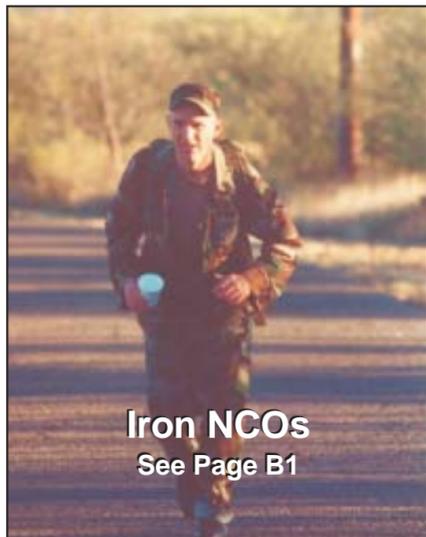


The Fort Huachuca Scout



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Vol. 48, NO. 45 Published in the interest of Fort Huachuca personnel and their families November 14, 2002



Iron NCOs
See Page B1

Scout reports

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

Thanksgiving meal hours

The Thanksgiving meal at the 11th Signal Brigade's Thunderbird Dining Facility will be held Nov. 27 from 3 - 7 p.m.

a. Meal rates are as follows: All officers and enlisted members will be charged \$5.30.

b. Spouses and other dependents of enlisted personnel in the pay grades E-1 through E-4 will be charged \$4.40.

c. Guests, spouses and other dependents of officers and enlisted members E-5 and above will be charged \$5.30.

Civilian and retired personnel are welcome. For more information, contact Sgt. 1st Class Earl Payne at 533-2005/4420.

Adopt-a-soldier program

The 111th Military Intelligence Brigade is sponsoring the 14th Annual Thanksgiving Adopt-a-Soldier Program. This program is designed to give soldiers-in-training a traditional Thanksgiving dinner away from the barracks and dining facility and into a welcoming home atmosphere.

Interested families wishing to host soldiers for Thanksgiving dinner can sign up by calling the 111th MI Bde. chaplain's office. Families are asked to be able to host at least two soldiers. Soldiers will be signing up in battle buddy pairs.

To volunteer call, 111th MI Bde. chaplain's office at 533-8774 or 538-1252; 305th MI Battalion chaplain's office at 533-6731; or the 309th MI Bn. chaplain's office at 533-8894.

Electrical outage scheduled

An electrical outage is scheduled for residents living on Crandall Street Friday from 8 a.m. to 2 p.m. due to repair of the electric primary in the area.

Remember to reset your clocks, radios, VCRs; and turn off computers and any electrical equipment that might be affected by the outage.

For more information, call Kevin Blackwell at 533-3404 or Robert Ramirez, at 533-5698.

Celebrity food drive

The Fort Huachuca Chaplain's Fund is sponsoring a Celebrity Food Drive Friday from 2 p.m. to 6 p.m. and Saturday from 10 a.m. to 2 p.m. at the Commissary parking lot.

Items recommended for donation include dry beans, cereal, elbow macaroni, canned fruit, all soups, instant mashed potatoes, rice, disposable diapers, canned vegetables, toilet paper, dry milk and flour.

All donated food items will make a difference to the Fort Huachuca military and community families.

USAWOA luncheon

The Arizona Silver Chapter, Warrant Officers Association will hold its monthly professional development luncheon meeting Friday from 11:30 a.m. to 1 p.m. at LaHacienda Club.

The primary purpose of the Arizona Silver Chapter is to act as a focal point for warrant officers at the local level to disseminate and pass on to USAWOA officials the professional concerns of members.

You do not have to be a current USAWOA member to attend. For more information contact chapter secretary Warrant Officer Willie Acevedo at 538-6842 or e-mail waceved@msn.com.



Photo by Wes Anderson

Gen. Kevin P. Byrnes, left, assumed command of Training and Doctrine Command Nov. 7 from Gen. John N. Abrams, right, who retired from the Army with more than 26 years of service.

Byrnes becomes 11th TRADOC commander

By Jim Caldwell
TRADOC News Service

The new commander of Training and Doctrine Command continues the "vital tradition of ... commanders who have known battle first hand," the Army's top general said today.

Gen. Kevin P. Byrnes served as director of the Army staff for Gen. Eric K. Shinseki, Army chief of staff, before becoming the 11th TRADOC commander.

"Over the past month I've taken a close look at TRADOC and I've gained an appreciation of what a terrific organization it is," Byrnes said. "I understand what a great job is being done by TRADOC soldiers every day, preparing this Army to fight and win on any battlefield.

"Results of these efforts were recently seen in our performance in Afghanistan —

young soldiers reporting that when they first came under fire, they knew what to do. They had confidence in their leaders, confidence in themselves, confidence in their equipment, confidence in those left and right."

Byrnes said he agreed with Gen. George S. Patton who said, "The most vital quality a soldier can possess is self confidence."

"Investments made in initial entry training and in our schools are wise and profitable and set the solid foundation on which this great Army was built. Victory truly starts here," he said.

"The Army's Transformation, led by TRADOC, will significantly enhance Army capabilities and its contribution to any joint force commander in any mission," he said.

See TRADOC, Page 7

Army family support program to expand

By Dan Hassett
Army News Service

The Army had already begun searching for ways to help families before tragic murders and suicides took the lives of seven people at Fort Bragg, N.C., earlier this year.

Now the Building Strong and Ready Families program, developed in the 25th Infantry Division in Hawaii in 1999 and since tested in 17 Army brigades around the United States and overseas, is expanding to 48 brigades, according to Chaplain (Lt. Col.) Glen Bloomstrom, family ministry officer, Office of the Chief of Army Chaplains in Arlington, Va.

The program hit an obstacle in April when legal issues arose over using program funds to pay for spouses' participation, but that obstacle was recently overcome. New wording allows funds to be used for "command-sponsored programs administered by unit chaplains," Bloomstrom said.

The change reflects the Army's commitment to families under the "Well-Being" initiative that ties family readiness to soldier readiness, retention and recruiting, Bloomstrom said.

BSRF is a unit commander's program, run by unit chaplains, targeting married soldiers who

See PROGRAM, Page 3



Photo by Staff Sgt. Sharron Stewart

Uncle Sam thanks you

A marcher depicts Uncle Sam during the Sierra Vista Veterans Day Parade Monday. Military units representing all the Armed Forces at Fort Huachuca marched in the parade commemorating veterans who served America.

Workshop focuses on mobile military students

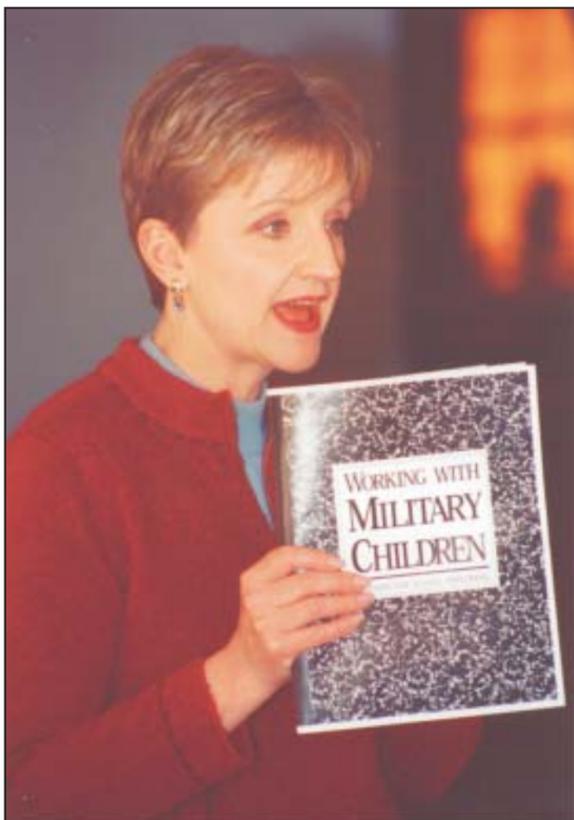


Photo by Sgt. 1st Class Donald Sparks

Dr. Mary Keller, executive director, Military Child Education Coalition, speaks to school counselors and educators about military children concerns.

