

The Fort Huachuca Scout



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Scout reports

e-mail: thescout@hua.army.mil
website: huachuca-www.army.mil/USAG/PAO

East Gate change

The East Gate will remain open on training holidays, but will be closed on weekends and federal holidays.

HWMB meeting canceled

The Hazardous Waste Management Board Meeting has been canceled. The board meeting was scheduled for today, but due to the events, ceremonies and memorials, it is rescheduling until Oct. 9 at 8 a.m. The board meeting will be at Building 22420, Room 3. For more information, call 533-0547/0548.

2002 CFC to begin soon

The 2002 Combined Federal Campaign for Fort Huachuca and Cochise County will begin soon. This year's campaign will run from Sept. 25 - Nov. 6. Organizations should have already received a tasking letter requiring them to appoint unit coordinator's and key workers.

The training session for unit coordinators and key workers will take place Sept. 13, 10 a.m. - noon and 1:30 - 3:30 p.m. in the Greely Hall Auditorium, Room 1215.

For more information, call 2nd Lt. Tricia Kelley, CFC coordinator at 940-0219 or email afsgqhxo@hqasc.army.mil.

Volunteers needed

The U.S. Army Intelligence Center and Fort Huachuca will host its Hispanic Heritage Month Celebration Sept. 27 at Murr Community Center. Volunteers are needed to assist with the event such as dancers, musicians, and individuals with artifacts pertaining to Hispanic heritage.

For more information call Post Equal Opportunity: 533-1717/5305, Army Signal Command 538-0909, 112th Military Intelligence Brigade 538-0533, 111th Military Intelligence Brigade 533-3672, 11th Signal Brigade 533-5202 or Master Sgt. Shirley J. McKnight-Gullatt at 538-0909.

POW/MIA recognition

The Installation Staff Chaplain's Office sponsors a recognition ceremony at the Main Post Chapel Sept. 20, 11:30 a.m.-1 p.m. The service will remember those who suffered as POWs and the families of those listed as Missing in Action. Many former POWs of the area will be present for recognition and to speak to attendees. Displays and light food will be in the chapel activities room following the 45 minute ceremony.

All community and post personnel are invited to attend. Military dress is duty uniform. For more information, call Chaplain (Maj.) Dennis R. Nitschke, at 533-4755.

EEO hours of operation

There will be someone available at the Equal Employment Opportunity Office during the following periods: Today, 7:15 a.m. - 1:45 p.m. and Friday from 7:15 a.m. - 3:45 p.m.

Anyone who needs to file an EEO complaint will be asked to set up an appointment by calling 533-2028 for either an appointment with a collateral duty EEO counselor for an intake session or be seen by the complaints manager, Sept. 16-20.

Unauthorized childcare in post housing can lead to eviction

By Katherine Goode
Scout Staff

In accordance with Army Regulation 608-10, military personnel and their dependents may not care for children in government owned or leased quarters for more than 10 hours per week or on a regular recurring basis or else it is considered unauthorized childcare.

"In order for any person to do child care on Fort Huachuca, the garrison commander must give them the approval," explained Syretha Storey, Fort Huachuca Family Child Care director.

She continued by saying, "The way he does that is to make us his agent and we cer-

tify them."

Unauthorized providers pose a risk to the children in their care and the community because they are generally uninsured, untrained and unmonitored, and as a result, unauthorized childcare is taken seriously within the Department of the Army. Personnel and family members who offer unauthorized childcare place themselves at risk for eviction from government housing.

"We provide them with two weeks of training, run them through a whole gamut of background checks, do a family interview to make sure it will work out for the older children and the servicemember," Storey said. We also inspect the home and check shot records, make sure that fire safety and the

health department goes out and checks them, and we enroll them in Army Risk Management Program Insurance, and make sure they know how to serve two healthy snacks and a meal per day.

"Someone who does unauthorized childcare does not have any of these benefits," Storey said. "They are just somebody that does childcare while uninsured, untrained, and without supervision. That is why the army has put a 10 hour limit on childcare within the home."

Not meant as a way to prevent neighbors from watching each others children while the other goes to the doctor or the store, Storey says these rules are to set limits, and if you know of someone providing unauthorized care, you should report the person to FCC, at 533-2494.

"The first time a complaint is received, a FCC staff member will visit the home to let them know what the rules are, how the program works, and how they can become a legal part of doing childcare on post," said Storey.

She continued by explaining the second referral will cause sponsor notification, along with notification of the sponsor's commander, and the third time housing will be notified. Authorized childcare provider's quarters are identified by a red, white and blue rainbow, and the provider must have proof of certification hanging near the entrance of the home. The FCC office has a team of dedicated professionals ready to serve anyone who desires to do authorized quarter's based childcare. Anyone interested in becoming a certified FCC Provider or desiring further information about the program can contact FCC.

"If you need childcare, come to the Central Registry Office where you will be provided with a list of certified providers that will meet the parents needs," said Storey. They have access to a multitude of care givers who can meet the public's needs.



Photo by Staff Sgt. Sharron Stewart

FCC Provider of the Quarter, Veronica Coriz, interacts with Jordan Key, 3, Isaiah Coriz, 3 and Xavier Cartwright, 2.

Army to pay full tuition assistance in Oct.

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

Effective Fiscal Year '03, the Army will pay all or a portion of the charges of an educational institution for the tuition and expenses of soldiers for post-secondary education during off-duty periods.

The news comes as a great incentive for soldiers to continue secondary education towards a college degree according to Craig Kreusemark, education advisor.

"It's important for soldiers to know they don't have to repay it with time or money," Kreusemark said. "It's free and if they don't use it, they don't get it."

The Army increased its tuition assistance up to \$250 per credit hour and a yearly cap of \$4,500. Allowable expenses are fees charged by an institution related to instruction such as laboratory and computer fees, or other required fees such as security, health, or library access.

Tuition assistance will not be used for the purchase of books unless included in the academic institution's published tuition rates.



Photo by Sgt. Jessica Inigo

Sgt. 1st Class David Anderson, Company E, 305th Military Intelligence Battalion, gives a report for Humanities 206 as teacher Barbara Hays looks on.

When an institution's tuition fees are \$250 or less per semester hour (or equivalent), the Army will pay 100 percent of the amount charged by an institution. When an institution's fees exceed \$250 per semester hour, the Army will pay \$250 per semester hour (or equivalent) of credit.

This rate will be applied uniformly whether instruction is delivered traditionally or through distance learning education. During his initial briefing to all soldiers in-processing here, Kreusemark tells soldiers there is no reason to leave Fort Huachuca without a degree, and now the new TA guidelines makes it easier.

"The vast majority of soldiers are here for quite a while, at least a couple of years," he said. "Within that period of time because of the class schedule and offers we have through the universities on post, there really is no excuse a soldier can't get to school."

He added, with this new incentive, there isn't going to be tuition cost anymore, so now all a soldier has to do is flip the bill for books and supplies. Kreusemark, who retired from the Army, is excited about the commitment the Army has given soldiers to excel in education endeavors.

"The Army has recognized that a smarter soldier is more easily trained soldier," he said. "For example, if a soldier already knows how to read and write, you don't have to tell a soldier to 'put your hand here or pull that lever,' you can instruct at a higher level."

Kreusemark said there are some places in the Army, compared to Fort Huachuca, where the command climate towards education isn't as positive as it is here.

"Education has also become a quality of life issue. Not every soldier is a career soldier, and every soldier should recognize that," he said. "On the outside in the civilian world, 20 years of experience with no degree is just as bad as a degree with no experience. So the military is offering both sides to the soldier if they take advantage of it."



