



The Fort Huachuca Scout

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Aug. 21, 2003

Scout reports

e-mail: thescout@hua.army.mil

Danger pay continued

Soldiers deployed to high threat areas will continue to receive Imminent Danger Pay, and Family Separation Pay when the new fiscal year starts Oct. 1, said Department of Defense officials Aug 15.

In April, Congress authorized an increase in both Family Separation Allowance, from \$100 to \$250, and Imminent Danger Pay, from \$150 to \$225.

Town Hall scheduled

Feedback, the Fort Huachuca live television town hall is set for 6 p.m., Wednesday on Channel 97, the Commander's Access Channel. If you have a question you'd like answered on town hall e-mail it to channel97@hua.army.mil or fax it to 533-1280.

PAO course offered

The Public Affairs Office will hold its 'stringers course' Sept. 4.

The course is offered to teach fort personnel how to submit articles to the Scout and Commander's Access Channel as well as a basic understanding of community relations, media relations and the public affairs function.

Subjects to be covered include sports, news and feature writing; photography, crisis communication, recognizing a news story and much more.

The class has limited seating and reservations are required.

For more information call Ginny Sciarrino at 533-1285 or e-mail her at virginia.sciarrino@us.army.mil.

Technical difficulties

In the last few weeks many issues of the Fort Huachuca Scout have been riddled with technical printing errors.

The staff of the paper is aware of the problems and is attempting to remedy them.

Most of the problems have been caused by technical malfunctions between the fort and the publisher. The goal is to continue to improve the paper.

INSIDE

Stay safe

A Sunday drive can become a nightmare with the unpredictable weather conditions found in the desert.

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Sleepy

Tired of not getting enough rest? Learn how to overcome insomnia and wake up refreshed.

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Change is in the air

The end of summer brings new leaders to units on Fort Huachuca. Meet the new manager and commander.

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Kolbe 'opens' School-Age Services center

BY SPC. MATTHEW CHLOSTA
SCOUT STAFF

Arizona Congressman Jim Kolbe and two young students cut the ribbon at the grand opening of the School-Age Services center at 3 p.m. on Aug. 13.

Christy Mata and Darius Whited, students at the SAS, helped Kolbe, Arizona's District 8 congressman in the U.S. House of Representatives, handle the oversized scissors at the afternoon ribbon cutting ceremony.

Dan Valle, director community activities, welcomed everyone before turning the microphone over to the next speaker, the garrison commander.

"I officially declare these facilities open," said Col. Lawrence Portouw, garrison commander.

As Portouw spoke, Kolbe, Mata and Whited simultaneously cut the wide red ribbon strung across the doorway to the SAS center. Portouw then introduced Kolbe, the honored guest.

"It's a thrill to be here," said Kolbe. "These two, Darius and Christy, are what this is all about. When we are sending soldiers in harm's way, we are really sending a family. We are thinking about the family."

The soldier needs to be focused to accomplish their mission, added Kolbe, not worried about their child's care, when the soldiers are deployed so far from home.

"Their children are in the best of hands," said Kolbe, emphatically. "As important as the training and the tanks are, facilities like this make it possible for the world's best fighting force to accom-

plish their mission.

"It is a great day," said Kolbe. "I'm looking forward to a tour."

Jennifer Fogg, vice president of Business Development for Stronghold Engineering Incorporated, the builders of the SAS center, said, "Seeing the children, makes it all worthwhile. We give credit to the Army Corps of Engineers, and thank you to Congressman Kolbe for getting funds for the facility."

After the ribbon cutting ceremony, Jennifer Lotten, SAS center director, gave Kolbe a tour of the facility, which culminated with the congressman reading "Armadillo Rodeo" to a classroom of children.

Before reaching the class for the reading, the tour

See KOLBE, Page 3

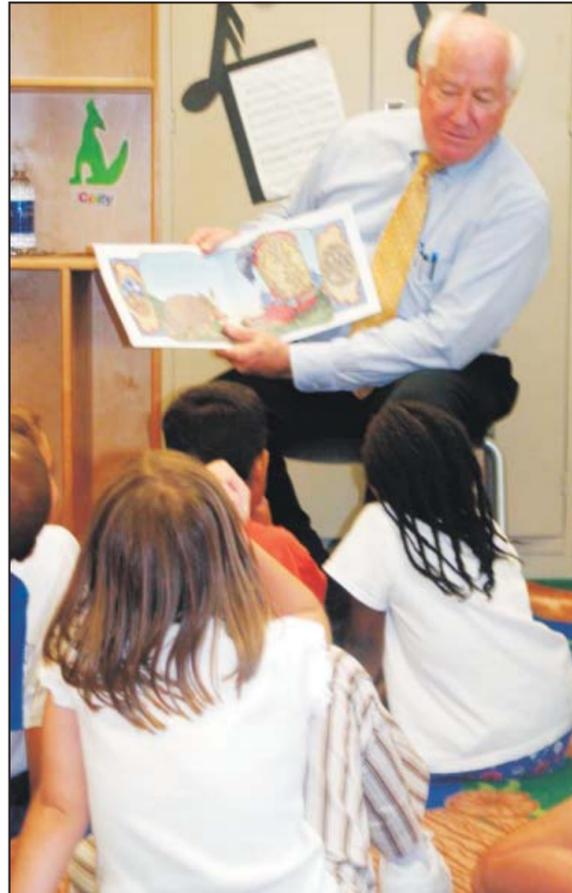


Photo by Elizabeth Harlan

Congressman Jim Kolbe reads to young people during his visit to the School Age Services facility. The congressman participated in the ribbon cutting for the new center.

Worm slithers into nation's computers

BY SPC. MATTHEW CHLOSTA
SCOUT STAFF

Since Aug. 12, the nation's computers have been hit with a small wave of virus-like worms.

Some of the worms infecting computers around the country are named Microsoft Blaster or LovSan, SoBig.F and the latest known as Welchia or Nachia.

According to computer experts, the worms

are designed to attack personal computers that have a full-time connection to the Internet, including a broadband or Direct Server Line connection.

These new worms are not similar to the e-mail viruses of the past. Each worm probes the Internet on its own, searching for PCs to infiltrate.

Starting approximately Aug. 11, the MS Blaster or LovSan virus-like worms sent packets of data

and attacked windows-based systems to automatically search their network for other computers to infect.

Computer experts said the worm is relatively mild and doesn't destroy files. The MS Blaster did not appear to do any permanent damage.

Microsoft posted a free patch on its Web site July 16 that prevents MS Blaster and similar infec-

See WORM, Page 8

Skeeter scare 'No change' in Arizona

BY SPC. MATTHEW CHLOSTA
SCOUT STAFF

The latest West Nile virus message from the post's Installation Safety office Monday was to be proactive, and there were no new cases of WNV reported locally so far.

According to Bruce Heran, Installation Safety officer, two horses in the Northeast corner of Arizona, near the New Mexico border, died last week of WNV infection.

As of Monday afternoon there were no advisories from the state of Arizona, added Heran.

"I would encourage horse owners to call their veterinarians," said Heran, in reference to questions about what ranchers and horse owners can do to prevent the spread of the disease to their horses, "to see if the use of the vaccine would be appropriate."

"The number of human cases as of Friday was increasing about 10 percent a day, nationally," said Heran.

In the United States there have been 470 human cases of WNV so far this year, with 10 deaths, said Heran. Over 50 percent of those cases (247 WNV infections) have been in Colorado, with six deaths in that state.

The second highest state with cases of WNV this year is South Dakota, followed by Texas, then Louisiana, added Heran. Most of the cases this year are in a straight-line cluster from Texas up through Canada. The WNV season typically ends by late September, Heran said.

"It seems like a state will get a few cases in the first year and the second year they seem to have an explosion," said Heran. "My advice at this time is to continue being proactive. Drain standing water. Continue to plan activities around the highest mosquito time, dawn and dusk."

Dead birds are the primary hosts, added Heran. Horses and humans are secondary hosts.

"Once again, do not pick up any dead birds," said Heran. "If you see a dead bird on post, call 533-3151 (6:45 a.m.- 4 p.m.). Any other time call 533-2291. Tell them it is a priority one service order and the pest controllers will come out and retrieve it."

