

The future is now...

You are what you eat; our kids tell the story - Page 4



Winner takes all!

Soldier vows 'em at track and field competition - B1

The Fort Huachuca Scout



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June 19, 2003

Scout reports

e-mail: thescout@hua.army.mil

Air pollution warning

Air pollution is blanketing large parts of Cochise county according to the Cochise County Health Department. Residents are encouraged to be cautious when working or exercising outdoors.

MEDDAC ceremony

The Medical Activity will have a change of command ceremony tomorrow, 7:30 a.m., in front of the hospital.

Legal assistance office

The Legal assistance office, building 51102, will be closed tomorrow.

Farewell ceremony

The U.S. Army Intelligence Center and Fort Huachuca will host a farewell and Retreat ceremony for Brig. Gen. John Custer, acting post commander, 4 p.m., Wednesday at the Brown parade field gazebo.

For more information call, 533-9903.

Law briefing planned

An Information Assurance Law briefing, more commonly described as a computer law briefing, is scheduled for 10-11:30 a.m., July 2, in the Greely Hall Auditorium.

Recycling up for grabs

The Beacon Foundation has opted not to continue SHARC's client and recycling operations as originally planned. The last day Beacon will operate the Sierra Vista recycling facility will be June 30. All recycling processing countywide, including Fort Huachuca, will cease on or before that day.

The city's Public Works Department is initiating a pilot project to try to keep the public drop-off sites open for Sierra Vista residents. The plan is to continue accepting newspaper, magazines, and aluminum cans only at the drop-off bins, process the materials locally, and transport them to Tucson for recycling. Recycling of cardboard and pickup of office paper will cease immediately.

INSIDE

Hard labor

What do you get when you throw more than 100 teens in a bus, bring them on post and set them loose? The combined energies result in a better environment for hikers on Fort Huachuca.

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Vets get new home

MPs help disabled veterans move into their new space. Refurbished building by the Main Gate houses DAV office.

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U.S. Army Photo

Farewell to a leader

Gen. Eric K. Shinseki, U.S. Army Chief of Staff, retired June 10. See related story, page 7.

President names Army boss choice

AMERICAN FORCES PRESS SERVICE

President Bush has nominated retired Gen. Peter J. Schoomaker to be the next Army chief of staff.

Schoomaker retired in November 2000 as the commander U.S. Special Operations Command at MacDill Air Force Base, Fla.

The Senate must confirm Schoomaker before he can take up his new duties.

This is only the second time that a president has reached into retired ranks for a high-ranking military position. Army Gen. Maxwell Taylor was retired when President John F. Kennedy asked him to serve as the chairman of the Joint Chiefs of Staff in 1962.

Schoomaker was commissioned via ROTC in June 1969. Early in his career, he served in Germany and Korea. In 1978, he became commander, 1st Special Forces Operational Detachment (Airborne) at Fort Bragg, N.C.

He was part of the unsuccessful

rescue attempt of the American hostages taken by radical students in Iran in 1980.

Eight Americans died and five were wounded at the Desert One refueling site in Iran. In a 1999 Soldiers magazine article, Schoomaker said that the failures of that rescue attempt led to the formation of the U.S. Special Operations Command.

Schoomaker had several assignments with the Joint Special Operations Command at Fort Bragg throughout the 1980s and served on the Long Commission to investigate the October 1983 terrorist bombing of the Marine Barracks in Beirut.

He was appointed commander of U.S. Special Operations Command in 1997.

Among his decorations he has received the Distinguished Service Medal (with Oak Leaf Cluster), the Defense Superior Service Medal, the Legion of Merit and two Bronze Stars.

Schoomaker, 57, is a master parachutist and has received the Combat Infantryman Badge.

Garrison commander accepts White House award for Fort Huachuca

TANJA LINTON
MEDIA RELATIONS OFFICER

A team from Fort Huachuca traveled to Washington, D.C., June 10, to accept a prestigious environmental award for the post's water resources management process and system.

Col. Lawrence Portouw, garrison commander; Gretchen Kent, National Environmental Policy Act Coordinator; and Mike Shaughnessy, Realty Specialist; accepted a White House Closing the Circle Award at the ninth annual White House ceremony held in the Eisenhower Executive Office Building.

"I couldn't be prouder of the Environmental and Natural Resources Division's accomplishments," said

Portouw. "Fort Huachuca's environmental programs have set the standard for the Army and the Department of Defense for more than ten years," he added.

John F. Turner, Assistant Secretary of State for Oceans and International Environmental and Scientific Affairs, applauded all of the winner's efforts and provided the keynote address. "We honor those who have chosen to get involved and take action to improve the environment for this and future generations," he remarked.

John L. Howard, Jr., the Federal Environmental Executive, added, "The Closing the Circle Award winners have demonstrated that the federal government can lead by example. We're

proud of all that they're doing to improve the quality of life in each of their communities."

Fort Huachuca received its award in the newly created sustainable design/green building—military category. Award winners were selected from more than 200 submissions.

Twenty-six teams from 15 states and the District of Columbia were honored for outstanding military and civilian facility efforts in such categories as environmental management systems, education and outreach, purchase of environmental preferable and biobased products, sustainable design for buildings, waste and pollution prevention and recycling.

“Fort Huachuca’s environmental programs have set the standard for the Army and the Department of Defense for more than ten years,”

Col. Lawrence Portouw

”

cling.

The White House Closing the Circle Awards recognize federal employees and their facilities for efforts which resulted in significant contributions to or have made a significant impact on the environment.

The awards focus on waste prevention, recycling, and affirmative procurement activities under Executive Order 13101 and environmental management under E.O. 13148.

In addition to this White House award, the fort has been honored with a 2002 Secretary of the Army Environment Award for natural resources conservation, a 2002 Secretary of Defense Annual Environmental Award for its natural resources conservation program and recognition by the Environmental Protection Agency as a Champion of Green Government for reducing environmental pollution in recent weeks.

Operation Desert Scorpion continues throughout Iraq

BY JIM GARAMONE
AMERICAN FORCES PRESS SERVICE

Operation Desert Scorpion continues throughout Iraq, said Army 5th Corps officials.