Courtesy photo

White: Army ready for battle beyond Afghanistan

By Joe Burlas
Army News Service

The Army is ready to win this nation's battles beyond current operations in Afghanistan, according its top civilian leader.

However, no decision has been made yet to make war on Iraq by President George W. Bush, Secretary of the Army Thomas E. White told a group of journalists Sept. 5 at the Pentagon.

"We as an Army, as we always would if anybody was prudent and responsible, are looking at the possibilities for the future," White said.

"But our principal focus is still to support the war that's ongoing, not the war that the president has yet to make

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TeamTalk

United in Freedom

Brig. Gen. James "Spider" A. and Marty Marks

It was exactly one year ago today that my family and I arrived here on Fort Huachuca to take command of this great installation. Of course, this transition was overshadowed completely by the horrendous events taking place in New York and at the Pentagon at the same time our troops were marching in formation on our historic Brown Parade Field.

Our nation – and this installation – answered these attacks with commitment and positive, decisive action. Marty and I have never been more proud than we are now to be part of the Fort Huachuca community. Its soldiers, civilians, family members, and contractors have sustained our mission

of successfully training top-notch military intelligence soldiers and keeping this installation truly an assignment of choice for America's soldiers and their families.

We know this has not been an easy year for anyone, because of the turmoil and upheavals caused by stop-loss orders, family separations, and deployments in support of the global war on terrorism and Operation Enduring Freedom. However, as always, you have all responded with determination, focus, and distinction.

As we come together today to remember the more than 3,000 people who were killed in the Sept. 11 attacks, it is important to remember that this war on terrorism is being fought not only by the United States but by a coalition of nations. Remember that the victims of the Sept. 11 attacks came from more than 80 different nations and from many different races and religions. Terrorism threatens all civilized nations, not just the United States.

We also gather today to remember those in and out of uniform who have died in the

global war on terrorism and are continuing this fight around the world. While the terrorists sought to topple the world's mightiest symbol of economic prosperity and military power, what they really accomplished was to signal to the world that the United States and its citizens will not be intimidated.

As we look ahead to this next year, we recognize that there is no end in sight for this war. We will pursue terrorists and terrorism as long as it takes. We must also be prepared for new adversaries and new threats. I know that, as in the past, you will all rise to the occasion while remaining vigilant and focused on your missions.

So, today, we join together to remember all the heroes – those who perished in the Sept. 11 attacks, rescue workers, our military and civilians who have died fighting terrorism around the world, and those who are still on point

for the nation, both at home and abroad.

My family and I will never forget Sept. 11, 2001. It was both the beginning of a new chapter in our lives as well as a new chapter in the history of our country and the world. Thank you all for doing your part to the utmost as we remain united in freedom for this great United States of America.



Commander's Hotline

Call:

I would like to know why I am required to buy supplies at my own expense to clear my government quarters?

In preparation to clear my on-post quarters, I went to the Self-Help store to get some paint and other supplies. I was informed by the person working there that they no longer supplied residents with paint supplies and I would probably have to buy my own. Sure enough, when my wife and I met with the housing inspector at the "demo quarters" they have set up, we were informed that we would have to purchase our own paint.

As our quarters were just painted in 1999 prior to our move here, we would be required to paint them to clear. This would mean that we would have to supply our own paint from off post. The housing inspector even provided us with a flyer of a local paint store that sells the paint (at \$15.70 a gallon)!

What's more, spot painting was not authorized. This means that we would have to paint not just the nail hole we patched, but the entire wall. This, of course is if we find matching paint, otherwise we have to paint the entire unit.

My wife and I don't have any problem with being required to paint our quarters prior to cleaning. We do, however, have a problem with being required to purchase our own painting supplies.

Would it be possible to get the Self-Help store supplied with the painting supplies neces-

sary to do the job?

Response:

In order to reduce maintenance costs, housing began using a more durable paint several years ago. This extended the interior paint cycle from every three years to every six years. Walls that require painting within this timeframe are considered damaged and beyond fair wear and tear, as such, occupants are expected to cover the cost of repair just as if they had broken a window or otherwise damaged the quarters. The cost of repair also includes material.

There is no requirement to paint a wall simply because it has a patched nail hole. Occupants are told to use spackle sparingly and to wipe off excess with a damp cloth. Done properly, a nail hole patch should be invisible, eliminating the need for paint.

Painting is only required if there are large or multiple holes or scraped by furniture, clearly visible. In that case the occupant is given a choice of painting that wall themselves or paying the cost of a service order to have the damaged wall painted by maintenance personnel.

The flyer providing a source for paint is just a suggestion. Arrangements were made with that source to ensure the paint would match in order to prevent an occupant from having to paint an entire room when only one wall was damaged.

Suggest this occupant come to the housing office to get details on his specific requirements during his pre-termination briefing with his personal agent.

*Sylvia M. Pete
Chief, Housing Division*

West Nile Virus Surveillance

*Staff Sgt. Christopher J. Peet, NCOIC
Preventive Medicine Wellness and Readiness Service*

The Fort Huachuca Veterinary Services and the Preventive Medicine Wellness and Readiness Service have joined in a combined effort to actively survey for the presence of West Nile Virus on Fort Huachuca. Although no cases of WNV have been reported in Arizona, preventive medicine per-

sonnel on post are not taking any chances. The community can assist public health officials in surveillance for WNV by reporting any dead or dying birds to the Fort Huachuca Veterinary Clinic at 533-0481.

Birds are the primary reservoirs for WNV, because the virus multiplies well in the blood of certain species of birds. After 10 to 14 days, the mosquito's salivary glands become infected. The infected mosquito can then transmit WNV to humans and other animals while biting them. The virus does not multiply in the blood of these other animals to a level in which it can be transmitted to a mosquito, making other animals, such as horses or humans dead end hosts, in-

capable of infecting others.

Arizona has a large number and variety of migratory birds, which may play a role in the geographic spread of WNV. Migration patterns for many bird species in eastern and western states overlap during winter migrations into Central and South America, thus creating the potential for WNV into the western bird species.

In addition to reporting dead or dying birds you can assist in the prevention of the spread of West Nile Virus into the area by helping to reduce the mosquito population on post by eliminating pools of standing water around housing areas, and using insect repellents, especially in the evening hours.

Scout on the Street



I was in my room and received a phone call from my sister; I turned on the news and I saw the first building burning. I was surprised and couldn't believe anything could happen so close to home.

**Spc. Kenji Davis,
Headquarters and
Headquarters Company,
United States Army
Garrison**



I was on my way to work here at Fort Huachuca when the first plane hit and I didn't believe it. I thought it was a hoax, then the television at work had it on. I was in total shock, it didn't seem real.

**Glenn Howie,
Telecommunications
Specialist,
Telecommunications
Directorate**



I was home on leave in Nevada and my family woke me up and called me into the living room to watch TV. I couldn't believe what was happening. I was at a loss for words.

**Sgt. Jason Whitaker,
Directorate of Installation
Management, USAG**



I was at a Change of Command at Brown Parade Field practicing when I heard about it. Someone came to practice late and had seen it on the news. I was surprised and didn't believe it until I saw it on television.

**Spc. Albert Edwards,
HHC, USAG**



I was waking up in the morning, getting my kids dressed for school; then we said a prayer because we lost loved ones.

