and head. ... Now, it states that tattoos are not to be visible in the Class A uniform with trousers. So there is a common standard for both males and females," Messman said.

Soldiers who currently have tattoos on their hands will be "grand-fathered" and allowed to keep them, Messman said, as long as the tattoos are inoffensive.

Counseling requirements for commanders with soldiers who have tattoos are also outlined in the updated regulation. Offensive tattoos anywhere on the body are prohibited, but

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Photo by Sgt. Jessica Inigo

Col. Lawrence J. Portouw, new U.S. Army Garrison commander, accepts the unit colors from Brig. Gen. James "Spider" A. Marks, U.S. Army Intelligence Center and Fort Huachuca commanding general, in a change of command ceremony Friday.

Portouw takes Garrison reins from Boardman

By Sgt. Jessica Inigo
Time Out Editor

Col. Lawrence J. Portouw took hold of the U.S. Army Garrison reins during a change of command ceremony on Brown Parade Field Friday at 7:30 a.m.

Portouw supersedes Col. Michael W. Boardman, who has been in command since July 1999.

Mounted upon a B Troop, 4th U.S. Cavalry Regiment (Memorial) horse, the incom-

ing commander viewed his troops for the first time during the ceremony, along with Commanding General Brig. Gen. James "Spider" A. Marks and Boardman.

Portouw ceremoniously took the Garrison flag from Boardman before U.S. Army Garrison units, as well as the 111th Military Intelligence Brigade, the U.S. Army Medical Command, the 112th Military Intelligence Brigade, the 11th Signal Brigade, the Marine Corps Detachment, the

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4th of July Message



Brig. Gen. James "Spider" A. Marks

Tomorrow we join with our fellow Americans everywhere to celebrate the independence of our great country. Cookouts, patriotic parades, band concerts, and fireworks displays are all ways we commemorate the extraordinary success of a bold experiment in democracy begun back in 1776. The success of this democracy continually serves as an inspiration to people throughout the world ever since.

The events of this past year have made us take a hard look at what being an American means. The Sept. 11 attacks and the war on terrorism currently being fought by our brave military men and women around the world make us realize to an even greater degree just how important our Constitutionally-guaranteed liberties are, and how dedicated we must be to keep America free. We are lucky to be Americans. The privileges of living in this great country bring with them, however, the responsibility of rising to the challenge when our freedoms as a nation are threatened.

I ask all of you to keep some things in mind as you and your families are enjoying the Independence Day holiday and weekend festivities. First, take time to think about the sacrifices that have been made for the past 226 years so that we are able to enjoy freedom today. Realize that liberty comes at a heavy

price – paid with the blood and the lives of our fellow Americans. We, in turn, are responsible for ensuring our country and our freedoms remain solid for the coming generations.

Second, I feel strongly that it is important for each of us, in our own ways, to honor this independence and this freedom through our daily conduct as active citizens in this greatest democracy the world has ever seen. Please strive always to be a positive, contributing member of your community.

Finally, be safe. Vigilance is still the watchword. Think about where you are and be smart about what you're doing. Always take appropriate security precautions. Have fun but practice safety at all times. Make reasonable travel plans and always use your seatbelts. Be safe! I want you all to come back after this long weekend healthy, well rested, and energized.

I encourage you all to celebrate our great country on this patriotic day. Remember the sacrifices of those who came before us. Remember the duties and responsibilities of citizenship that we carry each day, for it is up to each and every one of us to keep America free.

James A. Marks

Brig. Gen. James A. "Spider" Marks

CG's Sensing Session

Brig. Gen. James A. Marks continues to conduct quality of life sensing sessions with soldiers and civilians who live and work on Fort Huachuca. The issues raised in these sensing sessions are being captured and tasked out to the appropriate agencies/activities within the command for response and/or resolution. Contained in this article are some of the issues, along with responses from the agencies/activities responsible for each area.

Issue

Smoking areas in some public areas are situated where second hand smoke is an irritant to non-smokers, e.g. pepporoni's smoking area is situated near the bathrooms, so when the doors are left open, anyone going to the bathroom is exposed to the smoke.

Reply

Pepperoni's Management will close the sliding doors separating the smoking area from the non-smoking area at least 6' on the hallway side. This will help prevent the smoke from migrating into the lobby where the bath-

rooms are located. We will monitor this solution to see if it improves the situation.

Issue

There was a comment that some locally produced biking trail maps depict trails as biking trails that actually go through ranges and unexploded ordnanca areas.

Reply

It is difficult to control all locally produced hiking and biking maps, however, one of our Directorate of Installation Support employees made a visit to the local bicycle shops to see what maps they distribute and instructed them on the areas that are off limits and should be marked.

In addition, our Public Affairs Officer contacted the Sierra Vista Convention and Visitors Bureau, who also have a map that outlines trails for biking. They are currently in the process of updating their map and were asked to indicate the areas that are off-limits. The Public Affairs Office is updating a

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Scout on the Street



Tucson's not having their fireworks show but I think they should. I don't think there will be any problems.

Jessica Catrell
family member



It seems safe here but we should be careful not to be lulled into a false sense of security.

Staff Sgt. Adrian
Robertson
10th Mountain Division



I feel like America's pretty safe right now. I think their efforts they have made will pay off to prevent another attack.

David Butler
labor worker



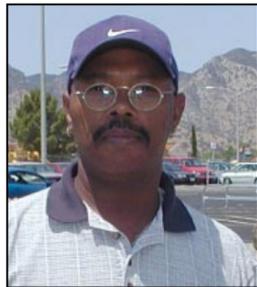
I don't really have any concerns but I am staying here. There may be more concerns in larger cities but I feel safe here.

Spc. Paul Graham
Company E 305th
Military Intelligence
Battalion



It is the 4th and everybody celebrates the 4th of July, but since 9/11 be aware of the possibility of another attack against the U.S.

Staff Sgt. Lin McCollum
Headquarters and
Headquarters Detachment
504th Signal Battalion



I don't have any reservations about security on or off post. We all are aware of the 9/11 events, but people should stay vigilant.

Richard Carr
Retired Army

Photos by Angelica Pequeño

Do you have any security concerns for celebrating this year's 4th of July?

