

The Fort Huachuca Scout



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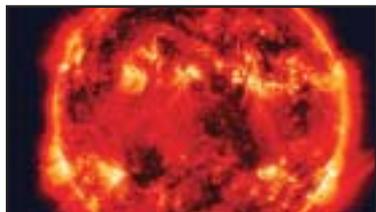
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Photo by Elizabeth Harlan

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Nation's birthday good time to reflect on freedom

BY BRIG. GEN. WARNER I. SUMPTER

ACTING COMMANDING GENERAL, U.S. ARMY INTELLIGENCE CENTER AND FORT HUACHUCA

This Fourth of July, Americans everywhere will celebrate the independence of our great country. Cookouts, patriotic parades, band concerts and fireworks displays are all ways we commemorate the extraordinary success of a bold experiment in democracy begun in 1776. Our success continually serves as an inspiration to people throughout the world.

I ask all of you to keep some things in mind as you and your families are enjoying the Independence Day

holiday and festivities. First, take time to think about the sacrifices that have been made for the past 228 years so that we are able to enjoy freedom today. Realize that liberty comes at a heavy price — paid with the blood and the lives of our fellow Americans. We, in turn, are responsible for ensuring our country and freedoms remain solid for the coming generations. I feel strongly that it is important for each of us, in our own way, to honor this independence and this freedom through our daily conduct as active citizens thus perpetuating the greatest democracy the world has ever seen. Please strive always to be a positive, contributing member of your community.

Finally, be safe. Vigilance is still the watchword. Think about where you are and what you're doing. Always take appropriate security precautions. Have fun, but practice safety at all times. Make reasonable travel plans and always use your seatbelts. Be safe. I want you all to come back after this long weekend healthy, well rested and energized.

I encourage you all to celebrate our great country on this patriotic day. Remember the sacrifices of those who came before us. Remember the duties and responsibilities of citizenship that we carry each day, for it is up to each and every one of us to keep America free.

Don't let security problems ruin your holiday

Tips offered to keep you safe

BY LORRAINE M. GRIFFIN

DIRECTORATE OF PLANS, TRAINING, MOBILIZATION AND SECURITY

As we continue to be concerned about the intent of terrorist groups' ability to conduct attacks in the United States, terrorists are working to obtain weapons of all types, and the threat of an attack is very real.

Generally terrorist targets are of symbolic significance as well as having the ability to inflict mass casualties. The most effective defense against terrorist activity is the knowledge and adherence to sound security practices.

While Fort Huachuca remains vigilant

in all issues of force protection, there are many ways we as individuals can take extra measures in protecting our families and ourselves by assuring our surroundings are safe.

Some of the things you can do to prepare for the unexpected, such as assembling a supply kit and developing a family communication plan are the same for either a natural or a man-made emergency. With a little planning and common sense you can be better prepared for the unexpected.

Family protective measures and family awareness of personal security is the foundation of any protective effort.

- Have a family safety/security time where your emergency plans are practiced
- What to do and who to contact in an emergency
- Post emergency telephone numbers
- Keep car and house keys separate and

maintain accountability

- Change locks if keys are lost or stolen
- Use the buddy system, travel in groups

Personal protective measures

- Be unpredictable by varying traveling routes to/from school and work
- Keep a low profile
- Blend into your surroundings
- Restrict access to your personal information
- Avoid isolated areas, side streets, civil disturbances

Residential protective measures

- Know the location of police, fire, hospital and other public facilities
- Exchange emergency telephone numbers with trusted friends, family or neighbors
- Obtain emergency equipment (first aid kit, flashlight)

These are only a small list of points to consider. There are many more measures to assure you and your family's safety. Be alert for anything suspicious or out of place. Immediately report all suspicious incidents or suspicious individuals loitering or transiting your neighborhood to the appropriate security/law enforcement office.

