

The Fort Huachuca Scout



Vol. 48, NO. 43 Published in the interest of Fort Huachuca personnel and their families October 31, 2002

Supernatural
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Scout reports

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

CFC deadline extended

The 2002 Combined Federal Campaign deadline has been extended until Nov 29. If you have not contributed, see your CFC representative. Congratulations to the following companies for exceeding their 2002 goal:

Company A, 309th Military Intelligence Battalion, Company B, 86th Signal Bn., Headquarters and Headquarters Company, 86th Signal Bn., and HHC, U. S. Army Network Enterprise Technology Command.

Change of responsibility

The 309th Military Intelligence Battalion is conducting a battalion change of responsibility.

Outgoing Command Sgt. Maj. Stacy T. Smith will relinquish responsibility to the incoming Command Sgt. Maj. Michael E. Allen, Friday, at 4 p.m. at Eifler Gym. For more information, call 533-6831.

Library reduces hours

Due to a staff shortage, effective immediately and until further notice, the Main Library will reduce its hours to the following schedule: Monday through Friday 10:30 a.m. to 6:30 p.m. and will be closed Saturdays, Sundays and holidays. For more information, call the Director of Education Services, Dennis Sherrod, at 533-3010.

Deployment/reunion skills workshop

A Deployment/Reunion Skills Training Workshop presented by the 11th Signal Brigade Chaplains and featuring the "Kids on The Block" puppets will be held at Kino Chapel Sanctuary and Activities Room, Monday, from 6-7 p.m.

This program is designed to inform and help soldiers and their families understand the stresses that come from deployment separation.

The program is designed for soldiers, spouses, and children, who are going through a deployment-reunion experience or will be in the near future. This includes those separated due to unaccompanied-one-year assignments. For more information, call Kino Chapel at 533-9507/2388.

Flu shot

The flu shot hot-line number is 533-2997. Call to get current information regarding when the shot will be available.

More information will be placed on the Raymond W. Bliss Army Health Center's placard.

Marine Corps Ball

The Marine Corps Ball will be held Nov. 9 at 6 p.m. at La Hacienda. The cost of \$30 is payable to the Marine Corps Ball fund. For more information, call 533-6778/6961.

AUSA Veterans' luncheon

The Association of the United States Army will host a Veterans' Recognition Luncheon Nov. 7 from 11:30 a.m. to 1 p.m. at La Hacienda. The guest speaker will be Ret. Gen. John Wickham, Jr., former Army Chief of Staff.

The lunch is \$10. For reservations, call 458-6940.

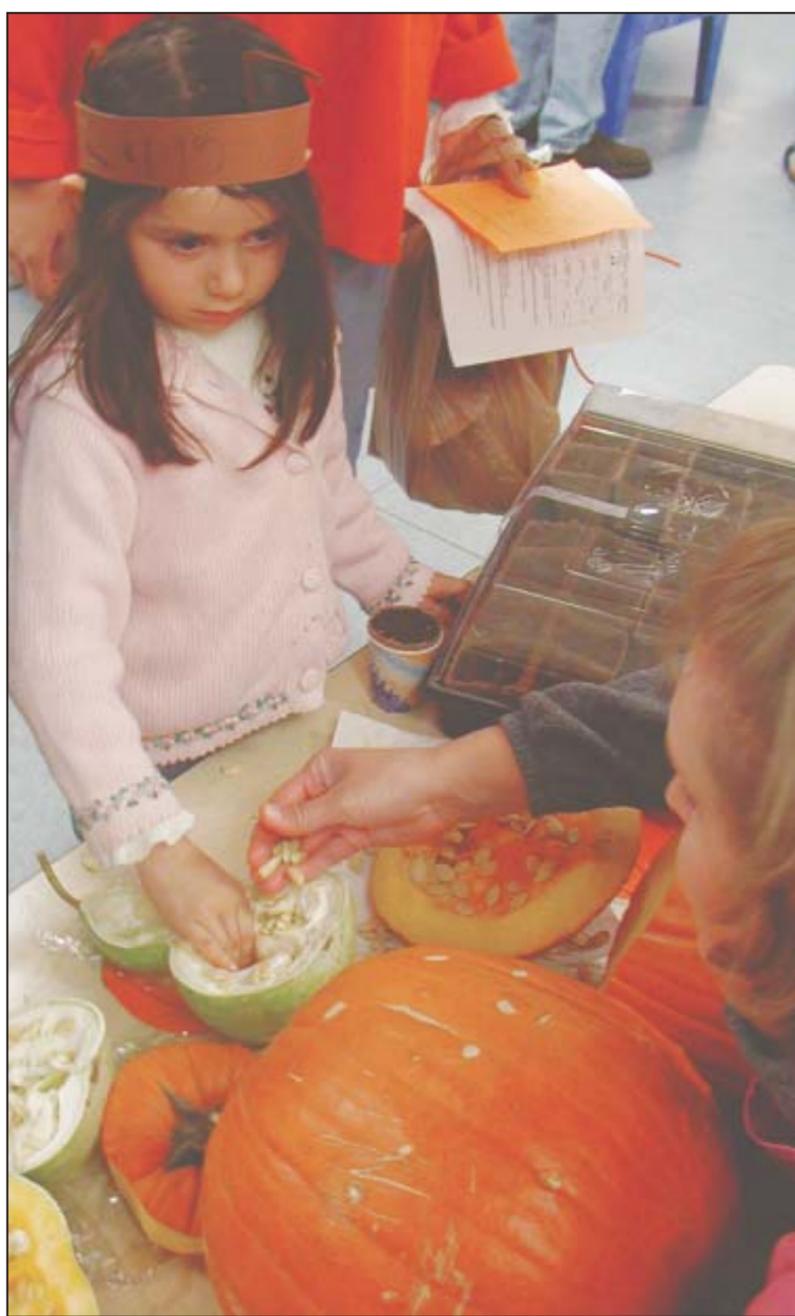


Photo by Staff Sgt. Sharron Stewart

The great pumpkin

Cristina Garcia, 4, looks on as Amy Tackett, a flex-teacher at the New Beginnings Child Development Center explains how fall vegetables such as pumpkins and squash grow. New Beginnings held an Open House Oct. 24, that included many activities such as tracing leaves, making trail mix and planting seeds.

Avoid government purchase card scam

DOC release

The Directorate of Contracting was recently notified of a continuing scam by some laser, ink jet, and toner cartridge suppliers and other office supply vendors on other installations.

According to Wilma J. Rose, Director of Contracting, the individuals behind this scam have contacted many organizations on the installation offering a deal that "sounds good to be true" or to "verify the card number for the next shipment" when, in fact there was no valid initial order and/or shipment.

Although in some cases the vendor may be honest, DOC officials recommend all buyers of office supplies to remain skeptical of any calls received offering a "free" new or remanufactured cartridge to try or a "30-day trial offer" and asking questions relating to the type and number of printers or copiers you have. Very often these calls are made by telemarketers and you can hear other calls in process in the background. When questioned, the telemarketer already has your name, address, and telephone number, but does not usually have information regarding your organization; i.e., whether your organization is a government or commercial entity.

Rose said "the experience has been that once you agree to accept a 'free' or 'trial cartridge,' you are sent several cartridges

See CARD, Page 7

Commander of USAIC to pin on rank of Brig. Gen.

By Tanja Linton
Media Relations Officer

Col. John M. Custer will pin on his first star and be promoted to brigadier general in a ceremony on historic Brown Parade Field Tuesday at 4 p.m.

Secretary of Defense Donald H. Rumsfeld selected Custer for appointment to this rank June 6.