**Allashan Strange,
family member**



I was coming back from leave early that morning and I was wondering why the East Gate was backed up; I assumed it was closed. Then I got to work and a co-worker told me they were bombing the World Trade Center. I saw it on TV and instantly thought how unbelievable it was.

**Sgt. Greg Thacher,
HHC, USAG**

Photos by Angelica Pequeño

Where were you when you learned of the Sept. 11 attacks on America?

The Fort Huachuca Scout®

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MI unit adopts more than highway, cleans community

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

Prior to joining the Army, Spc. Stephen Higgs was all too familiar with the Army way of life and its values after traveling the world with his father, a retired soldier. On his second day assigned to Fort Huachuca, the 24-year-old Colonial Beach, Va. native lived the value of selfless service.

Higgs, along with 50 soldiers from Company B, 305th Military Intelligence Battalion, volunteered their time to pick up trash along a stretch of Route 90 as part of the unit's Adopt a Highway program Saturday.

"This is a great way to help out the environment and the community," Higgs said. "I was doing this type of volunteer work while in the Boy Scouts and I'm glad to be here."

The soldiers detailed for the project all arrived to Fort Huachuca Friday, but as Higgs explained, it was the type of detail he didn't mind doing at all.

According to Leonard Nezuch, chief instructor, Systems Maintenance Division, the 305th has been involved with the Adopt a Highway program since June 1996.

"At that time the 305th Commander, Lt. Col. James Ward, thought that it would be nice if the companies could become more involved in community projects," Nezuch said. "B Company (formerly the Electronics Maintenance Training Company) at that time took the lead and adopted a stretch of highway on Route 90."

Nezuch explained the unit is required to perform a clean up three times a year, but they perform clean up quarterly. Volunteers include students, permanent party personnel and civilians, who donate their own time on a weekend.

"Our turnout usually exceeds 40 personnel, and we're able to police our two-mile stretch of Highway in just under two hours," Nezuch said. "The average number of trash bags we fill is just over 50."

The city supplies necessary equipment such as trash bags and safety vests. Prior to trash pick up, a safety briefing is given to all the volunteers and the state comes by and picks up all the filled bags the following week.

As for Higgs and the rest of the soldiers, the detail gave them their first view of Ari-

zona scenery up close.

"I'm glad to be out here," Higgs said. "I

knew details were part of Army life, but this one was worth doing."



Photo by Sgt. 1st Class Donald Sparks

Over 50 soldiers from Company B, 305th Military Intelligence Battalion, volunteered their time to pick up trash along a stretch of Route 90.

OBC students brave heat for worthy project

304th Military Intelligence Battalion release

Learning and studying natural science was made a lot easier for students attending Col. Johnston Elementary School this year.

Four soldiers from Company C, 304th Military Intelligence Battalion volunteered three days of muscle and sweat to clear the school's vegetable and flower garden of weeds just in time for the fall bloom season.

Second Lieutenants Nicholas Clark, Jamie Hornbuckle, Jay McGee, and Wayne Sanders devoted their time for the project and braved the elements to clear the plots. The summer heat had taken its toll on the plots and weeds had destroyed most of the flowers, but the soldiers came to the rescue before the school opened its doors for the new school year.

"I am just happy to give back to the community that does so much for us," McGee said.

According to Maj. Daniel Larke, executive officer, 304th MI Bn., more importantly, the project helped strengthen relations between the unit and the community.

"Rick Morrison, Johnston Elementary School principal, and Lt. Col. Brian Lesieur, 304th MI. Bn. commander, met a few weeks ago to discuss ways to give back to the elementary school," Larke said. "The following day, four lieutenants were digging up weeds in the hot Arizona sun."

All of the lieutenants had just arrived to Fort Huachuca to attend the Military Intelligence Officer Basic Course, and since their classes did not start until the following week, they were in the right place at the right time to help.

"The Army team at Fort Huachuca appreciates all that

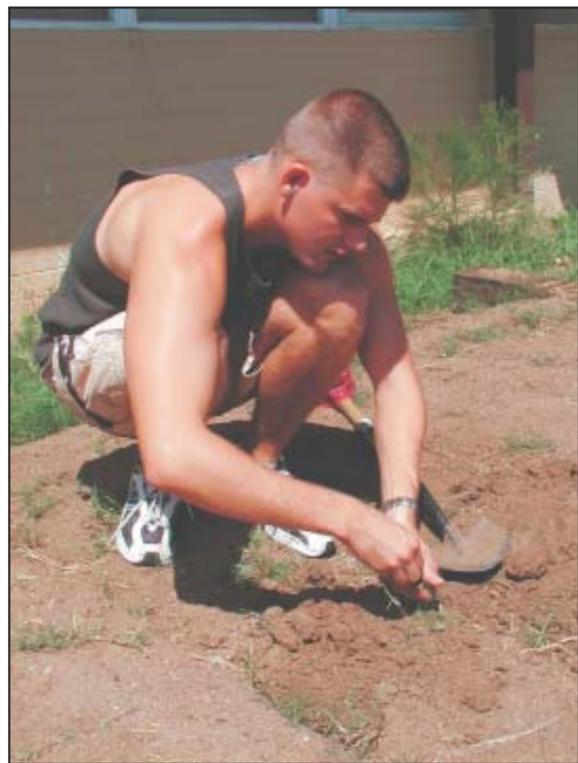
the community does for them, and they are more than willing to give back to the community," Larke said. "This gardening opportunity was a small step in that process."

A future goal for the battalion is to establish a tutoring program at the school. The lieutenants also discussed trying to set up a class community project with the school so that all the students of Class 02-12 OBC can give something back as well.

"Anything that the Army can do to help give back to the community, we are more than willing to try," Sanders said about his comrades in his OBC class. "If anyone deserves the kudos here, it is the teachers and faculty of Colonel Johnston Elementary School who give their all everyday."



Second Lieutenants Jay McGee and Jamie Hornbuckle loosen the dirt on the garden plot.



Photos by Sgt. 1st Class Donald Sparks

2nd Lt. Wayne Sanders, Company C, 304th Military Intelligence Battalion, pulls weeds from a garden plot at Colonel Johnston Elementary School to help the student's fall harvest bloom.

Deployments mark high stress period for spouses, children

By Sgt. Jessica Inigo
Time Out Editor

With battle rattle strapped, soldiers of Fort Huachuca are off to help America win the war on terror.

As noble and courageous as it all is, some family members still find it hard to understand or cope with the situation when their spouse or parent is deployed.

The first step to better dealing with the separation time, according to Army Community Service officials, is accepting the lack of control over the situation and understanding their feelings of anger, anxiety, sadness or stress are normal.

"All these feelings they're having are validated," said Pam Allen, family service coordinator, ACS.

Some family members may have too much pride to use services available, but the services ACS and Family Readiness Groups offer can make all the difference during deployments.

"We can be very proud at times, but when times get tough it's easy not to see the big picture," said Gail Mortensen, former family service coordinator. She explained when family members use services they better understand deployments, have support and remember why the military is out there.

ACS offers different programs to help during deployments, including counseling on loan and budget planning, play groups, stress management, and even offer a pre-deployment checklist to help make living at home easier with out the deployed spouse.

"It's a big burden when a family member deploys because the one who's left at home becomes the sole parent, has to take care of finances on their own, as well as take care of any problems that arise," Allen said.

The checklist includes issues dealing with finances, administrative, medical, transportation, maintenance, personal problems, and even advice for single soldiers who deploy.

"This is a high stress time. It's hard emotionally and it's hard on children. Parents

need to be as prepared as they can and talk as much as they can," Allen said.