While enjoying your summer with family and friends, whether you are on the installation or off please keep in mind open fire restrictions and if you are around water please stay safe.

During this holiday weekend, while enjoying some of the many events scheduled, be aware of your surroundings, park your vehicle in an area where you have access to depart the area safely in case of an emergency. Enjoy the spirit of the holiday.

Holiday fun can end in tragedy with driving drunk

BY LAURIE A. WILLIAMS

ARMY SUBSTANCE ABUSE PROGRAM

Each year on the Fourth of July, Americans celebrate diversity, freedom and independence with cook-outs, picnics and fireworks. Sadly, it is also a time when those who fail to yield to common

sense (after they have been drinking alcohol) will blend in on our nations highways, putting dozens of lives in harm's way.

According to Mothers Against Drunk Driving, there were an estimated 17,401 people killed in 2003 due to alcohol-related crashes.

MADD says certain measures

can lower this number such as frequent and highly publicized law enforcement efforts, higher-risk driver legislation for those who drive with a high blood alcohol count (.15 or higher) or have previous offenses, and passage of primary seat belt laws.

Traffic crashes cost Americans \$230 billion each

year, but federal spending on highway safety was only \$522 million in 2001 with just 26 percent going to fight drunk driving. Compared to the financial and human costs of drunk driving, it appears our nation is spending very little on the problem.

Holidays are especially dangerous times for drunk

driving. Nearly 50 percent of traffic fatalities over the Fourth of July weekend in 2002 were alcohol-related. Designating a sober driver before a celebration ensures everyone has a good time and gets home safely.

For a \$2 drink...life can change; I am amazed some-

See DRUNK, Page 12

The Fort Huachuca Scout

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Military career spans three decades, three services

Soldiers are her heart, soul

BY
NELL DRUMHELLER
SCOUT STAFF

Fitting the stereotypical mold has never been Col. Susan A. Browning's way.

As a young girl in New Jersey, when her friends were playing with dolls, she would take on enemy forces one day and the wild west the next while switching from Soldier to cowboy. Further breaking against traditional female career goals, she became a student pilot in her teens and tried to forge her future by talking to an Air Force recruiter when she was 15. The recruiter sent her home and told her to come back when she was a senior in high school.

According to Browning, whose retirement ceremony is today, she began down a path setting a standard for jointness when she enlisted in the Air Force with dreams of flying. The Air Force made her a communications specialist, which didn't exactly meet the demands of this headstrong woman with an eye on the sky.

"I was told I was too independent to be in the military," Browning described her exit counseling from the Air Force. It was a remarkable

evaluation of a woman who went on to make the military her life and most recently was the chief of staff, U.S. Army Intelligence Center and Fort Huachuca.

Browning's next military step was in Florida, where she attended Embry Riddle University, earning a bachelor of science in aviation management. While in Florida she signed up with the Naval Air Reserves. Describing this career move, she said she optimistically thought it would lead her to a cockpit – but after she signed on the dotted line she was shuffled to a radar scope because after all "you're a female; you can't fly."

According to Browning, her route to her Army career was circuitous. Her tenure in white opened the door for her to meet veterans returning from the war in Vietnam. Browning said she was moved by her talks with the veterans, and especially those who served in the Army. She said after meeting the returning Soldiers, she knew the Army was for her.

She wanted to be in the Army, but there weren't any slots for officers. So Browning enlisted again. "This was in the days of direct commissions," she said. "One day I was a spec 4, the next day a second lieutenant in the

Women's Army Corps."

Browning was now on her road to being a military intelligence officer in the Army. "I came to Fort Huachuca [for training]. MI had just moved here," she recalled. The Army had brought in officers from Vietnam to instruct the young officers, a parallel to the real world lessons brought back from the Global War on Terrorism today.

Browning met her husband in the classroom, "Jim was an instructor; that was before the issues of fraternization," she explained. "One of the first things he said to our class was 'One thing I hate more than MI second lieutenants is female second lieutenants.'" Apparently the former aviator and infantry officer, now a retired Army major, changed his mind. The Brownings will be married 30 years in August.