Officials said Combined Joint Task Force 7 commanders are using all available assets in the hunt for former Saddam Hussein regime officials and forces. This includes air power and special operations forces as needed, said 5th Corps officials.

Army forces from the 3rd Infantry Division, the 4th In-

fantry Division, the 101st Airborne Division, the 2nd Armored Cavalry Regiment and the 3rd Armored Cavalry Regiment have conducted raids throughout the country. "These raids are forcible entry to buildings or compounds where suspected regime figures are," said Army Sgt. 1st Class Brian Thomas, a 5th Corps spokesman.

These targets are not arbitrary. "These are highly coordinated, intelligence-driven operations," Thomas said. "These are places where we've been shot at, ambushed

from and we have tracked the actions to these people."

These raids have yielded a number of results. 101st Airborne soldiers conducted three raids and detained 12 individuals. The 3rd Armored Cavalry Regiment conducted 11 raids and detained 39 individuals. Soldiers of the 1st Armored Division conducted seven raids and detained 53 individuals.

The 4th Infantry Division conducted 43 raids and initially detained 288 individuals. Sixty-five of the detained are being held. The 3rd Infantry Division conducted five raids and de-

tained 20. The 3rd also seized 20 anti-tank rounds, three AK-47s, one rocket-propelled grenade and some C4 explosives along with detonators.

Desert Scorpion began June 15. Humanitarian missions are a component of the operation. In the north, units helped to facilitate payment of civilian workers and to establish a police academy. In Baghdad, units helped repair roads and pipelines. In the central region, units continue to escort fuel convoys throughout the area of operation.

5th Corps officials hasten to point out that the units are not ignoring their other regular missions, such as routine patrolling and rebuilding efforts.

In other action, U.S. Central Command reported that a sniper killed a 1st Armored Division soldier in Baghdad. The soldier was part of a patrol in the northwest section of Baghdad.

The soldier was struck in the back by a small-caliber bullet. Name and unit of the soldier are being withheld pending notification of the next of kin.

Commentary

Battle against obesity fought on many levels

BY VICE ADMIRAL RICHARD H. CARMONA,
M.D., M.P.H., F.A.C.S.

UNITED STATES SURGEON GENERAL
ACTING ASSISTANT SECRETARY FOR HEALTH
U.S. DEPARTMENT OF HEALTH AND HUMAN
SERVICES

From October to December 1999, there were fewer than 50 articles in the American press about obesity and overweight.

Contrast that with three years later - October to December 2002 - when there were more than 1200 articles about obesity and overweight in the same sample of American magazines and newspapers.

Awareness of obesity is growing, as the coverage becomes more and more high-profile, including the covers of TIME, Newsweek, USA Today, as well as numerous broadcast reports.

This coverage is important because Americans need to understand that overweight, obesity, and their many related co-morbidities are absolutely preventable.

Prevention is still a radical concept to most Americans. We are a treatment-oriented society.

Poor eating habits and inactivity erode our quality of life, shorten our lifespan, and burden our health care system - which is already stretched far too thin.

In 2000, the total annual cost of obesity in the United States was \$117 billion.

Obesity is the fastest-growing cause of disease and death in America today.

- Obesity has reached epidemic proportions. Nearly 2 out of 3 Americans are overweight or obese. That's a 50 percent increase from just a decade ago!

- Roughly more than 300,000 Americans die every year from illness related to overweight and obesity. That's nearly 1,000 people every day, one every 90 seconds.

- Obesity is creeping into our children's lives. More than 15 percent of Americans age 6-17 are overweight or obese. That's more than eight million young people. A direct result of the obesity epidemic is that type 2 diabetes, previously unheard of in young people, is trickling into our schools - and left unchecked, it leads to serious illness and possible death.

- And minorities are faring worse than the overall population: 23 percent of Hispanic Americans are obese. And 30 percent of African Americans are obese.

Obesity causes so many of the diseases affecting Americans.

- At least 17 million Americans have type 2 diabetes. That's about one out of every 20 people. At least 16 million more Americans have pre-diabetes. Each year, diabetes costs America \$132 billion. It also accounts for thousands of deaths, thousands of hospital stays, and immeasurable grief and sadness for families across our nation.

- At least a third of all cancers are caused by poor nutrition, overweight, and simply being inactive.

- And hypertension, which is aggravated by obesity, contributes to the number one cause of death in this country: heart disease.

The good news is that this health crisis is almost entirely preventable through proper diet and exercise.

Are we going to sentence ourselves to being a society defined by obesity and disease? Or are we going to choose to be a nation of health and vitality?

Every day, there's new evidence about the harmful health effects of obesity.

The Center for Disease Control reported last month that women who are overweight or obese prior to and during pregnancy face significantly increased risks of having babies with birth defects.

Compared with normal-weight women, overweight or obese women face double the risk of having babies with heart defects and also face double the risk of having babies with multiple birth defects.

Women need to know this. It's an incredible tragedy, and it's preventable. We must increase the number of women who are at a healthy weight before they become pregnant.

We should also be particularly concerned about America's children. It's absolutely unacceptable that type 2 diabetes is now found in children as young as 8 years old.

And it's happening because our children are more sedentary and overweight than ever before.

More than 25 percent of our children in America spend four or more hours every day watching television or playing video games.

More than a third of American high-schoolers don't engage in any vigorous physical activity.

We are seeing a generation of kids who grew up off the playground and on the PlayStation.

We've got to teach our kids the benefits of physical activity: not just sports but things like taking the stairs, walking from the back of the parking lot, just getting out and playing every day!

And as we are getting our kids to exercise, we need to do it ourselves. James Baldwin captured the essence of this when he said that we spend a lifetime trying to get our kids to listen to us, but they never fail to imitate us!

I'll be the first to say it won't be easy. I have four kids. I know that families live such busy lives now that it's tough to prepare healthy meals and have enough time to get in some physical activity.