The Fort Huachuca Scout

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Letter to the Editor

Thank You

As I leave command, I wanted to express my gratitude for all the wonderful support the agencies on this post have given me and the 309th Military Installation Battalion. It truly has been a tremendously positive experience having served in this great unit with such a dynamic, proactive, and united support network that really made my life and job as the commander so much easier and fun. Words cannot express all the appreciation I feel and have felt for these last two years. I am not going far, however. After I return from leave, I will report for duty at the Futures Development Integration Center working for Mr. Jerry Proctor.

Thank all of you so much for the great support, cooperation, and friendly attitude. All of you make Fort Huachuca such an outstanding installation.

God bless you all.

Tommy Kelley
Lieutenant Colonel, MI
Commanding

Commentary

The day I wanted to be a general

By Sgt. 1st Class Donald Sparks
NCOIC, USAIC&FH PAO

Upon pinning on my sergeant stripes nearly 10 years ago, never had I been so proud to wear the uniform and be a soldier. At long last, I was a noncommissioned officer and as part of our creed states, "the backbone of the Army."

And there was one thing I knew for sure – I never wanted to be an officer. After all it was the NCO who got his boots dirty to accomplish the mission, it was the NCO who trained soldiers and instilled discipline and leadership.

It was the NCO who made things happen and epitomized the expression, "where the rubber meets the road." So becoming part of the NCO Corps was, and still is, a moment I cherish. With that in mind, when someone asked me to consider going to Officer Candidate School and becoming an officer, I vehemently refused.

Again, I always thought no way would I want to be an officer.

Friday all of that came to an end when I decided after watching one officer, I would love to be a general for one day. For those who attended the rededication ceremony of Military Intelligence Village to Prosser Village, you witnessed firsthand a general officer expressing his human side.

Commanding General Brig. Gen. James Marks began to cry as he was reading his welcoming remarks and as hard as he tried to keep his composure, he failed. As he revealed to the audience, "I wasn't always this gray haired man you see today. At one time I was a red headed, freckled faced kid."

Marks showed compassion in an unshameful manner, nearly evoking the audience into tears as well. At that moment I wanted to be general.

I'm positive most soldiers will agree with me that we have a certain image associated with general officers. These are the leaders who make decisions to send soldiers into harm's way on the battlefield; these are the leaders who inspire soldiers to die for duty, honor, and country. These leaders go by names such as MacArthur, Patton, Bradley, Powell and Schwarzkopf.

All of these great generals have commanded on the battlefield and motivated soldiers by instilling into them the spirit to win. I'm sure somewhere in their own private place, they've cried alone. No doubt they've wondered aloud about their feelings of anxiety for placing Americans in the face of danger not knowing how many would sacrifice their lives.

We don't get to see that side of these warriors. Instead, we see the tough, hardened, gritty surface of these leaders.

I am reminded of something I've said many times before about general officers. They put their pants on just like I do, one leg at a time. Well that may be true, but I now know they cry and show emotion and care – just like us ordinary soldiers do as well.

And because the death of a fellow American, a fellow soldier and comrade in arms, Marks showed he too was affected by the loss of Staff Sgt. Brian Cody Prosser. He showed us all that crying is not a gesture of weakness, but a display of love. And for that, I would be willing to trade my stripes for a star.

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Photo by Sgt. 1st Class Donald Sparks

ship to the MI Corps.

Brig. Gen. James A. "Spider" Marks, commanding general, U.S. Army Intelligence Center and Fort Huachuca, admitted to being moved by Prosser's sacrifice and even had to do pushups in order to regain his compuser. "Before I became a gray-haired guy, I had red hair with freckles, so I get emotional," Marks said.



Photo by Sgt. Sharron L. Stewart

Left: Shawna Prosser receives the Knowlton Award posthumously for her husband, Staff Sgt. Brian Cody Prosser, from Commanding General Brig. Gen. James "Spider" A. Marks. Above: Prosser's stepfather, Al Solhaug, thanks the Fort Huachuca community for their support in honoring Prosser's sacrifice to the Nation.

"As of today, all Intel soldiers will get trained at Prosser Village ... God bless this great Army of ours, God bless the Intel Corps," Marks said.

During the ceremony Prosser's photo was unveiled and was placed in Hitt Hall, Building 81401, which is where the 305th and 309th MI Battalion's headquarters are both located. His family members were presented with a replica of his photo and a collage of Prosser Village. Several soldiers stopped to stare at his likeness and to comment on his youthfulness. Prosser was 28 when he died.

After the Village dedication a memorial was unveiled on the side of Hitt Hall. During the unveiling his wife was not able to speak. "Cody was one of those guys that everybody loved and unfortunately God didn't make very many of. We were fortunate to have him in our family. He was a beautiful man. He was very special. We loved him. Thank you for this great honor," his stepfather, Al Solhaug said smiling through the tears and with emotion in his voice.

At the conclusion of the ceremony Taps was played. With tears in many of their eyes, Prosser's comrades rendered the hero a final tribute.

Prosser joined the Army in 1991. He participated in operations in Somalia, Haiti, Jordan, Kuwait, Kosovo, and throughout Southwest Asia. Among his numerous awards and citations are the Bronze Star with V device, the Purple Heart, Army Commendation Medal, Armed Forces Expedition Medal, Senior Parachutist Badge, Driver and Mechanic Badge, and numerous foreign parachutist wings.

At the time of his death, Prosser was a member of the MI Detachment of the 2nd Battalion, 5th Special Forces Group (Airborne) at Fort Campbell, Ky.



“Cody was one of those guys that everybody loved and unfortunately God didn't make very many of. We were fortunate to have him in our family. He was a beautiful man. He was very special. We loved him. Thank you for this great honor.

**Al Solhaug,
Staff. Sgt. Brian Cody Prosser's
stepfather,**

Photo by Sgt. Sharron L. Stewart

Soldiers from Company E, 309th Military Intelligence Battalion stand before a photo of Prosser and a collage of Prosser Village that will hang inside of Hitt Hall. Prosser, who was an military intelligence soldier, died Dec. 5, 2001 as part of Operation Enduring Freedom. MI Village was renamed Prosser Village, Friday in his honor.

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Naval Technical Training Center Detachment, the Air Force's 314th Training Squadron and B Troop.

Marks welcomed Portouw to the Fort Huachuca Army team and said, "The community can't wait to embrace you. Get ready to feel the love, because they're ready to heap it on you."