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

Earlier this year Commanding General Maj. Gen. James "Spider" A. Marks signed an historic memorandum of agreement, which partnered with the Sierra Vista Public Schools to better serve transitioning military-connected students.

The agreement was based from findings and recommendations identified in the U.S. Army Secondary Education Transition Study as part of the Military Child Education Coalition in 1997.

In a continued effort toward the long-term commitment of the agreement, a Transition Counselor Institute Level One Workshop was held Nov. 6-8 at the Lakeside Activity Centre.

The workshop, jointly sponsored by the Arizona Counselors Association, Inc., featured Dr. Mary Keller, executive director, MCEC, and Mary Jo Reimer, board member, MCEC.

According to Keller, the goal of the TCI is to improve high school predictability for the mobile military student.

"We are reinforcing the partnership between the school district and the military instillation," Keller said.

"There are a lot of wonderful things already going on here in this community and in Arizona."

One of the guiding principles of the memorandum of agreement is professional development.

The MCEC is responsible for TCI development, sponsorship and for conducting a series of development institutes for counselors that serve in schools that support military installations.

"More importantly, this workshop gets those experts together from the schools and the military to say, 'let's look at those guiding principles and what do we do on a daily basis at the campus to make it happen,'" Keller said. "The memorandum of agreement is just a piece of paper without people putting the action behind it."

Level One (Awareness, Processes and Networks) of the workshop highlighted topics such as the military life, understanding the differences in school requirements, critical issues and informing, involving, and supporting military parents.

"What we've done is train and educate the local counselors here in Arizona," said Javier Barron, school

See WORKSHOP, Page 7

Proclamation

National American Indian Heritage Month

During American Indian Heritage Month, we celebrate the rich cultural traditions and proud ancestry of American Indians and Alaska Natives, and we recognize the vital contributions these groups have made to the strength and diversity of our society.

American Indians and Alaska Natives have played a central role in our history. In 1805 and 1806, Sakajawea, a Shoshone Indian woman, helped guide Lewis and Clark on their historic expedition to explore the uncharted West.

This remarkable journey, known as the "Voyage of Discovery," would not have been possible without her efforts, and today she remains a proud symbol of American Indian courage and strength.

We are also grateful to the Navajo Codetalkers for their service during World War II. Participating in every assault the U.S. Marines conducted in the Pacific from 1942-1945, the Navajo Codetalkers relayed secret messages that helped our Nation and the allies secure victory. The Congress recognized these heroes by authorizing the President to award them Congressional Gold Medals, which I was honored to present last year. These examples of our true American spirit reflect our shared history and serve as reminders of the unique heritage of American Indians and Alaska Natives.

Upon its completion on the National Mall, the Smithsonian Institution's National Museum of the American Indian will help educate all Americans about the lives, contributions, and culture of our Native peoples.

Education is essential to the future success of tribal communities. We will work together to ensure that our Indian education programs offer high-quality instruction and job training that contribute to the vitality of our Native American communities.

We will also work to maintain the legacy of American Indians and Alaska Natives by preserving irreplaceable languages and cultural traditions.

To enhance our efforts to help Indian nations be self-governing, self-supporting, and self-reliant, my administration will continue to honor tribal sovereignty by working on a government-to-government basis with American Indians and Alaska Natives. We will honor the rights of Indian tribes and work to protect and enhance tribal resources.

My administration is working to increase employment and expand economic opportunities for all Native Americans. Several Federal agencies recently participated in the National Summit on Emerging Tribal Economies to help us accomplish this goal. In order to build upon this effort, my administration will work to promote cooperation and coordination among Federal agencies for the purpose of fostering greater economic development of tribal communities.

By working together on important economic initiatives, we will strengthen America by building a future of hope and promise for all Native Americans.

Now, therefore, I, George W. Bush, President of the United States of America, by virtue of the authority vested in me by the Constitution and laws of the United States, do hereby proclaim November 2002 as National American Indian Heritage Month. I call upon all Americans to commemorate this month with appropriate programs and activities.

In witness whereof, I have hereunto set my hand this first day of November, in the year of our Lord two thousand two, and of the Independence of the United States of America the two hundred and twenty-seventh.

George W. Bush,
President of the United States of America



Chaplain (Maj.) Dennis R. Nitschke
NETCOM Deputy Command Chaplain

"We're here on earth to do good for others. What the others are here for, I don't know." - W. H. Auden (Poet)

Selfless service

One of our Army Values. It is the only one that reaches out past oneself without some form of repayment, without any "sure bet" that you will be recognized. In our Army, that is sometimes hard to realize. As soldiers, as human beings, we want recognition, we want promotion, and we want...more...for ourselves. To "give" does not seem "natural." In fact, in my church's confession, we recognize that "by our nature we are sinful and unclean." So, giving takes work.

But giving grants us incredible internal rewards. St. Francis of Assisi said, "All getting separates you from others; all giving unites to others." At the heart of "getting" is desire for self, but at the heart of "giving" is generosity. Giving to one another unites us as a team. The events of 9/11 are example of this. Where a few evil men thought they could crush a nation, the nation brought together its people. Look at the bumper stickers on cars, the flags in windows, and the honor of our veterans, fire and police personnel. Look at the "giving" from that day - blood and food donations which exceeded all needs. Money donations that went through the roof. Volunteers at "Ground Zero" who had to be turned away because there were too many people.

And today we still have opportunities to serve — selflessly.

The chaplains of Fort Huachuca are sponsoring the Annual Celebrity Food Drive. Local "celebrities" from on and off post will donate their time at the commissary this Friday and Saturday, asking patrons to give non-perishable food donations to the St. Vincent de Paul Food Bank. Some of our soldier families, along with folks in Sierra Vista, use this food bank when funds are low. Several tons of food were donated in each of the past years - and I don't think this year will be any different - as we continue to understand selfless service toward one another. I urge you to come visit with the "celebrities" and to give a few articles of food to enhance the lives of those who need it. It will do each of us well as we give without chance of repayment. The writer, John Bunyan stated it like this, "You have not lived today successfully unless you've done something for someone who can never repay you."

Another way to become more selfless in your service is to promote someone other than yourself. I have received numerous awards, in and outside the Army, and I enjoy telling folks about them — and how "super" I am. But I find it better, and more fun, to be quiet about "me" and say positive things about someone else. I just spent over a week with the Chaplain Corps personnel people as one of the members and was amazed at how positive the comments were—even as "questionable" personnel were discussed for permanent change of stations. We were able to understand what the people needed without tearing them down. When it was all over, we moved hundreds of chaplains without one single fight or even the mention of harsh words. I contribute that to the selfless service of the team members - toward the other members and for the chaplains being moved. So, at least this week, take the time to build people up without having to promote your own achievements.

Selfless Service also brings you to an understanding of the meaning of life. Why are we here on this earth? A great comedian, George Burns, said, "When you stop giving and offering something to the rest of the world, it's time to turn out the lights." We each have too much to offer the world to just hold onto it for ourselves. And if someone would hold onto his/her gifts, he/she would be the most pitted person on earth because he/she has returned nothing and left no legacy for others to follow or to build on for the bettering of the world. You truly must live for others if you wish to live for yourself. Look at any healthy family; each member looks out for the well being of the other members in order for all to be healthy.

The Army values "selfless service," however, it is up to each of us as members of this "family" to practice it and build on it for the entire world. Have fun doing your part.