But it is so important, because the choices kids make now, the behaviors they learn now, will last for a lifetime. As adults we must lead by example. Personally, I work out every day. I do my best to make healthy choices in all I do.

I refuse to accept the spread of obesity and all the diseases and heartache it causes for Americans. With President Bush and Secretary Thompson, I am committed to advancing the prevention agenda.

We are encouraging behaviors to prevent illness instead of just trying to treat illness after it has occurred.

And we need your help. Together, we can make the shift to putting prevention first in every home, every company, every school, and every health care setting across America.

It will take all of us working together to find the solution to this growing problem.

I caution people against playing the "blame game" when it comes to obesity.

Some people want to blame the fast food industry for our growing waistlines, but the average person eats out only four times a week. That leaves 17 meals a week that most Americans prepare and eat at home.

And even for the meals we eat out, it's still our decision what we eat, where we eat, and how much we eat. We need the progressive minds who will work to influence their school curriculums and implement changes in people who are willing to talk about prevention, to promote health, and to improve the system rather than continuing to perpetuate the inefficient practice of treating disease rather than working to maintaining health. That concept is part of what I plan to include as I educate Americans about health literacy, which I feel is a huge deficiency in our society, especially among minority groups.

I define health literacy as the ability of an individual to understand, access, and use health-related information and services.

There's a simple prescription that can end America's obesity epidemic. Every American needs to eat healthy food in healthy portions and be physically active every day.



CHAPLAIN (MAJ) DENNIS R. NITSCHKE
NETCOM, DEPUTY COMMAND CHAPLAIN

I can't believe it is already mid-June. Things are moving so fast that I even forgot to write about Father's Day - Flag Day - the Army Birthday. Not only that, but I had to deal with so many issues; from rear detachment family issues, NETCOM staff meetings, ceremonies, planning for summer ministries and planning my own family needs as well as vacation. That is just the tip of the iceberg.

It was a little overwhelming, at times, this week. Seems like that happens during many of my weeks. Sometimes I'd like to stop with the counseling, the preaching, the writing, the meetings, the... well, you get the picture.

I believe that many people get a feeling of being overwhelmed these days - especially as we continue to do more with less. I also believe that our "instant" communication through the use of television, cell phones, and computers has actually put us out of touch with our family and friends. We get out messages and talk to each other, but we really don't communicate - "share, participate, transmit... so that it is satisfactorily... understood." (*Webster's Ninth New Collegiate Dictionary*) We are so busy that we don't get in touch with our family or friends - sometimes not even with ourselves.

Last week, one of my nephews sent me an e-mail to pray for a baby boy born at the beginning of June. He has only two chambers in his heart (we need four). I sent the request out to many of

my friends, and received a message from one that really touched me, and fits with this week's comments.

"My friend, I just got back from a short TDY (four days). I was blitzing through the 65 e-mails waiting for me, scanning those that were "really important" responding, calling, acting. Feeling all full of myself and how important I was. When I hit this [request] I was thinking 'I don't have time for this' and was moving my cursor to the 'x' as I scanned your email. Before I could delete, the message hit me. 'I don't have time' was still echoing in my brain. But the message came through. 'Later,' I thought, 'I'll do it later.' But 'now' was the message that came to my heart 'Right now!' I started to pray. I thanked the Lord for my many blessings, I was reminded that I was born with a defective valve in my heart, and but for the grace of God, I would not be alive. I prayed for the Lord to help this sweet baby grow up to do His work. It only took a minute or two to do, but I feel as if it was the most important thing I did all day, all week.... If I don't have time for this, what do I have time for?"

We can be overwhelmed by what we have to do - or we can be overwhelming in what we do - for each other - and for ourselves.

Please take time this week - and always - to place life's issues in perspective. Most of what we do will still be there the next day. Some of the stuff we do is important to get done now. Do your "now" stuff at work - now - and remember to do what is really important to you and yours now as well. Your sharing and participating with your fellow workers and family may make a difference for the entire world. At least in your part of it! So don't be overwhelmed - be overwhelming!

Scout on the Street

How do you ensure your children get proper exercise?



"We have a swimming pool and we swim for at least an hour a day."

Angie Soto
Civilian



"We have a pool and I have them involved in community sports."

Cindy Ramos
Civilian



"We are going swimming today."

Norene Barnell
Civilian



"Running around and riding their bikes."

Elbin Mejias
Civilian



"Walk to and from school."

Holly Meyer
Civilian



"We have a swing set in the backyard and we take them to the park."

Crystal Barnell
Civilian

Photos by Elizabeth Harlan

The Fort Huachuca Scout®

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Local teens beautify fort

Nearly 100 teens, 14 – 18 and 30 adults came out to volunteer their time and energy. Teens from Sierra Vista, Bisbee, Douglas and Huachuca City spent the morning Saturday working on the Huachuca Trail Project, help-

ing to make Fort Huachuca a cleaner place for hikers. The group was from Church of Jesus Christ of Latter-day Saints.

This project has been in the works for about a year and a half now according to Jo

Richter, installation volunteer coordinator on Fort Huachuca. "We are trying to get it finished up this summer," she added.

For more information on the project or if you would like to volunteer call Richter at 533-4823.



Cherista Diesea, right, passes a rock to Nikki Fuhrman who were in the middle of the assembly line. The line of about 12 teens were taking rocks from the ditch and using them to outline the path.



Photos by Elizabeth Harlan

Brennik Maxwell uses an axe to uproot a large tree root that was in the middle of the path.



Ceirra Sisson takes a break from the morning of hard work.

What's in a name? The unmanned UAV is not a drone

BY TANJA LINTON
MEDIA RELATIONS OFFICER

Drone /drM'n/ n 1: the male of a bee that has no sting and gathers no honey; 2: one that lives on the labors of others; 3: a pilotless airplane, helicopter, or ship controlled by radio signals.

On Fort Huachuca, the Army's Unmanned Aerial Vehicles — Shadow 200 and Hunter — are so much more than worker bees. They are sophisticated air vehicles that give commanders a real-time look at the battle field without putting soldiers in harm's way.