Though Portouw most recently served as assistant chief of staff for intelligence at the 1st Infantry Division in Wuerzburg, Germany, he admits taking the place of Boardman will be some "tough shoes to fill."

The Fort Huachuca garrison commander is similar to a city manager. He oversees a staff of nearly 2,000 soldiers and close to 750 civilians and contractors.

He is responsible for running such diverse operations as emergency services, utilities and recreation facilities.

Portouw said he couldn't wait to keep the rich history of Fort Huachuca alive, as well as add new chapters to it. He is married to the former Charlotte Hoefft from Pendleton, Ore., and has two children, Jeffrey, 17, and Laura, 15.

He was commissioned from the Reserve Officer Training Corps as a reserve infantry officer in 1980, and as a regular Army military intelligence officer in 1981.

He graduated from the Post Graduate Intelligence Program at the Defense Intelligence College in 1985 and earned a Master of Science in Strategic Intelligence in 1986.

Portouw's awards and decorations include the Legion of Merit, Bronze Star, the Defense Meritorious Service Medal, the Meritorious Service Medal with oak leaf cluster, the Army Commendation Medal, the Joint Service Achievement Medal, the Army Achievement Medal, the Kosovo Service Medal, the NATO Medal, Liberation of Kuwait Medal and the National Intelligence Certificate of Distinction.



Col. Michael W. Boardman, left, outgoing U.S. Army Garrison commander, goes over final details with incoming commander Col. Lawrence J. Portouw prior to their change of command ceremony.



Photos by Sgt. 1st Class Donald Sparks

Col. Lawrence J. Portouw, left, new U.S. Army Garrison commander, sits besides Brig. Gen. James "Spider" A. Marks during the change of command ceremony held Friday at Brown Parade Field. Portouw took the reigns of command from Col. Michael W. Boardman. He comes to Fort Huachuca after serving as chief of staff for intelligence at the 1st Infantry Division in Wuerzburg, Germany.

"I'm thrilled to be back," Portouw said during the ceremony. "I also look forward to renewing old friendships and making new ones."

Portouw's military schooling includes the MI Officer Basic Course, Tactical Surveillance Officer Course, Defense Sensor Imagery Application Training Programs, Advance Sensor Imagery Application Training, the MI Officer Advanced Course, and the Combined Arms and Services Staff School, the Command and General Staff College, the Armed Forces Staff College, and the Army War College.

He said his transition back in to Fort Huachuca has been a smooth one.

Boardman, a native of Spokane, Wash., will move on to his next permanent change of station as the executive officer for the Assistant Chief of Staff for Installation Management at the Pentagon.

The Boardman's were presented with awards just prior to the change of command in a ceremony at the Brown Parade Field gazebo. Later during the ceremony, B Troop soldiers and auxiliary ladies presented Boardman's mother, wife and two daughters with flowers.

Marks sent Boardman off with well wishes and noted his success in improving the quality of life for soldiers and civilians, as well as the environment.

Dying to be thin?

Medical community concerned about effects of unregulated dietary supplements

By Sgt. Sharron L. Stewart
Scout News Editor

"If you want to be Airborne, you have to be thin," goes one well known Army cadence.

From the moment they are introduced to the Army culture, soldiers are trained to succeed and are expected to do their very best in every arena of their lives. In order to excel in the arena of physical training, in the effort to lose weight or to stay awake, some soldiers have turned to using performance-enhancing dietary supplements.

Tragically their natural desire to excel might have caused several soldiers to prematurely lose their lives. Ephedrine, which is not regulated by the Federal Food and Drug Administration because of its status as a nutritional supplement, has reportedly been linked to over 80 deaths nationwide, according to statistics provided by MedWatch, a website sponsored by the Food and Drug Administration.

The most recent tragic incident involving a member of the military involved the death of a soldier at Fort Hood who died during physical training from an apparent cardiac related event. Reportedly he was more than likely taking a nutritional supplement that contained a combination of Ma Huang, which is the herbal form of ephedrine, and Guarana, which is the herbal form of caffeine.

These drugs cause a stimulant effect and cause the user's heart to race. "It will definitely give you a jolt, and probably give you pep to work out. This stuff works similar to how amphetamines work in the body," said Capt. Ronna Winn, registered dietician with the Raymond W. Bliss Army Health Center.

Winn said there has been four ephedrine related incidents reported on Fort Huachuca so far this year.

"These stimulants elevate blood pressure, affects the nervous system and can cause hyper-excitability, increased heart rate and urine production, and decreases saliva. It has been linked to strokes, convulsions psychosis and death. That's how dangerous these dietary supplements can be," Winn said, quoting information found in the *New England Journal of Medicine*, dated Dec. 21, 2000.

The FDA does not regulate dietary supplements.

"Dietary supplements are much cheaper to produce than prescription drugs and they do not have to undergo any type of approval process. The evidence has to be in black and white before the FDA can get involved," Winn said. The FDA regulates food and drugs but in the mid 1990s legislation was passed that allowed dietary supplements to be introduced to consumers without proving that they could do what they said they could do.

"It is extremely expensive for a drug to come to market. It takes millions of dollars and years of research, marketing and testing to develop," Winn said.

If it's labeled as a dietary supplement, it can't go through the FDA, Winn noted. "They can literally put chalk dust in there and sell it. It's up to the consumer to prove that there has been an adverse affect. People see it on the shelf labeled as herbal or natural and assume they are safe," Winn said.

Workout and dietary supplements are a multibillion-dollar industry.

All of the adverse incidents involving ephedrine reported to the government sponsored consumer advocate group MedWatch, as of April 2000, that were servicemember connected, had various contributing factors, Winn noted. They all involved a potentially lethal combination of heat, physical exercise and improper hydration. She also said those who are taking prescription drugs such as antihistamines run the risk of a potential dangerous drug interaction.

Even though there has not been any conclusive proof these dietary supplements are the direct cause of the reported adverse reactions; abuse of the supplements have been linked to deaths.

"It's estimated that only 20 percent of adverse reaction to



Photos by Sgt. Sharron L. Stewart

Dietary supplements are not regulated by the Federal Drug and Food Administration.

etary supplements have been reported," Winn said. Because they are so widely available people assume they are safe, she said. "I can't blame the consumer. Concerned members of the medical community want to educate the public. Lives may be at stake," she stated quietly. The drug ephedrine and its derivatives are also known as ephedra and Ma Huang, which is its Chinese name. Some workout supplements have taken out ephedrine

"In my opinion there are not any dietary supplements that have shown conclusively that they can help people lose weight. I haven't come across any that are 100 percent safe.