Custer, son of Angeline M. Custer of Bridgeville, Del., is currently the commander of the U.S. Army Intelligence Center and Fort Huachuca. He had previously served as the deputy commander of the USAIC and Fort Huachuca.

The U.S. Army Intelligence Center's mission is focused on leading, training, equipping and supporting the world's premier corps of military intelligence professionals - imbued with a warrior spirit, self-discipline and mutual respect.

Custer is a graduate of Woodbridge Senior High School and the University of Delaware, where he received a Bachelors of Science degree in 1974. In 1978, he was commissioned a second lieutenant in the Army's Military Intelligence Corps.

His military education includes Masters of Science degrees in Strategic Intelligence from the Joint Military Intelligence College, and Information Systems from the National Defense University. He also is a graduate of the Defense Language Institute's Russian curriculum, the Command and General Staff College at Fort Leavenworth, Kan., and the National War College, Fort McNair, Washington D.C.

During his military career Custer has served in command and staff positions around the world. His assignments include Sinop, Turkey; Augsburg, Germany; RAF Lakenheath, England; Seoul, Korea; Honolulu, Hawaii; Fort Meade, Maryland; Fort Lewis, Wash.; and the Pentagon. He has commanded Army units at the Company, Battalion

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Over 40 Arizona schools apply for grant, Colonel Johnston selected

By Staff Sgt. Sharron Stewart
Scout News Editor

"We want to partnership with parents and the community to build a firm foundation now in order to set students up to become successful adults and law-abiding citizens," said Ida Ann Pedrego, counselor for Colonel Johnston Elementary School.

Over 40 Arizona schools applied for the Arizona Behavioral Initiative grant, but only eight schools received it. Johnston was one of those eight. They are involved in a two-year program and were awarded \$9,500 for each year. The school is eligible to apply for the grant again two years from now.

Pat Marsh, Johnston's director of Special Education said the grant comes through the Department of Education Special Education Division and shares Pedrego's enthusiasm.

The staff at Johnston are using the funds to learn how to effectively discipline students by using positive behavior support. Marsh and Pedrego said part of the goal is to ensure the entire staff and parents are using the same discipline techniques.

Johnston is using the money to initiate a behavior initiative that will help to deal with discipline problems society has to deal with today, Pedrego said. "We want to educate teachers, parents and the community so we will all be on the same sheet of music so we can address the behavior needs of the students," Pedrego said. She said some of the needs are due to parent deployments, anger issues and single-

parent households. "Children are not as articulate as adults and tend to act out when they are upset or angry," Pedrego said.

Marsh said when a child is sad they might tend to act up in the classroom or have playground incidents. "A lot of problems may come out in peer interaction and not being able to learn how to follow rules," Marsh said. Adults model the behavior and children will follow that.

The staff at Johnston is currently being trained on how to use Psychologist Fred Jones' material "Tools for Teaching" and "Stop and Think! Teaching Children Inter

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Photo by Angelica Pequeño

Colonel Johnston Elementary School received an Arizona Behavioral Initiative grant.

Kubs Korner



Photo by Angelica Pequeño

Civilian of the month of September Syretha Storey at the home of child care provider LeAnn Wesley (not pictured.) Pictured with her are (from left to right): Anthony Wesley, 16 months old, Ethan Endinger, 2, Jacob Schellhammer, 2, and Elizabeth Dodson, 3.

Civilian of the Month

Syretha Storey was recently recognized for the improvements she made in the Fort Huachuca Family Child Care Program by Training and Doctrine Command. It is through Storey's efforts as described above that Fort Huachuca has an alternative child care program. She can offer child care for children who need a small and homelike setting or need care during extended hours or weekends. It is because of Storey military families can feel safe leaving their children in a certified FCC home.

Storey took a critical child care program that was severely out of compliance with the Department of Army standards and brought it beyond expectations. She visited every Family Child Care home regularly and worked with each provider plus proponents from fire, health, and safety to bring every home up to standard and beyond. She improved the training program and instituted quarterly meetings to keep providers abreast of new developments and requirements. Storey developed a recognition program for FCC providers, promoting their credibility within Fort Huachuca.

When Storey is informed of a person who may be doing unauthorized child care in their home, she visits the individual immediately and explains the program and the necessity to be certified by the FCC office. She helps them through the certification process. The home is brought up to fire, health, and safety standards to ensure children in care are receiving the best care and safe care.

Storey is Fort Huachuca's civilian of the month of September.

Other nominees for Civilian of the month included Olivia Stacks, Yon Gault, Ruth Krasnosky, Azalee (Leigh) Henderson, William J. Hagerl, and Charles M. Slaymaker. Nominate your deserving employee for Fort Huachuca civilian of the month. Contact CPAC at 533-5282, for further information.

October MOVSM qualifiers

The following soldiers qualified for the Military Outstanding Volunteer Service Medal for the month of October:

Maj. Vaughn Laganosky, Headquarters and Headquarters Company, 306th Military Battalion; Maj. Chris Zimmerman, Joint Interoperability Test Command; Sgt. Donald Jenkins, B Company 304th MI Bn.; Cpl. Erica J. Peuschold, United States Army Garrison; Pvt. James English, A Co., 305th MI Bn.; Sgt. Erica E. Efron, 69th Signal Co., 504th Sig. Bn.; Sgt. Jeremy L. Peuschold, 18th Military Police Detachment; Spc. Melissa M. Garrett, USAG; Sgt. Ildiko Reisenbigler, E Co., 309th MI Bn.; and Sgt. 1st Class John E. Tooley, Intelligence Electronic Warfare Training Detachment.

VIP Volunteer's of the Month

VIP Volunteer for the month of September was Helen Turner from the Widowed Support Center. VIP Volunteer for the month of October is Bonnie Bosworth from the Archaeology Lab.



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

"Trick or Treat" or "Holy, Holy, Holy"

Today is Oct. 31 – Halloween. Also, All Saints Eve, All Soul's Day and Reformation are celebrated on or around the 31. My purpose at this time is to do some education around these holidays – you, like me, may find some interesting facts around this particular day.

Halloween has become controversial because some cults and devil worshippers have adopted it as their major holiday. However, it was a new year festival in Ireland by the Celts hundreds of years before the birth of Jesus. "Samhain" was the holiday that marked the end of summer and ushered in the Celtic new year – November 1.

The Irish Celts believed there was a veil between the living and the dead and during Samhain it was the thinnest – and the dead of the previous year came back to look for living bodies to possess. So, people dressed in scary costumes and were destructive in order to scare away the spirits. Jack-O'-Lanterns were originally made by hollowing out turnips, making skull-like faces on them to ward off demons. Bobbing for apples came from the "ordeal by water," which was the thought of the passage of the soul to the "hereafter" over the waters that separate "here" and "there." As the years passed, so did belief in the spirits, but the festival remained, with children dressing and acting like the spirits – asking for treats or food from house to house.

Between 700 and 800 A.D. the Roman Catholic Church added dimensions to the celebration focusing on eternal life rather than death and celebrating the saints rather than fearing spirits. November 1 became All Saints Day, All Souls Day or All Hallowed (holy ones) Day. The day before, October 31, became All Hallows Eve - soon shortened to Halloween.

Irish immigrants brought the holiday to the U.S. in the mid-19th century. The Germans grasped the celebration with gusto and added witches, black cats, and pranks. "Trick or treating" became "very much" American after regular appearance during the holiday in the 1930s. The U.S. style of Halloween was exported in the 1960s back to Europe and later Asia.

Today churches and families hold group celebrations on Halloween, often in costumes of saints and famous religious people in order to reinforce the Christian side of Halloween's origins. Sadly, American commercialism is neglecting the religious aspect of Halloween. Because of fears of children on the street at night and tainted candy, this holiday may one day become a casualty of modern life.