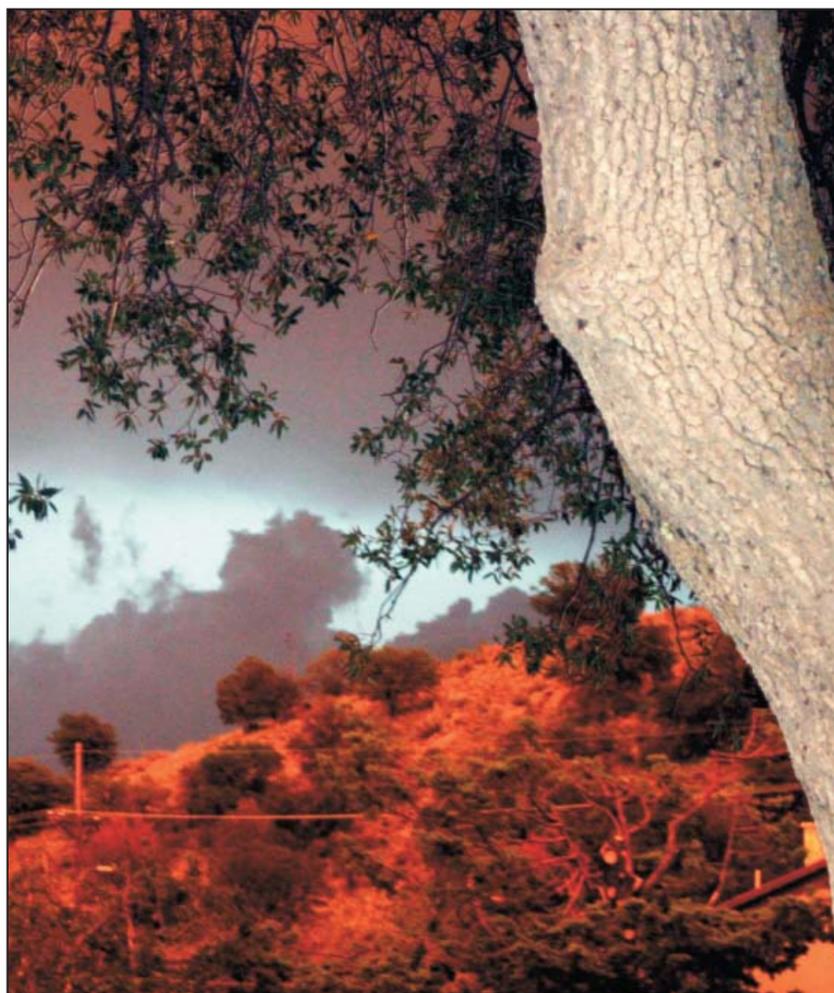


Photo by Elizabeth Harlan

Summer storms

A monsoon storm rolls across Fort Huachuca at dusk. The season of rains brings new life to the desert, dramatic lightning storms and dangerous driving conditions. The rains also bring the desert temperatures down.

Teamtalk



BY MAJ. GEN. "SPIDER" AND MARTY MARKS

School has started for our children attending classes here on Fort Huachuca and, even with their delay, Sierra Vista schools are not far behind.

Our military police have stepped up patrols, and there will be zero tolerance for anyone speeding in a school zone. So drivers, be extra cautious; remember to watch your speed, and keep a sharp eye open for children heading to and from school.

We always have youngsters who are new to the schools and who are not used to going to and from their classrooms every day. All of us need to make sure we're looking out for them.

Parents, please teach your children how to look both ways when crossing streets or parking lots, be safe using crosswalks and to walk with a buddy. We all want this to be a great - and safe - year for each and every one of our students.

We want to highlight some things coming up soon so you can mark your calendars and take advantage of these super events. Women's Equality Day will be celebrated with a luncheon and a women's suffrage play, "Failure is Impossible," on Tuesday, from 11:30 a.m. to 1 p.m. at the LakeSide Activity Centre.

This event is open to the public, and tickets for the play and buffet luncheon are \$8.25. This top-notch presentation features local community volunteers and Fort Huachuca talent and highlights some key personalities and actions in the women's suffrage movement.

You have to get your ticket ahead of time (and they sell out fast); be sure and call the Equal Opportunity Office at 533-1717 so

you can attend this entertaining and educational event.

Another real crowd-pleaser is just around the corner - the Army Soldier Show. This wonderful show takes place in the Buena Performing Arts Center next week, and I hope you already have your free tickets, because the shows are sold out.

The talented cast of this year's show promises an evening of super family entertainment and a variety of singing and dancing to please everyone. These performers are world-class talents who also happen to be patriots...soldiers and leaders.

For more information, call the MWR Box Office at 533-2404.

Our great staff at Army Community Services is working hard to bring you this year's Parent University, which is scheduled to run Sept. 2-12. All the classes are free and will be held on a wide range of topics, including stress management, health, nutrition, and parenting skills to use with kids from the time they're newborns through their teen years.

Free childcare is available as long as you register in advance, so there's no reason for you to not take advantage of learning from the experts.

Call ACS at 533-6879/2330 for more information on this program designed to help good parents become even better.

I'll be hosting another live town hall next Wednesday from our television studio in the basement of the Public Affairs Office.

The show will run from 6-7 p.m. on cable channel 97. This is your chance to make sure my staff and I know what's on your mind. If you have a question you haven't been able to get answered, or an issue that hasn't been resolved, this is the place to tune in. I'll be there, along with subject matter experts to help me answer your questions and listen to your concerns. I want to know what's on your minds, so please make a point to tune in and give me a call. If you'd like to send in a question ahead of time, e-mail pao-watch@hua.army.mil, or call Angela Moncur, command information chief, at 533-1985.

Everyone here on Fort Huachuca works hard to bring you the best - schools, special programs and events, and opportunities for learning and self-improvement. I hope you're able to take advantage of them. Your quality of life is of the utmost importance to us.

Thanks for being a part of this great community.

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

"Is not life more important than food...?" - Matthew 6:25b

On my family's refrigerator door there is always a grocery list. Each member of the family is able, when they notice something gone or running low, to write down on the list that "thing" that is needed to keep life going in the household. Sometimes one or two members try to sneak something by as needed — when it is only desired. But the family runs off that list — it is important in not only day-to-day living, but also for planning the future (of meals, laundry, etc.)

On my computer I maintain a "to do" list. Some of the items deal with family, others with work and still others with what I hope to do — soon. The other day I noticed that some of my "to do" items have been on the list a long, long time (I have a separate "to do" list for the house and yard and some of those are over a year old!!!)

I used to maintain a chore list for our children, but now that they are all in their late teens or early 20s, that has gone by the wayside. I also run a monthly payment program for two households.

But, know what? Even with all these plans, I still find items to purchase at the commissary that I forgot to add to the list. I still find times to do things that I didn't put on my "to do" list. Believe it or not, sometimes our kids did chores that weren't on their part of the list. And a bill or two will be added about every month or so that I didn't anticipate.

So, while lists are good to have, they don't govern our lives as well as we would like them to do. There is too much going on in the world that causes us to regroup. There is too much going on in the world that changes our plans — whether we like it or not!

I ask you then, what is really important to accomplish? Food is a great thing to have, but without a relationship with the family, food is little more than survival. Doing things is also important, but

if you maintain a guide for doing things for family and friends without a relationship with those family members and friends, then doing things becomes a burden. Chores are good to do just to keep the world orderly, but if you forget who is doing them, it really doesn't matter how well they are done — the relationship is over. And bills will continue to come in, no matter how well you plan — so you might as well watch a movie, or better yet, take a walk or eat dinner with your family.

Yes, life is more important than food, physical food, because life is holistic and includes those parts that keep us alive. Life is also mental, emotional and spiritual food. We need to balance our intake and not only take care of the physical because without the balance, our bodies will wear down.

Mental food is reading, thinking, taking a class - maybe on cooking - it is the means of paving the way for good health and relationships with self and others.

Emotional food is understanding what is important to be concerned about. If your child or friend breaks a glass in the kitchen, you can get angry and yell about it, but guess what? The glass is still broken - and maybe a relationship is also. Emotional food takes life as it is dealt and then separates the weeds from the flowers so that you can see what is important.