The colonel has worn a military uniform, of one service or another, for more than 36 years, spanning great changes in military policy and the world itself.

She was in the sand in Desert Storm when she faced her make or orbreak point as an officer. She

See BROWNING, Page 8



Photo by Pfc. Joy Pariante

The military career of Col. Susan Browning, U.S. Army Intelligence Center and Fort Huachuca chief of staff, military career includes service in the Air Force, Navy and Army.

Fort antes up in support of homeland security

BY PFC.
JOY PARIANTE
SCOUT STAFF

The Department of Homeland Security has joined forces with Fort Huachuca to help get a new Israeli-made, DHS-funded, unmanned aerial vehicle through its test phase so it can begin its mission of patrolling Arizona's borders.

According to DHS, this is the "first sustained civilian use of UAVs to curb illegal activities along Arizona's southern border."

After the testing phase, two Hermes crafts will be issued to assist with the Arizona Border Control Initiative, headed by Chief Michael Nicely, chief of the Border Patrol Tucson Sector.

The UAV will work in

conjunction with the camera equipment already in the Border Patrol's tool kits.

"The Hermes will assist us [Border Patrol and Customs and Border Protection] in ways never possible before," he said in a press conference Friday at Libby Army Airfield.

DHS has sent the Hermes 450 UAV and up to 60 Israeli operators and maintainers to Fort Huachuca for 120 days of testing at LAAF.

Fort Huachuca offers many unique capabilities for developing, testing and training new flight technology due to the 15,000 feet of controlled airspace, clean electromagnetic spectrum and an average of 350 good flying days a year. The fort is also providing air traffic control assistance to the mission.



Photo by Pfc. Joy Pariante

The Hermes 450 unmanned aerial vehicle was introduced to the masses in a press conference on Friday where Border Patrol Tucson Sector Chief Michael Nicely fielded reporter's questions.

The new "unmanned eyes in the sky," as Nicely called them, will be able to

the home station.

The UAVs are also perfect to scour the rocky border terrain, Nicely said.

The main goal, besides overall border safety, is deterrence, Nicely said. He said people need to know that we do have the capability to watch all over the border at all times. They also hope the UAVs will assist them in getting information on the amount of undocumented immigrants in a specific location as well as their state of health and what they have with them to better prepare agents when they head out into the field after them.

"The development of UAVs in protecting the borders of the U.S. demonstrates the commitment this Administration has to testing new technologies and systems to better secure America," said Asa

Hutchinson, DHS undersecretary for Border and Transportation Security. "This is another example of the Department's support to gain operational control of the Arizona border.

"Fort Huachuca is proud to support the Department of Homeland Security in its testing of the Hermes 450 unmanned aerial vehicle," said Brig. Gen. Warner Sumpter, acting commanding general, U.S. Army Intelligence Center and Fort Huachuca.

"This installation provides the Department of the Army, Department of Defense and now the Department of Homeland Security with unique conditions for developing and testing tools for national security and the Global War on Terrorism."

Protecting precious skin

BY PFC. JOY PARIANTE
SCOUT STAFF

Saturday marked the first day of the summer season. With summer comes warmth, vacations, the tropical scents of suntan lotion and of course, the quest for the best tan. Golden tans are often seen as a sign of health and vitality, but studies are showing that bronzed skin may actually be a sign of horrors to befall you in your dermatological future. With Arizona leading the nation in skin cancer incidents, showing sunshine caution here is vital.

According to the Arizona Cancer Center, a suntan is not a sign of health, but rather your skin's response to ultraviolet damage. When the sunlight hits your skin, the cells within absorb the light and produce Vitamin D, which everyone needs, and melanin, which changes your skin's color. At the same time, the cells are also absorbing UV rays, which change the composition of the cells, damaging them.