A good way to help children cope with the situation is to allow them to communicate openly. Also, projects can be started to help the deployed parent know what happened while there away, as well as help the child to remember the parent in a positive light.

Making a scrapbook is a good way to keep record of events that took place for the deployed parent, while videos and letters can be left behind for the children.

"Another good idea is to have a picture of the deployed parent put onto a pillowcase, that way the child can keep it with them when they go to bed at night," Allen said.

Also, on the first working Monday of each month, a puppet show is offered at Kino Chapel from 6-7:30 p.m. to help children speak about their emotions. The Kids on the Block puppet show deals with issues that may be affecting children then answer any questions the children may have.

The best way to beat depression or loneliness when family members are deployed is to stay active by working, volunteering, or even making daily goals.

"When my husband left to Korea it felt like everything that could go wrong did," said Katie Demko, relocation assistance, ACS.

Initially Demko started off on the wrong foot when her husband left by shopping and making debt for the family.

She said she realized she was going down the wrong road and decided to make a change.



Deployment Link graphic

"I became active in the community, as well as a leader on post," Demko said. "I grew from the experience, even though it wasn't fun. I feel I'm that much stronger because it was a confidence booster. I know I can take care of whatever might come my way, all on my own."

ACS also stresses that family members try to work out any problems they may have prior to deployments, with crisis management classes. This ensures problems don't get too out of hand.

"We realize it's hard when a loved one leaves. If a family was having problems prior to a deployment, it is only going to be worse when they come back," Allen said.

Though the reunion may seem like a happy time at first, problems can arise later, not only from past problems, but new ones as well, according to Mortensen.

"When families reunite many times they want to splurge in their happiness and purchase items they wouldn't normally buy," she said. "Debt is always a big problem for family members to deal with. Once reunited, family members should do some budgeting again and come up with a plan to stay debt free."

For this or any other information on deployment issues or family concerns contact ACS at 533-2330, located on the traffic circle. Also, contact your unit's FRG for unit specific information.

Video e-mail sent to deployed servicemembers

By Gerry J. Gilmore
American Forces Press Service

WASHINGTON — A computer maker today unveiled a special kiosk at the Pentagon that features hundreds of video e-mail messages sent to servicemembers deployed worldwide in the war against global terrorism.

The high-tech device highlights Hewlett-Packard's "Give Thanks America" program, launched in December 2001. The program honors the victims of the Sept. 11, 2001, terrorist attacks on America and thanks military members for their service in the war against terrorism.

The idea was developed by survivors of five Compaq employees killed in the New York World Trade Center attack, according to a Hewlett-Packard official. The company and Compaq merged earlier this year.

Hewlett-Packard President Michael Capellas and Navy Rear Adm. Craig Quigley, senior military officer in the Office of the Assistant Secretary of Defense for Public Affairs, dedicated the kiosk. It's slated to remain in the building for about a week.

Capellas said he was proud his company "was able to play a role in helping the nation heal and in conveying the country's pride in a job well done to the men and women who protect our freedom and way of life."

Since the Give Thanks America began, military families, celebrities, athletes, politicians and the general public have recorded video messages nationwide at special kiosks. The Pentagon kiosk features a large monitor and desktop computer that plays a collection of those messages.

Hewlett-Packard officials note that messages have been uploaded to www.givethanksamerica.com or have been sent directly to military men and women around the world.

Quigley thanked the company for the program and the kiosk. He also expressed amazement in the advances in communication made possible by technology.



Photos by Staff Sgt. Sharron Stewart

Anna Perry, 11, a Kids on the Block puppet and Bethany Totori, 15, delighted children of all ages at the Info Fair Saturday.



Karen Carolan, 14, babysitter watches Britney Markee, 2, and Lavern Markee, 4 at a display table sponsored by the Blakeford Foundations Children and Family Services. The event featured many ways to entertain spectators of all ages.



Info Fair

Post activities, programs displayed for newcomers, hundreds informed, entertained

Counter clockwise, beginning with the upper right photo: Magali Torres, Family Advocacy Program specialists talks to Ebonee Grinder, 5, about the different services the FAP program provides.

Representatives from Child and Youth Services talked to Danna and Calvin Vazquez. Pictured are Marty Johnston, Outreach Services, Debbie Wambach, Youth Services, and Javier Barron, school liaison officer.

Andrea Wagener, and daughters Abigail, 4, and Katharina, 9, represented the Girl Scouts at the Info Fair. Wagener said Girl Scouts can start as young as kindergarten.

The event was open to the local community. Representatives from Water Wise, Morale Welfare and Recreation Rents, the Dental Activity Command, Hope Floats, American Red Cross and the Chamber of Congress among other organizations participated in the event. Post tours were also offered. The event was held primarily for newcomers to become better acquainted to Fort Huachuca and the surrounding community.



Chalk Talk

Myer School news

Desiree Madarang's fifth graders are settling into the new routine of the school year very well. Their favorite tool is Quick Pads. They are practicing with Typing Tutor to improve their keyboarding skills. They are almost finished with research for their first reports on the Mayans, Anasazi, Aztecs, and Inca.

Beginning Band Students are busy learning how to make beautiful sounds. Dan Howdershell, the band director, has started private band lessons. It won't be long till we will be hearing some familiar tunes.

Regina Chesleigh's 5th grade class is off to a great year. They have started learning about place value for both whole and decimal numbers. They are studying about feelings and coping with new things in Health. They have begun the Drug Abuse Resistance Education Program and the students are very excited about their time with out DARE Officer, Sgt. Barbara Muller. Students are working on research in the computer lab for Probes (an integrated art written language research based project) of their favorite explorer. Congratulations to the students of the week: Tori Martinez and Juan Ventura. Great job.

Kim Tomlin's fifth grade class is getting off to a great start too. They have completed their "All About Me Times", newspaper. They have proudly displayed the article, along with a picture, outside their room. They are working on place value in Math. They are talking about getting along with others and goal setting in health. They have also been studying different types of map skills. They are all looking forward to a fun year filled with learning.

Bonnie Burleson's fifth grade is also off to a great start. Three people have served as Person of the Week: Malia Alleman, Cody Akers, and Meghan Arquette. Students started participating in Running Club and turned in 90 laps on the very first day of running. Students learned "rafting" which is a writing process. They also started their literature unit with a novel entitled "Sign of the Beaver."

The Magellan Running Club started this past Tuesday. The challenge is out to every fourth and fifth grade class to see which class can clock the most miles for the year. Ribbons are given out to each person who runs 25 laps and keeps increasing as the year goes on.

This is an excellent way for students, staff, and parents to get in shape. Credit is given for miles run during the weekend as long as the information is written and signed by a parent. It is hoped we are all ready for the Mile Run later in September.

Myer School will be having a Craft Show on Nov. 2 in the school gym. If anyone is interested in having a table they can contact the school office at 459-8986 or Dianna Beatty at 452-2098. A table will be \$25 and the money will go to the Myer School PTSO.

Empowering your exceptional family member

By Katherine Goode
Scout Staff

There is nothing more distressing than to move to a new post and having to find all the programs, medical treatment, and schooling for an exceptional family member on your own.

But you don't have to do this alone. The Exceptional Family Member team on Fort Huachuca is a cohesive network to help families empower their exceptional family member.

Gail Mortensen, the EFMP program coordinator for Army Community Services, offers help with local and non-local agencies to see that your child gets the best help possible.