Spiritual food is more than attending a place of worship (but it can't hurt!). Spiritual food is knowing that you are not alone in the world and knowing that what you do is important in the workings of creation. Each of us has a purpose under God's workings in the cosmos.

We simply need to listen and watch to see what that may be. I find that spiritual food includes reading Scripture and wholesome books. It includes prayer, and it includes a cup of coffee and a laugh with my loved ones and friends.

We can't live by bread alone - it takes differing foods. I hope that as you taste the wonders of life, you remember to have a "balanced meal" of physical, mental, emotional and spiritual food.

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

Scout on the Street



"Get rid of standing water. Put on bug spray. Wear long clothes."

Angelia Demery,
water safety instructor,
Barnes Indoor Pool



"Use a lot of repellent."

Spc. Kenneth Wilds, 259th
Engineering Company



"Run away really fast. Keep windows closed."

Cassandra Aspeytia,
lifeguard,
Barnes Indoor Pool



"Do not use colognes or perfumes, anything that would attract mosquitos. Use a DEET based spray on exposed surfaces."

Spc. Todd Basom,
259th Engineering
Company



"Clean up puddles; standing water. Stay indoors at night. Wear repellent."

Karlie Jo Hale,
pool manager,
Barnes Indoor Pool



"Wear bugscreen. Stay away from bad horses."

Pfc. Brian Pate, 18th
MP Detachment

Photos by Spc. Matthew Chlosta

The Fort Huachuca Scout®

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Rain, dust, heat make desert driving hazardous

BY SPC. MATTHEW CHLOSTA
SCOUT STAFF

During the hazy Arizona summer months a driver can travel the long stretches of desert highway with confidence by taking a few simple, proactive steps.

"Make sure your car is safe to drive in the desert," says Bruce Heran, Installation Safety officer. "Make sure your car has good tires; the roads get very, very hot here. Crummy, worn tires lead to problems. Blow-outs are serious problems at 75 mph."

Taillights, headlights, and windshields have to be in good condition, particularly in the rainy season here, added Heran.

"The ultraviolet chews up your windshield wipers about once a year, so you have to replace them," emphasized Heran, as he spoke about preventive safety measures driv-

ers can take before desert driving.

Have your vehicle checked before long trips, added Heran.

"Absolutely carry some water," said Heran, "even if it is only a couple of water bottles. You never know when you'll actually be stranded somewhere and how long it will be before help gets there. On a hot summer day you can dehydrate pretty quickly in Arizona."

Drivers should also carry a cell phone in case of unexpected emergencies, added Heran.

"I don't suggest people carry gas," said Heran, when asked whether people should carry extra fuel before making their desert sojourn.

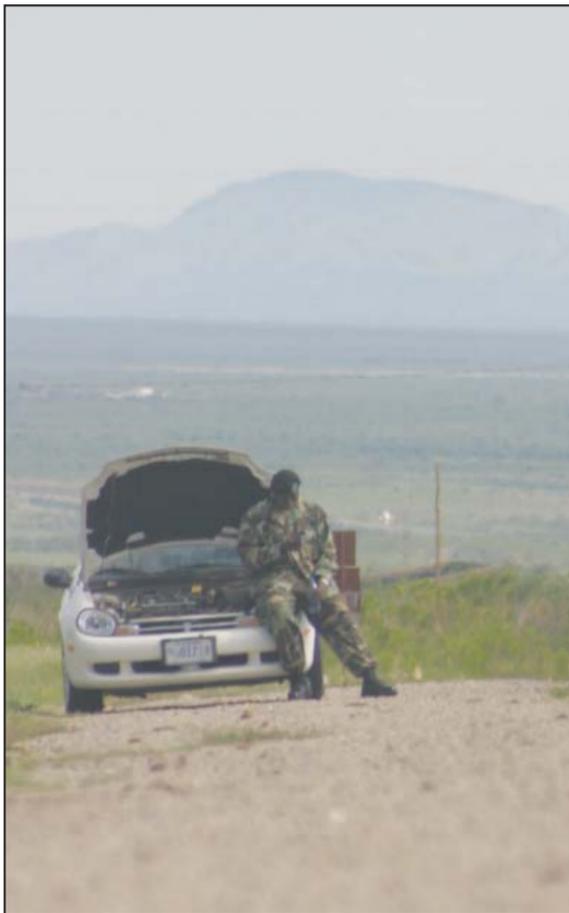
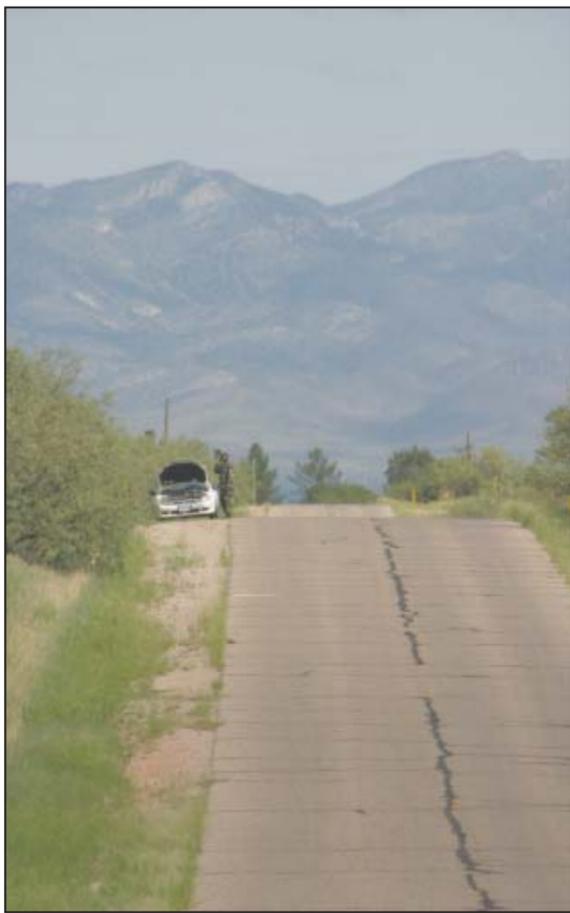
"The days when gas stations where that far apart are far and few between," said Heran. "You don't have to go

hundreds of miles to get gas now. There is usually something nearby. And, if you run out, grab the cell phone and call for emergency assistance.

"Almost all insurance policies have roadside assistance as part of it," said Heran. "So, carrying gas in vehicles is not a smart move. Most vehicles now get pretty good gas-mileage, (so) you know whether you're going to make it the next 30 miles."

"A first-aid kit is a good idea, a fire extinguisher isn't too bad of an idea either, but gas I don't suggest that," said Heran.

If you're going up into the northern climates (like Flagstaff, for example) bring raingear, said Heran. Most importantly, be smart.



Photos by Spc. Matthew Chlosta

The Installation Safety Office recommends a few safety tips when driving across the long stretches of Arizona's vast and bone-dry desert. First, always make sure you have your spare tire and make sure it is inflated. Second, always carry extra bottles of water and a cell phone in case of roadside emergencies or car trouble. Third, check the fuel gauge on your vehicle regularly to keep yourself from running out of gas.

ACAP helps civilians, retiring soldiers get jobs

ARMY NEWS SERVICE

The Army Career and Alumni Program is introducing several initiatives focused on helping soldiers and civilians find jobs after they retire or leave the Army.

The expanded programs will help retirees, demobilized reservists and civilian employees affected by base realignment programs, said James Hoffman, ACAP director.

ACAP recently announced a policy that provides lifetime job assistance for Army retirees and eligible family members.

This change extends ACAP services beyond the

normal 180 days after separation.

"The service is provided on a space-available basis," Hoffman said. "With a valid retired identification card, retirees can continue to receive employment assistance in preparing a competitive resume as well as learning important job search skills."

Later this month, ACAP will establish a Demobilization Resource Center to receive telephonic requests for assistance during the demobilization process from Reserve Component soldiers and unit commanders.

All soldiers who have completed at least 180 days

of continuous active duty and who are being released from active duty are required to receive preparation counseling and completion of the Preparation Counseling Checklist, DD Form 2648.