Capt. Ronna Winn, RWBHC, registered dietician.

drine and are substituting Yerba Mate, which is also known as Paraguay tea. "In my opinion there are not any dietary supplements that have shown conclusively that they can help people lose weight. I haven't come across any that are 100 percent safe," she said.

"Unfortunately, people don't want to get in shape the old fashioned way by eating right, exercising, getting enough sleep and doing other things to take care of themselves. Everybody wants to believe that it will be easier to simply take a supplement," Winn said.

She also cited the fact that some soldiers who are hard chargers will use the supplements to push themselves or to simply enhance their performance. "If a certain soldier scored a 298 on their bi-annual physical fitness test, then they are motivated to take supplements in order to try to earn a 300 the next time. Soldiers also have the additional pressure of wanting to project a thin appearance which exemplifies military bear-

ing," Winn said.

Winn said a study conducted in 1999 reported 47 percent of Army Rangers use dietary supplements. She went on to say that in 2000, over 20 percent of the parents polled in a study admitted to allowing their children to take dietary supplements.

"Our answer to this is education," she said shaking her head. "There are a lot of good promising supplements out there that we should be putting money behind and doing research on. For instance caffeine is being looked at for its potential to enhance athletic performance. There are a lot of people we could be helping, but I personally feel the industry has been cheapened," Winn noted.

Paula Brown, RWBHC pharmacist, attended a conference in January regarding performance-enhancing products at the National Institute of Health.

The conference was attended by members of the National Collegiate Athletic Association, and the American and Canadian military. According to Brown, Dr. Gary Green, who works for the University of California at Los Angeles, and the NCAA revealed that 57 percent of NCAA athletes admitted to using supplements when they were in high school and six percent to using them while they were in junior high. She went on to say further findings revealed 80 percent of Army Special Forces soldiers admitted to taking workout supplements." The information is just not getting out there. Parents need to be aware of what their kids are doing and question them," Brown said.

Ephedrine was banned by the International Olympic Committee, the National Football League and in 1997 by the NCAA.

In addition to ephedra, workout supplements that are not regulated include creatine, amino acids and steroid precursors such as androstenedione. She said the Herbal Phen-Fen which was banned several years ago was simply ephedrine mixed with St. John's Wort."Some supplements are more dangerous than others, but there has been a substantial amount of evidence related to ephedrine that points to its danger. Those who use it do so with the intent of enhancing their athletic performance. There are negative aspects connected to ephedrine use they need to be aware of because the affects have caused deaths," Brown said.

She said some medical officials believe the heat-related death of pro football player Korey Stringer, who played for the Minnesota Vikings, was also ephedrine connected. According to an article that ran in the Arizona Daily Star, June 15, written by Associated Press writer Luran Neergaard, the Bush administration is calling for a "start from scratch" safety review of the herb, which Neergaard stated, has been linked to dozens of deaths.

Neergaard goes on to state that the FDA ordered six companies to stop selling synthetic ephedrine in herbal form. Brown went on to say that all herbs are not bad and they do have a legitimate use and can be beneficial. The article goes on to state that a seventh company was ordered to stop selling "energizing" herbs including high doses of ephedra "as alternatives to LSD, cocaine and other street drugs."

Brown encourages the community to ask their pharmacist about supplements if they are not sure about their safety. "You have to know what your children are taking. If you don't know what it is, ask. If it's not safe to take, it's not worth it," she said quietly. The official policy of the Army and Air Force Exchange System is to post a precautionary notice near where the legal supplements are sold.

Concerned medical professionals can access www.fda.gov/medwatch to find out about which products medical professionals are concerned about or to report health incidents. To report an ephedra associated side effect, call the FDA at 1-888-INFO-FDA. To find out more about ephedrine or other dietary supplements visit the U.S. Army Center for Health Promotion and Preventive Medicine at chppm-www.apgea.army.mil/ or to find out more about ephedrine or other dietary supplements visit the U.S. Army Center for Health Promotion and Preventive Medicine at chppm-www.apgea.army.mil/ or visit rwbach.huachuca.amedd.army.mil and go to Preventive Medicine, then click on the nutrition care link and links for herbal and performance enhancing supplements will appear.

Photo by Sgt. Sharron L. Stewart, illustration by Angelica Pequeño

What are dietary supplements?

Dietary supplements include herbal preparations, vitamin and mineral supplements, amino acids, protein powders, and various animal products.

If you are interested in taking one of these products, do the research before you buy. Obtain information from a variety of reliable sources.

Don't rely solely on information provided by the manufacturer or the booklets available at the health food stores.

Avoid products that do not contain the "USP" notation on the label. USP indicates that the product meets specific standards of quality, purity, and potency established by the U.S. Pharmacopeia.

Also ensure that there is a lot number or expiration date on the label. Always read and adhere to dosage recommendations and all warnings on the supplement labels. Be advised that many dietary supplements

touted as performance enhancing or weight loss aids provide little if any benefit beyond that attainable with a safe, effective physical training program and a healthy diet.

Although dietary supplements are legal for sale in the United States, this does not imply that they are effective as claimed or that they are without negative side effects.

Just because something is "natural" doesn't mean it is "safe". Many natural substances can cause harm. Approach these products with a healthy skepticism and avoid the use of non-proven supplements.

Current law does not require supplement manufacturers to provide proof regarding claims made about supplements, nor does it require them to provide proof of safety.

Always tell your health care provider about dietary supplements (to include herbal preparations) and other products you are taking. Dietary supplements may cause side effects when taken with certain medications.

Of considerable concern are dietary supple-

ments containing ephedrine alkaloids such as ephedra and Ma huang. It is important to know that the "FDA regulates dietary supplements under a different set of regulations than those covering "conventional" foods and drug products (prescription and over-the-counter).

Under the Dietary Supplement Health and Education Act of 1994, the dietary supplement manufacturer is responsible for ensuring that a dietary supplement is safe before it is marketed.

FDA is responsible for taking action against any unsafe dietary supplement product after it reaches the market.

Generally, manufacturers do not need to register with FDA nor get

FDA approval before producing or selling dietary supplements.