The drones of the 1960s and 70s were air vehicles that had a pre-programmed flight path and were usually recovered via parachutes. Once the drones were launched they could not be re-routed. Drones are still used today, but primarily as targets.

An unmanned aerial vehicle is much more sophisticated than a drone. A UAV can be re-tasked as the operator finds targets. Operators on the ground control them. This allows for much more active exploitation of targets.

Today's UAVs are a **The Shadow 200.**



U.S. Army Photo

rapid departure from their distant relatives, drones. Today, the military is looking at using UAVs for a variety of missions. The aircraft have been armed and used effectively in Operation Iraqi Freedom.

In the future, UAVs may be used with bio-hazard detection devices.

Micro UAVs (six-nine inches) may be perched on buildings in urban environments to observe persons of interest coming and going.

The possibilities are endless and UAV technology is definitely a growth industry.

The new, official Federal Aviation Administration term for the aircraft is ROA, or remotely operated aircraft. The Navy and the Air Force sometimes use the acronym UCAV to refer to unmanned combat air vehicles. UCAR, unmanned combat arms rotorcraft is an Army term.

MAV applies to micro air vehicles measuring six-nine inches in width. An SUAV is a small UAV with a wingspan up to four-five feet.

While today's remotely piloted air vehicles are certainly worker bees, they are so much more than that and have a very bright future ahead of them. They have earned the right to their own name: UAV.



Photo by Nell Drumheller

Happy 228th!

In the Army tradition, the youngest soldier and the oldest soldier at the Army's 228th birthday party cut the cake. Col Sue Browning and Spc. Christina Boillard did the honors. Dr. Randy Groth, Arizona's Civilian Aide to the Secretary of the Army, was the guest speaker.

Arizona car dealership donates \$30K to chapel programs

BY CHAPLAIN (MAJ) DENNIS R. NIITSCHKE
NETCOM, DEPUTY COMMAND CHAPLAIN

Dana Moore, president of Liberty Buick, as well as other car dealerships in the Phoenix area, donated \$30,000 to the Fort Huachuca Installation Chaplain's Fund to be used for deployed soldiers' and their families' needs.

Liberty Buick made an initial contribution of \$50,000 in a trust fund at Bank One to help ease financial hardships of local families of Arizona's activated reservists and military serving in Arizona who were deployed. All the dealerships owned by Mr. Moore contributed \$100.00 for every vehicle sold until victory was declared for Operation Iraqi Freedom.

Other contributions came from private citizens and companies. The original contribution grew to over \$100,000.

Fort Huachuca's donation was for use of our Army deployed. Moore donated similar amounts of money to Navy, Marine and Air Force organizations for their deployed military in Arizona.

In an open letter printed in Phoenix area newspapers, Moore is quoted, "...Our men and women in uniform are once again called to serve and defend our freedoms to ensure the American way of life is protected and to make the world a safer place. As a Vietnam veteran who served two tours of duty, I understand the challenges that face our military...it is only right we support our troops fighting for

our nation and our rights under a democracy. They are our nation's finest, and we owe them our sincerest gratitude and full support."

Of the amount donated to Fort Huachuca's Chaplain's Fund, \$5,000 went to "Operation Helping Hands" to provide food and care for soldier families in need and over \$7,000 went to Family Readiness Groups in the 11th Signal Brigade to provide for family services to deployed soldier families.

The remainder of the donation will be used as soldiers redeploy home for reunion briefings with spouses and to serve the Arizona National Guard who are deployed here for security purposes, as well as to provide items for those 11th Signal Brigade soldiers in Iraq.



Photo by Elizabeth Harlan

The children are our future *feed them right or they won't lead the way*

BY ELIZABETH HARLAN
THE SCOUT STAFF

How is the health of our children? Here are a few alarming statistics from the Cancer Research and Prevention Foundation:

- From 1971 to 1994, obesity rates increased 147 percent among children 6 to 11. Obese children are more likely to become obese adults.

- More than 84 percent of children consume too much total fat, and over 91 percent consume too much saturated fat.

- Ninety one percent of children between 6 and 11 don't eat the recommended five servings of fruits and vegetables a day.

- A quarter of all American children spend four or more hours in front of a television set—48 percent of girls and 26 percent of boys are not getting exercise on a regular basis.

- Between 1991 and 1996, the percentage of eighth, tenth and twelfth graders who smoked cigarettes increased to 21, 30 and 22 percent.

According to Theodore Ganley, author of "Exercise and Children's Health," every child and adolescent needs exercise. It is a sound and largely risk-free investment in their present and future health.

Ignoring health promotion in young people may reflect two beliefs: that though inactivity is widespread in adults, children are naturally and spontaneously active, and that the health risks associated with a inactive lifestyle such as diabetes and heart disease are far more pressing in adults.

Ganley added that ample evidence documents that young people are not the dependably en-

ergetic creatures of popular imagination. Fewer than half of the children in the United States engage in activity sufficient for cardiovascular benefit and long-term health promotion.

The surgeon general's report on physical activity and health stated, activity levels decline as grade levels advance—dramatically. Nearly half of the young people in the United States 12 to 21 are not regularly vigorously active. One-fourth engage in no vigorous activity at all, and 14 percent report no recent activity at even the light-to-moderate level. Girls are at greater risk of inactivity than boys, particularly during and after puberty.

Ganley stated that inactive lifestyles of children can have the same adverse effects as on the adult population: obesity, heart disease, hypertension, poor muscle strength, tone and low self-esteem only to mention a few.

The Physician and Sports Medicine magazine reported that one of the most prominent health risks for children today is obesity. Obesity rates in children continue to climb. According to the American Heart Association more than one in seven children were overweight in the United States in 1999-2000, that is triple the rate of the 1960s. The Presidents Council on Physical Fitness and Sports reports three out of four school age children have three or more risk factors for heart disease.

"Obese children have to have the support of their parents or they are not going to live a normal life," explained Selina Jeanise, director of the health education resource center on Fort Huachuca. Ac-

ording to Jeanise children that are obese are at a greater risk of heart disease and heart attack when they are in their 20s and 30s.