The center, which will be located at the U.S. Army Personnel Command, will respond to all inquiries pertaining to eligibility for transition benefits. It will also provide referral to service providers such as Departments of Labor and Veterans Affairs, as well as Army Reserve and National Guard Transition assistance offices.

"Once the resource center makes contact with the RC soldiers and determines

that additional ACAP services or referrals are necessary, the soldier will be referred to the closest ACAP center for continued assistance for up to 180 days after demobilization," Hoffman said.

In addition, to prepare for the large numbers of soldiers who will be demobilized and released from active duty, ACAP is preparing to reinforce the counselor field workforce with additional staff at targeted ACAP demobilization installations.

The reinforcement will help to ensure that (ACAP) can meet the demand to provide mandatory preparation counseling and employment

assistance to those who requested additional assistance prior to being released from active duty, Hoffman said.

Installations conducting demobilization processing where ACAP does not exist such as Fort McCoy, Wis., will have a temporary satellite office established to assist in the demobilization process.

At other demobilization locations such as Fort Dix, N.J., and Fort Buchanan, Puerto Rico, ACAP will provide temporary assistance either through travel of ACAP staff or training of assigned staff by ACAP staff.

"Civilians who are leaving

the government workforce as a result of realignment or commercial outsourcing are eligible to receive ACAP services as well," Hoffman said.

ACAP recently added a workshop targeted for Army civilians who are impacted by reductions in force, A76 studies and force realignment, ACAP officials said.

Upon request, ACAP staff will present the comprehensive workshop to assist civilians for their return to the public or private sector.

Information about ACAP and its services can be accessed at the revised ACAP home page www.acap.army.mil.

KOLBE, from Page 1

a classroom of children.

Before reaching the class for the reading, the tour passed a wall with a gigantic map of the world displayed, showing where the children's parents are stationed and what time it is in that part of the world.

The kids sprawled out on colorful parrot-patterned beanbags in a semicircle around Kolbe as he read about the armadillo rodeo.

With the children transfixed by Kolbe's excited storytelling, a lot of laughing, joking and friendly banter passed easily around the room between the students and Kolbe.

"Smells like stinky shoes, stinky boots," said one child as Kolbe wrapped up his reading.

"Reading books is great," said Kolbe. "Reading is so important. I love to read."

After the reading, the students sent Kolbe on his way with a handful of pinecones and the "Coyote" howl.

Valle added, "His visit made it a special day for us."

The SAS center is a place where kids can safely stay before, during and after school, added Portouw.

The facility has two outdoor playgrounds with a soft, spongy recycled rubber surface, crayon-proof walls, an indoor gymnasium and even mountain bikes the kids can ride. The facility holds 150 children from grades one through five.

After Kolbe drove off with two-man military police

security escort, Fogg commented on some of the unique features of the SAS center and Kolbe's integral role in the funding for the project.

The building was constructed with a sustainable design built to last, said Fogg. The SAS center is designed to minimize energy loss and maximize energy efficiency. "We used high-quality materials. The walls in the hallways are wipe-able and the SAS center was made kid use appropriate.

"We also took into consideration the desert and made the place environmentally friendly," added Fogg.

Explaining several other new thoughts that went into the planning of the SAS center, Fogg said, "Another different choice we made was in the design elements. We break up the patterns with a use of bright, friendly colors. This gives the visual to the kids as they walk towards the building that it is a happy, warm, inviting and fun place to be.

"Kids will look forward to coming," said Fogg. "The place is built to last. The children's needs were met and exceeded. It is pretty awesome."

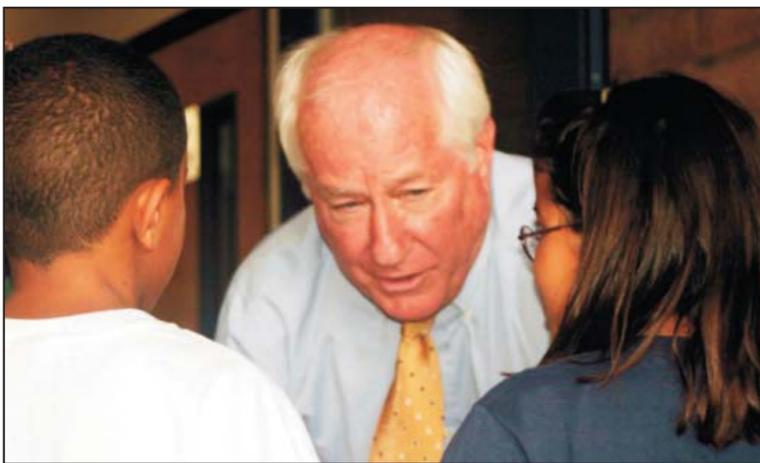


Photo by Elizabeth Harlan

Congressman Jim Kolbe talks to fellow ribbon-cutters Darius Whited (left) and Christy Mata at the grand opening for the School Age Services center.

Speaking about Kolbe's efforts to secure funding, Fogg said, "He was a steward for the funds. Without him, this facility wouldn't exist."

Finally, according to Lotten, parents pay a small sliding scale fee for their children to attend the SAS center.

Intelligence unit conducts first UAV flight in Germany

BY GERRY ARBIOS

282ND BSB

Something new is flying over Hohenfels these days – an unmanned aerial vehicle. The first RQ-5A Hunter UAV took its maiden flight in Germany during a ceremony on the Hohenfels Army Airfield Aug. 15.

Hohenfels' newest tenant unit and the unit responsible for the flight is A Company, 1st Military Intelligence Battalion (AE). The unit is standing up this month for USAREUR and V Corps. Their official flagging takes place Oct. 7.

Commanded by Capt. Kevin L. Fittz, A Company's mission is to rapidly deploy to contingency areas of responsibility, conducting operations in support of the 205th Military Intelligence Brigade and V Corps throughout the full spectrum of military operations.

According to CW2 Jonathan Daniels, the battalion's tactical operations officer, UAVs make significant contributions to the war fighting capability of operational forces.

They improve the quality and timeliness of battlefield information, thus allowing commanders to make rapid and better-informed decisions.

The UAVs perform a multitude of inherently hazardous missions, such as those in contaminated areas, which present unacceptable risks for manned aircraft.

The unit plans to train using split-site operations at times for speed of movement and coverage. The maiden flight was the result of close coordination between U.S. officials and the German Ministry of Defense.

According to officials in the USAREUR Liaison Office in Berlin, they continue to work closely with the German government to determine a final air traffic pattern for the Hunter and to ensure all safety concerns are met.

Although no additional flights are scheduled at this time, the unit plans to train in Hohenfels through October, and then move to a winter training site in another theater of operations.

With this historic flight completed, the unit is ready to move forward in their training.

"I've got a great bunch of soldiers who have been working very hard to make this flight possible," Fittz said. "We have also received tremendous support from the 282nd BSB, the airfield, and the Falcon team for which we are very grateful."



Photo by Spc. Harold Fields

With a successful first mission complete, the unmanned aerial vehicle's team, composed of members of Alpha Company, 1st Military Intelligence Battalion (AE), take the aircraft back to its hangar Aug. 15 at the Hohenfels Army Airfield.

Troops get first look at Army's newest boss

BY SGT. GREG HEATH

4TH PUBLIC AFFAIRS DETACHMENT

Soldiers got a first look at their newest boss, Gen. Peter Schoomaker, the 35th Army Chief of Staff, Tuesday when he visited Bagram Air Base. His visit was part of his tour of Afghanistan.

For Schoomaker, his trip was an opportunity to personally get acquainted with some of his soldiers serving on the frontlines of the global war on terrorism. The general came out of retirement Aug. 1 to take on the position as the highest-ranking Army officer, after he had originally retired from the Army in 2000 after 31 years of service.

Upon arriving at Bagram, Schoomaker addressed more than 100 soldiers and coalition service members who gathered outside of Combined Joint Task Force headquarters to greet him.

During his talk to service members Schoomaker said there was one main reason for coming out of retirement to take on this new assignment.