Manufacturers must make sure that product label information is truthful and not misleading."

(From the FDA Web Site at <http://www.cfsan.fda.gov/~dms/supplmnt.html>)



Photo by Sgt. Sharron L. Stewart

The FDA is responsible for taking action against any unsafe dietary supplement product after it reaches the market.



Community Updates

FRG training scheduled

Fort Huachuca's Army Community Service and Army Family Team Building are sponsoring Family Readiness Group Training. This training is designed for those interested in obtaining skills and knowledge to assist them in effectively working with FRGs.

Basic FRG training, including commercial sponsorship, fund raising, private organization status, and rules and regulations governing an FRG is set for 9 a.m.-noon, Sept. 14.

Training will be held at ACS, Building 50010 (located on the traffic circle). To register, call 533-2330 or e-mail gail.mortensen@hua.army.mil.

Signal reunion planned

The 17th Signal Battalion Association is planning a reunion September 18-22, 2002, at the Williamsburg Woodlands Hotel in Williamsburg, Va. The reunion will emphasize a military theme and will include a golf tournament. According to Arlo D. Janssen, vice president for public affairs of the association, the 17th Signal Battalion Association is a designated WWII Commemorative Community. For more information, write Arlo D. Janssen at 10209 Cedar Pond, Dr., Vienna, VA 22182; or phone (703) 281-3170 or e-mail adjanssen@aol.com.

BOSS meeting minutes

• BOSS will have a carwash July 13 at the main gate, 10:30 a.m. to 3:30 p.m.

• Better Opportunity for Single Soldiers is currently looking into renting a movie theatre (at the mall) to provide free movies for the single soldiers. Also, the BOSS president is looking into establishing an organizational day for BOSS, as to when is still determined.

• BOSS is currently organizing a 3-on-3 basketball tournament to be held on August 17. There will be more information coming up on the BOSS web page <http://saic.hua.army.mil/boss/index.html>.

• BOSS is still collecting designs for the new BOSS logo.

• The next BOSS meeting will be held on July 10.

Mortuary affairs reunion slated

The U.S. Army Mortuary Affairs Center, Fort Lee, Va., is planning a reunion of Mortuary Affairs/Memorial Activities/Graves Registration specialists at Fort Lee September 19-20.

One of many purposes of the reunion is to recognize and honor all those who have served and those who continue to serve in this honorable profession. Officials at the center also envision this as a forum for the exchange of information and ideas that benefit today's Army.

People interested in attending should call the Mortuary Affairs Center's Deputy Director, Doug Howard, at (804) 734-3831 or e-mail howardd@lee.army.mil.

Due to post security requirements, visitors should plan accordingly in case of delays when entering the installation.

Enlisted microfiche update

Effective Monday Enlisted Records Evaluation Center will no longer produce Official Military Personnel Files microfiche since OMPF On-Line is now available to all grades. Additionally the Interactive Voice Response System will be turned off on this date. Soldiers may request a microfiche as an exception for retirement or separation by visiting our web site www.erec.army.mil and using the "contact us" link. Also they should utilize the Interactive Web Response System on our web site to obtain information on the following items:

Current Photo on File (Staff Sergeant and above) NCOER Data (Lists all NCOERS on file) NCOER Appeal Data Centralized Promotion Board Information.

As a further service to our soldiers we just obtained the following toll free customer service number so they can contact us free of charge for any questions they may have at 1-866-771-6357.

Officers' & Civilians' Spouses' Club

The Fort Huachuca Officers' & Civilians' Spouses' Club will hold their annual fall craft bazaar on November 2 at Buena High School. The FHOCS is asking for anyone interested in renting a space to sell their crafts to call Sandy at 458-5988. We will also have a limited number of spaces to rent for food concessions.

Post Community Thrift Shop

The Fort Huachuca Community Thrift Shop is making some important changes. In the past the Shop has donated 50 percent of its profits to the Officers' and Civilians' Spouses' Club and 50 percent to the Noncommissioned Officers Enlisted Spouses Club for disbursements. During the fiscal year July 1, 2000 to June 30, 2001 the Shop gave a total of \$52,673.68 to the clubs. As of Monday, the Shop will begin to disburse its own profits.

The Thrift Shop is grateful for all the hard work the two clubs have performed disbursing this money over the many many years the Shop has been in operation. Because of the changing times it was felt by a majority of the volunteers at the Thrift Shop that it was time to do the disbursements themselves.

If you are a nonprofit organization you may make your request to:

Appointments only please!

Soldiers are continuing to show up at Whitside Hall to process personnel actions without an appointment. As of June 20, personnel processing is conducted on an appointment-only basis. Soldiers must go through their S1 to schedule an appointment. Soldiers showing up without an appointment will be turned away. This procedure was outlined in the Customer Briefing conducted two weeks ago and should have been disseminated to all soldiers. Also, soldiers are continuing to show up for In-Processing at 6:30 a.m. This was changed to 7:30 a.m. effective June 20. Soldiers must also have an appointment in order to in-process. Servicing soldiers on an appointment basis will allow focused one-on-one customer service without the hassles of waiting and waiting to be seen.

Fort Huachuca Community Thrift Shop
PO Box 12772
Fort Huachuca, AZ 85670-2772

Travel (PCS In/Out) 533-1122
DITY Moves 533-3388

The Thrift Shop is open to the public on Tuesday and Thursday from 9:30 a.m.-3:00 p.m. and the first Saturday of each month from 9:30 a.m.-1:30 p.m. for shopping. For further information please call 458-4606.

DMPO phone numbers update

The Defense Military Pay Office provides finance services to military personnel. The Defense Military Pay Officer, Military Pay, as well as retirement, separation, National Guard and Reserve Pay are located in Building 22334.

In- and out-processing, along with PCS Travel are handled in Whitside Hall, Building 41330. Operating hours for all offices are from 8:30 a.m. - 3:30 p.m., Monday through Friday. All offices are closed Tuesday mornings for training; and daily from noon to 1 p.m. for lunch.

The dedicated personnel of the Defense Military Pay Office are committed to helping in any way possible to meet customer needs.