Jeanise added that the Health Education Resource Center will start a program called "Shape Up." This program will target children who are obese. Working with both the child and the parents the program is designed to help overcome obesity. The program is scheduled to begin at the end of the year.

What are some things parents can do to prevent their children from becoming obese? According to Ganley place high fat, snack foods out of sight. Offer a variety of healthy foods and few high-calorie snacks. Some other tips to remember when it comes to eating: Do not eat while watching television as studies suggest people eat more since they are not really conscious of eating. Try to chew your food more slowly, taking time to enjoy the flavor and avoid late night snacking.

According to Jeanise another health risk that many people may not think about is second-hand smoke. "Second-hand smoke is just as bad as smoking," she said.

Children who are exposed to second hand smoke are at a greater risk for asthma, more likely to have upper respiratory infections, may have lower energy levels, and are at higher allergy risk for things such as hay fever.

"There has been a rise in asthma related deaths among children, this may indirectly be linked to second-hand smoke exposure," Jeanise explained.

"Stress is another health risk for

children today," Jeanise said. "Due to the military lifestyle children from military households are at a greater risk for emotional stress," she said. Having a parent deployed can be a huge stress on a child which can become a health risk. Constant stress can cause high blood pressure, increased heart rate, lower energy levels, and can even compromise the immune system. If you think that your child may be under too much stress here are a few signs to look for: grade changes in school, appetite changes, or regressive behavior.

Keeping your kids healthy and physically fit can be a challenge. A few guidelines to help you help them:

- Daily physical activity
- Nutritious diet, low fat / low calorie
- Regular doctor's check-ups
- Oral hygiene, brush and floss everyday
- Keep immunizations current

There are a lot of things that you can do with your children that can be good physical activity and be fun at the same time explained Jeanise. "I take my kids swimming in the summer, even if they just splash around they have some resistance going on.

"Walking is also good exercise, you can park at the far end of the parking lot and walk to the store. Exercise is something that can be done throughout the day, you don't have to have your kids go run two miles" said Jeanise.

If you would like more information on children's health or the "Shape Up" program call Jeanise at 533-5668. If you are a military identification card holder, are a department of defense employee, or a contracted employee there are a number of books that you can check out from the HERC on children's health.

Yummy may not mean good

Young people tell us what they think is healthy to eat.



"Macaroni and cheese."

Nicholas Reid, 7



"Grapes."

Jasmine Gonzales, 8



"Cereal bars."

Eric Hellen, 8



"Bananas."

Morgan Hansen, 8



"Veggies."

Luke Brandtman, 11



"Fruit."

Tasha Saffo, 10

Photos by Elizabeth Harlan

Fitness important to youth's health; sports should be age appropriate

COMPILED BY SCOUT STAFF

Though exercise is good for all children, every activity isn't suitable for every child. One question that often comes up in discussions with parents is age: When is the child ready for distance running or skiing, or weight training?

"It's a matching game," says Steven J. Anderson, clinical professor in the Department of Pediatrics at the University of Washington in Seattle and chair of the American Academy of Pediatrics Committee on Sports Medicine and Fitness. "The idea is to match the demands of the sport or exercise activity to the developmental maturity of the child."

Motor and cognitive readiness

Readiness issues are clearest in motor development, according to Sally Harris, a pediatrician in the Department of Sports Medicine at the

Palo Alto Medical Foundation in Palo Alto, California, and pediatric chair of the AAP Section on Sports Medicine and Fitness. Skills relevant to sports, such as throwing and kicking, can't be rushed any more than developmental milestones like rolling over or sitting up. "If the child doesn't have them, the sport will be a frustrating experience."

Because the pace of development varies widely, it's impossible to specify sports-readiness ages with precision. "We go mostly by common sense and experience," Harris says. But she does suggest some general guidelines for the following age groups:

- **2 to 5 years.** Children are just learning fundamental skills like throwing, catching, running, and jumping. It's best to stick with activities that use these skills but don't combine them in a complicated way.

- **6 to 9 years.** Children put the fundamentals together in moves related to actual sports: throwing for distance or accuracy; rearing back to

See **KIDS**, Page 5

Local DAV chapter moves to new location

BY STAN WILLIAMSON
DAV VOLUNTEER

After sharing space with the Military Police and military units sent here to assist in securing Fort Huachuca, the local Disabled American Veterans Fry Chapter 14 has moved from the vehicle registration building at the Main Gate to building 90018, next to the Widow Support Center.

The local DAV chapter is part of an organization formed in 1920 and chartered by Congress in 1932. The DAV is the official voice of America's service-connected disabled veterans and represents all of America's millions of disabled veterans, their families and survivors. It provides a nationwide network of services — free of charge to all veterans and members of their families — is totally supported by membership dues and contributions from the American public. The DAV is not a government agency and receives no government funding.

Voluntary service programs

In 2002, members of Fry Chapter 14 volunteered a total of 5,886.5 hours of service to the local disabled American veterans. Chapter 14's members operate two programs that provide direct benefits to any disabled veteran needing their services. These programs are the DAV Transportation Network, and the Chapter Service Officers.

One program is part of the DAV's nationwide Transportation Network, under which DAV volunteers drive sick and disabled veterans to VA medical facilities for treatment. Many of the veterans who use this program are seeking care for service-connected disabilities. Nearly all the rest are poor and have no other health care resources. It's a clear example of a charitable institution stepping in to meet a substantial community need created upon the withdrawal of a federal program - in this case termination of funds to help many veterans pay for transportation to VA facilities for care.

Under the Transportation Network, nearly 200 Transportation Coordinators have been placed in VA medical facilities nationwide to run the local programs. As part of the effort, the DAV purchased over 900 vans nationwide and donated them to VA hospitals for use in this program. Volunteer drivers from Fry Chapter 14 operate one of these vans.