"There was absolutely no question in my mind to come back on active duty when asked to do so ... and it's because of you all," he said to the soldiers in attendance. "It's not anything about money or any of that stuff; it's about knowing what's right, one's sense of duty."

While speaking to the troops, Schoomaker added that he was proud of what they had achieved all over the world while fighting the war on terrorism, but admitted that the fight was far from over.

"This is going to go on for a long time and

I'm not just talking about here in Afghanistan," Schoomaker said. "It's a different world now and we're going to have to do what's necessary to stand up for our way of life and our world in the future, and it's going to take people like you willing to stand between harm and our homelands to do that."

"It's important for (Schoomaker) to be here to show that he cares and to find out what's going on personally with the soldiers," said CJTF-180 CJ3 Sgt. Maj. Sonny Mitchell. "You

can't do it over a telephone or video teleconference."

For Spc. Daryl Keith, 35th Signal Brigade, having the top Army soldier visit was a big morale booster.

"It feels good to have the highest-ranking soldier come over and show his personal gratitude to the soldiers," he said.

Mitchell agreed, "He is showing that he supports us and giving us a chance to show we're going to support him as our new boss."



Photo by Sgt. Greg Heath

U.S. soldiers and coalition service members gathered to hear remarks by the Army's newest Chief of Staff, Gen. Peter Schoomaker, during a visit to Bagram Air Base in Afghanistan on Tuesday.

DEERS verification changes for unremarried former spouses

TRICARE NEWSRELEASE

The Social Security number used to verify TRICARE eligibility in the Defense Enrollment Eligibility Reporting System for unremarried former spouses is changing.

Starting Oct. 1, DEERS will reflect TRICARE eligibility for these beneficiaries using the unremarried former spouse's own SSN and not the former sponsor's.

Health care information will be filed under the unremarried former spouse's own SSN and name. These beneficiaries will now use their own name and SSN to schedule medical appointments and to file TRICARE claims.

The current Uniformed Services Identification and Privilege Card, DD Form 1173, held by the unremarried former spouse is still valid until it expires.

Upon renewal, the unremarried former spouse will be issued a replacement Department of Defense/Uniformed Services Identification and Privilege Card, DD Form 2765.

The Defense Manpower Data Center Support Office is sending a letter to all beneficiaries affected by this change.

The letter explains the new DEERS eligibility verification procedures and serves as official notification from DoD regarding this change.

The letter does not, however, provide proof of continued eligibility for TRICARE health care benefits.

After Oct. 1, unremarried former spouses may contact or visit the nearest identification card issuing facility (locations may be found online at www.dmdc.osd.mil/rls) for questions or assistance.

Unremarried former spouses should always keep their DEERS information current and up-to-date.

For questions regarding their medical records, they should contact the Military Treatment Facility and medical records department where their DoD medical records are stored.

Officials: No intention of lowering special pay for troops serving in Iraq, Afghanistan

BY KATHLEENT. RHEM

AMERICAN FORCES PRESS SERVICE

Pentagon officials have no intention of lowering total compensation for troops in Iraq and Afghanistan, the Defense Department's top personnel officer said Aug. 14.

David S.C. Chu, defense undersecretary for personnel and readiness, took questions from the media on the topic in response to published media reports suggesting DoD would cut the pay of forces serving overseas in the war on terrorism.

At issue are temporary increases Congress approved in April for two forms of compensation: imminent danger pay and family separation allowance.

Imminent danger pay went from \$150 per month to \$225, while family separation pay increased from \$100 to \$250 per month. The two increases are set to expire Sept. 30, and defense officials have urged Congress not to extend them,

saying they are unfunded.

But, Chu stressed, this doesn't mean troops serving in Iraq and Afghanistan will see a cut in their total take-home pay.

"We are not going to reduce their compensation," Chu said.

Another senior official called the notion that the Pentagon would cut pay to combat troops "absurd."

Instead, the Defense Department would prefer to compensate the troops through other means.

"We have some incentive pay with which we can compensate people in Iraq (and Afghanistan) should the current allowance provisions expire," Chu said. Among these are hardship duty pay and incentive pay, he added.

Officials haven't worked out all the details yet, at least in part because Congress may still approve extending the increases in those two allowances, which the department would then have to find a way to pay for, Chu said.



Photo by Staff Sgt. Robert Hyatt

U.S. soldiers serving in Afghanistan and Iraq will not lose special pay benefits according to Pentagon officials.

AFAP in action!

City, fort agree to shorten travel time, improve transit routes

BY SGT. MAJ. CHRISTOPHER DEASY

DIRECTORATE OF COMMUNITY ACTIVITIES

Based on suggestions from the Army Family Action Plan that the transit system needed to shorten riding time on Fort Huachuca and change bus stop locations, the Community Activities director has formed a Process Action Team.

All units, directorates, facility managers, FRGs and BOSS were invited to be part of the PAT. In conjunction with the PAT, DCA conducted an e-mail survey to find out what riders wanted.

The City of Sierra Vista adopted all the recommendations from the PAT and survey. The changes to the Transit System are:

- Redesigned Fort Huachuca transit routes to improve travel time. The new configuration makes it possible to get from major activities to the PX within 20 minutes.

- Provide Sunday Services. They now provide a new downtown route (from the MI-Village through downtown to the Sierra Vista Mall) on Sundays from 9:30 a.m. to 5:30 p.m.

- Provide improved evening and Saturday services. The now provides a downtown express service from 4:30 - 7:30 p.m., Monday through Friday and a Saturday downtown express from 9:30 a.m. - 7:30 p.m. This service allows for transportation from the MI Village through the downtown area to the Sierra Vista Mall every 30 minutes.

- Installed new transit bus stop signage throughout Fort Huachuca.

- In the process of getting approval to install a bus shelter at the PX.

- Designing signature site bus stops for the PX and MI Village.

Commentary

Retired NCO remembers Fort Huachuca in 1950s

BY ORISM TURNER

RETIRED COMMAND SGT. MAJ.

I saw a piece in the paper where they are trying to raise money to save the old Black Officer's club on post. I certainly wish them a lot of luck. It would be nice to save at least one World War II building. There were others that should have been saved, including Chapel One which used to be at the end of Squier street as you came on post. It always stood for peace and seemed to be watching over the installation.

The buildings that were destroyed, that I thought would be preserved, were the American Indian quarters. These were adobe buildings located by the road close to where the recreational vehicle park is now. Permit me to relate how I know about them.

My family and I arrived at Fort Huachuca from Japan in August 1955. Quarters were very scarce on post and in the immediate area. Due to my duties I was considered one of the key personnel, so we were assigned a miner's shack up in Bonnie Blinks. It was set on blocks, and we could hear the skunks rubbing their backs up against the bottom of the bathtub at night. The American Indian women and children used to come in the fall and pick up acorns on the ground from a tree by our quarters.

In those days, the powers to be, both in the military and in Fry, established programs to provide the youth in the community recreation facilities without charging them an arm and a leg. When you registered your car on post it cost you 25 cents, which was for a small metal tag that went on your front license plate.

The 25 cents went into a central youth activity fund, which was used to support all the scouting activities and the junior rifle club. The fund also provided a free movie every Saturday afternoon for the children at the post theater, which is now part of the post museum. Also, the fund was used to purchase a gift for each child at Christmas, and purchase playground equipment.

Being active in these youth activities I was

elected vice president of the organization. One day I received a call from the deputy post commander's secretary, who said that the DPC would like to meet with all the heads of the youth activities down at the old American Indian quarters and could I take care of it, which I did. All of us assembled at the appointed time to meet with him. He said, "Before I tell you what I have in mind. I would like to tell you why these adobe quarters are here."

He said that the inspector general from the War Department came to the post to make his annual inspection. At the completion of the inspection he told the post commander, "You have got to get those Indian scouts that are living in those tepees out by the East Gate under cover."

The DPC said, "Sir, those Indians like living in their tepees and do not want to move."

The IG responded with, "I don't care. They are members of the military and they must be put under cover."

So the post commander had these quarters built, said the DPC. The first thing the IG asked when he arrived the next year was, "Did you get those American Indians under cover as I directed?"

The DPC answered, "Yes sir, but they didn't like it and did not want to move."

The IG responded with, "I would like to see them." So they brought him to the American Indian's quarters.