"From the ACS side of the house, this is fairly new that we have someone in this position. We will be networking with these different organizations that are available and have pamphlets that describe the different services available," within Southeastern Arizona for special needs families, said Mortensen.

"I think we have a pretty good program for special needs and part of my job is to go into the community and work with different organizations to provide assistance to these families," said Mortensen.

These services can also include Children's Rehabilitative Services in Tucson, Social Security Implement or Disability. They do not affect services through the military or Tricare.

But arranging for special services with the Division of Developmental Disabilities and Arizona's health insurance for special needs persons, or Arizona Long Term Care System, and other programs isn't the only issue that a family is faced with when they have a special needs family member.

Mortensen says there are several other people in the network that are important on Fort Huachuca to link up with.

Adriana Martinez, parent education coordinator for Specialized Training of Military Parents, says there are two components to providing for the exceptional family member.

The first part has to do with medical: doctor diagnosis, and coding, which is done at Brooks Army Medical Center in San Antonio, Texas.

Martinez said this is crucial, for then the information goes to PERSCOM and to the soldier's file so when the soldier is going to undergo a permanent change of station, the people who are going to move the soldier are going to say "Wait a moment, this family has a special needs family member."

This will make allowance for the losing installation's EFMP to contact the gaining installation's EFMP to make sure there are accommodations and services necessary for the special needs family member.

And it is important that once the family has arrived at the gaining installation they contact ACS so they can find out about outside resources available, said Martinez.

According to the STOMP project, if trouble arises, "STOMP will provide military parents with individual assistance and information about parent rights and responsibilities in achieving special education services for their children whether located in the United States or overseas," with workshops to help educate parents in advocacy for their children. Martinez and the other EFMP team members just came from a workshop in Seattle, and hope to have one at Fort Huachuca next year.

The second element involved in providing care for an EFMP child is taking care of their educational needs.

Javier Barron, school liaison officer, and Patricia Marsh, director of Special Education, stresses the need for continuity of services through the school districts and the sharing of school records before the move.

Marsh said, "Probably the major problem that we have had in the school district is that we haven't had records before the students arrived. We really need to have those so that we can make sure it is a good transition for the family."

Marsh said one of the most difficult things is to have a mother show up with their special education student on the first day of school and say, "Here I am!"

"That is one of the things I came away from the [STOMP] training with is more of an understanding of how difficult it is for these military families to transition from one place to another, how often it happens and how they have the same horror stories over and over again, when we should know ahead of time what to expect so we can have placement ready," Marsh said.

Explaining that besides the developmental pre schools available, the Fort Huachuca School District is a resource district, with no contained or partial contained classrooms. Marsh said, "We service students with mild mental retardation, but not children with severe disabilities. If the student needs something more we tuition them out to Sierra Vista with transportation provided."

Barron and Martinez have started a new outreach program with the special education director for the Sierra Vista schools, Penny Morris. If the special needs child is high school age or needs to go to a school in the Sierra Vista school district to have their needs met, they will be ready for them.

Marsh and Morris now expect to hear from parents by phone to find out if their needs can be met in this area after the EFMPs from the losing and gaining installations have made contact.

All in all, the provisions that are offered on Fort Huachuca and in the surrounding areas meet the needs of most people. Martinez, a mother of a special needs daughter, said, "I love this area. I have everything my children wants and needs."

For more information contact Mortensen at 533-2330, Martinez at 249-3775, Barron at 533-1133, or Marsh at 452-0122.

Our hope to continue on, strive on and live on is in one another

By Chaplain (Maj.) Dennis R. Nitschke

9/11 - means much more today than an emergency phone number. Like Dec. 7, 1941 and Nov. 22, 1963, Sept. 11, 2001 has become a date in history that we will never forget. In a few short hours the lives of all Americans - and the world - were changed forever. The twin towers of the World Trade Center became ten stories of rubble and the Pentagon - symbol of military might - was breached.

Whether we want it or not, 9/11 will be covered for a long time on the media and by politicians. But all of us have feelings about the attacks. When the attacks initially happened, I wrote the following to my unit in Korea;

"I don't have a clue why this happened, but like just about every TV commentator said, 'this is pure evil.' Our President said, the attacks were 'despicable acts of terror.' All I know is that God cries for the dead and those suffering, both from the attack and the loss of loved ones. I also know God is in charge here. Somehow, there will be some sense in all of this. Ours is to be people of faith: in the people on the ground in New York and Washington, in our government, in our allies, in our military and in God.

For some, there is sorrow. Such a loss for no reason. For others, there is anger. We will get "even." For some, there is fear. When will "it" happen again?

I ask you, no matter what your feelings are about the attacks, to look beyond 9/11 and look to today - and find hope. Hope in the things that were, that are and are to come.

The people who died in the Twin Towers and the Pentagon did not know Sept. 11th would be their last day. They left their homes, hugged their

children, kissed their husband or wife, bought coffee on the way to work, thought about the day, maybe the weekend to come, and other matters of the heart and mind. They had hope. That hope never came true - on this earthly realm anyway.

We, the people who remain, have hope too. As Sept. 11 "happened" did you notice how many volunteered to serve? Construction and rescue workers scrambled to Ground Zero from California, Iowa, Texas, and many other states. People gave blood, money and tools in so large numbers that support agencies like the Salvation Army and the Red Cross had to divert money to other projects or ask people to stop donating!

Where is our hope? It is in one another. It is in our faith - in

each other, in our nation, in our God. As a Christian I find Paul's words to the Romans, "...let your only debt to one another be to 'love one another'" valid for all of us - no matter what faith group we claim. Taking care of one another opens us to giving; giving opens us to caring, and caring opens us to ... hope. Hope that today will be a greater day than yesterday, offering even better life for tomorrow.

As we come to the closure of the 9/11 remembrances this year, we know the war on terrorism is far from over. However, I ask you to place at the forefront of your heart the truth that "hope of things present and things to come" are far more powerful than a terrorist attack. Hope will lead us all to peace and to a love for one another which will change the world.

Pets of the Week



Hey you! Are you looking for a house cat that will play and will be an outstanding family pet. Than stop looking and come down and ask for me "Oreo". I'm a seven-month-old female DSH. My fee is only \$52 and that gets you a spay, deworm, microchip, Leukemia test, and all my vaccines.



Psst!! Hey down here, I'm "Peaches" and I love kids to play and run around with. I am a two and a half-year-old female Shepherd mix. I'm already housebroken, which is a plus! All you need is \$52 and I'm yours. All that includes a spay, microchip, heartworm test, deworm and all my vaccines.



Hello there, my name is "Malachi" and I am a male nine-month-old Hound Mix. I am a playful, lovable and huggable dog. I will make a great housedog for only \$42. That fee includes a neuter (Oww), deworm, microchip, heartworm test, and all my shots.



Howdy folks! My name is "Twinkie" and I am a two-year-old male DSH. I like to run around alot and bounce. I'm a great housecat and I love kids. So when you come down just ask for me. All you will need is \$42 and that includes a neuter, microchip, Leukemia Test, deworm, and all my vaccines.

These and several other dogs and cats are available at the Fort Huachuca Veterinary Treatment Facility from 8 a.m. to 4 p.m., Mondays through Fridays. The facility is now open through lunch. For information, call 533-2767.

Community Updates

Training to be held for new tutor program

Cochise College Adult Education has established a Tutor Volunteer Program that will train tutors and match them with adult students anywhere in Cochise County.

Tutors will be trained in how to help with reading and writing English or Spanish, math, computers, or GED preparation. Students can request a tutor in the specific area in which they need help.