Veterans with appointments at the Tucson VAMC and needing a ride, should call the VAMC Transportation Coordinator several days before their appointment at 1-800-470-8262, ext. 6565 between 8 a.m. and 4 p.m. weekdays. Do not call Fry Chapter 14 to schedule your ride. The VAMC Transportation Coordinator must verify if the veteran is authorized this service. Once this has been confirmed, the coordinator notifies Fry Chapter 14 of the names, addresses, appointment date and time. The local DAV transportation volunteers establish the pickup times for all veterans using the service. Veterans using the transportation service are required to call Fry Chapter 14 at 458-5776 the day before their appointment, between 10 a.m. and noon to verify their pickup time.

No one can place a dollar value on the time the DAV and its Auxiliary volunteers donate to this program. During 2002, they drove 73,521 miles, providing transportation for 1,459 veterans from their homes in Cochise County to the Veterans Administration Medical Center in Tucson, Ariz.

Service officer program

The Chapter's Service Officer Program has three Chapter Service Officers who assist veterans and their families with claims for benefits from the VA and other government agencies. Veterans need not be DAV members to take advantage of this assistance, which is provided free of charge.

All of the CSOs are service-connected wartime disabled veterans themselves, and the lion's share of their work involves securing disability benefits from the VA. During the year ending Dec. 31, 2002, the CSOs



Photo by Elizabeth Harlan

Pvt. Michael Daniels, front, with Pvt. Mike Holt, left, and Pfc. Charles King, all of the 18th Military Police detachment on Fort Huachuca lend their muscles to help move the Disabled American Veterans office to its new location.

in Fry Chapter 14 assisted 1,035 veterans, their dependents and survivors.

Fry Chapter 14's Service Office is open Monday to Friday from 10 a.m. to 2 p.m., and closed on weekends and holidays.

No appointments are accepted and vet-

erans are seen on first come, first served basis.

The DAV Fry Chapter 14 general membership meetings are held on the 4th Saturday of each month at 1 p.m. in the Sierra Vista Main Library on Tacoma Street.

Amynews

Chief of Staff retires ending 37-year career

BY JOE BURLAS
ARMY NEWS SERVICE

In saying goodbye to the Army, Chief of Staff Gen. Eric K. Shinseki offered one bit of advice — "Beware the 12-division strategy for a 10-division Army."

Shinseki retired from more than 37 years of active service at a ceremony on Fort Myer, Va., June 11.

"As I have said so often in the past, my name is Ric Shinseki, and I am a soldier," Shinseki said. "I began my service 37 years ago in the jungles of Vietnam and I end my career with the nation at war in Afghanistan and Iraq. Soldiering is an honorable profession and I have been proud to be a soldier..."

Acting Secretary of the Army Les Brownlee, host for the retirement ceremony, said he had served

with and around Shinseki for four decades — from Vietnam, through the Cold War and in the halls of the Pentagon.

"In all those environments, he has epitomized the quiet professional," Brownlee said. "And, being the genuinely humble and modest man he is, Ric Shinseki will never take the personal credit for the enormous impact that he has had on the Army."

"Part of that impact was accurately predicting the nation would be at war in the not-too-distant future when he first became that Army's top uniformed leader and then ensuring soldiers were properly trained and equipped for victory before that war came," Brownlee said. He credited Shinseki's priority of manning warfighting forces at 100 percent for part of the successes the Army has met in Afghanistan and Iraq.

The secretary touched on Shinseki's vision of transformation to give the Army a more deployable, lighter, mobile and lethal force in the near term and the future when the meaning of Transformation was relatively unknown within the Department of Defense.

"Simply stated, the chief looked to the future and conceived a vision for what our Army must be able to do to protect our nation in the 21st century," Brownlee said. "He translated that vision into an ambitious, yet doable plan of action revolving around people, readiness and transformation. He went out and got the resources and implemented his plan with tremendous intellect, courage and sheer force of will — irrevocably changing our Army for the better."

Most of Shinseki's remarks cen-

tered on the accomplishment of soldiers — "They've never let me down" — and thanking a host of people including former bosses, members of Congress, members of his staff and professional correspondents who have helped tell the public about what great soldiers the Army has.

His biggest thanks went to his wife Patty who moved the children and household 31 times during his career.

"You taught me the meaning of selflessness, of elegance, of courage, and of a bright spirit undiminished by time or adversity," Shinseki said. "You have seen me at my worst and stuck with me — and you've seen me at my best and chuckled in disbelief. Throughout it all, your patience, your balance, your encouragement and your love and support

have sustained me."

Brownlee presented Shinseki with the Army Distinguished Service Medal during the ceremony. The Departments of Defense, Air Force, Coast Guard and Navy presented their Distinguished Service Medals at earlier separate ceremonies.

"As I was on the first day of my tenure four years ago, I am humbled to stand here on my last day as the 34th chief of staff of the United States Army, Shinseki said. "I thank the president for his confidence and trust in allowing me the opportunity to serve the nation and this Army that has been my family for 38 years. To soldiers past and present with whom I have served, you have my deep and abiding respect and my profound thanks."

KIDS from Page 4

kick a ball. Better memory and decision-making skills enable them to deal with basic strategies of simplified forms of baseball or soccer.

• 10 to 12 years. Youngsters can master the complex motor skills they need and have the cognitive ability to learn strategies for "adult" forms of most sports, including football and basketball.

Readiness for competition is controversial "Competitive sports for preschool-age kids is frowned upon," Anderson says.

"Even in early elementary school, the emphasis should be on learning basic skills and rules, without the added pressure of competition."

Equal participation rather than winning should be the goal at this age.

Sport specific concerns

In general, rule modifications and special equipment have widened the sports activity options for children, and "readiness" often comes down to motivation: the point at which participation reflects

the child's real interest, as opposed to adult or peer pressure. In conversations with children and parents, questions often arise about the demands of specific sports.

Soccer. Children can kick the ball by age 6 or 8 but can't fully grasp concepts of player positioning, passing, and making plays until several years later. The result: "beehive soccer," a popular adaptation in which they swarm around the ball without much concern for adult rules.