The IG said, "Well they look pretty good. I wonder if I could see inside of one."

The IG went up to the first one, knocked and an American Indian

lady came to the door. He introduced himself and asked if he could come in. The lady stood aside and he stepped in, and there was a teepee set up in the middle of the room.

The DPC said, "The reason that I asked you to meet me here was because I have a plan. I want to know what you think of it."

He said that each activity could have a building, such as one for the Girl Scouts, one for the Boy Scouts and one for the junior rifle club. They can use them to hold meetings and to store their equipment in.

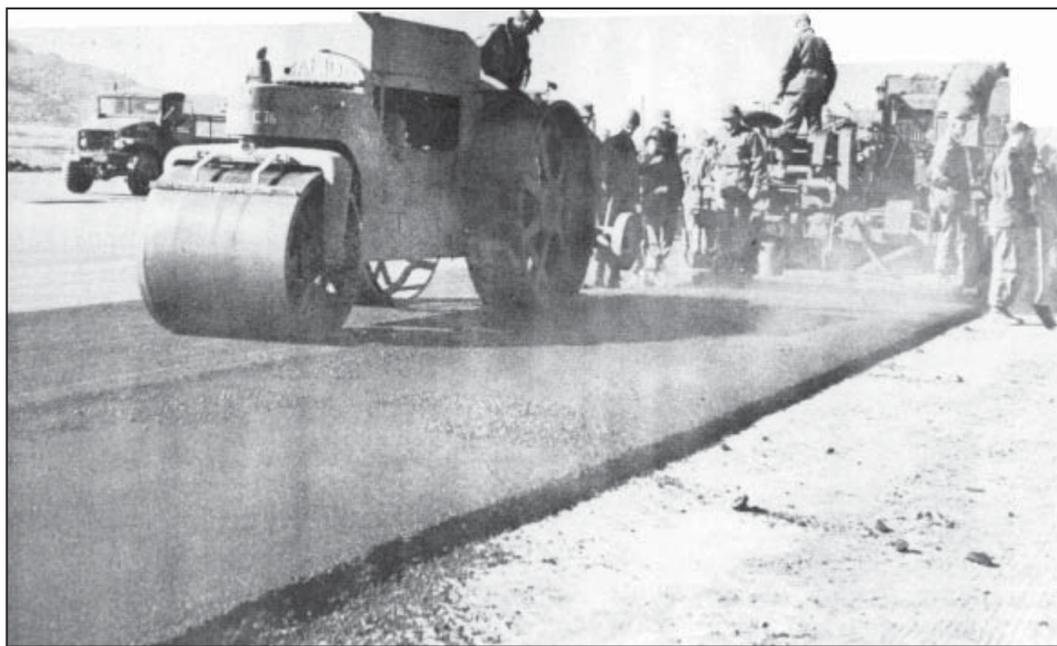
He also said, "We will help you fix them up, build a rail fence along the front and I am sure that some of the people in the area have memorabilia that they would like to place around the area. There is a place down by the creek where you can have meetings and weenie and marshmallow roasts, etcetera. What do you think?"

Every one was very enthusiastic and thought it was a wonderful idea. I left for

my next duty assignment very shortly thereafter, in October 1959.

Several years later, I retired and returned to the area. I went to see what they had done with the American Indian quarters. To my surprise, nothing had been done, except a few weeds had been cut and some of the old chicken coops removed. I was not able to find out what happened to the colonel's plan.

Several years later, I was in the area and was again surprised to see that there was no sign, not even a marker, showing that American Indian quarters had once been there. I do not know why they were destroyed, as they required no maintenance. They had stood there for maybe a hundred years. I thought if the Army didn't want them, that some civilian group would have fixed them up, so a little bit of history was not lost. A historical marker placed at the site would be appropriate.



Courtesy photo

Earth moving and rolling equipment were used in building the airfield in the 1950s.

Community Updates

Range closures

Today – AB, AC, AD, AH, AI, AK, AL, AM, AR, AV, AW, T1, T1A, T2

Friday – AB, AC, AD, AH, AI, AK, AL, AM, AN, AR, AW

Saturday – AB, AC, AD, AH, AI, AK, AL, AM, AR, AV, T1A, T2

Sunday – AB, AC, AD, AH, AI, AK, AL, AM, AR, Monday – AB, AC, AD, AH, AI, AK, AL, AM, AR, AS, AU, AY, T1, T1A, T2

Tuesday – AB, AC, AD, AH, AI, AK, AL, AM, AN, AR, AU, AY

Wednesday – AB, AC, AD, AH, AI, AK, AL, AM, AR, AU, AY, T1, T1A, T2

For more information on range closures, contact Range Control at 533-7095.

Blood drive next week

An Armed Forces blood drive will be held from 10 a.m. to 8 p.m. on Tuesday, in the Eifler Gym.

PX meet on Tuesday

The PX Commissary Advisory Council will meet from 1-3 p.m. on Tuesday at the Murr Community Center.

Welcome to Huachuca

The Fort Huachuca Welcome event, for newcomers to the post, will be held at 9 a.m. on Tuesday, at the Murr Community Center. For more information, call 533-2330.

Meeting at La Hacienda

A "roundup," focusing on upcoming Fort Huachuca events, will be held 10-11:30 a.m. on Sept. 2 at La Hacienda. For more information, call 533-1143.

Parent University on Sept. 2

The Parent University, sponsored by Army Community Service, will be held from Sept. 2 – 12. For more information, call 533-6879 or 533-2330.

Healthnews

Insomnia can be overcome, with the right tools

BY LTC ROMAN BILYNSKY,
MD, FAAP

PEDIATRIC NEUROLOGIST
4TH FSB, 4TH ID, TIKRIT, IRAQ

Do you have problems falling asleep or staying asleep? Insomnia consists of problems falling asleep, staying asleep, early morning awakening with difficulty going back to sleep, or unrefreshing sleep.

It is not enough to just have problems falling asleep. It has to effect your ability to function at home, work, school or socially.

Daytime symptoms that often accompany insomnia include headaches, depression, morning sleepiness, poor concentration, inattention, irritability, anxiety and fatigue.

About half of all people experience transient insomnia (less than four weeks) at some point or points in their life.

It is often associated with stressful situations, change in work schedules, jet lag, staying up too late the night prior and sleeping in too late the following day, overuse of caffeine or foods or medications containing stimulants.

Chronic insomnia is insomnia that has lasted more than four weeks, and seems to occur more frequently in shift workers, the elderly, women and people with other medical or psychiatric disorders.

Very common underlying psychiatric conditions include depression and anxiety. Medical conditions include substance use (alcohol, tobacco or caffeine); medications (decongestants, some antidepressants, broncho-inhalers for asthma or chronic obstructive pulmonary disease); other sleep disorders (obstructive sleep apnea, restless legs syndrome, or periodic leg movements of sleep – though often they lead to excessive daytime sleepiness more than problems falling asleep) and other systemic medical problems involving the heart, lungs, stomach, hormones and nervous system.

In my clinical practice I of-

ten see teenagers with reported problems falling asleep. This is usually triggered by staying up very late at night and getting up early in the morning on school days, followed by sleeping in on the weekends and holidays.

This basically results in the teenager or adult effectively 'jet lagging' themselves every weekend. It often takes two weeks, sometimes more, to readjust your sleep cycle (medically termed 'circadian rhythm'), so sleeping in every weekend perpetuates the problem and doesn't allow the body to adjust to the ever-changing sleep-wake cycles. The other major reason for sleep problems in adolescents is depression and/or anxiety.

Children with attention deficit/hyperactivity disorder often reportedly have problems falling asleep, but in many it is more of a problem with not wanting to go to sleep, rather than true insomnia and getting up early in the morning (which is often problematic for parents who do not want to get up at 5 a.m. on a weekend).

This is part of the ADHD. Sleep disorders are potential causes of ADHD symptoms in children and prior to diagnosis of ADHD they should be screened by history for excessive daytime sleepiness or nighttime sleep problems.

Sleep problems may also be prominent in autistic spectrum disorders and in the mentally retarded.