So, for what it's worth, Halloween is not a holiday to fear, but one which we can celebrate life, particularly the lives of those who died in the past year who modeled Christian or moral living. If some "bad guys" use the day for something it wasn't intended for, so be it, but now we know better. Halloween is a night of fun, of life, of getting together with friends and family in thought, and perhaps worship, about models from the past who influenced us for the future. So, Happy Halloween.

Influenza (Flu) shot information

Fort Huachuca has received the flu vaccine for the health care beneficiaries of Fort Huachuca. High-risk patients can get the flu shot now in the Adult Family Care Clinic or the Pediatric Clinic. This is for high-risk patients only.

The following people are considered to be high-risk patients.

1. An adult or child (greater than 6 months) who have the following chronic high-risk medical conditions
 - a. pulmonary (e.g., asthma, COPD)
 - b. cardiovascular (e.g. CHF)
 - c. metabolic (e.g., diabetes)
 - d. renal dysfunction

- e. hemoglobinopathies
- f. immunosuppression, including HIV infection

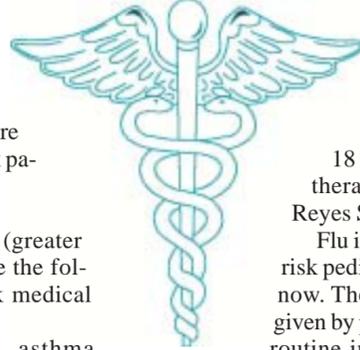
2. Residents of long-term care facilities.

3. Pregnant and will be 13 weeks gestation during influenza season.

4. Children (6 months to 18 years) on long-term aspirin therapy (at risk for developing Reyes Syndrome).

Flu immunizations for the high-risk pediatric patients will be given now. These immunizations will be given by prescription only during the routine immunizations Mon., Wed. and Fri. from 1 p.m. - 3 p.m.

The Adult Care Clinic hours are



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Scout on the Street

What are you going to be for Halloween and what safety tips will you be using?



I am going to be a soccer ball head. I am going to wait to eat my candy so my parents can check it for me.

**GianCarlo Dibiasio,
6-year-old,
1st-grader,
Johnston Elementary
School**



I'm going to be an Army soldier like my dad. I am going to walk on the sidewalk and trick-or-treat with my parents.

**Alexi Hildreth,
8-year-old,
3rd-grader,
Johnston Elementary
School**



I'm going to be a fairy and I will carry my flashlight to help me see in the dark.

**Ally Vance,
7-year-old,
2nd-grader,
Johnston Elementary
School**



I'm going to be a witch and I am only going trick-or-treating to the houses that have their lights on.

**Selena Brown,
7-year-old,
2nd-grader,
Johnston Elementary
School**



I'm going to be a butterfly and I will be using a flashlight.

**Tori Miser,
6-year-old,
1st-grader,
Johnston Elementary
School**



I want to be a witch. I will remember to stay with a parent when trick or treating.

**Roxanna Julian,
8-year-old,
3rd grader,
Johnston Elementary
School**

Photos by Angelica Pequeño

The Fort Huachuca Scout®

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Buyer beware: Doing research can save soldier's hard earned money

Staff Sgt. Sharron Stewart
Scout News Editor

According to Leigh Henderson, Consumer Affairs Financial Assistance Program manager, there are too many cases where soldiers are spending a lot of money on big-ticket items and not getting their money's worth.

"There are eight complaints filed against a single car dealer in town. Soldiers can avoid this problem if they check with this office, the Better Business Bureau, the Judge Advocate General's Office or the State Attorney General's office," Henderson said. She said an E-3 lost \$3,900 by dealing with this particular car lot.

She said the lot has made a name for itself among soldiers because it's so easy for a soldier to drive off with a car the same day they apply.

"The soldiers pass the name around because all they know is, if you go put your money down, you can drive home with a decent looking car the same day. If a dealer advertises 'good-credit, bad-credit, no-credit' then more than likely they are out to rip you off," she said.

"If you have filed bankruptcy in the past several years, more than likely you are not going to get a car financed for two or three percent interest," she said.

Henderson also recommended soldiers visit www.carfax.com to obtain free information regarding a car's history. The Web site offers information regarding a car's past title holders, a car's true odometer reading, past problems the car has had, and who the car has been registered to. "One soldier I know of checked their car and found out that it had seven owners in the past three years. To me that indicates a problem. Too bad they didn't know about this service before they purchased a vehicle," Henderson said.

She said the website also provides information regarding whether or not the car has been in an accident. "I hate to see people getting ripped-off. I want soldiers to call me before they make a commitment to having those type of payments for three, four and maybe even five years," Henderson said.

Henderson said another swindle aimed toward soldiers include advertising claims of selling nearly new cars for \$100.

"Of course it's human nature to want what we can get for the least amount of money, but if it seems too good to be true, that's because more than likely, it is. Always check these things out first before you spend your hard earned money," she advised.

She recounted a phone conversation with a company who advertised that they can sell new or nearly new vehicles for \$100 - \$200. After telling them she was interested in purchas-

ing a luxury car, Henderson talked to this company for 15 minutes and was assured that she could purchase a nearly it will be there for seven years. A bankruptcy stays on your credit report for 10 years," she said.

Henderson said innocent victims also fall prey to paying for loans in advance. She said most of these companies tend to be located in Canada, Georgia or Florida and most victims never see their money.

"If you need a loan, apply for one at a bank. You should never have to pre-pay for one and a bank will give you a much better interest rate," Henderson said.

She went on to say soldiers should also avoid the "affinity scams" where one is promised that their money will be doubled. She said these scams are targeted toward a certain demographic.

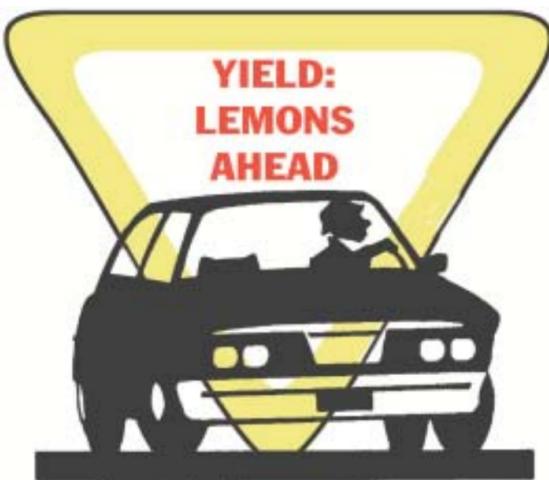
"More than likely, anything that says 'for the military' such as military loans, is a scam targeted towards a military audience. I'm not saying that everyone who uses the word is a crook because there are a lot of vendors out there who respect and are proud of those serving in the military," Henderson said.

She said a large majority of the civilian sector believes soldiers have a lot of money because they believe soldiers don't have to pay for housing or for uniforms.

"Soldiers did not come into the military to get ripped off. They are protecting us, shouldn't we protect them? I get paid to help soldiers and their families that's my job and I simply love my job," she said.

For more information, or to ask Henderson to conduct a unit briefing, call 533-2437.

Visit www.autumnmoonproductions.com/arizona_state_attorney_general.html, or the Better Business Bureau at www.bbb.org/.



United Concordia answers frequently asked questions

United Concordia release

Do you have questions on: enrollment, eligibility, claims, benefits, or how to find how to find participating dentists?

Who: Active duty family members, selected reservists, individual ready reservists, family members of selected seservists and individual ready reservists

What: The TRICARE Dental Program.