Baseball. Most 6-year-old children lack the eye-hand coordination to hit a pitched ball but can play "tee-ball," swinging at the ball on a tee. Bigger bats and balls, smaller fields, and more fielders also make the game more fun at this age. For children under 12 in organized leagues, "pitch count" guidelines (limiting pitchers to 6 innings per week, or 2 days rest for every 30 pitches thrown) reduce the risk of overuse injury.

Running. Distance running doesn't seem to harm young joints or growth plates, and there's no

reason to preclude even marathoning for prepubertal children. Children do, however, have less tolerance for heat stress; so adequate hydration before, during, and after running is essential. The same applies to triathlons if they are specifically designed for the age group. However, the emphasis should be on fun and fitness rather than competition.

Strength training. Using free weights and machines to increase strength appears to pose no great risk of injury, even to prepubertal youngsters. However, the activity should be well supervised, and children should not attempt maximal weight—the most they can lift just one time—before skeletal maturity (Tanner stage 5—typically at age 15 in girls and 17 in boys). Before that point, they should likewise avoid ballistic maneuvers such as Olympic-style weight lifting (a single-repetition maximum lift in two stages: the snatch and the clean and jerk) power lifting (three separate maximum lifts), and bodybuilding.

See
The Scout
on the Web
at
huachuca-
www.army.mil/USAG/PAO/



Community Updates

Change of command closure

All clinics, pharmacy, radiology, and pathology (lab) will be closed Friday until 10 a.m. for the Medical Activity change of command ceremony.

Range closures

Range Closures for today through Wednesday are as follows:

Today – AE, AH, AK, AL, AM, AN, AR, AU, AY, T1, T1A, T2

Tommorrow – AE, AM, AU

Saturday – AE, AM, AU

Sunday – AE, AU

Monday – AE, AM, AU

Tuesday – AE, AM, T1, T1A, T2

Wednesday – AE, AH, AK, AL, AR, AV, AY, T1, T1A, T2

For more information on range closure call range control at 533-7095.

Thrift shop hours

The Fort Huachuca Thrift Shop will be closed July 5 due to the 4th of July holiday. For more information call Lois Shuttleworth at 458-4606.

Holiday trash pick-up schedule

In observance of Independence Day, the refuse collection contractor will adjust the pickup schedule as follows.

Family housing occupants with a regular pickup on Friday will be picked up on July 5. Post pickup of dumpsters and roll-offs normally emptied on Friday will be dumped on July 5.

Any questions concerning refuse service may be directed to the contract inspector at 533-3574.



Fire department prescribed burns

The Fort Huachuca Fire Department will be conducting prescribed burns of vegetation on the fort's east range through July 3. All burning will occur during daylight hours with fires planned in the Graveyard Gulch and Soldier Creek drainages.

These prescribed burns are planned to mimic naturally occurring summer grassland fires associated with lightning strikes. The intent of the burns is to stimulate growth of native grasses for watershed improvement and to help retard woody plant invasion into grasslands.

For additional information call Robert Bridges of the Environmental and Natural Resources Division, Fort Huachuca at 533-1863.

Pharmacy refills

The Post Exchange Pharmacy is currently open for refill prescription services only from 10 a.m. until 4 p.m., Monday through Friday.

Prescriptions should be called into the phone in refill number at 533-1551. Prescriptions called in prior to 7 a.m. will be ready for pickup after 2 p.m. the same day. Though refills can be obtained at either location, it is recommended that refills be called into the PX pharmacy. All new prescriptions must be filled at the main pharmacy.

Returning soldiers to DMPO

The Defense Military Pay Office would like for all returning soldiers from deployed areas to stop by the S1/PAC and complete DA form 1351-2 to receive \$3.50 per day for per diem while in the overseas area.

Also a DA form 4187 must be completed to ensure that all incentive pay is stopped the day of depart. Failure to contact your S1/PAC upon your return can result in the soldier to be

overpaid.

To prevent overpayments, take a second look at your leave and earnings statement to ensure that you are being paid properly. Your S1/PAC is your first point of contact.

American Legion open house

On the Fourth of July American Legion Post 52 is going to have an open house. They will be having free hotdogs and hamburger from 11 a.m. until 3 pm. There will be music starting at noon.

Post 52 is located at 12 Theater Drive in Sierra Vista.



Get your brief in the Scout

Community updates are for any event involving Fort Huachuca and its residents.

To get your upcoming event listed, send it to the Public Affairs Office Scout newspaper staff at thescout@hua.army.mil.

Remember to include who, what, where, why and how the event is to take place.

Briefs will run for three weeks prior to the event or the event's registration.

Construction precautions

Please note to take precaution and ensure the safety of yourself and that of your kids and pets, to stay away from open trenches, construction sites.



Amy Community Services briefs

Post welcomes newcomers

Army Community Services wants to welcome newcomers to the Fort Huachuca community. The Huachuca Welcome - a newcomer's orientation - is scheduled for Tuesday, 9 a.m. at Murr Community Center.

The orientation will provide one-stop access to the information needed to make the transition to Fort Huachuca a smooth one for spouses and family members. Information about school and youth programs, health care services, employment assistance programs and more will be provided.

The event is sure to be informative and fun. Take this opportunity to meet others new to Fort Huachuca and get the information you want about the community.

For additional information about the orientation, contact Katie Demko at 533-6874 or e-mail katie.demko@us.army.mil.

International spouse support group

Army Community Service invites all international spouses to join the international spouse support group. The group offers the opportunity to meet new people, network and relax. You can also pick up tips on American culture and the military lifestyle.

The group will meet June 30 at 6:30 p.m. in the ACS building, 50010.

Refreshments will be available and there will also be door prizes. For more information, call 533-2330 or 533-5919.

Kids on the Move classes

Army Community Service is offering a Kids on the Move class Wednesday from 10:30 - 11 a.m. and 6:30 - 7 p.m.

Learn tips to help children make the military move more enjoyable by giving them some ownership in the move. Individuals should use this forum to share moving tips that have worked, as well as those ideas that haven't worked so well. A list of travel games will also be provided.

R.S.V.P. must be completed by Tuesday by calling ACS at 533-2330.