Feature



Graphic by Angelica Pequeño

By Alexander Molnar Jr., U.S. Marine Corps/U.S. Army, retired

Prepared by the Navy & Marine Corps WWII Commemorative Committee

Cryptology: Navajo code talkers in World War II

Navajo Code Talkers: World War II Fact Sheet

The Navajo code talkers took part in every assault the U.S. Marines conducted in the Pacific from 1942 to 1945. They served in all six Marine divisions, Marine Raider battalions and Marine parachute units, transmitting messages by telephone and radio in their native language — a code that the Japanese never broke.

The idea to use Navajo for secure communications came from Philip Johnston, the son of a missionary to the Navajos and one of the few non-Navajos who spoke their language fluently. Johnston, reared on the Navajo reservation, was a World War I veteran who knew of the military's search for a code that would withstand all attempts to decipher it. He also

knew that Native American languages—notably Choctaw—had been used in WWI to encode messages.

Johnston believed Navajo answered the military requirement for an undecipherable code because Navajo is an unwritten language of extreme complexity. Its syntax and tonal qualities, not to mention dialects, make it unintelligible to anyone without extensive exposure and training. It has no alphabet or symbols, and is spoken only on the Navajo lands of the American Southwest. One estimate indicates that less than 30 non-Navajos, none of them Japanese, could understand the language at the outbreak of WWII.

See Code, Page 6

Scout on the Street — What contributions have Native Americans made to our society?



There are a lot of cultural contributions, their artwork, for one.

Sgt. John Rakoczy,
19th Signal Company,
504th Signal Battalion



In Arizona they operate all of the casino and gaming industry which generates money for the state.

Pvt. Gregory Clifford,
305th Military Intelligence
Battalion, 111th
Signal Brigade



A lot of artwork, literature; the code breaker language during World War II was a major contribution.

Sgt. 1st Class George Beimel,
Advanced
Noncommissioned Officers
Academy



They helped devise the code that helped us win our military wars.

Pfc. Gregory Roberts,
305th MI Bn., 111th
Sig. Bde.



The U.S. Constitution was actually based upon the Iroquois Great Law of Peace. Homeopathic medicine came directly from Native people, as well as pure tobacco.

Catherine Ohrin-Greipp,
Healing Connections
consultant



The Indians have a great concept of environmental awareness, living on the land and respecting the earth.

Staff Sgt. Brett Rudman,
Noncommissioned Officers
Academy, 704th
Military Intelligence Bde.

Photos by Angelica Pequeño

The Fort Huachuca Scout®

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Photo by Sgt 1st Class Donald Sparks

Chief speaker

Retired Gen. John A. Wickham Jr., former chief of staff U.S. Army, speaks to the audience during the Military Affairs Committee awards luncheon held Nov. 7 at the LaHacienda recognizing the contributions of America's veterans. The event was co-sponsored by the Association of the United States Army.

Army releases study of Bragg homicides

By Spc. Kyle J. Cosner
Army News Service

The findings of a new study detailing the Army's plan for addressing recent incidents of domestic violence were released during a Fort Bragg, N.C. media roundtable Nov. 7.

The release included proposed solutions to what the study described as tragedies "of great concern to the entire Department of Defense and Department of the Army leadership at all levels."

The Fort Bragg Epidemiological Consultation Report concluded the victims of June and July homicides all suffered from marital discord. It said the stress of long deployments contributes significantly to a number of marital problems and many soldiers see seeking help for behavioral health problems as potentially career-ending.

"Hopefully, over time, if we're able to take on some of the findings of the EPICON team and to put in place some of their recommendations, then ... there will be a greater willingness on the part of both soldiers and their family members to seek assistance and that the assistance may be more readily available to them," said Col. Tad Davis, Fort Bragg's garrison commander. "We must move forward ... in a way that will allow us to enhance the way in which we conduct business today and ... in a fashion that improves the quality of life and well-being for our soldiers and their families."

In a six-week period during June and July, four soldiers at Fort Bragg allegedly killed their wives, two of those soldiers then committed suicide and another soldier was allegedly murdered by his wife in an unprecedented string of events that raised questions about the health of military marriages. The clustering of domestic violence-related homicides caused the Army to charter EPICON to investigate the incidents and determine what measures could be taken to prevent future acts of domestic violence.

Commissioned by the Army's surgeon general, the study was conducted on-site by a team that included subject-matter experts from the Department of the Army and the Centers for Disease Control and Prevention.

Col. Dave Orman, EPICON team chief, said the study was chartered in late July to quickly assess the situation.

"We were clearly concerned about what specifically was happening here at Fort Bragg, (and) we wanted to know if these tragedies had issues associated with them that were statistically significant," said Orman, who also serves as the psychiatry consultant to the Army's surgeon general. "Finally, we wanted to ... develop some recommendations that we could advise not only

the local leadership with, but also the leadership of the Army at the national level."

Of particular note, the EPICON study determined that the anti-malarial drug mefloquine, commercially known as Lariam, was not a factor in the clustering of the homicides. There had been rampant speculation by the media shortly after the incidents that the drug's side effects had played a role in the killings.

"We could not find any evidence ... that Lariam had anything to do with the ... individuals' behavior," Orman said.

The recommendations that the EPICON report ultimately made to both Fort Bragg and Department of the Army officials included what the report characterized as a need to bring behavioral health counselors closer to soldiers, at the brigade level or lower.

"In none of these cases, as far as we could find documented, was behavioral health treatment sought prior to the tragedies," Orman said. "What was (also) discovered was that there was a prevalent attitude and a perception that seeking behavioral health care was not career-safe."

"One way to get to this issue is to make those behavioral health specialists more available to the soldiers, more accessible to them, and more familiar to them and their commanders," Davis said. "The key part of this is ... making the behavioral health specialists available more readily down in our unit areas."

The report also stipulated that more counseling and redeployment training is needed for soldiers returning from a combat zone to prevent potential conflicts among newly reunited families.

"A lot of effort was put into our reunification program (as a result of the study), and that program consists of several parts," Davis said. "Part one is essentially the training we provide to our soldiers ... in terms of what expectations they should have or maybe not have when they reunite with their families ... so that when that soldier returns, (he is) going to have to go through a transitional period."

We want to work very hard with the soldiers to increase their understanding of what to expect back home.

"At the same time, we are offering a similar approach to family members through our Family Readiness Groups back at Fort Bragg, so we make those family members equally aware of what the expectations might be of their spouse when he or she returns. Those two things were put into place almost immediately after this series of events occurred."

Davis said more would be done to remove the stigma from seeking out help for behavioral or marriage problems.

'Smart card' to be new standard ID

By Sgt. Jessica Inigo
Time Out Editor

Fort Huachuca is streamlining along with the rest of the uniformed services to become a better, more efficient force.

Soon the Identification Card Section will begin issuing Common Access Cards, the new standard ID card, to all active duty personnel in each military department, selected reserve, Department of Defense civilian employees, and eligible contractors.

The CAC, known as the "smart card," will replace the current ID card and will have the same functions, give the same value and provide the same benefits.

The ID Card Section will be closed Jan. 27-29 for training and equipment installation. The CAC will be given to the Fort Huachuca populace beginning Jan. 30 through rotating unit scheduling.

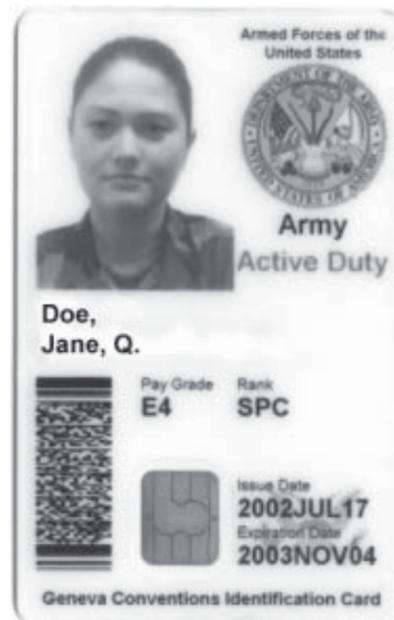
Pam Singer, director, Military Personnel Services, will release unit appointment times toward the beginning of the year to help issuance move along smoothly.