Where: Contact United Concordia Company, administrator of the TDP:

- Customer Service: 1-800-866-8499
- Enrollment and Billing: 1- 888-622-2256
- Email: conus@uccicom

• Website www.ucci.com: enroll online; find your dental benefits advisor for help with complex issues; to look at "My Dental Benefits," and to keep up to date with the latest announcements.

United Concordia Sponsors Contest for Children

National Children's Dental Health Month is approaching and United Concordia Company, administrator of the TRICARE Dental Program sponsors a contest for children ages 3-12. Children enrolled in the TDP can win a \$100 US Savings bond. There is a winner from each TRICARE region and each age division, 3-7 and 8-12-year-olds.

Children ages 3-7 color a picture and children ages 8-12 write an essay about a dental situation.

Obtain a contest form by downloading one from United Concordia's website: www.ucci.com, or visit the Health Benefits Advisor or Dental Clinic at your base.

Planning to visit the dentist?

The TRICARE Dental Program Supports Post Schools provides cost shares: You will never pay more than your cost share for the services listed as long as you see a participating dentist. Find participating dentists on United Concordia's website: www.ucci.com.

If your dentist is non-participating you will pay, in addition to your cost share, the difference between what the dentist bills and United Concordia's allowance.

For services with cost shares of 30 percent, 40 percent and 50 percent, ask your dentist to request a predetermination from United Concordia Company before the work is done.

By getting a predetermination you and your dentist will be notified before the service is rendered. You will know up front if the service is covered and exactly what your cost share will be.

Orthodontic maximum: \$1,500 Lifetime Maximum For non-spouse up to age 21 (up to age 23, if enrolled at an accredited college or university) and up to age 23 for a spouse and SelRes and IRR member.

Annual maximum: \$1,200 per Coverage Year Feb. 1 of one year to Jan. 31 of the following year.

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For services with cost shares of 30 percent, 40 percent, and 50 percent, ask your dentist to request a predetermination from United Concordia before the work is done.

By getting a predetermination you will know up front if the service is covered and exactly what your cost share will be.

Local dental healthcare providers in Sierra Vista area

Name	Telephone	Specialty	Full/Part time	Provider	New patients
Elliot Angel	458-2500	Orthodontist	Tuesday - Thursday	7 years old	Yes
Larry Bloom	458-1835	Pedodontist	Monday - Thursday	1 years old	Yes
Thomas Bulter	458-3778	Orthodontist	Thursdays only	5 years old	Yes
Edward Cole	459-5530	Periodontist	Monday	N/A	Yes
George Deeb	459-6219	Oral Surgeon	Tuesday - Thursday	referral	Yes
Gary Edgar	458-5611	General Dentist	Thursday Friday only	12 years old	Yes
Frank Gonzalez	459-5166	General Dentist	Monday - Tuesday	4 years old	Yes
Russell Hanes	458-2415	General Dentist	Fulltime	3 years old	No
Patrick Hardy	459-7035	General Dentist	Monday - Thursday	10 years old	Yes
Alan Kawakami	459-1600	Orthodontist	Fulltime	5 years old	Yes
Daniel Klemmedson	459-6219	Oral Surgeon	Tuesday - Thursday	referral	Yes
Geoff Koelling	458-2520	General Dentist	Monday - Thursday	2 years old	Yes
Andrew Kunstman	458-5611	General Dentist	Monday - Friday	3 years old	Yes
Brian Lane	417-1692	General Dentist	Monday-Thursday	5 years old	Yes
James Leavitt	458-4060	General Dentist	Monday-Friday	3 years old	Yes
Lincoln Pace	458-2520	General Dentist	Monday-Friday	2 years old	Yes
M. G. Ramirez	459-1512	General Dentist	Monday-Friday	12 years old	Yes
Brad Roberts	458-2520	General Dentist	Monday-Friday	2 years old	Yes
Don Robertson	417-0311	Endodontics	Monday-Thursday	N/A	Yes
Jack Schrader	458-2415	General Dentist	Monday-Friday	3 years old	No
Susan Sharp	459-5530	Periodontist	Monday	N/A	Yes
Todd Sick	458-2520	General Dentist	Mon-Fri	2 years old	Yes
Steven Smith	458-3001	General Dentist	Mon-Thurs	10 years old	No
Timothy Taylor	458-2520	General Dentist	Monday-Friday	2 years old	Yes
Thomas Weir	458-3778	Orthodontist	Thursday	5 yrs old	Yes

The listing of doctors above as participating United Concordia providers is current this date. Remember to ask your dentist if he/she is a participating United Concordia provider.

D.A.R.E. officer supports post schools, bringing community into contact

DPS release

The Department of Public Safety provides a multitude of services. One of the most important of these services in relation to crime prevention is the Drug Abuse Resistance Education Program.

Sgt. Barbara Mueller and is the Military Police Soldier who has been assigned as the new DARE officer for the postschool system. As the noncommissioned officer in charge of the DARE program, her mission is to educate children in the community on the effects of drug and alcohol abuse. She helps children gain self-confidence, a positive outlook for the future, and prepares them to resist the use of Drugs and Alcohol.

The DARE program consists of 17 lessons which will be taught throughout the school year. She visits the schools four

days a week alternating between fifth grade classes. The lessons I teach are goal oriented and require the children to work hard towards understanding the negative affects of using drugs and alcohol. While the DARE program concentrates on methods of avoiding drugs and alcohol, it also helps children overcome some of the other obstacles that they may face in their future.

She will also support community activities because Assisting the community is her primary goal. Furthermore, please feel free to contact her for answers to questions regarding the DARE school curriculum, community activities or for literature that discusses safety and drugs. The DARE office telephone number is 533-8832.

Editors note: This is a continuation of DPS articles intended to keep the community informed on DPS operations and how they can support you.

Exercise, watching your weight, good nutrition can prevent diabetes

By Staff Sgt. Sharron Stewart
Scout News Editor

Watching what you eat, maintaining a healthy weight and exercising three to five times a week can prevent a large portion of the population from getting diabetes.

Inactivity and obesity are the major contributing factors to someone becoming diabetic, said 1st Lt. Charita Echols, Raymond W. Bliss Army Health Center dietician. Diabetes is a disease that results from the body not being able to use blood glucose for energy.

She defined obesity as having a body mass index greater than 30. A BMI less than 27 is considered a healthy weight for adults over 35. Those under 35 should have a BMI of 25 in order to have a healthy weight. The BMI is based on a person's height and weight.

"Being overweight does not mean you will get diabetes but having a BMI over 30 does put you at greater risk," Echols said.

She said those who have more weight concentrated around the stomach area tend to be at higher risk for diabetes. "Those with beer-bellies are more prone to get diabetes," she said. Being overweight combined with family genetics is the greatest indicator of whether or not someone will get diabetes, even if the relative is a grandparent.

Echols said diabetes is prevalent in the Native American and Hispanic population, but that unfortunately a lot of retirees of all ethnic backgrounds tend to get Type 2 diabetes because of an inactive lifestyle after leaving active duty.

She said a lot of the retirees who do tend to get diabetes don't even realize they have it until they come in for other laboratory tests and doctors realize their glucose is elevated. "Some people can have diabetes and not even know it," Echols said.

There are two types of diabetes Type 1 and Type 2. She said Type 1 diabetes is also called juvenile onset diabetes because it happens before the age of 30. Type 1 diabetes is also formally known as insulin-dependent diabetes. Those who suffer from this form of the disease have to take insu-

lin because their pancreas no longer produces it and usually always have to take medication.

"Exercise helps to regulate the amount of carbohydrates and glucose going into the body," Echols said. "Insulin metabolizes sugar in the body. Exercise helps because it helps to naturally lower the blood sugar," she said.