Why do we care if someone can't sleep well? Insomniacs have decreased performance on various tests of performance and thinking based on medical research.

Common sense tells you to get a good night's sleep before a big day at work or test at school. Sleepy drivers are impaired, and have more mo-

Living Values Days

The 111th MI Brigade will present Living Army Values Day, Sept. 3-4. Events include a motivational speaker, breakfast and a religious service. Call 538-1252 for more information.

Blood drive in September

The Red Cross will hold a blood drive, 9 a.m. – 12:30 p.m. on Sept. 12 at the Murr Community Center.

Dental clinic closure

Runion Dental Clinic will be closed for the DENTAC's annual Organizational Day on Aug. 28 from 10 a.m.- 4:30 p.m. Dental sick call will be held as usual at 7 a.m. on Aug. 28.

A soldier experiencing a true dental emergency may contact the Dental CQ by calling 227-5563. (Examples of true dental emergencies include: jaw fracture, lacerations, knocked out teeth, severely fractured or displaced teeth and oral swelling that interferes with breathing, fever greater than 101 degrees from oral infection, uncontrollable hemorrhaging and severe acute toothache pain not controlled by medication.)

Family Readiness training

Family Readiness Group training will take place at the Murr Community Center on Saturday, starting at 9 a.m.

An intermediate Family Readiness Group workshop will be offered Sept. 16 at 6 p.m. and again Sept. 17 at 9 a.m., at Murr Community Center.

The workshop will be comprised of three Army Family Team Building classes, on personality traits, building a cohesive team and conflict management. These insightful classes will assist the FRG leader and volunteers in making their FRG excel.

Please register for either session of the workshop no later than Sept. 12 by calling ACS at 533-2330 or 533-5919.

Suffrage play Tuesday

The Equal Opportunity Office is hosting a luncheon and the presentation of a women's suffrage play entitled, "Failure is Impossible," Tuesday at 11:30 a.m. at LakeSide Activity Cen-

tre in celebration of Women's Equality Day.

The play chronicles some key events in the women's suffrage movement and paints a portrait of some of the personalities in the movement.

Tickets for the play and buffet luncheon cost \$8.25. Lunch includes baked chicken, meatloaf, whipped potatoes, vegetable du jour and baked rolls. Contact your unit equal opportunity representative or call the post EO office at 533-1717.

VI Division closed until Sept. 1

Visual Information Division will be closed until Sept. 1 and will relocate to Greely Hall, Room 1615.

VI will be taking photos until Aug. 15 and we will be taking appointments for photos throughout our move. For further information please call the Visual Information Work Order Desk at 538-7129.

Employment workshop this week

Today and tomorrow Cochise County workforce development is holding an employment workshop from 8 a.m. to 4 p.m. For more information call Bruce Wertz at 458-4200.

Ribbon cutting on Aug. 28

The MI Library will conduct a ribbon cutting ceremony at 11 a.m. on Aug. 28 in order to hold a grand reopening by the commanding general, futures directorate and chief librarian. With the recent USAIC reorganization, the MI Library moved to the north side of the TMSB building (Building 62723), adjacent to Sisler and Alvarado Halls. Everyone is invited.

Holiday refuse collection adjustment

In observance of Labor Day, the post refuse collection contractor will adjust the pickup schedule as follows. Family housing occupants with a regular pickup on Monday will be picked up on Sept. 2. Tuesday's route will be picked up on Sept. 3. Post pickup of dumpsters and roll-offs normally emptied on Monday will either be dumped on Tuesday or Wednesday.

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



tor vehicle accidents than awake & alert drivers. Fall-

preferably not right before going to bed. About three hours

get out of bed and do something (not stimulating — i.e.

don't exercise, drink coffee or tea, start watching an interesting movie) until you feel sleepy. But remember, even if you don't go to sleep until much later, don't sleep in or take a nap the next day. If you do, you'll perpetuate the problem night after night.

• Drinking a glass of warm milk with some honey before bedtime. This is not an official recommendation, but our family remedy when I was growing up.

If education about sleep problems and sleep hygiene prove ineffective, then there are medication options for transient insomnia.

These medications include Sonata and Ambien, and are designed for short-term use only. They will not work effectively over time for chronic insomnia. They help initiate sleep or maintain sleep in the right patients.

For chronic insomnia, if education and good sleep hygiene prove insufficient or ineffective, and treatment of any underlying medical or psychiatric disorder has not secondarily helped the insomnia problem, there are some medication options.

These include a short acting benzodiazepines like alprazolam (Xanax), sedating antidepressants like trazodone (various brand names), amitriptyline (Elavil) or nortriptyline (Pamelor), and others.

Other options include cognitive behavioral therapy, sleep restriction (minimizing time in bed to increase percentage of sleep time in bed), relaxation techniques, light phase shift (light box therapy in the morning or evening depending on your specific problem), hypnosis, and minimizing

stimuli. The key to treatment of chronic insomnia is to find (if present, and there usually is) and treat the underlying condition.

If you have trouble sleeping because you are depressed or anxious, then treating your depression and anxiety with antidepressants, anti-anxiety meds, counseling and/or psychotherapy will help your sleep problems.

If you're having problems with sleep, apply the sleep hygiene recommendations noted above and see if that helps.

If not, then start keeping a sleep diary. In the diary record when you went to bed, when you think you fell asleep, how many times you remember waking up, when you got out of bed.

Estimate the total amount of time you slept, rate the quality of your sleep from one to 10, or how refreshed you felt after sleeping, from one to 10.

If you napped, then record when and for how long. Also note any medications you are taking, alcohol/tobacco/caffeine use and exercise/TV watching before bedtime.

Make an appointment with your primary care provider for evaluation and to review your diary (don't forget it).

Before the visit consider and make a list of any possible underlying triggers, medical or psychiatric problems, medications, substance use and environmental factors that may be affecting your sleep and bring this with you to your appointment(s).

There are various Web sites, including the American Academy of Sleep Medicine, that are very informative.

For additional information, see my Web sites at www.rbilynsky.neurohub.net or www.rbilynsky.yourmd.com.

Remember, there is no magic pill for chronic sleep problems. It is a team effort between the patient and health care provider requiring input from both.

The more you know about your sleep problem, the easier and more effective your treatment will be.

Changes

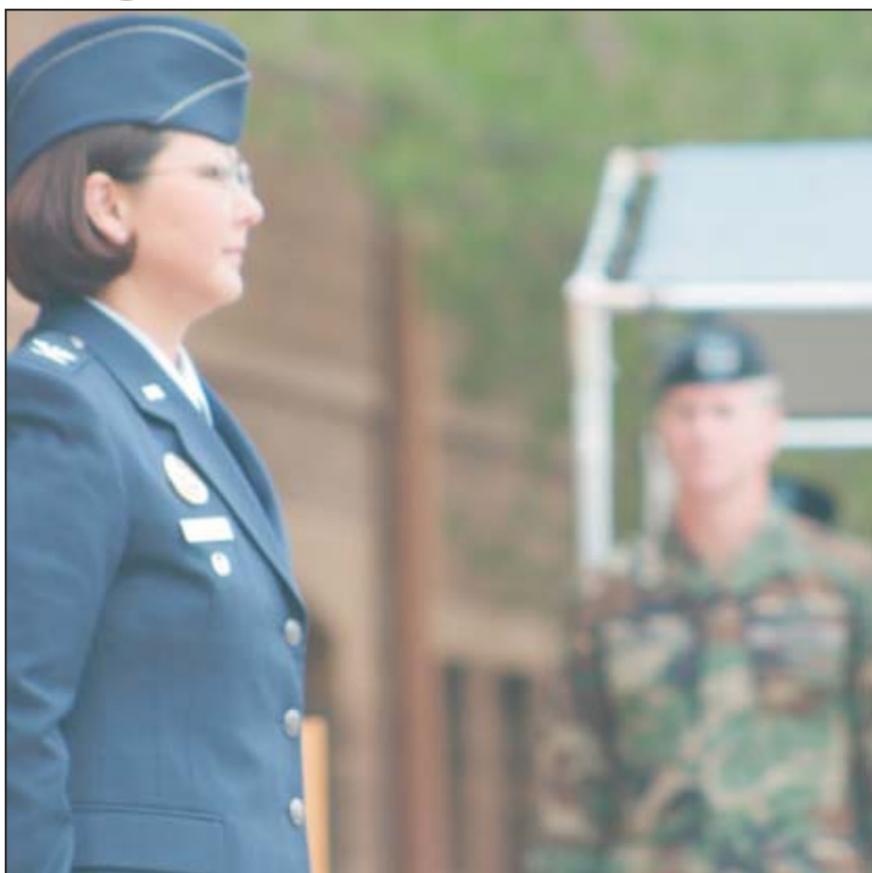


Photo by Spc. Matthew Chlosta

Col. Victoria Velez is the new commander for the Joint Interoperability TestCommand.