"We're being flexible. Originally we heard it takes 15 minutes per card, but there have been some horror stories that it can take up to 30 minutes per card," Singer said. "We're going to begin with 20-minute scheduling per card. If things seem to be going well, we might push up the scheduling. We'll just have to play it by ear."

Singer stresses that appointment times are crucial in getting the CAC out to everyone. She asks that appointments be kept on time.

For the appointment, existing military and civilian employees need to bring a picture ID, work e-mail address, and a four-digit personal identification number, said Singer.

New employees and eligible contractors should also bring an additional picture ID and a completed and signed DD Form 1172-2. The CAC contains an integrated circuit chip, bar codes, and a magnetic stripe. Also, the signature block was eliminated from the card.



Graphic by Sgt. Jessica Inigo

The card will contain information on blood type, demographic data, duty status, rank, date of birth, medical benefits, and organ donor status, just to name a few. Personnel and medical records will not be carried on the CAC.

In the future the CAC will also be used for physical access to buildings and controlled spaces, and access to computer networks and systems. Additional component-specific uses may be added as well.

"This is going to be an improvement for the military," said Michaels Morris, lead ID Card Section clerk. "Though many of the functions the CAC will be able to perform won't be out for a while, it is something beneficial to all services."

Initially the CAC will help better safeguard individual privacy and will be used to eliminate paper-based systems and improve efficiency, Morris said.

The current ID cards, DD Forms 1173, will be valid until they are either phased out or expire. Family members will not be issued the CAC at any time.

For more information call the ID Card Section at 533-3267.

PROGRAM from Page 1

have been in the unit less than six months and newly married couples, Bloomstrom said. It is a voluntary program designed to meet the needs of the Army and those of couples and young families, but first sergeants and platoon sergeants can refer soldiers to the program.

"It's a command program, it's on the training calendar," Bloomstrom said. "The commander's interest in a soldier's personal life is a morale builder. It says to soldiers and their families, 'you mean something to us.'"

"BSRF is resourced, it's part of regular training, and it's formally tied to readiness, retention and recruiting," Bloomstrom said. "It's a systematic approach to helping couples improve their relationships."

"We are actually going to change the culture" of how the Army deals with family problems that may interfere with soldier readiness, Bloomstrom said. In the past, he explained, nobody was doing anything for married couples until crises arose.

"The Army provided counseling, but that was after the fact," he said. "The problems may have been simmering for three, four or five years before we did anything about it."

BSRF takes a proactive approach, giving soldiers and their families the knowledge and tools they need to solve problems before they become crises, Bloomstrom said.

BSRF is a three-level training event consisting of two daylong workshops and an overnight retreat, all aimed at strengthening the relationship and communication skills of soldiers and their spouses, Bloomstrom said.

The marriage education component of the program is the Prevention and Relationship Enhancement Program developed at the University of Denver, Bloomstrom said.

"More than 50 researched papers have shown that couples with PREP training show higher satisfaction, lower levels of conflict and are less likely to break up than non-PREP families," he added.

BSRF takes 20 to 30 couples at a time through a series of exercises and classes designed to help them determine the strengths and weaknesses of their relationships and ways to capitalize on their strengths while mitigating their

weaknesses. The level-one workshop focuses on traits needed to establish a strong marriage, introducing participants to distress indicators and active listening skills, Bloomstrom said.

Couples complete a health-risk assessment genogram during this workshop, he said.

The genogram lists any family history of tobacco and alcohol abuse, stress or family violence. It also includes patterns of spirituality, exercise and nutritional habits.

The level-two workshop continues with skills training, introducing problem-solving and strategies to avoid conflict and improve marital satisfaction, Bloomstrom said. Couples learn about preventive medicine, have their height and weight recorded, and learn health promotion skills.

The second session ends with an interview by a community health nurse who discusses the couple's genogram. If the genogram reveals potential for drug or alcohol abuse, couples can choose to speak with counselors in that area.

The final BSRF activity is a chaplain-led overnight marriage enrichment retreat focusing on family strengths and providing an opportunity to practice skills learned in levels one and two.

This activity helps couples develop goals for keeping their relationship strong.

An added benefit of the three-session program is that participants can develop relationships with others who are in the same or similar situation, Bloomstrom said.

"They develop a support group immediately," he said. Many of those relationships continue after graduation from the program, reducing feelings of isolation and giving soldiers and families added resources when problems arise.

The goal is resilience, Bloomstrom said, so soldiers and their families can deal with crises that do arise and bounce back quickly. "We're building resilience as we go through crises," he said.

"Our strength is increased, our faith is increased and our confidence is increased."

"We want soldiers and their families to know where to get help and access it," Bloomstrom said. "We want to give soldiers everything they need to get help, to know what's out there, and the opportunity to use it."

Attack of cold, flu season

Find out how to prevent, treat common fall illnesses

WebMd

The common cold and influenza are both contagious viral infections of the respiratory tract. Although the symptoms can be similar, influenza is worse.

A cold may drag you down a bit, but the flu can make you shudder at the very thought of getting out of bed.

Congestion, sore throat and sneezing are common with colds, and both ailments bring coughing, headache, and chest discomfort.

With influenza, you are likely to run a high fever for several days, and your head and body will ache. Usually, complications from colds are relatively minor, but a severe case of influenza can lead to a life-threatening illness such as pneumonia.

Over 100 types of cold viruses are known, and new strains of influenza evolve every few years.

Since both diseases are viral, neither can be conquered with antibiotics, which only treat bacterial infections, but a few antiviral medications recently came available to help treat influenza.

There are still no medications that specifically defeat the common cold; it has to run its course. Antibiotics may still be helpful, but only treat a secondary bacterial infection.

What causes the flu?

Influenza (flu) is caused by the influenza virus. There are three main types of influenza virus: A, B, and C.

- Influenza A and B viruses cause the classic flu. Type A is usually responsible for outbreaks (epidemics) of this respiratory illness that occur almost every year, usually in the late fall and early winter.

- Influenza C virus causes a milder, coldlike illness that is different from the classic flu. It does not occur in epidemics.

Within these three main types (A, B, and C), there are many different subtypes (strains) of the virus. Several strains of influenza virus may be present at one time.

Each year, the influenza vaccine contains the strains of flu virus that were most common near the end of the previous flu season.

When there is a good match between the viruses in the vaccine and the viruses currently causing the flu, getting a flu shot will prevent illness in about 70 percent of healthy children and adults.

The influenza virus changes often, so having a case of flu caused by one strain of the virus does not give a person immunity to other new strains that may arise later on.

- Widespread outbreaks (epidemics) of the flu usually follow significant changes (called antigenic shifts) in the virus. These epidemics occur about every 10 years. People tend to get much sicker when a shift in the flu virus occurs because their bodies do not make the antibodies needed to give them defense (immunity) against the new strain of virus.

- Minor changes in the virus (called antigenic drifts) occur nearly every year.

How is the flu virus spread?

The flu virus may spread from person to person:

- By direct contact.
- By way of small droplets that form when a person sneezes or coughs.
- By contact with objects (such as handkerchiefs) that have been in contact (contaminated) with fluids from an infected person's nose or throat.

When is a person contagious?

People who have the flu are most likely to pass the flu to someone else (be contagious) from 24 hours before their symptoms develop through the time when their symptoms are most severe (up to about seven days).

Symptoms usually develop one to three days after a person is infected with the virus. Because symptoms may not develop for a couple of days, you may have the flu and pass it on to someone else before you know that you have it.