The first three-hour tutor training session will be from 9 a.m. to noon, September 27 on the Sierra Vista campus. Future training sessions will be held at other locations around the county.

Once trained, tutors will be ready to meet with students in libraries, parks, churches, and coffee shops across Cochise County. If you're interested in being a part of the tutor program, either as a tutor or as a student, call (800) 966-7943, extension 5456.

Education center announcement

Due to temporary duty and training requirements, there will be no counselor or counseling services at the Fort Huachuca Education Center today through Friday.

These services include retired, expiration, time of service/chapter counseling and tuition assistance processing. If those services are required, please come in on Monday or Tuesday. (walk-in appointments available 7 a.m.-2:30 p.m.).

All university offices and classes will be available, as well as permanent change of station outprocessing.

If you have any questions contact Dennis Sherrod at 533-2393.

CGSO Course

Majors have an opportunity to enroll in this required Officer Professional Development course on Fort Huachuca. Phase I and III of CGSOC will start in October and meet one weekend each month. The classroom option has numerous advantages over the correspondence version, including:

- Both a higher graduation rate and higher grade average;
- Workload sharing and interaction with active and reserve component students;
- Professional and structured learning environment;
- Instructor support.

There are both a minimum and maximum amount of students allowed in each class, so if interested in enrolling, please contact Rick Meador at 538-5099.

Range closures

Range Closures for Sept. 14 – Sept. 22
Saturday – AB, AY, T1, T1A, T2
Sunday – East Range

Monday – AN, AV, AY
Tuesday – AM, AN, AR, AY
Wednesday – AV, AY, T1, T1A, T2
Sept. 19 – AL, AM, AR, AW, AY, T1, T1A, T2

Sept. 20 – AU, AY, T1, T1A, T2
Sept. 21 – AU, AY, T1, T1A, T2
Sept. 22 – East Range

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

Promotion material available for free at education center

Here's a hot one for free.

We have Promotion Board/Soldiers Board Study Guides soldiers can check out for free. You no longer have to buy your own study guides to prepare for boards.

The Education Center Military Occupational Specialty Library now has a supply of 9th Edition "The Soldier's Comprehensive Study Manual," and also of the "Winning the Board" study guide. Soldiers can check these

name, duty phone, and message regarding the class on our voicemail, or with the person who answers the phone.

Widowed Support Group/Center

The Widowed Support Group/Center is located at the corner of Buffalo Soldier and Fry Boulevard. at the Main Gate. Hours are 9 a.m. to 3 p.m., Monday-Friday.

There is always a knowledgeable volunteer on duty to answer your questions and offer assistance in any way we are able. Come by for a visit, a cup of coffee, or just to say hi.

Tuesday at 3 p.m. will be our Quarterly Membership Meeting where we will be formulating plans for the upcoming fall/winter social programs. We invite you to come out to meet and greet each other and participate in this planning. There will be refreshments following the meeting. There is no cost to you, and no reservation are necessary.

Wednesdays are set aside as Craft Day. Come help with the refurbishment of stuffed animals/dolls. These items are then

retired Professor Mike Leiboff of Communications and Theater.

Civilian and military personnel are invited to attend. If you would like to attend, contact Joan Street, SEP manager at 538-0276 or 533-2110 to reserve your seat as it is limited to 40 spaces.

EPG range closures

The Electronic Proving Ground has reserved the East Range Sept. 22, and 29. The range will be closed on those dates due to hazardous operations, except for designated personnel working with EPG.

CIF closure

The Central Issue Facility will be closed Sept. 18-20 for inventory. In case of emergency situations, please call Dan Berry, 533-5828 or Cliff Hensley, 538-8771.

New DOIM training enrollee contact

Effective immediately the Directorate Of Installation Management help desk will be assuming the responsibility for enrolling requesting individuals into the DOIM provided training classes. Therefore, if any U.S. Army Intelligence Center and Fort Huachuca employee wishes to sign up for DOIM provided office suite and/or Access data base software classes, call 533-1212 to enroll.

As a reminder, the DOIM training schedule can be found on the Fort Huachuca web page under the TRAINING category, by clicking the option: "DOIM Computer Classes."

BSEP Class

The Education Center will sponsor a Basic Education Skills Program class which ends Sept. 20. The class will run from 8 a.m.-4:30 p.m. daily with emphasis placed on English and math skills. A pre-test will be administered at 7:15 a.m., the first day of class.

A post-test and general/technical predictor will be given Sept. 19 and an Armed Services Vocational Aptitude Battery test will be administered Sept. 20. This is a great opportunity to participate in a class that is rarely given due to budget constraints. Raise your general technical score and increase your re-enlistment possibilities!

For more information e-mail Bob Campbell robert.campbell@hua.army.mil or call 533-5690.

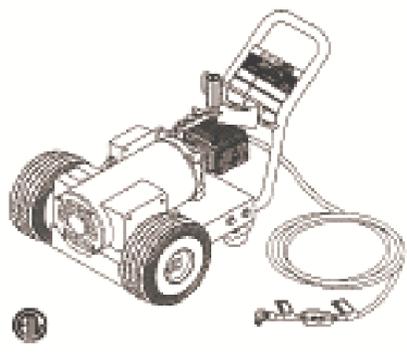
Jewish High Holiday services

Jewish High Holiday services are scheduled as follows:

Yom Kippur is scheduled for Sunday (Kol Nidre), at 6:15 p.m. and Monday at 10 a.m. at the Main Post Chapel, Main Post Chapel.

For more information contact Chaplain (Lt. Col.) Bonnie Koppell at 533-6570.

Reward: \$500



The Fort Huachuca Criminal Investigation Division is investigating the theft of a Landa pressure washer, Model number PDE2-15025D, serial P1201-97734, property of the United States government. The washer was stolen between August 29 – 31, adjacent Building 80405 (Yardley dining facility), on post. A \$500 Reward is being offered for information leading to the identification, arrest and conviction of the person(s) responsible. If you have any information concerning the theft, please call the Fort Huachuca CID at 533-5202 or military police at 533-3000.

This reward offer expires September 3, 2003. (Reward will be paid IAW PARA 3-20B(1-6) AR 195-4.)

out for two-week periods at no charge.

The Fort Huachuca Education Center MOS Library is open 7:30 a.m. - 4:30 p.m. Monday thru Thursday and Friday 7:30 a.m. - 12 p.m.

Contact Bill McCleary at 533-2392 for further information.

Stress reduction class

The next stress reduction class will be presented Wednesdays from 1:30 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 second floor of the Raymond W. Bliss Army Health Center in the conference room.

If interested, call 538-0625. Leave your

given to various service organizations, orphanages both here and in Mexico, or Cochise County Fire Departments. Wednesday afternoon is set aside for games (i.e. cards, etc). Get together for a day of activity, including lunch and camaraderie. Call 533-3807 for more details.

How to market yourself workshop

The Special Emphasis Program Committee is sponsoring a Lunch and Learn Workshop on "How to market yourself" Sept. 19 from 11:30 a.m. to 1 p.m. It will be at La Hacienda in the Boots and Saddles room. Cost is \$8 which will include a lunch buffet and salad bar.

The instructor for this workshop will be

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Community Events Calendar

To add items to the calendar, call the Central Community Coordinator at 533-6870.