Those who are Type 2 diabetics can produce some insulin, but not enough, or their bodies can't metabolize it effectively, Echols said. Those who have this form of the disease can usually manage it by proper nutrition, maintaining an ideal body weight and by oral medication. "Depending on how stringent their diet is and how much they exercise, some Type 2 diabetics don't have to use medication," Echols said.

Unfortunately, some Type 2 diabetics who don't watch what they eat or exercise can wind up on medication even though they are still classified as Type 2 diabetics.

Those who are more prone to become Type 2 diabetics and have a family history of it need to watch what they eat, and that includes carbohydrates, starches, and fruits, "But that's only if you are prone to it and have higher risk factors," she said.

A myth about diabetes is that eating a lot of sugar will cause it. Echols said this not true at all.

Some of the warning signs of diabetes include frequent thirst, urination, hunger, fatigue, blurred vision, unexpected weakness, sudden weight loss, and heavy breathing.

Those who do have diabetes usually have to test their blood sugar on a daily basis. She said keeping their blood sugar between the rangers of 140 and 90 is a safe range for diabetics. "If it gets too low diabetics will get shaky and weak. If it gets too high, then depending on whether or not a diabetic takes medication, the doctor may want them to give themselves an insulin shot or go exercise. You don't want it to be too high or too low," Echols said. Too low blood glucose is call hypoglycemia and too high blood sugar is called hyperglycemia.

If undiagnosed and left untreated diabetes can affect they eyes, the kidneys, the heart and a person's feet. "Diabetic neuropathy occurs when a person loses feelings in their

feet. They can cut themselves on the feet and not know it, because they can't feel it anymore. Some people come in because they have ulcers or sores on their feet and didn't realize they were there. Eventually it can progress to a point of having to get a limb amputated because they can't do anything to save it," she said.

"Diabetics have a harder time healing. They can step on a pin or something small and not even know it, so checking their feet on a regular basis is a must," Echols said.

She said another complication of the disease is diabetic retinopathy, which affects a person's vision. "You can go blind if you don't manage diabetes," Echols said.

Woman who have had gestational diabetes usually don't have to worry about the disease anymore once the baby is born, but they are at a higher risk of getting the disease later in life if they don't maintain a proper weight, Echols warned.

"You can never get rid of diabetes, but you can manage it to the point where you don't have to take medication," she said.

The best cure for diabetes is prevention by eating a healthy, nutritious diet, maintaining a proper weight and exercising.

For more information about diabetes, visit misc.health.diabetes.org, www.eatright.org, or www.diabetes.org.



Adjusting to living with diabetes: recipes can be delicious as well as nutritious

Diabetic recipes can be delicious as well as nutritious. Avoid high blood sugar and low blood sugar by following a well-designed meal plan.

The thought of having to convert to eating a diabetic diet can be intimidating, especially to someone who is newly diagnosed with diabetes.

After all, what makes a recipe appropriate for a person with diabetes? What's the best way to meet nutritional needs without compromising taste, convenience, and pleasure? Take heart! You can follow diabetic recipes, eat well, and still avoid the roller coaster pitfalls of low blood sugar and high blood sugar.

Knowledge goes a long way in the kitchen

Time invested in learning about healthful eating as it relates to your diabetes will leave your taste buds satisfied and assist in keeping blood sugar under control. Take time early on to educate yourself; you'll be surprised to find that eating a diabetic diet will become second nature rather quickly.

You'll know what foods are best for you when you're experiencing low blood sugar and also which foods are most likely to result in a high blood sugar count. You don't have to be a gourmet cook or even prepare everything from scratch to follow a diabetic diet. Talk to your diabetes educator or nutritionist about dietary recommendations.

Exchange diets

Foods that are similar in nutritional profile are grouped together in an exchange diet, and portions are such that each serving will have the same amount of carbohydrate, fat, and protein as any other in the same group. Foods can be "exchanged" or traded with others in a category while still meeting your desired nutritional goals. Exchanges can be applied if you're eating out or trying out new diabetic recipes.

Counting carbohydrates

Many people with diabetes are encouraged to help manage their disease by tracking the carbohydrates in their diets. Carbohydrates are most quickly turned into sugar for use by the body. Counting carbohydrates can be very helpful when determining insulin dosages.

Feeling alone?

Some people mistakenly think they will never again be able to enjoy mealtimes.

The recommendations for healthy eating for a person with diabetes follow the same general guidelines as a well balanced diet for the general population, and can promote better habits for the entire family.

Although the problems associated with low blood sugar and high blood sugar are different, both need to be avoided as much as possible.

Read nutrition facts on food

labels, find diabetic recipes you like, and get on the road to better health.

Taken from www.diabetic-diet-and-recipes.com/.

How does diabetes affect diet?

You've recently been diagnosed with diabetes and enough of what the doctor said has sunk in that you realize you need to closely evaluate your diet.

Although there was probably a lot of "don't eat this" and "be sure to watch out for that," hopefully there was also some encouragement, because a diagnosis of diabetes is not a sentence to a future of tasteless, bland cuisine.

How does diabetes affect diet? Normally, the body produces a hormone called insulin. With diabetes, the ability to make or utilize insulin is impaired.

Without insulin, the body can't properly use glucose, the simple sugar the body produces from the food

we eat. Insulin is the key that unlocks cells and lets the glucose enter, thus providing energy for critical cell metabolism.

The regulation of blood

sugar in the non-diabetic is automatic, adjusting to whatever foods are eaten.

For the diabetic, however, extra care must be taken to balance food intake (and the resultant impact on blood sugar) with insulin injections, exercise and any other glucose altering activity.

Type 1 or Type 2 Diabetes?

Some recommendations for a diabetic diet depend on the type of diabetes you have. In Type 1 diabetes the focus is mostly on matching food intake to insulin. You'll need to know when your insulin peaks and how quickly you metabolize different foods.

In Type 2 diabetes the concern may be more oriented to weight loss in order to improve the body's ability to utilize the insulin it does produce.

In both Type 1 and Type 2 diabetes, as well as in gestational diabetes, the overall goal is to gather enough nutritional information to maintain a healthful diet and avoid large fluctuations in your blood sugar levels. What Is the Glycemic Index?

Not all carbohydrates are created equal, nor will they all affect your blood sugar in the same way. Researchers have created a glycemic index that ranks foods according to their ability to raise blood sugar.

Essentially, the glycemic index is based on how quickly a particular food is digested, metabolized and then released into the bloodstream as glucose. Other factors contribute to variations in blood sugar, but the glycemic index indicates which foods are likely to cause a rapid increase in blood sugar. Glycemic Index for a Sampling of Foods The higher the number, the quicker the rise in blood sugar

Whether you're cooking a meal at home or eating out or

even planning for a special occasion, you'll enjoy your meal more if you think ahead and develop an eating strategy that takes into account the available menu and your nutritional needs.

Timing meals and snacks

Matching food to insulin peaks helps you achieve control of your blood sugar. Type 1 diabetics must understand the action of the particular insulin product they take and plan meals and snacks to avoid low blood sugar.

Type 2 diabetics may have to adjust from three standard meals each day to three lighter meals interspersed with snacks throughout the day, if necessary.

Sometimes efforts at weight loss can also be helped by a prescription medication.

Taken from DiabetesandDiet.com

Frequently asked questions about nutrition

Can I eat foods with sugar in them?

For almost every person with diabetes, the answer is yes. Eating a piece of cake made with sugar will raise your blood glucose level. So will eating corn on the cob, a tomato sandwich, or lima beans.

With sugary foods, the rule is moderation. Eat too much, and you'll send your blood glucose level up higher than you expected; you'll fill up but without the nutrients that come with vegetables and grains; and you'll gain weight. So, don't pass up a slice of birthday cake.