Symptoms

The symptoms of influenza (flu) usually appear suddenly and often include:

- Fever of 100°F (37.78°C) to 104°F (40°C), which can reach 106°F (41.11°C)



Photo by Sgt. 1st Class Donald Sparks

Pfc. Lotisha Quarker, Headquarters and Headquarters Company, U.S. Army Garrison, reacts while getting her flu shot Wednesday at Murr Recreation Center from Staff Sgt. Alejandro Valenzuela, U.S. Army Medical Activity. Although many soldiers are fearful of getting the shot, the vaccination is needed to prevent serious illness associated with influenza.

when symptoms first develop.

Fever is usually continuous, but it may come and go. Fever may be lower in older adults than in children and younger adults.

- Shaking chills.
- Body aches and muscle pain (often severe), commonly in the back, arms, or legs.
- Headache.
- Pain when you move your eyes.
- Fatigue, a general feeling of weakness (malaise), and loss of appetite.
- A dry cough, runny nose, and dry or sore throat. You may not notice these during the first few days of the illness when other symptoms are more severe. As fever goes away, these symptoms usually become more evident.

- Nausea, vomiting, and diarrhea, especially in children.

Getting a flu shot

Since the influenza (flu) virus changes every year, having a flu shot one year will not prevent you from getting the flu the next year. A yearly flu shot (influenza vaccine) is an easy and effective way to prevent the flu.

Studies have found that the flu shot:

- Reduces the number of people who need to be hospitalized or who die from pneumonia.
- Reduces the number of secondary upper respiratory infections, missed days at work, and visits to a doctor for respiratory infections.

- Is about 70 to 90 percent effective in preventing the flu in young adults.

Even if a flu shot does not prevent the flu in some older adults, a flu shot can help reduce the severity of flu symptoms and decrease the risk of complications.

In spite of these results, many people choose not to get a flu shot. Some choose not to get the shot because of myths they believe about the flu or the vaccine.

The flu shot may cause side effects in some people, but they are usually minor and do not last long.

If you live in the United States, the best time of year to get your flu shot is between mid-October and mid-November so that your body has time to become immune to the flu before flu season starts in December.

Other ways to reduce your risk of getting the flu or developing complications of the flu

You may reduce your risk of catching the flu and other respiratory infections caused by a virus if you:

- Wash your hands often, especially during winter months when the flu is most common.
- Keep your hands away from your

Myths about the flu vaccine

Many people choose not to have the influenza (flu) vaccine because of myths they believe about the disease or the vaccine.

Myth: Influenza is a minor illness.

Truth: Influenza and its complications cause 10,000 to 40,000 deaths in the United States each year.

Myth: The vaccine causes the flu.

Truth: You cannot get the flu by having a flu shot. Influenza vaccine made in the United States does not cause the flu.

Myth: The vaccine causes unpleasant side effects.

Truth: The vaccine causes no side effects in most people. Earlier vaccines (1940s to 1960s) did, in fact, have more, unpleasant side effects.

Myth: The vaccine is ineffective because some people had an illness like the flu after having the shot.

Truth: Influenza vaccine effectiveness varies from year to year because new strains of flu viruses develop.

Myth: "The flu is just like a bad cold." Influenza (flu) is far more dangerous than a bad cold. It's a disease of the lungs, and it can lead to pneumonia. Each year about 114,000 people in the U.S. are hospitalized because of the flu.

Most who die are over 65 years old. But small children less than two years old are as likely as those over 65 to have to go to the hospital because of the flu.

Myth: "Even if I get a flu shot, I can still get the flu." This can happen, but the

flu shot usually protects most people from the flu. However, the flu shot will not protect you from other viruses that can cause illnesses that sometimes feel like the flu.

Myth: "The vaccine isn't 100 percent effective, so I'm better off getting the flu."

No vaccine is 100 percent effective. However, if you get a flu shot but still get the flu, you are likely to be far less sick than you would have been without the protection.

Myth: "The side effects are worse than the flu." The worst side effect you're likely to get is a sore arm. The risk of a rare allergic reaction is far less than the risk of severe complications from influenza.

Truth: "Not everyone can take the flu shot." If you are allergic to eggs (used in making the vaccine); are very ill with a high fever; or have had a severe reaction to the flu vaccine in the past, you might not be able to get this protection.

Myth: "Only the very old and sick need the flu shot." Both adults and children who are in good health need a flu shot to stay healthy. Even if you aren't at high risk of complications, you should get a flu shot to prevent the flu and to protect everyone you live with and contact.

Myth: "December is too late to get a flu shot." The flu shot can be given before or during the flu season.

While the best time to get a flu shot is October or November, a flu shot in December or later will still protect you against the flu.

nose, eyes, and mouth. These are the places where viruses are most likely to enter your body.

- Stop smoking. Smoking irritates the lining of your nose, sinuses, and lungs, which may make you more susceptible to complications of the flu.
- Eat a healthy diet with plenty of fruits and vegetables.
- Get regular exercise.

What won't prevent the flu or make you better faster?

You cannot prevent the flu or make yourself better faster by taking:

- Antibiotics. Taking antibiotics will not treat the flu or prevent complications of the flu from developing. If a bacterial infection (like an ear or sinus infection) develops after a case of the flu, antibiotics may be helpful.
- Large doses of vitamin C, zinc, or

other vitamins and minerals.

Using antiviral drugs to prevent the flu

The antiviral drugs amantadine and rimantadine can help prevent flu caused by influenza A in some people who cannot get a flu shot.

In addition, there are two medications (zanamivir and oseltamivir) that can be used to prevent the flu or complications of the flu caused by both influenza A and influenza B infections. These drugs may also sometimes reduce the length of the illness if they are given no more than 48 hours after the first symptoms.

During a flu outbreak, these drugs may also be given at the same time as the flu shot and for two weeks afterward while a person waits for his or her body to produce antibodies that will protect the person from the virus. These medications are taken by mouth (pill) or inhaled into the lungs (inhaler).

Community Updates

Dillard's Inc. Military Appreciation Days

Dillard's Inc. has announced a Military Appreciation Day will be observed Dec. 4-5. Dillard's recognizes with deep gratitude the sacrifices our military forces and their families make daily for our country. The company is extending a 20 percent discount to military personnel on purchases made at Dillard's on the assigned dates. Appliances and electronic merchandise can be purchased with a 10 percent discount.

Dillard's is extending this discount to: active military and their immediate family, full-time active guardsmen and their immediate family, activated guardsmen and their immediate family and activated reservists and their immediate family.

Guests from the military are asked to save their sales receipts. Upon completing their shopping, guests are asked to take receipts for those two days to the customer service area and show their valid active or full-time military identification card. Immediate family members shopping on behalf of their military spouse or sponsor who are not present will be asked to present their I.D. which notes that they are family of military personnel. The company will gladly deduct the discount from participants' total purchases in the same form of payment in which the items were purchased. Dillard's is committed to serving our military families with the same high level of service they have shown to America.

EEO office closure

The Equal Employment Opportunity office will be closed on Nov. 29. If there are any questions, call EEO Specialist Martha Aoki at 538-0277.

Health benefits open season

The next federal employees health benefits open season is now running through Dec. 9. During the open season, you may enroll, cancel or change your present enrollment by logging on to www.abc.army.mil.

Do not submit an SF 2809 form to the Civilian Personnel Advisory Center office since we cannot accept them. If you have any questions call Eva Dixon at 533-5735 or Lisa Hamlin at 533-5273, Monday-Friday between 7:30 a.m.-4 p.m. or stop by CPAC, Building 22320.

MP fund-raiser

The Military Police Company is having a Family Support Group fund-raiser today, 11:30 a.m.-1:30 p.m. at the MP Station, Building 22336. Hotdogs, hamburgers, chips and drinks will be sold. For further information call 533-5342.