New JITC commander is Air Force colonel

BY SPC. MATTHEW CHLOSTA
SCOUT STAFF

An Air Force colonel, formerly from the U.S. Central Command, MacDill Air Force Base, Fla took command of the Joint Interoperability Test Command at an assumption of command ceremony, 10 a.m. Friday, at the JITC building.

With overcast skies overhead, Frank Holderness, principal director for Interoperability Defense Information Systems Agency, passed the guidon, to Air Force Col. Victoria Velez, the former chief of the Communications Programs Management Branch at CENTCOM.

Velez replaced Air Force Col. Terry Pricer, former commander of the JITC.

"It's great," said Maj. Ken Lenig, staff director and executive officer for the JITC. "She comes to us with an impressive assignment history. We look forward to her leadership, which is of the highest caliber."

One of her previous duty stations before CENTCOM was as the commander of 93rd Computer Systems Squadron, 93rd Air Control Wing, Robins Air Force Base, Ga.

Velez supported several joint military actions during her last two assignments including Opera-

tion Enduring Freedom and Operation Iraqi Freedom.

During her speech Velez spoke about the JITC and the multiplatform support today's joint military war-fighters need on the battlefield.

The JITC is charged with providing interoperability certification, standards and compliance testing.

"We are the testing arm and certify information systems for the entire Department of Defense," said Lenig. "We are also the only joint military, major range and test facility."

She was commissioned as a second lieutenant in the Air Force through the Reserve Officer Training Corps at the University of Maryland upon her graduation with a Bachelor of Arts degree in June 1981. Velez also earned a Master of Arts from Webster University in 1987.

Her military education includes Squadron Officers' School, Air Command and Staff College and the Air War College.

Velez has won various awards including the Defense Meritorious Service Medal, the Meritorious Service Medal (with three oak leaf clusters), the Air Force Commendation Medal and the Joint Outstanding Unit Medal (CENTCOM).

TSM change of charter

Maj. Gen. James Marks congratulates Col. John P. Ritchey as he is named the new Training and Doctrine Command System manager for Prophet. Ritchey replaced Col. Kevin C. Peterson. Ritchey will perform as the Army's centralized manager for all combat developments user activities associated with the Prophet System and the Tactical Signals Intelligence Payload.



Photo by Elizabeth Harlan

WORM, from Page 1

specialist for the post's Directorate of Information Management. All four versions of Microsoft's Windows operating system are affected by the underlying flaws in the software, added Lippert.

"We had very little infection on Fort Huachuca compared to a lot of other installations," said Lippert, in response to questions on how the post's computers were infected.

"We blocked the traffic at the Army router a while ago," said Lippert. "By July 31 we were noticing traffic probing for vulnerabilities. When the worm tried to probe our system, we had the front door closed."

Larger companies typically have firewalls that can stem attacks, but once a worm gets inside a firewall, unprotected computers are vulnerable, according to www.cbsnews.com.

"But, somebody brought an infected laptop into the backbone," added Lippert, "and that is how the virus got around our security."

In the bigger picture, according to Lippert, the patches were available on Microsoft's Windows update Web site since July 16 for free. "We had patched most of the computers ahead of time, so only a few were even vulnerable," he said. "It was a little disconcerting that we didn't have every machine patched. If your computer had the patch beforehand the worm wouldn't have even mattered. The patch will block the worm even better than the Norton Anti-virus."

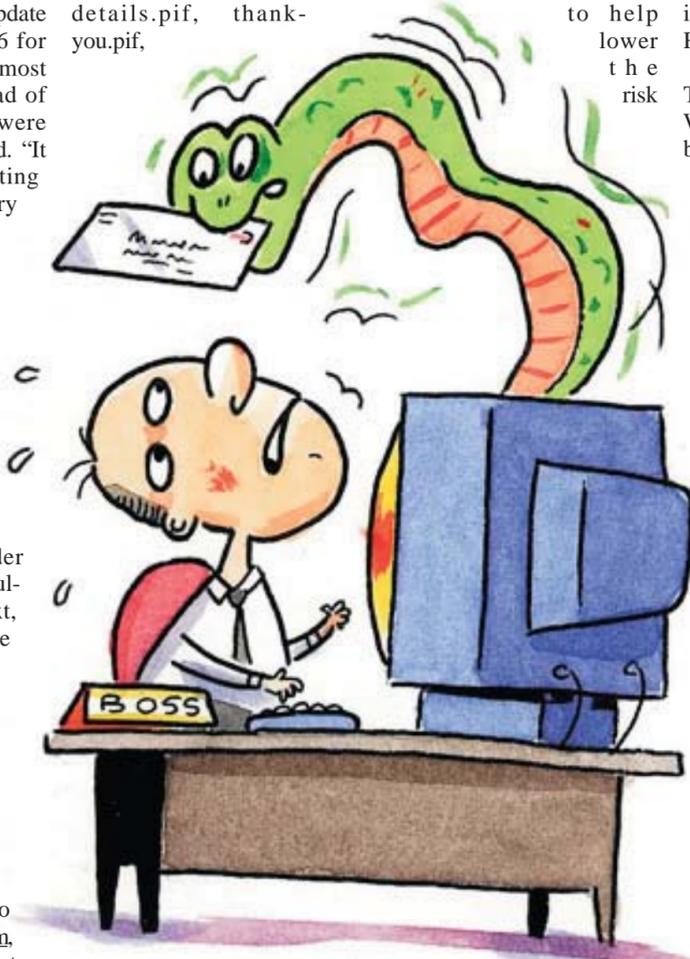
According to Lippert, the worm-infected machine scans Internet Provider addresses looking for vulnerable machines. Next, the worm penetrates the susceptible machines, creating a domino effect until the whole network gets saturated.

"The machine could be infected and you would not even know it," said Lippert.

According to www.securitynewsportal.com, the SoBig.F Internet worm, which was discovered Tuesday, spreads via

random e-mails. Attachments for SoBig.F known to date include files named details.pif, thank-you.pif,

movie0045.pif, your-details.pif and application.pif. "Block all PIF files at the gateway level to help lower the risk



of an outbreak," said Ken Dunham, malicious code intelligence manager at iDefense Incorporated, in Reston, Va.

The latest worm as of Tuesday, called Nachia, Welchia or MSBlaster breaks into any Windows-based computer that has not been patched from the Remote Procedure Call vulnerability, to try to delete any trace of the Blaster worm infection, according to www.nwfusion.com.

"Then the worm downloads the patch Microsoft developed to fix the vulnerability that MSBlaster exploits," said Ian Hameroff, security strategist at Computer Associates.

Lippert gave instructions on how to check and see if your Windows-based computer is infected with the worm.

Click on your start button, then click on run. Once that pops up a small window, type in "command" and hit enter. A black window pops up; then type in "netstat" and hit enter.

This window shows all your open and active connections. Everything is fine unless you see port135 or :135 under the local address or foreign address column.

If you see one of those on your home computer or laptop, you will need to get the patch for free at www.symantec.com, or click on your Internet explorer, then click on tools at the top of your window, scroll down to windows update and click on it.

The information on the patch is on the Microsoft Windows Update Web site.

Lippert suggests that you check on the Web site at least once a month or if you hear of any worms or viruses in the news.

"Also, if you have a home computer or laptop that was infected, be real alert," said Lippert. "Change any passwords."

"Our process here on post, as the MSBlaster worm amongst others circulated, was finding those machines infected, and cleaning them up before bringing them back online," said Lippert.