Excess sun exposure can not only give a painful sunburn, but, over time, skin will take on a rough and leathery appearance and make the person look prematurely aged.

Regardless of tanning salon claims, sunless tanning beds, which harness both UVA and UVB rays, aren't any less damaging to the skin. The Department of Health and Human Services has added UV radiation, from both the sun and artificial light sources to the government's list of known carcinogens. Also, the American Academy of Dermatologists is releasing public service announcements aimed to teens who frequent tanning beds to warn them of the dangers of the unnatural lights.

The greatest and most publicized risk of overexposure to the sun is skin cancer. ACC estimates that one in every six Americans will develop some sort of skin cancer in their lifetime and more than one million cases of skin cancer will be diagnosed this year.

Cancer is when a normal cell in the body is altered by a mutagen such as the substances in sunlight or smoking, said Selina Jeanise, public affairs officer for Raymond W. Bliss Army Health Center. A cancerous cell moves on to consume and mutate other cells around it and spreads quickly, she said.

Those most at risk are people with pale white to average white skin who burn always or easily to moderately. Arizonans are three to seven times more likely to develop non-melanoma skin cancer and develop melanomas twice as often as those in other states, said the ACC.

Cancers

There are four major cancers of the skin that people should watch out for:

1. Actinic keratosis – This appears to be a chronic patch of dry, scaly skin, measuring from 1/4 inch to 1 inch in diameter. They can vary in color from brown to grey to red and, if left untreated, they can occasionally become cancerous.
2. Basal cell carcinoma- This appears either as a fleshy, translucent bump on the head, neck or hands or a flat growth on the torso. They are the most common skin cancer in Caucasians, and although they are rarely life threatening, they should be treated immediately.

3. Squamous cell carcinoma – These appear as a scaly, red patch found on the rim of the ear, the face, lips or mouth. These may spread onto other parts of the body or form large masses but, with early detection and treatment, almost all can be cured.

4. Malignant melanoma – Melanomas are the most dangerous of all skin cancers. They often begin as a light brown or black blemish with irregular borders, usually about the size of a pencil eraser. They may also form in or around an existing mole or birth mark. Melanomas are second to breast cancer as the most common cancer in women, 24 to 29 and cause 77 percent of all skin cancer related deaths.

ACC advises checking your skin monthly for changes. People should look for new moles or changes in old ones.

Warning signs

The "ABCD" method helps people remember what to look for during these checks.

Asymmetry is when one side of the mole doesn't match the other.

Border irregularity is when the edges are ragged, notched or blurred.

Color should be uniform.

Diameter of the mole should be less than one-quarter inch.

People who note any unusual patches or marks on their skin should see a doctor or dermatologist as soon as possible.

According to the AAD, 80 percent of sun damage to skin occurs before age 18. The damage doesn't begin to show until years later, but that doesn't mean people shouldn't start protecting their skin now.

Stay safe

ACC gives the following tips for staying safe in the sun:

1. Use a sunscreen with at least a sun protection factor of 15 year round. SPF is a measure of how long someone can stay in the sun without burning. If a person usually burns in 5 minutes, they can enjoy the sun for up to 75 minutes with a 15 SPF. The most protection comes from sunscreens containing either titanium dioxide, zinc oxide, avobenzone, oxybenzone or cinnamates, which block both UVA and UVB rays. Sunscreen should be applied 30 minutes before going outside and reapplied every two hours.
2. When spending time outside, people should wear light colored long sleeved shirts and pants with a wide-brimmed hat and UV protective sunglasses to defend against some of the UV rays.
3. Remember to apply sunscreen to the

often forgotten lips, ears and back of the neck.