BSEP class

The Education Center will sponsor a Basic Skills Education Program class which will run Dec. 2-13. The class will run from 8:00 a.m.-

4:30 p.m. daily with emphasis placed on English and Math skills. A pre-Technical Aptitude Battery Exam test will be administered at 7:15 a.m. on the first day of class. A Post-TABE and General/Technical Predictor will be given on Dec. 12 and Armed Services Vocational Aptitude Battery test will be administered Dec. 13. Raise your GT score and increase your re-enlistment possibilities.

Chaplain assistance

The Installation Chaplain's Office announces openings for non-personal services contracts for a musician and watchcare providers. For more information, call Chaplain (Maj.) Patricia Dickson at 533-4753.

ASIST hosts two-day workshop

Applied Suicide Intervention Skills Training is holding a two-day workshop Nov. 20-21 from 8:30 a.m. - 4:30 p.m. in the Main Post Chapel Activity Room.

Anyone who works with persons at risk (Supervisors, Commanders, Military Police, Drill Sergeants, First sergeants, school teachers and administrators, chaplains and chaplain assistants, mental health workers, youth workers, MWR personnel) is encouraged to attend. Civilian clothes will be the uniform for both days.

ASIST provides practical help for caregivers seeking to prevent the immediate risk of suicide. The interactive program includes teaching, discussion, videos and skills practice. Attendance at the full two days is essential.

There is no cost, but registration is limited to 30 participants, so sign up early by contacting Chaplain (Maj.) Garry Dale at 533-4911 or garry.dale@hua.army.mil.

PX and commissary council

If you have ideas or suggestions that would improve Fort Huachuca's Commissary and the Post Exchange come to the next meeting Nov. 26, at 1 p.m. in the Murr Community Center, Room 6.

For more information call Jim Chambers chambersj@hua.army.mil or Virginia Heaney at 803-6739.

Volunteer recognition ceremony

The Murr Community Center will be holding a quarterly volunteer recognition ceremony in the Jack Rabbit Room at 4:30 p.m. on Monday.

Awards will be presented to all non military volunteers with more than 100 recorded hours of community service. All volunteers are invited to attend. All commanders of Military Outstanding Volunteer Service Medal qualifiers are invited to attend and present their soldiers with this award. Soldiers who have received the MOVSM previously are also invited to attend. A traveling trophy will be presented to the military unit with the highest total number of recorded volunteer hours. Cake, coffee and juice will be served immediately following the cer-

emony.

Brig. Gen. John M. Custer, Col. Lawrence Portou, and Dan Valle will be giving short speeches/presentations. Call Jo Richter to RSVP at 533-4823, MCC, Room 14 or email jo.richter@hua.army.mil.

The Installation Volunteer Coordinator's office will be closed until Friday.

Floor resurfacing at Alvarado Hall

The floors at Alvarado Hall are being resurfaced through Nov. 29. During this time it will be necessary to block one of the entrances, but signs will be available to guide you into the building.

Fitch Auditorium will remain open for usage and command group offices will maintain normal operating hours. We apologize for the inconvenience.

Range closures

Range closures for today through Nov. 21.

Today-AM, AU, AW, AX, T1, T1A, T2
Friday-AU, AV, AW, AX, AY
Saturday-AG, AP, AU
Sunday-AG, AU, T1, T1A, T2
Monday-AK, AL, AM, AU, AW, T1, T1A, T2
Tuesday-AK, AL, AM, AN, AU, AW, T1, T1A, T2
Wednesday-AK, AL, AM, AU, W, T1, T1A, T2
Nov. 21-AA, AB (Both areas open during daylight), AK, AL, AM, AU, AW, T1, T1A, T2

For more information on Range Closure contact Range Control 533-7095.

Chapel Community Angel Tree

The Fort Huachuca chapel community is sponsoring the Angel Tree. The purpose is to provide gifts to the needy children of our military community during the holiday season.

Volunteers are needed to man the Angel Tree table at the post exchange during the following Fridays and Saturdays: Nov. 15, 16, 22, 23, 29 and 30. The hours are from 10 a.m. -12, noon-2 p.m., 2-4 p.m. and 4-5 p.m.

Call Chaplain (Maj.) Gary Dale at 533-4911 or email garry.dale@hua.army.mil to donate two hours of your time on any of these days.

Gift wrap fundraiser opportunity

Army and Air Force Exchange Services is pleased to announce their support of the subject fundraising program this holiday season. The Post Exchange will supply all of the ma-

terials to participating organizations to wrap gifts in the PX Mall for members of the Fort Huachuca community. It is a great fundraising opportunity for post organizations since they provide this service for tips and without any expenses.

Interested organizations can sign up at or direct questions to the PX Customer Service department or by calling 458-7830 extension 107. The PX will begin taking reservations Nov. 8 to give organizations time to recruit volunteers. The PX staff asks that you submit one primary date and as many secondary dates as you would like for providing the gift wrapping service.

If you have any questions or comments, stop by the PX Customer Service department or give them a call at 458-7830 ext. 107.

Thrift shop new hours

The Fort Huachuca Thrift Shop has voted to open the shop one evening a month. The Thrift Shop will open on the first Tuesday of each month from 5 p.m. until 7:30 p.m. for shopping, consignments will be taken until 7 p.m. The first opening will be in April. For those who called to volunteer in the evening you will be called in March for a Volunteer Orientation. We encourage anyone who would like to volunteer to call 458-4606 on Tuesday or Thursday and ask for the Manager. We still need volunteers for the evening opening.

SVSO holiday gala

A Viennese theme is being elaborated for the second annual holiday gala to be sponsored by the Sierra Vista Symphony Association Nov. 30 at the Fort Huachuca's LakeSide Activity Center. An evening filled with grand music, sumptuous banqueting and delightful dancing has been arranged under the chairmanship of Carolyn Boardman.

The five-course gourmet dinner is being prepared by Chef Jesus Murillo. Gala attendees will have the opportunity to select chicken Mozart, tournedos rossini or roasted vegetables schubert which are to be served with selected wines.

Featured artists will play music of the 19th century Vienna between the courses. Included are performances by Concerto winner sting quartet from the Sierra Vista Symphony which are to be followed by Joe Anton's Desert Swing Band providing dance music.

A 5:30 p.m. social hour precedes the 6 p.m. dinner. Guests will have an opportunity to view items available at the silent auction. It is planned as part of the fund raising effort of the Sierra Vista Symphony Orchestra for its endowment and operating funds. Tickets for the Gala are \$75 per person with a \$30 portion being tax deductible.