Current telephone numbers as of June 17, 2002

Director/ Administrative Office	533-2011
NCOIC	533-0393
National Guard/Reserves/	
Customer Service	533-3769
ETS and Chapters	533-3425
Customer Service	533-2118
Debt Management, Bonus,	
Re-enlistments, Pay Inquiries	533-0394
Military Pay Processing	533-1069
Retirements/	
Customer Service	533-2827

In/Out Processing Whitside Hall (Bldg. 41330)

In/Out Processing NCOIC	533-8214
Arrives and Departs,	
Pay Advance	533-8213
	533-8215
	533-3323
	533-2982

Turn your history into your future

There is a Resumix workshop held every third Thursday of each month at Army Community Services. The workshop is hands-on instruction on writing a traditional, internet and Resumix version of your resume, plus a whole lot more!

Roberta Sipes is the instructor and a firm believer in taking bits of our history and making it our future. The all day class allows for enough time for her to answer in detail individual questions. To register for a future class, please call 533-6870 as class size is limited.

Stress reduction class

The next Stress reduction class will be presented on the following Wednesdays: August 14, 21, and 28, from 1:30 p.m. to 4 p.m. These three sessions make up one class. The class is open to Active Duty, dependents, retirees, and civilians. It's held on the 2nd floor of the RWBAHC in the Conference Room. There will be no class in July. If interested, please phone 8-0625. Leave your name, duty phone, and message regarding the Class on our Voice Mail, or with the person who answers the phone.

Range closures

These are the range closures for July 22 - July 30.

Saturday	6 July - T1, T1A, T2
Sunday	7 July - No Closures
Monday	8 July - AW
Tuesday	9 July - AV, AW, AY, T1, T1A, T2
Wednesday	10 July - AG, AH, AI, AK, AM, AN, AR, AV, AW, T1, T1A, T2
Thursday	11 July - AF, AG, AH, AK, AM, AU, AV, AW
Friday	12 July - AK, AU, AV, AW, T1, T1A, T2
Saturday	13 July - AU, AV, T1, T1A, T2
Sunday	14 July - AU

Any questions should be directed to Range Control at 533-7095.

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Community Events Calendar

To add items to the calendar, call the Central Community Coordinator at 533-6970.

35th Annual Fabulous Family 4th OF JULY Celebration

begins at 8 a.m. at Office Smart with Pets & People Parade.

The fun moves to Veteran's Memorial Park

with entertainment and food all day.

These events are free and open to the public.

7 • **The Wild Bunch at the OK Corral in Tombstone at 2 p.m.**
• **Catholic Youth Organization meets at 5 p.m. Call Darlene at 458-0630 or Veronica at 458-2230 for info.**

8 • San Pedro Kiwanis meets at noon in the Crystal Room of Thunder Mountain Inn. Contact Nilda Townsend at 458-9647.
• Thunder Mountain Bridge Club meets at 12:30 p.m. at Thunder Mountain Inn. Call Dianna Smith at 432-3883.

9 • **PWOC Bible study from 9:30 - 11 a.m. at MPC.** Childcare is available for children 5 and under on a first come basis to ID card holders. Class is also available for school age children.
• **Put Prevention Into Practice (PPIP) & Health Promotion Class meets from 2 - 3:30 p.m. at MCC. Call 533-2246 for additional info.**
• Cochise Toastmasters meets at Landmark Café from 6:30 - 8:30 p.m. Call Tori Reeves at 538-7502.
• Cochise Chordsmen (SPERSQA) meets at SV Methodist Church at 7 p.m.
• Society for Creative Anachronism meets at OYCC at 7 p.m.

10 • La Salida Del Sol Lions meet at Thunder Mountain Inn at 6:45 a.m. Call Lee at 378-1399 for details.
• SV Chess Club meets at Peter Piper Pizza at 7 p.m.
• **Protestant Youth Program "Teen Desert Disciples" meet at 7 p.m. Call Chaplain Jesse King at 533-6731 for details.**

11 • SV Optimist Club meets at 6:30 a.m. at the Landmark Café. Call John Schirmer at 378-1062.
• National Association of Retired Employees Chapter 1400 meets at 11 a.m. at OYCC. Call 378-6605 for details.
• Huachuca Area Retired Teachers Association meets at OYCC at 10 a.m.
• **SV Parks & Leisure is hosting Concerts in the Park. Joe Anton's Desert Swing Band will play at 7 p.m. at Veteran's Memorial Park.**

12 • **Rollerskating at Youth Services, Bldg. 49013 from 6:30 - 8:30 p.m. Call 533-3205 for details.**

13 • **Christmas in July Bazaar at Ethel Berger Center from 9 a.m. - 3 p.m. this event is open to the public.**
• **Youth Services at Bldg. 49013 has open recreation from 1 - 8 p.m. Call 533-3205 for info.**

14 • **The Vigilantes at the Heildorado Set in Tombstone at 1 p.m.**

15 • San Pedro Kiwanis meets at noon in the Crystal Room of Thunder Mountain Inn. Contact Nilda Townsend at 458-9647.
• Thunder Mountain Bridge Club meets at 12:30 p.m. at Thunder Mountain Inn. Call Dianna Smith at 432-3883.
• The SV Youth Center is hosting Playstation Tournaments and the fun begins at 3 p.m. This free event is open to all youth 11 - 17 years of age. Call 459-4377 for details.

16 • **PWOC Bible study from 9:30 - 11 a.m. at MPC.** Childcare is available for children 5 and under on a first come basis to ID card holders. Class is also available for school age children.
• **Put Prevention Into Practice (PPIP) & Health Promotion Class meets from 2 - 3:30 p.m. at MCC. Call 533-2246 for additional info.**
• Cochise Toastmasters meets at Landmark Café from 6:30 - 8:30 p.m. Call Tori Reeves at 538-7502.
• Cochise Chordsmen (SPERSQA) meets at SV Methodist Church at 7 p.m.
• Society for Creative Anachronism meets at OYCC at 7 p.m.