4. Avoid the sun between the hours of 10 a.m. and 4 p.m. This is when the sun's rays are the strongest.

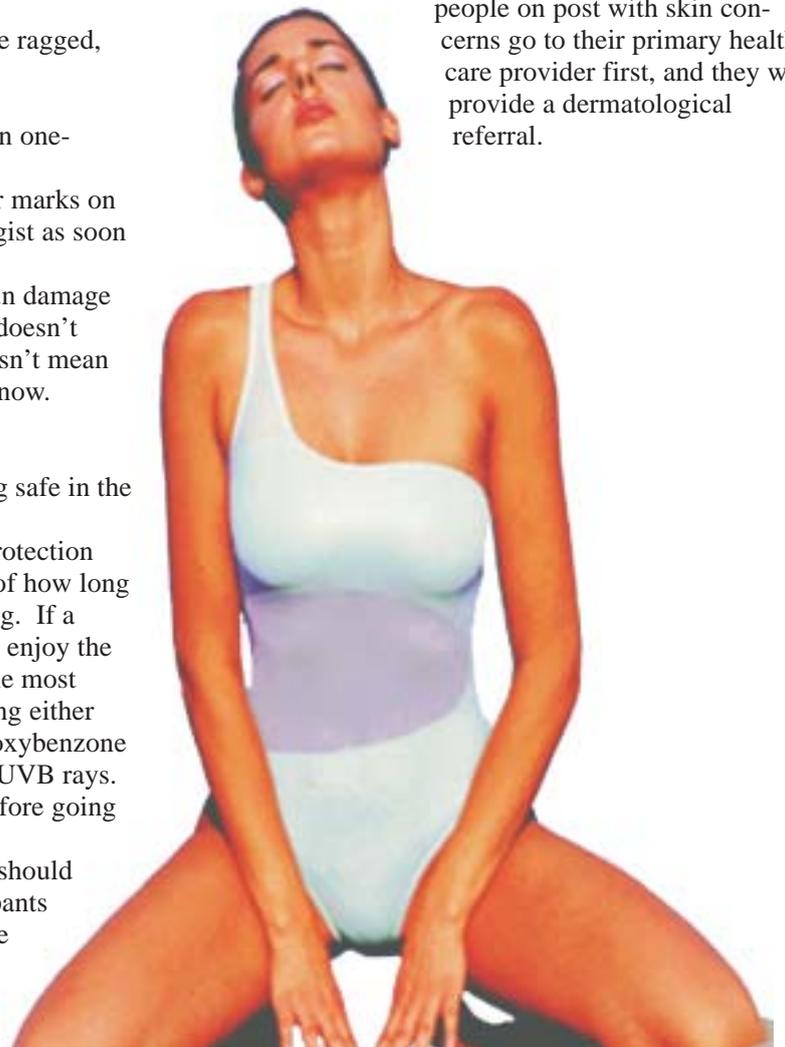
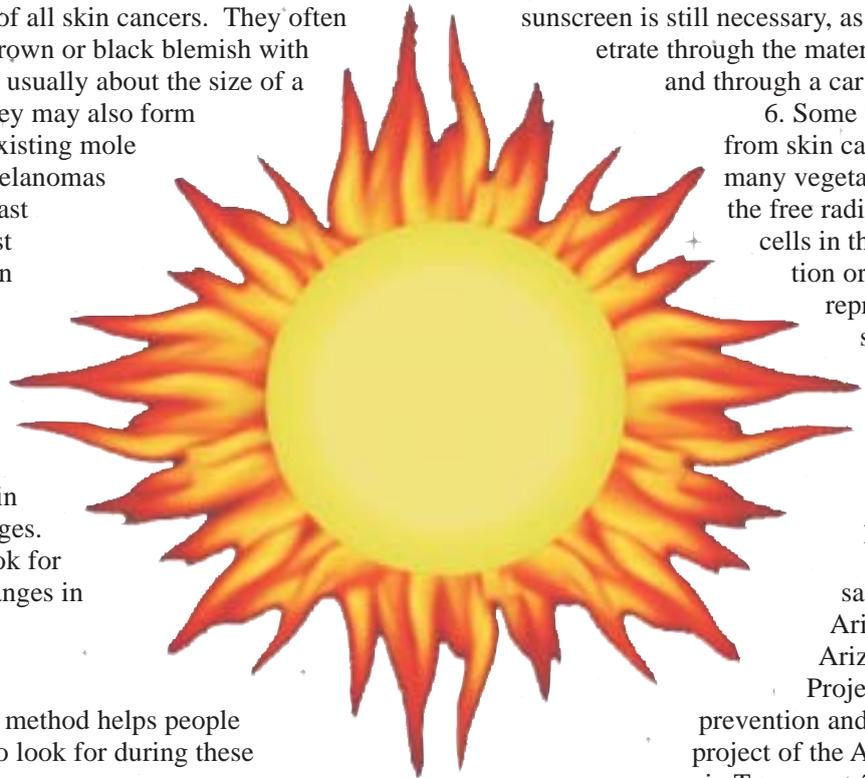
5. UV rays reflect off of water, cement, sand and snow. Skin can be damaged even if it's cloudy or hazy. Even in the shade, under an umbrella or in the car, sunscreen is still necessary, as UV rays can penetrate through the material in an umbrella and through a car windshield.