Fun Fest

Sept. 8-15 • R.L. "Tiny" Anderson Events Park near La Hacienda

Parent University

Murr Community Center • Sept. 9-20, Call 533-2330 for details

• Yom Kippur (Kol Nidre) services at MPC at 6:15 p.m. Contact CH(LTC) Bonnie Koppell at 533-6570 for additional information.

• Yom Kippur (Kol Nidre) services at MPC at 10 a.m. Contact CH(LTC) Bonnie Koppell at 533-6570 for additional information.

• 504th Sig Bn Bake Sale/Hot dog Sale at the 69th Motor Pool area from 9 a.m. - 1 p.m.
• Thunder Mountain Bridge Club meets at 12:30 p.m. at Thunder Mountain Inn. Call Dianna Smith at 432-3883.
• SV Parks & Leisure is sponsoring Playstation Tournaments at the YC. This event begins at 3:30 p.m. This event is free and open to youth ages 11 - 17 years of age. Call 459-4377 for info.

• Rickety Rockettes meets at OYCC at 10 a.m.
• National Association of Retired Employees Chapter 1400 meets at 11 a.m. at OYCC.

• 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 Toni 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.

• 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.
• Officers' and civilians' Spouses Club (OCSC) September Luncheon at the LakeSide. Menu is South of the border and costs \$8.50. Call Debbie at 803-6604 for reservations.

• 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.
• Early Release for Fort Huachuca Schools. Myer-Kindergarten @ 1:20 p.m. Grades 4 & 5 @ 1:30p.m. Johnston, grades 1 - 3 @ 1:15 p.m. and Smith, Grades 6-8 @ 1:40 p.m.

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

• Rollin' Thunder Skate Park 5 - 9 p.m. for teens only. Call 533-3205 for information. Open to the public.

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

• Army Community Service offers installation wide Family Group Readiness Training from 9 a.m. - noon, in the ACS Conference Room Bldg. 50010. Call 533-2330 to register.

• SV Parks & Leisure is sponsoring Nintendo 64 Tournaments at the YC. This event begins at 3:30 p.m. This event is free and open to youth ages 11 - 17 years of age. Call 459-4377 for info.
• Youth Services at Bldg. 49013 has open recreation from 1 - 8 p.m. Call 533-3205 for info.

• The Vigilantes at the Helderado set in Tombstone at 1 p.m.

• 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.
• 69th Sig Co FRG meets at Peter Piper Pizza at 6 p.m.

• Rickety Rockettes meets at OYCC at 10 a.m.
• National Association of Retired Employees Chapter 1400 meets at 11 a.m. at OYCC.

• 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 Toni 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.

• La Salida Del Sol Lions meet at Thunder Mountain Inn at 6:45 a.m. Call Lee at 378-1399 for details.

• HDD 504th Sig Bn at the Company Orderly Room beginning at 6 p.m.
• SV Chess Club meets at Peter Piper Pizza at 7 p.m.

• 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.
• Early Release for Fort Huachuca Schools. Myer-Kindergarten @ 1:20 p.m. Grades 4 & 5 @ 1:30p.m. Johnston, grades 1 - 3 @ 1:15 p.m. and Smith, Grades 6-8 @ 1:40 p.m.

• Post Blood Drive at Eifer Gym from 10 a.m. - 8 p.m. Call 520-917-2820 for an appointment or just come on by.

• Rollin' Thunder Skate Park 5 - 9 p.m. for teens only. Call 533-3205 for information. Open to the public.
• Rollerskating at Youth Services, Bldg. 49013 from 6:30 - 8:30 p.m. Call 533-3205 for details.

• Youth Services at Bldg. 49013 has open recreation from 1 - 8 p.m. Call 533-3205 for info.

• Rollin' Thunder Skate Park is open 1 - 6 p.m. For more information. Open to the public.

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

306th supports soldiers right to vote

306th Military Intelligence Battalion Press Release

The 306th Military Intelligence Battalion will support the primary and general elections in Cochise County by volunteering to man the Sun Canyon Inn voting station which services the Fort Huachuca voting population.

All funds paid to the members of the 306th MI Bn. by the Cochise County Elections Board then will be donated to the 306th MI Bn. Family Readiness Group to help young soldiers in the unit.

The total funds expected to be raised for supporting the two election days will exceed \$900. The six volunteers include Maj. Jim Baker, executive officer, 306th MI Bn.; Diane Baker; Master Sgt. Vernon Walker, Post Retention office; Josephine Widtfeldt, secretary to the post chaplain; Spc. Brian Flower; and Jennifer Flower who serves as the co-chairperson for the FRG.

The idea to sponsor the voting station came from Baker who heard over the local radio station the Cochise County Elections

Board was offering groups opportunities to sponsor voting stations as a way to raise funds for charitable events.

According to Baker, "It was a great way to serve the community in a civic role and help the Battalion FRG as well."

Baker then contacted the Elections office after briefing the concept at the FRG meeting and offered the services of the unit to sponsor the event.

According to the C. C. elections board the 306th was the only organization who took advantage of this opportunity. "This was an opportunity to serve as a citizen in a democracy, to help our soldiers on Fort Huachuca in any way that I can," Widtfeldt said.

The volunteers attended two hours of voting training at the Sierra Vista public library. The unit will also host the General Elections at the same location Nov. 5.

Like Diane Baker said at a recent FRG meeting, "You can't gripe about the politicians if you don't vote!"

"Come on out and make a personal statement that you support democracy; get out there and vote!"



Photo by Sgt. 1st Class Donald Sparks

Spc. Brian Flower, HHC, 306th Military Intelligence Battalion, passes ballot to voter Steve Routt.

Powerlifting Get in to the game

By William L. Wheeler
USA Powerlifting Arizona State Chairman

Powerlifting is coming to Barnes Field House Oct. 19.

Powerlifting is a sport where the lifter tries to lift as much as they can in the squat, bench press and deadlift. The total is figured by adding the best lift in each event.

Listed below are descriptions of the three events.

The squat

The squat is a test of leg strength where the lifter rests the bar on his back, then descends until the hips are lower than the knees, then comes back up straightening the legs. Keep the weight over the hips and legs allowing for a better squat.

The bench press

By far the most popular lift, the benchpress displays upper body strength. Muscles used include the chest, shoulders, triceps, and lats (back).

In a powerlifting meet, the lifter must pause with the bar motionless on their chest for approximately one second, and then push it to a complete and even lockout.

Bouncing the bar or raising the hips are not allowed in a powerlifting meet.

The deadlift

The deadlift is a test of back and leg strength.

The bar sits on the floor and the lifter hauls it up to the waist with the arms hanging straight down. In a powerlifting meet, jerking the bar up and down is not allowed, and the lifter must stand erect.

What does it take?

Powerlifting is a lot of hard work! But the benefits are rewarding. It takes discipline to stay on a routine and make it to the gym for the workouts, but that type of strict effort carries over into other areas of life.

It also takes focusing all of your energy into training hard while you're at the gym, which gives a great sense of accomplishment. There's no greater feeling than mastering a weight you previously were unable to lift.

All of this work translates into a sound mind, stronger body, and overall better feeling of well being.

Not only that, but it's fun to train with a group of friends that all share a common goal: *To get stronger!*

A beginners guide to powerlifting — Be prepared Oct. 19

By William L. Wheeler
State Chairman USA Powerlifting Arizona

Where to start?

A simple routine would be to start doing a light benchpress workout on Monday; a light squat and back workout on Tuesday; a heavier benchpress workout on Thursday or Friday; and finally a heavy squat and deadlift workout on Saturday.

The heavy days could easily be swapped to Monday and Tuesday instead of the end of the week.