Instead, at the next meal, eat a little less bread or potato and be sure to take a brisk walk to burn some calories.

Using the diabetes food pyramid

The Diabetes Food Pyramid has six sections for food groups. They vary in size. The largest group — grains, beans, and starchy vegetables — is on the bottom. This means that you should eat more servings of grains, beans, and starchy vegetables than of any of the other foods. The smallest group — fats, sweets, and alcohol — is at the top of the pyramid.

Eat servings from all the food groups other than the fats, sweets, and alcohol, every day.

Eat the recommended number of servings on the pyramid within each food group.

For a healthy meal plan that is based on your individual needs, you should work with a registered dietitian with expertise in diabetes management.

People with diabetes have the same nutritional needs as anyone else. Along with exercise and medications (insulin or oral diabetes pills), nutrition is important for good diabetes control.

By eating well-balanced meals in the correct amounts, you can keep your blood glucose level as close to normal (non-diabetes level) as possible

For more information, visit www.ada.org.



Community Updates

Basic Skill Education Program

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.

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 on 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. Nov. 18.

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 ceremony.

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

The Installation Volunteer Coordinator's office will be closed until Nov. 8.

Green to Gold briefing

There will be a Green to Gold Briefing at the Army Education Center, Building 52104, on Friday.

Floor resurfacing at Alvarado Hall

The floors at Alvarado Hall will be resurfaced Monday 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.



Halloween trick or treat hours

The time for trick or treating is 6-8 p.m. The post safety office will be handing out reflective bags to the youngest school children on the post. Refer to page B1 for safety tips.

Halloween Harvest Festival

The Main Post Chapel is holding a Harvest Festival for toddlers through 5th-grade tonight. It will be 5-7 p.m. Children need to be accompanied by a parent. There will be plenty of fun, food and treats for the children.

For more information, call Dan DeVeny at the Main Post Chapel at 533-4598.

Kids on the Block Puppets training workshop

A Deployment/Reunion Skills Training Workshop presented by the 11th Signal Brigade Chaplains and featuring the "Kids on the Block" puppets will be held at Kino Chapel Sanctuary and Activities Room, Monday from 6-7 p.m.

This program is designed to inform and help soldiers and their families understand the stresses that come from deployment separation. The program is designed for soldiers, spouses, and children, ages 3-12, who are going through a deployment-reunion experience or will be in the near future. This includes those separated due to unaccompanied 1 year assignments. For more information call Kino Chapel at 533-9507 or 533-2388.

Veterans Appreciation at Clothing Store

The Military Clothing Sales Store located at Bldg. 80503 in the Prosser Village will host a Veteran Appreciation Day at 1-3 p.m. on Nov. 7. Refreshments will be served.

Myer Elementary craft bazaar

Myer Elementary will be holding a craft bazaar in the school gym Saturday from 9 a.m. to 2 p.m. The event is open to the public and door prizes will be awarded.

NAACP fashion show

The Greater Huachuca Area Branch National Association for the Advancement of Colored People will hold its Annual Freedom Fund Banquet and Fashion Show Saturday at the Lakeside Activity Centre beginning at 6:30 p.m.

The keynote speaker for this program will be the Honorable Leah Landrum-Taylor of the Arizona State House of Representatives and Democratic Whip representing legislative district 16.

Representative Landrum-Taylor serves on the

Environment and Ways and Means Committees of the Arizona State Congress. The fashion show is a Vi Gates Production. For more information call 803-9437.

Reward: \$250

The Fort Huachuca Criminal Investigation Division is investigating the theft of a Dell laptop computer, latitude C600, serial number HWTJX01 property of the United States government. The computer was stolen between July 26-Sept. 26 in Rowe Hall, Building 63847. A \$250 reward is being offered for information leading to the identification, arrest and conviction of the person(s) responsible for the theft. If you have any information concerning the theft, call the Fort Huachuca CID at 533-5202 or the military police at 533-3000.

This reward offer expires Oct. 18, 2003 (reward will be paid IAW PARA 3-20B (1-6) AR 195-4.)

Tax Center volunteers

The Fort Huachuca Office of the Staff Judge Advocate is looking for tax center volunteers responsible for taking client information and processing tax returns into an automated tax program. Tax training is provided, but prior experience preparing income tax returns is a plus. Volunteers should have some experience operating a computer with Windows. Point of contact is Capt. Julio C. Salazar at 533-2009.

All veterans picnic

The Arizona Department of Veterans' Services will have an all veterans picnic in Phoenix Sunday. It is an all day event, from 9 a.m. to 4 p.m. at the Steele Indian School Park. The park is located on the northwest corner of 3rd Street and Indian School Road.

There will be free entertainment for adults and children, hamburgers, hot dogs, chips and drinks.

This event is free to all veterans, active duty, reserve personnel and their families. No alcohol will be permitted at this event.

Native American Heritage Month volunteers needed

The U.S. Army Intelligence Center and Fort Huachuca will host its Native American Heritage Month celebration Nov. 14 at 11:15 a.m.-1 p.m. located at the Murr Community Center.

If you would like to volunteer or need more information call the Post Equal Opportunity office at 533-1717, 111th Military Intelligence Brigade EO office at 533-3672, Army Signal Command EO office at 538-0909, 112th MI Bde. EO at 538-0533 or 11th Signal Bde. EO at 533-5202.

Range closures

Range closures for today through Nov. 7

Today - Fall clean up all - Areas Closed
Fri. - Fall clean up all Areas Closed, T1, T1A, T2

Sat. - AG, AL, AM, AW, T1, T1A, T2

Sun. - AG, AL, AW
Mon. - AM, AN, AU
Tues. - AK, AM, AN, AU, AY, T1, T1A, T2
Wed. - AK, AN, AP, AU, AT, AY, T1, T1A, T2
Nov. 7 - AK, AM, AN, AQ, AU, AV, T1, T1A, T2

* Changes from last weeks Range Closures.

Note: The time after a training area means the area is open for hunting etc. Training will be conducted later in the day or night. Military police should make note of the times and inform hunters of time limits in a specific area. The time input will show on the Range Closure schedule during hunting seasons only. Hunters must be out of the training area at the designated time(s). Night training does not interfere with the hunts as hunts cease at night fall.

This information is subject to change week to week. For more information, call Range Control 533-7095.

FHOCSA craft bazaar

The Fort Huachuca Officer's and Civilian Spouses' Club will hold their annual fall craft bazaar Saturday at Buena High School.

The FHOCSA is asking for anyone interested in renting a space to sell their crafts to call Sandy Frantz at 458-5988. There is also a limited space available for food concessions.

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. 1, 2, 8, 9, 15, 16, 22, 23, 29 and 30. The hours are from 10 a.m. - 12, 12-2 p.m., 2-4 p.m. and 4-5 p.m.

Please call Chaplain Gary Dale at 533-4911 or email gary.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 materials 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 ext. 107. The PX will begin taking reservations on 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.