17 • La Salida Del Sol Lions meet at Thunder Mountain Inn at 6:45 a.m. Call Lee at 378-1399 for details.
• The SV Youth Center is hosting Air Hockey Tournaments and the fun begins at 3 p.m. This free event is open to all youth 11 - 17 years of age. Call 459-4377 for details.
• SV Chess Club meets at Peter Piper Pizza at 7 p.m.
• **Protestant Youth Program "Teen Desert Disciples" meet at 7 p.m. Call Chaplain Jesse King at 533-6731 for details.**

18 • SV Optimist Club meets at 6:30 a.m. at the Landmark Café. Call John Schirmer at 378-1062.
• **A Resume Workshop is being offered by the Employment Readiness Program of Army Community Service from 8:30 a.m. - 3 p.m. Call 533-6870 for info and reservations.**
• Huachuca Area Retired Teachers Association meets at OYCC at 10 a.m.
• **SV Parks & Leisure is hosting Concerts in the Park The "Midnight Sun Band" (Light Rock) will play at 7 p.m. at Veteran's Memorial Park.**

19 • **Rollerskating at Youth Services, Bldg. 49013 from 6:30 - 8:30 p.m. Call 533-3205 for details.**

20 • **Youth Services at Bldg. 49013 has open recreation from 1 - 8 p.m. Call 533-3205 for info.**
• The SV Youth Center is hosting Pool Tournaments and the fun begins at 5 p.m. This free event is open to all youth 11 - 17 years of age. Call 459-4377 for details.

MCC = Murr Community Center

MPC = Main Post Chapel

OYCC = Oscar Yrun Community Center

Army Family Team Building classes and information at Murr Community Center, 533-3686 or 533-2330

Post solicitation: Don't be taken to the cleaners when the salesman knocks

By Capt. Julio C. Salazar
Judge Advocate General

Has a door-to-door salesman ever solicited you on-post without your consent? Have you undergone intense in-home sales pressure to buy a product you really did not want? Or have you bought a product that did not live up to the door-to-door salesperson's promises?

If you live on an Army installation, the scenarios above should never have happened. Too often they do, however, because soldiers and family members do not fully understand their rights. Arm yourself with knowledge, and you too can defeat that pesky salesperson!

"May I see your permit please?"

The first point to understand about on-post commercial activities is that they are a privilege, not a right. Businesses must meet stringent requirements before the installation commander will give them a permit to sell their product on-post. Foremost among these requirements, commercial solicitations must never interfere with on-post military activities. Businesses must also meet any federal, state, county or municipality licensing requirements applicable to the area.

The installation commander will then require and review a statement of past employment from the individual salesperson, and determine whether a reputable firm employs the individual. If a permit is granted, it will be in writing and valid for a period of one year or less. Thus, if you ever have any doubt about a salesperson on

post, ask to see a copy of this solicitation permit. If the salesperson cannot produce it, call the Military Police, and don't buy anything!

"Trust me . . . the Commanding General uses our product"

Once a company is allowed on post with a valid permit, regulations still limit the time, place and manner in which a company may solicit. For example, companies are prohibited from soliciting military personnel while they are "on-duty" status and during basic combat training. They are also prohibited from soliciting mass groups or captive audiences, including during an in-processing briefing.

Moreover, despite all of these requirements, the granting of a permit to solicit in no way implies that the Department of the Army, Fort Huachuca or anyone else affiliated with the Army indorses, favors, sponsors, or recommends the companies or agents doing business on post. Beware of any salesperson who implies that the Army or anyone in it recommends the product; such endorsements are not permitted.

Knock, knock . . .

Salespersons also may not go 'door-to-door' (or barracks room-to-room) selling their product unless the targeted individual has previously consented to the home sale. In the past, companies have attempted to skirt these requirement by promising to deliver to a soldier's home "free" informational brochures explaining military benefits. The companies interpreted your acceptance of this free information as an "invitation" to sell you their product in your

own home, and high pressure sales tactics would follow. Beware of such offers for "free" information; there usually is a hidden cost!

Limited time opportunity . . . winning numbers enclosed . . . you've been chosen at random!

While soliciting an individual on post, companies and their agents cannot employ any manipulative, deceptive, or fraudulent device or scheme to induce a sale. For example, one company previously targeted military personnel with "Flexible Dollar Builder" policies. Company salespersons misrepresented these policies as savings plans, when in reality service members who signed up were purchasing life insurance policies. This misleading practice ultimately forced the company to settle complaints against them for \$2.4 million. Unfortunately, this is not an isolated example of deceptive sales practices. As the Romans once said, *caveat emptor*, or buyer beware!

If you have any questions concerning on post solicitations or you have been the victim of a prohibited sale, please contact the Fort Huachuca Commercial Solicitations Program Manager, Marta Johnson, at 533-2080. A company's failure to follow the restrictions described above can result in a suspension or even revocation of its permit to solicit on post. You may also contact the JAG Legal Assistance Office. Visit us on the web at <http://huachuca-www.army.mil/usag/sja/la.html> or contact us at 533-2009 for an appointment.



CG SESSION from Page 2

map that is used for hiking and biking and will ensure areas are marked appropriately.

DCA is continuing to work this issue, taking the lead to meet with G3, DIS and other garrison directorates to resolve the situation and decide what actions need to be taken.

Issue

The rank and file does not get adequate information on what construction is being planned and conducted on Fort Huachuca.

Reply

An article was published in the June 27 edition of *The Scout*, titled "New construction projects will benefit wide range of fort residents" describing current and soon to be awarded construction projects.

Issue

Handicap accessibility is not consistently user friendly throughout the installation, e.g. Kelley OPS has handicap doors, but does not have a handicap button; additionally, most of the historic buildings are not conveniently ac-

cessible for handicap personnel.

Reply

In 2001, a building survey was conducted by the Equal Employment Opportunity Office to determine the accessibility for the disabled on Fort Huachuca. The purpose was to conduct a survey of all facilities on the installation and to ensure building accessibility requirements for the disabled were being met.

Disabled accessibility is an on-going process in the EEO Office. According to the building survey, over half of the buildings were accessible to the disabled. The buildings that were not accessible did not have employees that needed accessibility. Since the survey, renovations have taken place at several of the buildings for accessibility. Greely Hall has remodeled the restrooms to incorporate disability needs; made doors lighter and wide enough for wheelchairs; and added disabled parking spaces.

The Kelly OPS, Building 61730, does not have a power-assisted door on its two en-

trances. Although, the front entrance has a telephone for someone to call for assistance. The restrooms are accessible to the disabled, however, the restroom doors are not power-assisted. There are five disabled parking spaces near the front entrance. The rear entrance parking lot is very inconvenient for disability parking. The ten parking spaces are not at the closest spaces to the building. DIS and EEO are meeting to discuss the parking spaces and EEO will contact the facility manager for the Kelly OPS building to discuss any specific handicapped needs.