(It's important to get at least two days between working the same body part. This is just a basic plan that has worked for some. There are many other ways to do it.) Also, take at least five minutes before each workout to stretch the muscles you are about to lift with.

How many sets and reps?

In the early stages, sets of 10 are great for working on lifters technique, building size, and getting into shape. At least two to three good work sets of 10 reps after performing some light warm-ups are a great start. A lighter down set or back-off set of 10-15 reps can be added at the end.

Technique: Is it important?

Yes! Technique and form are everything in lifting. Here

are a few pointers for each lift.

Squat: Start with an even grip, placing the bar low on the shoulders instead of the neck. Tense the entire body after taking a deep breath, then stand up. Then take two small steps away from the rack.

After getting the feet set, look straight ahead or up. Now you're ready to squat. With the chest up, take a deep breath and slowly push the hips backwards. As the hips go back, begin bending the knees, much like sitting back into a chair. Keep a good arch in the back being careful to prevent the weight from pulling you forward. Also try to keep the shins from drifting forward, making it easier to achieve proper depth. Descend until the hips are below the top of the knees, then reverse the weight explosively and start the trip back upward.

Drive the shoulders back into the bar, and the chest upward. As the weight comes up, start pushing the hips forward and lock the knees. After standing for a second or two, walk the bar back to the rack.

Bench press: Begin with an even grip, the feet flat, and the back arched. Take the bar with the elbows locked as it's handed off to you. After pausing briefly with the elbows locked, take a deep breath and slowly begin the decent toward the chest. Be conscious of where your elbows are. They shouldn't be too close to the body, while at the same time too far away either. A 45-degree angle from the body works well.

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a decision on."

Looking at the possibilities, White said, the Army has verified within the past six months its prepositioned war stocks in the Gulf are in good operating condition.

Those forward-deployed stocks — one afloat and another in Kuwait — are each capable of fully equipping a combat brigade.

White, a U.S. Military Academy graduate, Vietnam combat veteran and retired Army brigadier general, listed three priorities for the Army.

They were winning the War on Terrorism, moving forward on Army Transformation and obtaining the right resources the Army needs to be successful.

Speaking about the War on Terrorism and his travels around the globe in the past year, the secretary said the Army and people in it are the best he has seen in the 40 years he has been around the Army.

Soldiers are tough, smart, disciplined and in great physical condition, he said.

On transformation, White claimed success for both the new wheeled Stryker vehicle and the acquisition process that is fielding 50 per month less than two years after signing the contract.

Last month's Millenium Challenge exercise that tested joint transformation concepts, strategies and equipment validated the Stryker, he said.

"We moved the Strykers and we jumped the 82nd in with a forced-entry exercise," White said.

"We then brought Stryker in by C-130. We've never had the capability to bring in a tactical vehicle by C-130 in a forced-entry environment, so I believe that is truly transformational."

The Army currently has two Stryker brigades, formerly known as Interim Brigade Combat Teams, standing up at Fort Lewis, Wash.

They are the 3rd Brigade, 2nd Infantry

Division and the 1st Brigade, 25th Infantry Division.

Four additional units are scheduled to convert to Stryker brigades over the next five years.

Those units include: the 172nd Infantry Brigade at Fort Wainwright, Alaska; 2nd Brigade, 25th I.D. at Schofield Barracks, Hawaii; 2nd Armored Cavalry Regiment, Fort Polk, La; and the Pennsylvania Army National Guard's 56th Brigade in Philadelphia, Pa.

One of the Fort Lewis Stryker brigades will move to Europe by 2007 under current Department of Defense guidance, White said. Which of the two has not been determined.

The secretary praised next year's budget, saying it was the best federal budget for the Army in 20 years.

"It pays for people, readiness and transformation," he said.

White briefly discussed a new study currently underway into the Army's personnel management system.

That study will examine increasing the number of unit overseas rotations as opposed to the primary system of individual rotations.

The Army currently rotates units as a whole to Bosnia, Kosovo, the Sinai and Korea.

The purpose of the study is to determine the feasibility increasing the use of unit rotations for the purpose of unit readiness and cohesion.

Under the proposal, units in the states would move unaccompanied for up to a one-year assignment in Europe and other locations.

"...If we don't fundamentally change the personnel system of the Army, which for the last 60 years has been focused on an individual rotation basis, which is the antithesis of unit cohesion and expertise — if we don't do something about that, then the sum total of all the rest of this will not be nearly as effective as it could be," White said.

The study is scheduled to take a year.



Photo by Spc. Jeffrey J. Lacap

Are you ready for some football?

Adam Wilson launches a football during a U.S. Army Garrison practice at Bujalski Field Monday night. Flag football is scheduled to begin Sept. 23.

For other sporting events, look for intramural bowling, scheduled to begin Monday. Coaches must attend a meeting at Desert Lanes at 5:45 p.m. and teams should be ready at 6:15 p.m. with memorandum and team roster in hand. Also, keep an eye open for Road Races, a cross country event throughout Fort Huachuca, Sept. 20.

Couple weds with high hopes for future

Conrad Brekke
Special to The Scout

"The six most important words in a marriage: 'I am sorry. I was wrong.'

The five: 'You did it very well.'

The four: 'What do you think?'

The three: 'I love you.'

The two: 'Thank you.'

The single most important word in a marriage: 'We'

The least most important word in a marriage: 'I.'"

Pastor Mark Pitts, Village Meadows Baptist Church

"It was the perfect wedding."

Cinda Clark

Sgt 1st Class Chris Clark, intelligence analyst, Company D, 309th Military Intelligence Battalion, married Cinda Searls, administrative assistant, Aug. 31.

Pastor Mark Pitts joined the two in wedlock at the Village Meadows Baptist Church in Sierra Vista.

The most poignant moment came after Clark and Searls exchanged rings. Clark presented Searls' seven-year-old son Justin with another ring, expressing with an emotion-choked voice that he was committed to Justin as well as Searls. The entire audience was visibly moved, and Justin wept tears of joy.

Searls said, "I had to stare at the wall, or I would have been bawling."

Clark stated after the ceremony, "I feel it's very important that he knows he'll be a very important part of our lives and that he won't be neglected or ignored."

The reception was held at the Windemere Grand Ballroom. Justin, who resembles the blonde tow headed kid in "A Christmas Story," wowed everyone as he cut up the dance floor in his tuxedo.

Searls' maid-of-honor and long time best friend Julie Fulmer presented a toast to Clark, passing her position of "Taker-Carer-Of" to Searls onto him and imparting the secrets of Searls' favorite color and aroma (forest green and french vanilla). A soap machine lofted bubbles into the air, and couples poured onto the dance floor for the romantic songs.

Clark met Searls at a Halloween party last October. They immediately clicked and started going out. After a month of dating, Clark realized it was developing into something that could be long term.

In February he asked Searls' mother for permission to marry. He proposed on one knee to Searls Valentine's Day.

When asked about the future both were very optimistic. The newlyweds wouldn't mind if they took a tour through Europe, but they plan on settling in Sierra Vista after Clark retires from the Army in six years.

Clark finished with, "I think that this will be an everlasting thing."



Courtesy photo

The new Clark family.



Photos by Staff Sgt. Sharron Stewart

Above, Chief Warrant Officer 3 Gary Dorrell, leads members of the 36th Army Band's German Band Friday, during Sierra Vista's Oktoberfest. Left, Sgt. Juilo Delarosa, performs a drum solo that nearly brought the house down.