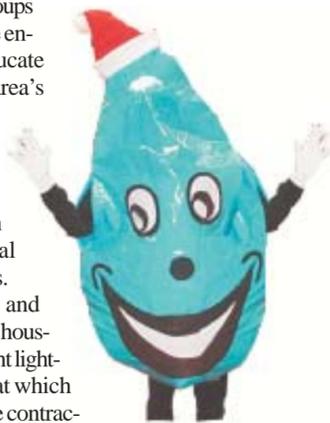
If you have any questions or comments, please stop by the PX Customer Service department or give them a call at 458-7830 ext. 107.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h2 style="margin: 0;">Community Events Calendar</h2> <p style="margin: 0;">To add items to the calendar, call the Central Community Coordinator at 533-6870.</p> <div style="border: 2px solid black; padding: 10px; text-align: center;"> <h3 style="margin: 0;">Native American Heritage Month Celebration</h3> <h2 style="margin: 0;">Nov. 14</h2> <h3 style="margin: 0;">11:15 a.m. - 1 p.m.</h3> <h3 style="margin: 0;">at Murr Community Center</h3> </div>						
<p>• Scuba class at Barns Field House. Cost is \$150 for adults and \$50 for kids 8 years and older. Call 533-3858 for info or call the instructor at 803-0308. 3</p>	<p>• San Pedro Kiwanis meets at noon in the Crystal Room of Thunder Mountain Inn. Contact Nilda Townsend at 458-9847. • 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. 4</p>	<p>• 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 (SPERSOA) meets at SV Methodist Church at 7 p.m. • Society for Creative Anachronism meets at OYCC at 7 p.m. 5</p>	<p>• 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. 6</p>	<p>• SV Optimist Club meets at 6:30 a.m. at the Landmark Café. Call Robert Atkinson at 459-2711 • 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 @ 1:30 p.m. Johnston, grades 1 - 3 @ 1:15 p.m. and Smith, Grades 6-8 @ 1:40 p.m. 7</p>	<p>• Rollin' Thunder Skate Park 5 - 9 p.m. for teens only. Call 533-3205 for information. Open to the public. 1</p> <p>• Rollerskating at Youth Services, Bldg. 49013 from 6:30 - 8:30 p.m. Call 533-3205 for details.</p> <p>• 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.</p>	<p>• OCSA Holiday Bazaar 9 a.m. - 3 p.m. at Buena HS. • 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. • Marine Corps Birthday Ball at La Hacienda Club at 7 p.m. 2</p>
<p>• The Vigilantes at the Helldorado set in Tombstone at 1 p.m. 10</p>	<p>Veteran's Day (Armistice Day) Federal Holiday 11</p>	<p>• 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 (SPERSOA) meets at SV Methodist Church at 7 p.m. • Society for Creative Anachronism meets at OYCC at 7 p.m. 12</p>	<p>• 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 Air Hockey 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. • SV Chess Club meets at Peter Piper Pizza at 7 p.m. 13</p>	<p>• SV Optimist Club meets at 6:30 a.m. at the Landmark Café. Call Robert Atkinson at 459-2711 • 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 @ 1:30 p.m. Johnston, grades 1 - 3 @ 1:15 p.m. and Smith, Grades 6-8 @ 1:40 p.m. 14</p>	<p>• Rollin' Thunder Skate Park 5 - 9 p.m. for teens only. Call 533-3205 for information. Open to the public. 8</p> <p>• Rollerskating at Youth Services, Bldg. 49013 from 6:30 - 8:30 p.m. Call 533-3205 for details.</p>	<p>• Coronado national Park 16 50th Anniversary Celebration begins at noon. • SV Parks & Leisure is sponsoring Pool Tournaments at the YC. This event begins at 4:30 p.m. This event is free and open to youth ages 11 - 17 years of age. Call 459-4377 for info. • SV Parks & Leisure is hosting the Seven Pipers Society at Buena HS Performing Arts Center beginning at 7 p.m. Tickets are \$8 in advance and \$10 at the door. Children's tickets are \$2. 16</p>
<p>MCC = Murr Community Center MPC = Main Post Chapel OYCC = Oscar Yrun Community Center</p> <p style="margin: 0;">Army Family Team Building classes and information at Murr Community Center, 533-3686 or 533-2330</p>						

Free water wise and energy smart consultations available

By Ginger Maxey
University of Arizona release

Ginger Maxey, Energy and Water Conservation Educator from the University of Arizona Cooperative Extension, is available to work with individuals and groups on Fort Huachuca to reduce energy and water use and educate the community about the area's natural resources. She can assist with new-comer orientation, professional development speakers, speakers for organization and unit functions, special events and school programs.



Wettie the Water Drop

Some existing energy and water conserving features in housing units including fluorescent lighting, water heater thermostat which is preset by the maintenance contractor at an energy saving 120 degrees, and low flow fixtures on the kitchen and bathroom faucets. These fixtures typically limit the flow to 2 and a half gallons per minute. This is almost half of the four gallons per minute which came out of the older design faucets.

Maxey is also available for landscaping and garden consultations. She can assist in the selection of plants that will do well in the yard as well as identify unknown plants and give advice on their care.

The Water Wise and Energy Smart Program has several publications on southwestern landscaping using native and drought tolerant plants as well as the Residential Watering Guide for Fort Huachuca, the Water Conservation Checklist for Residential Yards, and the Home Energy and Water Conservation Checklist which

See WETTIE, Page 7



Command Information Survey

The Public Affairs Office wants your help in improving its service to the community. By completing our Command Information survey, you can help us improve the way we keep you informed about what's going on at Fort Huachuca and throughout the Army.

The survey is printed below and can also be found on the installation's worldwide web site. Once you have filled out the survey, please return it to our office via e-mail to paowatch@hua.army.mil, print and send it via the post distribution system to ATZS-PA, Fax it to 533-1280, or mail it to:

Attn: ATZS-PA
USAIC & FH PAO
3015 Carnahan St.
Building 21115
Fort Huachuca, AZ 85613-7027

Directions: Unless otherwise instructed, circle the response that best describes your views.

1. Please select the answer that best describes your status.
a. Service member b. Family member
c. Civilian or contract employee d. Retiree

2. If you (or your spouse) are a service member, please help us further identify the demographics of people being surveyed by selecting your pay grade.
a. 04 to 06, or CW4 to CW5 b. 01-03 c. WO1 to CW3
d. E7 to E9 e. E5 to E6 f. E1 to E4 g. Other

3. Please select the answer that best describes your (or your spouse's) organization/employment status on Fort Huachuca.
a. Student b. Instructor/cadre c. Tenant activity
d. Other (post support, directorate, etc.)
e. Not applicable

In the past six months, have you used the following sources to obtain information about Fort Huachuca:

4. Chain of command, directors, leaders?
a. Yes b. No c. Some

- 5. Sierra Vista area radio stations?
a. Yes b. No c. Some
d. Cannot get local (Sierra Vista) radio stations where I live
- 6. Local (off-post) newspapers?
a. Yes b. No c. Some
- 7. Fort Huachuca Commanders Access Channel (CAC), Cox cable 97?
a. Yes b. No c. Some
d. Cannot get the Commander's Access Channel where I live
- 8. The Fort Huachuca Scout?
a. Yes b. No c. Some
- 9. Fort Huachuca website (huachuca-www.army.mil)?
a. Yes b. No c. Some
- 10. From Ft. Huachuca's all-users e-mail?
a. Yes b. No c. Some
- 11. From Family Readiness Groups?
a. Yes b. No c. Some
- 12. From other sources. Please specify _____
a. Yes b. No c. Some
- 13. In the past six months, do you think you have been adequately informed of: force protection measures, post happenings, events affecting Fort Huachuca, etc.?
a. Yes b. No c. Some

14. Please provide any additional comments you may have about how information is disseminated on Fort Huachuca.

Retrofits are here, with upgrades

By 1st Lt. Traci J. Gift
11th Sig. Bde, Public Affairs

Just when you thought the Single Shelter Switch could not get any better, General Dynamics and 11th Signal Brigade's modernization efforts proved you wrong.

The AN/TCC-56 (V)1 Single Shelter Switch provides voice and packet switching capabilities through the use of small, lightweight, modular switching equipment. The amazing shelter provides secure and non-secure automatic switching and technical control for analog, digital, and mobile subscribers in a tactical/non-tactical environment.