Tickets for this black tie event can be ordered from the SVSO. Send a check with preferred menu selections to SVSO, P.O. Box 895, Sierra Vista, AZ 85636. For more information call 515-5408.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h2>Community Events Calendar</h2> <p>To add items to the calendar, call the Central Community Coordinator at 533-6870.</p> <p>Native American Heritage Month Celebration Nov. 14 11:15 a.m.-1 p.m. at MCC celebrity Food drive at the Commissary Nov. 15 from 2-6 p.m., Nov. 16 from 10 a.m.-2 p.m.</p>						
<p>17</p> <ul style="list-style-type: none"> • The Vigilantes at the Helldorado Set in Tombstone at 1 p.m. 	<p>18</p> <ul style="list-style-type: none"> • 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. • SV Parks & Leisure is sponsoring Table Tennis 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. 	<p>19</p> <ul style="list-style-type: none"> • 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 (PIPP) & Health Promotion Council 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. 	<p>20</p> <ul style="list-style-type: none"> • 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. 	<p>21</p> <ul style="list-style-type: none"> • Army Community Service is hosting an "Orientation to Germany" beginning at 6 p.m. at MCC. Call Katie Demko at 533-6874 for reservations. • 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. 	<p>22</p> <ul style="list-style-type: none"> • 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. 	<p>23</p> <ul style="list-style-type: none"> • 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.
<p>24</p> <ul style="list-style-type: none"> • The Vigilantes at the Helldorado Set in Tombstone at 1 p.m. 	<p>25</p> <ul style="list-style-type: none"> • 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. 	<p>26</p> <ul style="list-style-type: none"> • Rickety Rockettes meets at OYCC at 10 a.m. • National Association of Retired Employees Chapter 1400 meets at 11 a.m. at OYCC. • PX & Commissary Advisory Council at 1 p.m. at MCC • PPIP 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. • Thanksgiving Party for C Co. 86th Sig at MCC beginning at 6 p.m. • Cochise Chordsmen (SPERSQA) meets at SV Methodist Church at 7 p.m. 	<p>27</p> <ul style="list-style-type: none"> • La Salida Del Sol Lions meet at Thunder Mountain Inn at 6:45 a.m. Call Lee at 378-1399 for details. • SV Parks & Leisure is sponsoring Movies all day at the YC. View a PG, F and/or PG-13 rated movie on the big screen TV. This event is free and open to youth ages 11 - 17 years of age. Call 459-4377 for info. • SV Chess Club meets at Peter Piper Pizza at 7 p.m. • Ecumenical Thanksgiving Service at Kino Chapel at 7 p.m. 	<p>28</p> <p style="text-align: center;">Happy Thanksgiving Day</p> <ul style="list-style-type: none"> • Thanksgiving day Mass at MPC begins at 10 a.m. 	<p>29</p> <ul style="list-style-type: none"> • 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. 	<p>30</p> <ul style="list-style-type: none"> • 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. Call 533-3205 for information. Open to the public.
<p>MCC = Murr Community Center MPC = Main Post Chapel OYCC = Oscar Yrun Community Center</p> <p>Army Family Team Building classes and information at Murr Community Center, 533-3686 or 533-2330</p>						

Department of Defense looking at changing Army reserve, active mix

By Courtney Brooks
Army News Service

The Department of Defense is looking at changing the reserve- and active-component mix, according to its top civilian leader.

Secretary of Defense Donald H. Rumsfeld made that observation Nov. 4 to the Pentagon press corps amid questions of reports that Reserve and National Guard soldiers were being overtaxed with mobilization requirements since last year's terrorist attacks on this nation.

"There's no question but that there a number of things that the United States is asking its forces to do," Rumsfeld said. "And when one looks at what those things are, we find that some of the things that are necessary, in the course of executing those orders, are things

that are found only in the Reserves."

Within the Army, the Selected Reserve elements of the Army National Guard and Army Reserve comprise 54 percent of the force, as of September, according to the Office of the Assistant Secretary of Defense for Reserve Affairs. These units provide essential combat, combat support, and combat service support to the Army. For example, by percentage of the Army, the Reserve provides the following capabilities: chemical brigades (100 percent), water supply battalions (100 percent), public affairs (82 percent), civil affairs (97 percent), medical brigades (85 percent), psychological operations units (81 percent), engineering battalions (70 percent), and military police battalions (66 percent).

Rumsfeld said that DoD is considering how it might

migrate some active activities that are not always going to be needed into the Guard or the Reserve and vice-versa.

When asked about the opinion that the Total Force Concept is at risk due to repeatedly calling back reservists, Rumsfeld responded that you would still have a TFC with a certain amount of active soldiers and a certain amount in the National Guard and Reserve.

"But you'd have it better allocated between the two so there would be less stress on Guard and Reserve on a continuing basis, since we now ought to be smart enough to be better able to see what those things are," Rumsfeld continued.

Currently, 57,721 men and women have been called up in the National Guard and Reserve, according to Department of Defense statistics.

Pets of the Week



Hi! I'm Bingo, a red male chow mix. I love to play with the kids, and since I am housebroken I can spend time in the house whenever

possible. My adoption fee is \$22, and with that you get a wonderful dog that has been vaccinated, and microchipped. All I need is a heartworm test, neuter, and dewormed.



My name is Luke, and I am a 4-month-old brown lab/shepard mix. I'm not all that hyper, and I love to cuddle in with you, preferably in your lap. I am excellent with older

kids, but not too great of little kids, they scare me sometimes. I am housebroken, well mannered and just want a good home. My adoption fee is \$32, which includes my neutering, heartworm test, deworming and microchip. I've already been vaccinated.



I am Charlie the friendly brown shepard. I am one-year-old, housebroken, and excellent with kids, even babies. I am current on vaccines,

microchipped, and all I need to go home with you today is a neuter, heartworm test, and a deworming. So it's only \$32, and I am all yours.



My name is peaches, and I am one of the happy go lucky, 3-year-old shepard mix at Fort Huachuca. I used to live on a farm, so I'm not really

housebroken, but I would be a great dog to play with your kids. I am a good medium size female, and my coloring is black and cream. My adoption fee is \$32, and all I need done is a heartworm test, and a deworming, since I am already spayed, vaccinated, and microchipped.

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.

CODE From Page 2

Early in 1942, Johnston met with Maj. Gen. Clayton B. Vogel, the commanding general of Amphibious Corps, Pacific Fleet, and his staff to convince them of the Navajo language's value as code. Johnston staged tests under simulated combat conditions, demonstrating that Navajos could encode, transmit, and decode a three-line English message in 20 seconds. Machines of the time required 30 minutes to perform the same job. Convinced, Vogel recommended to the Commandant of the Marine Corps that the Marines recruit 200 Navajos.

In May 1942, the first 29 Navajo recruits attended boot camp. Then, at Camp Pendleton, Oceanside, California, this first group created the Navajo code. They developed a dictionary and numerous words for military terms. The dictionary and all code words had to be memorized during training.

Once a Navajo code talker completed his training, he was sent to a Marine unit deployed in the Pacific theater. The code talkers' primary job was to talk, transmitting information on tactics and troop movements, orders and other vital battlefield communications over telephones and radios. They also acted as messengers, and performed general Marine duties.

Praise for their skill, speed and accuracy accrued throughout the war. At Iwo Jima, Maj. Howard Connor, 5th Marine Division signal officer, declared, "Were it not for the Navajos, the Marines would never have taken Iwo Jima." Connor had six Navajo code talkers working around the clock during the first two days of the battle. Those six sent and received over 800 messages, all without error.

The Japanese, who were skilled code breakers, remained baffled by the Navajo language. The Japanese chief of intelligence, Lt. Gen. Seizo Arisue, said that while they were able to decipher the codes used by the U.S. Army and Army Air Corps, they never cracked the code used by the Marines. The Navajo code talkers even stymied a Navajo soldier taken prisoner at Bataan. (About 20 Navajos served in the U.S. Army in the Philippines.) The Navajo soldier, forced to listen to the jumbled words of talker transmissions, said to a code talker after the war, "I never figured out what you guys who got me into all that trouble were saying."

In 1942, there were about 50,000 Navajo tribe members. As of 1945, about 540 Navajos served as Marines. From 375 to 420 of those trained as code talkers; the rest served in other capacities.

Navajo remained potentially valuable as code even after the war. For that reason, the code talkers, whose skill and courage saved both American lives and military engagements, only recently earned recognition from the government and the public.

The Navajo Code Talker's Dictionary

When a Navajo code talker received a message, what he heard was a string of seemingly unrelated Navajo words. The code talker first had to translate each Navajo word into its English equivalent. Then he used only the first letter of the English equivalent in spelling an English word. Thus, the Navajo words "wol-la-chee" (ant), "be-la-sana" (apple) and "tse-nill" (axe) all stood for the letter "a." One way to say the word "Navy" in Navajo code would be "tsah (needle) wol-la-chee (ant) ah-keh-di- glini (victor) tsah-ah-dzoh (yucca)."

Most letters had more than one Navajo word representing them. Not all words had to be spelled out letter by letter. The developers of the original code assigned Navajo words to represent about 450 frequently used military terms that did not exist in the Navajo language. Several examples: "besh- lo" (iron fish) meant "submarine," "dah-he- tih-hi" (humming-bird) meant "fighter plane" and "debeh-li-zine" (black street) meant "squad."