Historical buildings are under the guidance of the State Historical Preservation Office; renovations can not be made to historical buildings without the approval of SHIPO. There are some buildings that do not have access for the disabled because of historical significance, however, alternate accommodations have been made. Individual organizations are responsible for funding the renovations for the buildings.

Unfortunately, there was no response

from Building 61730 when the request was made last year on the accessibility survey. If there is an employee who needs accessibility to the building, the employee should discuss the issue with his supervisor to ensure accommodations are made. If a customer made this request, the phone next to the front entrance doorway can be used to gain access to the building.

Accessibility issues are considered by code in new construction and on major renovation projects of existing buildings. The DIS understands the law, and is working within it, but is restricted by resource availability for existing buildings not under renovation. Every effort is being made, within existing resources, to modify buildings or find alternate methods of accommodating employees and patrons.

Editor's note: This is the first part of Brig. Gen. James A. Marks Sensing Session, The Scout will run the second part of these issues and responses in next week's issue.

UNIFORM from Page 1

report at the discretion of the commander.

To eliminate subjective opinions from one command to the next, the soldier will present the written documentation at his new assignment, Messman said.

Other items that were revised include hair, nails, contacts, cell phones, pagers, headgear, "camelbacks," desert battle-dress-uniform insignia, regimental distinctive insignia, physical fitness uniform wear and pregnancy, the explosive ordnance detachment badge and the black mess uniform.

The beret, which is a new clothing item, is addressed in the updated regulation. When soldiers are not wearing the beret outside, they should be carrying it, Messman said.

Soldiers should not attach headgear to the uniform, hang it from their belt or put it in a uniform pocket. This headgear policy has always been in effect, Messman explained. However, in maneuver environments placement of the utility cap is at the commander's discretion, she added.

What people have to remember is that the Army regulation is the only publication that accurately spells out proper wear of the uniform, Messman said. Regardless of what media sources put out, soldiers should first seek clarification from AR 670-1, and focus on what the regulation states now, and what will go into affect in August, she added.

The uniform regulation was last revised in 1992, but in order to keep up with the pace of changing times the regulation is periodically reviewed.

"The regulation has to change with time," Messman said. "If not we'd still be wearing uniforms from the Civil War."

A new policy regarding cell phones and pagers is one addition to the regulation that was generated by technology, Messman said.

Under the regulation only one electronic device will be authorized for wear on the uniform in the performance of official duties. The device may be either a cell phone or pager - not both. The device must be black in color and may not exceed 4 X 2 X 1 inches. Devices that do not comply with these criteria may not be worn on the uniform and must be carried in the hand, bag or in some other carrying container.

At one time, cell phones and pagers were

only common practice for people in the medical field, but now the Army has downsized, and people are doing more than one job at the same time, said Lt. Col. Margaret Flott, chief of the Individual Readiness Policy Division for Army G-1. Soldiers have to be able to go out and do their jobs without being tied to their desk, she said.

Messman is the principal adviser for changes to the uniform policy, but she said the changes that were made came from recommendations.

"We depend a lot on leadership in the field," Messman said. "They know the young soldiers of today. I get their input on when it's time to allow something that wasn't allowed before, or when something starts becoming a distraction and needs to be addressed."

The policy change authorizing braids and cornrows is an example of items that were once seen as inappropriate in the workplace, but now considered conservative and business-like, Messman said. And the policy clarification that prohibits two-toned manicured nails is an example of a growing trend that has no place in the work area, she added.

People usually have the hardest time accepting the grooming policies, Messman said. "We don't want to rob people of their individuality," Messman said. "But the Army has never professed to be a leader in fashion. Our goal is to create a conservative, professional image and some of the more trendy styles will not accomplish that goal."

Other highlights of the changes are:

Dreadlocks are prohibited for all soldiers. Prohibited hair dye colors include purple, blue, pink, green, orange, bright fire-engine red, and neon colors. "If soldiers use dyes, tints, or bleaches, they must choose those that result in natural hair colors," Messman said.

Women are authorized to wear braids and cornrows; baldness is authorized for males, either natural or shaved.

Males are not authorized to wear nail polish and they must keep nails trimmed to the tip of the finger. Females must keep nails trimmed no longer than 1/4 inch, as measured from the fingertip. Two-tone or multi-

tone manicures and nail designs are prohibited. Prohibited nail polish colors include bright fire-engine red, khaki or camouflage, purple, gold, blue, black, white, and neon colors.

Tinted or colored contacts, and contacts that change the shape of the iris are prohibited, as they are not medically required. The only tinted contacts authorized are opaque lenses (when prescribed for eye injuries) and clear corrective vision lenses.

All soldiers are exempt from wearing headgear to evening social events (after retreat.)

The Army flash is the only one authorized on the black beret, unless authorization for distinctive flashes was granted (i.e., OPFOR) before June 14, 2001.

Commanders may authorize the use of a camouflage hydration system (commonly called "camelbacks") for field duty or on work details.

Soldiers will not use these devices in a

garrison environment, unless directed by the commander.

Sew-on insignia is now authorized for the desert BDUs.

Soldiers may wear the same insignia and awards as are worn on the woodland camouflage battle dress uniform.

Soldiers who are pregnant should wear the PT uniform until the uniform becomes too small or too uncomfortable.

At that time, pregnant soldiers may wear civilian equivalent workout attire. Leaders will not require soldiers to purchase larger PT uniforms to accommodate the pregnancy.

Wear of the RDI on the AG 415 class B shirt is optional.

The category of the EOD Badge is changed from group 5 to group 3.

A wear-out date for the female officer black mess uniform is Sept. 30, 2003.

The updated policy can be found on the following Web site: http://www.usapa.army.mil/pdffiles/r670_1.pdf.



Photo by Sgt. Sharron L. Stewart

Rosie Jackson, manager of the Military Clothing and Sales Store, assists Staff Sgt. Terry Boyette, a Basic Noncommissioned Officer Course student at the NCO Academy. Army Regulation 670-1 has many revisions which include hair, nails, contacts, cell phones, pagers, headgear, "camelbacks," desert battle-dress-uniform insignia, regimental distinctive insignia, physical fitness uniform wear and pregnancy, the explosive ordnance detachment badge and the black mess uniform.