The 11th Sig. Bde. owns, operates, and maintains these remarkable Single Shelter Switches and with the help of Norma Cabazos, 11th Sig. Bde. Force Modernization officer, and General Dynamics these shelters have undergone several upgrades. Cabazos, chief of force



Pictured here are members of the 11th Signal Brigade with Norma Cabazos (center).

modernization, explained that eight of the nine AN/TTC-56 (V)1 Single Shelter Switches in 11th Sig. Bde. have gone through integral planned upgrades. The upgrades were started on August 26 and were completed just last week. Cabazos said that the ninth Switch would be upgraded when it returned from deployment.

Just recently, Oct. 5, switch operators from 40th Signal Battalion, 86th Sig. Bn., and 504th Sig. Bn. completed their final class in mastering the equipment with its new upgrades. An NCO, switch operator from Bravo Company 40th Sig. Bn., explained that the switch classes consisted of four separate classes in a six day period. The soldiers started class on a Monday and ended

on Saturday. Additionally, the classes were broken down into two twelve-hour shifts, day and night, in order to timely train all operators.

Cabazos is proud of the switch operators and the amount of time and effort they've spent learning the new equipment functions.

The upgrades allow the switch to provide data rates of up to 3072 kilobits per second on newly developed Digital Trunk Groups.

This is an improvement over the original 256 Kbps. Simply stated the switch is able to provide considerably more capability for its subscribers.

A digital NATO interface and T1 interface were added to the switch system as well. This upgrade required engineering, redesigning of circuit cards, added cabling, added connectors, and additional patch panels.

All of these upgrade capabilities were the result of testing and user comments.

All in all, the upgrades have been a success. The switch operators are happy with the new capabilities and our customers will be reaping the benefits. The 11th Sig. Bde. is leading the way in force modernization.

Pets of the Week



My name is Warrior and I am a 15-Month-Old male Chow mix. I am very playful and full of energy. My fee to take me home with you is \$42 to include a neuter, vaccines, microchip, heartworm test, and deworming.



What's up doc. I'm Thumper, I don't have to stay in a cage. I can run loose in the house and will use a litter box. My fee is \$22 and that comes with a full quality physical exam. P.S. "Don't tell the hunters where I'm at!"



Hi there, I'm Athena and I am a 2.5 yr old female Shepherd Mix. I am really good on a leash and I know simple commands. My fee is \$52 and that comes with all my vaccines, deworming, Heartworm Test, microchip, and a spay. I will be waiting for you.



Hey you! I'm Twinkie and I am a 2-Year-Old male orange tabby cat. I like to be held and I am very curious about things. I am not shy and love people. All you need to take me with you is \$42 which covers all my vaccines, deworming, leukemia test, microchip, and a neuter.

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.

FLU from Page 2

Mon., Wed and Fri. from 1 p.m.-3 p.m. Adults that bring a prescription will be given the shot. If you do not have a prescription, and think you are high risk based on the information listed, you will need to take your medical record to the clinic to be screened before the shot will be given.

If you are a healthy 65 year old and do not have one of the chronic high-risk medical conditions listed, please do not go to the clinic, but go to MURR Community Center on Nov. 15 from 10 a.m.-2 p.m. Shots will be given at the MCC for all military family members (over 18 years of age), military retirees, and active DAC. There will be 100 percent identification check in force.

STAR from Page 1

ion and Brigade levels and has held intelligence staff leadership positions at the Division, Corps and Joint Chiefs of Staff levels. His awards include the Legion of Merit with Oak Leaf Cluster; Defense Meritorious Service Medal with Oak Leaf Cluster; Meritorious Service Medal with four Oak Leaf Clusters; Humanitarian Service Medal with Oak Leaf Cluster; Ranger Tab, Army Aviator Badge, and Airborne Badge. Custer is married to the former Audrey Schoenfeld and they have a daughter, Rachel Claire.

SCHOOL from Page 1

personal and Conflict Resolution Skills” by Howard M. Knoff.

“Studies show proper socialization skills need to be in place by the third grade,” Pedrego said. These skills include standing in line, waiting their turn, raising their hand before they speak and not pushing and shoving, Marsh said. “In the past students were managed and told ‘You will do it’ ‘Sit up straight.’ By using these tools, you also have children teaching children,” she said

Pedrego said consistency and practice will be the key. “Instead of the teacher saying something like ‘Are we supposed to run in the hall?’ They are now being taught to say ‘Thank you for not running.’ This allows the student to self-correct their behavior,” Pedrego said.

“All of this will be done through positive reinforcement. We are going to model the behavior and then show them what is expected. We are using a combination of strategies to teach children they need to stop and think,” Pedrego said. “The reason we think this is going to work is because it’s not going

to be the school by itself. Parents play a major role,” Pedrego said. She offers various parenting classes such as Anger Management.

Pedrego said studies show schools that practice these positive behaviors have had less incidents. “We believe school should be safe and fun,” Pedrego said. “We have high expectations that we can be successful but this effort will only succeed with help from parents,” Pedrego said. “I’m so happy that we got this grant. We are continuing to build bridges of communication between parents, students and staff,” Pedrego said.

“This is a wonderful opportunity to model positive teaching to create a positive learning environment. Findings show when school is not disruptive test scores go up and children learn more because of the positive environment,” Marsh said.

ABI is a professional development project made available by the collaborative efforts of the Arizona Department of Education, Arizona State University, Northern Arizona University and the University of Arizona.

Office, Self Help Shop, and Murr Community Center.

Consultations are free, non-judgmental, and can be scheduled at your convenience. If you would like us to come to your home or office, call Ginger at 538-SAVE (7283).

WETTIE from Page 6

you can use to perform a self audit of your home. These informative bulletins were developed by The Cooperative Extension and Fort Huachuca and can be found in the Water Wise and Energy Smart brochure racks at the Post Exchange (in the mall, next to the water fountains), Housing

CARD from Page 1

along with a bill for all of the cartridges shipped to you. One organization agreed to a ‘free’ cartridge, and received eight cartridges, along with an invoice prior to even receiving the cartridges.

“Fortunately, this cardholder was smart enough to not provide his IMPAC card number at the time he was offered the ‘free’ cartridge,” she said. According to Rose, the cardholder was subsequently notified, 30 days after the cartridges had been shipped—not received—that if payment was not received in five days, the account would be referred to legal collections for action and that failure to pay may affect his credit rating.

“While you are under no obligation to accept or pay for anything you did not order, the normal reaction has been to just pay the bill using the organization’s IMPAC card, rather than to return the cartridges to the company,” Rose said. “Many cardholders have found this is easier than to fight with the company who argues they can’t take the cartridges back without your paying a restocking fee or because you did not return the unused or defective cartridges within 30 days of receipt.

Rose explained that many companies provide for the return of the cartridges only if you obtain an authorization from the company to do so. “And, of course, you aren’t

able to contact the company to obtain authorization to return the cartridges before the 30 days is up, because they do not return your call until the 30 day period from the ship date on their record of your organization’s receipt of the cartridge has expired.”

To add insult to injury, she said, within a few weeks another shipment arrives to “complete your order,” and the second and subsequent shipments are charged to your IMPAC card.

“In addition to this ‘auto-ship’ scam, we have found that many cartridges have been defective and have resulted in damage to printers.

“We have also found the prices charged for the cartridges were exorbitant, certainly after inclusion of shipping, handling and insurance charges. In some cases we found that although the invoices included insurance charges, the packages did not appear to have been insured,” said Rose.

The Director of Contracting warns that even though it appears as if the telemarketer is telling you the cartridge is offered to you “free” or on a “30-day trial basis,” you should always ask the price of the cartridges.

If you compare quoted prices with prices from local firms or GSA FSS contractors, most likely you’ll find that the prices quoted by the telemarketers are from two to four times more.