Department of Defense Honors Navajo Veterans

Long unrecognized because of the continued value of their language as a security classified code, the Navajo code talkers of World War II were honored for their contributions to defense on Sept. 17, 1992, at the Pentagon, Washington, D.C.

Thirty-five code talkers, all veterans of the U.S. Marine Corps, attended the dedication of the Navajo code talker exhibit. The exhibit includes a display of photographs, equipment and the original code, along with an explanation of how the code worked.

Dedication ceremonies included speeches by the then-Deputy Secretary of Defense Donald Atwood, U.S. Senator John McCain of Arizona and Navajo President Peterson Zah. The Navajo veterans and their families traveled to the ceremony from their homes on the Navajo Reservation, which includes parts of Arizona, New Mexico and Utah.

The Navajo code talker exhibit is a regular stop on the Pentagon tour.

Navajo code talkers' dictionary Vocabulary

Word	Navajo	Literal Translation
Aerial	be-zonz	stinger
Banzai	ne-tah	fool them
Camouflage	di-nes-ih	hid
Dash	us-dzoh	dash
Elevate	ali-khi-ho-ne-oha	elevate
Flame thrower	coh-ah-ghil-tlid	flame thrower
Garrison	yah-a-da-hal-yon-ih	take care of
Howitzer	be-el-don-ts-quodi	short big gun
Island	seis-keyah	seven island
Jungle	woh-di-chil	jungle
Launch	tka-ghil-zhod	launch
Motion	na-hot-nah	motion
Native	ka-ha-teni	native
Out	clo-dih	out side
Photograph	beh-chi-ma-had-nil	photograph
Quick	shil-loh	quick
Ready	kut (r)	ready
Scout	ha-a-sid-al-sizi-gih	short racoon
Truck	chido-tso	big auto
Unit	da-az-jah (u)	unit
Vicinity	na-hos-ah-gih	there about
Water	tkoh	water
Yard	a-del-tahl	yard
Zone	bih-na-has-dzoh	zone

Officers

Commanding gen.	Bih-keh-he (g)	war chief
Maj. gen.	So-na-kih	two star
Brig. gen.	So-a-la-ih	one star
Col.	atsah-besh-le-gai	silver eagle
Lt. Col.	che-chil-be-tah-besh-legai	silver oak leaf
Maj.	che-chil-be-tah-ola	gold oak leaf
Capt.	besh-legai-nah-kih	two silver bars
Lt.	besh-legai-a-lah-ih	one silver bar
Commander	hash-kay-gi-na-tah	war chief
Executive Cdr.	bih-da-hol-nehi	those in charge

Sierra Vista community, post combines forces to render honor to veterans

By Staff Sgt. Sharron Stewart
Scout News Editor

Members of the Sierra Vista community converged along Fry Boulevard and Veterans Park Monday to render honor to the nation's servicemembers during Sierra Vista's 8th Annual Veterans Day parade.

Soldiers, sailors, airmen and Marines represented Fort Huachuca during the parade.

Several veteran's organizations such as the Military Order of the Purple Heart and Buena High School's Marching Band and ROTC also participated.

The marchers started at the corner of Fry and 7th Street and concluded at Veterans Park where a ceremony was held. The parade's Grand Marshall was retired Col. Henry F. Hauser.

Brig. Gen. John M. Custer, acting commander United States Army Intelligence School and Fort Huachuca, related to the crowd how the origin of Veterans Day can be traced back to the 11 hour of the 11 day of the 11 month in 1918 at the end of World War I.

The day later came to be known as Armistice Day, but in 1954 then President Dwight D. Eisenhower signed a bill proclaiming Nov. 11 as Veterans Day.

On Memorial Day 1958, two unidentified American war dead were brought from overseas and interred in a plaza in Arlington beside an unknown soldier of World War I. One was killed in World War II, the other in the Korean War.

In 1973, a law passed providing interment of an unknown American from the Vietnam War, but none was found for several years. In 1984, an unknown serviceman from that conflict was placed alongside the others.

To honor these men, symbolic of all Americans who gave their lives in all wars, the Army's honor guard, the 3d U.S. Infan-

try (The Old Guard), keeps day and night vigil.

A law passed in 1968 that changed the national commemoration of Veterans Day to the fourth Monday in October.

It soon became apparent, however, that November 11 was a date of historic significance to many Americans.

In 1978 Congress returned the observance to its traditional date.

Custer went on to comment that veterans were and are able to commit to something greater than themselves and that their commitment exemplified selfless service, loyalty and sacrifice.

The event concluded with a 21-gun salute and the passing overhead of several F16 jets.



Beuna Highschool's Marching Band participated in the parade that began at 7th and Fry and conclude at Veterans Park



Maj. Darryl Verrett, commandant, United States Army Garrison, leads his troops during the Veterans Day parade. Fort Huachuca soldiers, sailors, airmen and Marines participated in the parade.

Photos by Staff Sgt. Sharron Stewart



Sierra Vista's Veterans Day ceremony, was completed when F16s flew overhead

TRADOC from Page 1

Gen. John N. Abrams, former commander, retired after an Army career of more than 36 years.

"John Abrams' legacy will be that he took us through the intellectual crucible so that we could undertake physical change," Shinseki said. "In all things, the intellectual must precede the physical. TRADOC has been paving the way as our architect for the future."

Shinseki described Abrams as "short on small talk, reserved in his compliments, long on demands, high in standards ... tough and he can carry the load."

"As a fellow soldier recalled from John's years in Vietnam — 'One hell of a fighter, John Abrams.'"

TRADOC took on the job of laying the groundwork for Army Transformation to Interim and Objective Forces "with no additional resources and a reduction in personnel," according to Shinseki. He said under these conditions, TRADOC's "sacrifice" amounted to "a level never before asked."

Abrams said that most people think

the key to Transformation is technology.

"It is about its people and at the core of it, it's the grooming of leaders for today's world, today's problems and, in a complex framework, that is also putting it in a posture for the future."

"The Sergeant Major of the Army in 2015 just went to his or her first leadership course last year," he said.

Before Abrams became TRADOC commander in 1998 he commanded V Corps in Germany. A task the corps had was training units deploying for peacekeeping duties in Bosnia.

Shinseki pointed out that Abrams and his staff trained Byrnes and his soldiers in the 1st Cavalry Division.

Another thing shared by the new and former TRADOC commanders is both first enlisted in the Army and were commissioned through Officer Candidate School a year later.

Abrams enlisted in February 1967 and completed OCS the following February. Byrnes was commissioned in 1969.

Both men also served combat tours in Vietnam.

WORKSHOP from Page 1

liaison officer, Fort Huachuca Child and Youth Services. "We're getting everyone on the same sheet of music."

Barron expressed it was pivotal training for those school counselors because they are often in the trenches everyday and have direct contact with the mobile military student.

"I can't go to every single school and be there all the time, so this gives me an extension out at the schools," Barron said. "They're out there dealing with the kids and the issues everyday. So what we've done is raised the local awareness and sensitivities for these kids and their families."

Barron mentioned the TCI isn't solely limited to high school students, but all military students in all grades.

Keller particularly praised the overall participation of the various state educators in making the workshop a success. She mentioned she'd never given a workshop before in which a school superintendent participated until coming to Fort Huachuca.

"This is remarkable," Keller said. "People are willing and honest in trying to improve and pulling together to make this work."

Keller also praised Barron for his involvement with the program and strengthening the partnership of the schools and the military community.

"When you have someone that consis-



Photo by Sgt. 1st Class Donald Sparks

Mary Jo Reimer, board member, Military Child Education Coalition, addresses a point during the TCI workshop.

tently pays attention to what are the needs of the military child, it makes a difference to the schools in this area," Keller said. "Mrs. Reimer says the military owns the challenges of the school transition, but the schools owns the solutions. By having someone like Javier, it puts those two together."