ACS support group

Is your spouse deployed or on an unaccompanied tour? Then this support group is for you. Meet new people, network and relax. Refreshments will be available door prizes will be given. The group will meet June 26 at 6:30 p.m. at the Army Community Service, building 50010. For more information, call 533-2330 or 533-5919.

Relocation workshop

Army Community Services is offering a relocation workshop for soldiers and family members making their first move. It will be held Wednesday at 10 a.m. and at 6 p.m. You may attend either workshop.

The workshop will provide a moving day checklist, commonly-referenced phone numbers and moving entitlements. There are many things to do in preparation for the move, so let ACS help you make your move as effortless as possible. R.S.V.P. must be completed by Tuesday by calling ACS at 533-2330.

EFMP support group

The Army Community Service Exceptional Family Member Program is sponsoring a support group for family members who are enrolled in the EFMP. The purpose of the group is to provide a forum for exceptional family members to network and share information.

The first meeting will be held July 3 at 6 p.m. in the ACS conference room, building 50010, Smith Street. Thereafter, the group will meet the first Thursday of each month.

To register for the group, call 533-2330. For more information, call the EFMP at 533-6871.

School News

Water Wise and Energy Smart Program wraps up the school year with poster contest

WWES RELEASE

The Water Wise and Energy Smart program provides an educational curriculum based on water, energy and resource conservation to students in the Fort Huachuca Accommodation Schools.

WWES classes introduce students to basic water-related science, like the hydrology of the Upper San Pedro Sub-watershed, the water cycle, water pollution, riparian ecosystems and the history of water consumption. WWES classes and materials help teachers to meet many of the Arizona State Standards in Math, Science, and Language Arts.

Once again this school year the WWES program sponsored a poster

contest. The contest was open to elementary students in the Fort Huachuca Accommodation Schools who received WWES classes. The theme of the poster contest was "Be Water Wise and Energy Smart - Reduce Your Use." More than 130 students participated in the program.

Winners were awarded first, second, third, and honorable mention place ribbons, prizes, and certificates. The community can be proud of these students and teachers; and of the Accommodation School staff, principals, and administration for encouraging and supporting the WWES program. Proudly, WWES announces the winners.

Virginia Wickizer-

6th grade, 3rd hour

1st - Stephen Griffin
2nd - Sammy Castello
3rd - Ashley Pembleton
HM - Kelley Crenshaw
HM - Jessica Nielsen
HM - Brianna Madrid

Virginia Wickizer-

6th grade, 4th hour

1st - Brandon Kizer
2nd - Rhayriyyah Simmons
3rd - Brittany DuFinend

Virginia Wickizer-

6th grade 5th hour

1st - Viona Miller
2nd - Amanda Hatfield
3rd - Christian Hinson
HM - Jenna Hancoil

HM - Kayla Mode

Nan Fillemann-

6th grade, 4th hour

1st - Nicole Holloway
2nd - Ashley Serrano
3rd - Ashley Vereare
HM - Keisha Daniels

Nan Fillemann-

6th grade, 6th hour

1st - Zoe Bieranowski
2nd - Kate Kosowiec
3rd - Ryan Morris
HM - Amber Dasriend
HM - Andrew Rosenbend
HM - Jeanine Whitehead

Jan Barnes, 5th grade

1st - Natalie Fife

2nd - Joey Sherwood

3rd - Jarpon Smith

HM - Omar Lopez

Audrey Mapoles, 5th grade

1st - Derek Williams

2nd - Kelley Gearty

3rd - Natalie Wlodarski

Jim Wolfe- 3rd grade

1st - Nathan Mullis

2nd - Leeza Pillet

3rd - Sean Thompson

HM - Morgan Hansen

HM - Vanessa Werve

Jan Camps- 4th grade

1st - Jessie Pasdach

2nd - Andrew Brown

3rd - Renae Capers

Soldiers' Lawyer



I was approached about a "Flexible Dollar Builder Plan." Is this a good investment?

"Flexible Dollar Builder" plans are one of the largest scams in the nation today, and the government is taking action against companies who mislead consumers as to the reality of these plans.

The way these scams are run usually goes like this: agents will approach you with an "investment opportunity" or "savings plan." They will often claim they are associated with a business that provides support to the military and military families.

In order to gain your trust, they then tell you about their "investment" or "savings" program that

yields an unusually high rate of return. As part of the investment program, they will sell you life insurance - even if you don't need it. When you sign up for the program, they will explain that the majority of your payments are "investment dollars," and a portion is an insurance premium.

They then require you to set up an allotment, and they take your money every month, but you never hear from them again until they attempt to complete their scam.

The largest companies selling these plans have told consumers to quit paying on the plans, as premi-

ums would be paid from other sources, when in reality the consumers were effectively canceling their plans, which allowed the companies to keep all the premiums that were paid. The companies then continued to take the premiums on the canceled plan if service members failed to stop their allotment to the companies.

These plans are very expensive whole life insurance policies with an "accumulation fund." The companies selling these policies ensure that it is difficult, if not impossible, for the consumer to ever see any kind of profit from the plan. The

companies conceal the true nature of the plans by not providing consumers a "Buyer's Guide" or policy summary as required by law. While there is nothing illegal about offering a consumer a bad deal, the law protects consumers who have been misled about a service or product.

If you have been misled about a "Flexible Dollar Builder" plan, contact the Arizona Department of Insurance at (800) 325-2548, or visit their website at <http://www.id.state.az.us/index.html>. Organizations selling these policies have approached soldiers in various places on Fort Huachuca in the past

several years.

Before you deal with such companies, make sure you understand what you are getting for your money! The Staff Judge Advocate's Legal Assistance Office helps clients who have problems with flexible dollar builder plans and other consumer issues.

The Soldiers' Lawyer is provided by your JAG Legal Assistance Office. Visit us on the web at <http://huachuca-www.army.mil/usag/sja/la.html> or contact us at 533-2009 for an appointment. Legal advice may not be given over the phone.

See it in color on the web at huachuca-www.army.mil/USAG/PAO/