6. Some foods can help shield from skin cancer. Antioxidants in many vegetables and fruit destroy the free radicals that damage cells in the body by inflammation or accelerated cell reproduction and stimulate cancer

fighting enzymes. Benefits are most often found in green, red, yellow, purple and blue produce.

For more sun safety information, Arizonans can call the Arizona Sun Awareness Project, a skin cancer prevention and early detection project of the Arizona Cancer Center in Tucson, at 520-626-7935.

RWBAHC recommends that people on post with skin concerns go to their primary health care provider first, and they will provide a dermatological referral.



Stealing your name, spending your money

BY PFC. JOY PARIANTE
SCOUT STAFF

Identify theft is on the rise. People are stealing identities using credit card numbers, social security numbers and even driver's licenses that were cleverly pilfered from their unsuspecting owners. With these new names and numbers, thieves are getting cellular phones connected, getting credit cards, draining the victim's bank account and destroying credit and reputations.

"Identity theft is one of the fastest growing crimes across all demographics," said Capt. Randolph Morgan, commander, 18th Military Police Detachment.

Each transaction made throughout the day requires sharing personal information such as credit card numbers, bank account numbers and full name, home phone number and address.

According to the Identity Theft and Assumption Deterrence Act, enacted in 1998, it is a federal crime to "knowingly transfer or use, without lawful authority, a means of identification of another per-

son with the intent to commit or aid or abet any unlawful activity that constitutes a violation of federal law, or that constitutes a felony under any applicable state or local law."

According to the Federal Trade Commission, these crafty thieves can get to your information a number of ways:

- Thieves can lift wallets and purses to obtain multiple forms of identification and credit or bank cards.

- Mail can be stolen containing card statements, bank statements, personal information and also pre-approved credit card offers which can be fraudulently instated.

- Some thieves will stoop to the levels of "dumpster diving," where they fish through trash outside your home or office to get information about you from the paperwork you dispose of.

- Thieves can also get your information by stealing files from somewhere you're an employee, customer or patient or pick up the information shared over the Internet during purchases or chats.

- Also, beware of thieves posing as

government agencies or legitimate businesses.

After they have the numbers and name to impersonate you, thieves have a number of financial doors opened to them.

Thieves can open a new credit card account, buy a car, start a cellular phone account, access your personal bank account or start a new bank account under your identity. After incurring immense debt, the thief can then file for bankruptcy under your name to clear their debts, according to the FTC.

The possible effects of identity theft are frightening. Thieves can be stealthy, but you can protect yourself.

Soldiers are at risk, due to the excessive use of their social security number for identification. "Soldiers should protect their social security number and limit the amount they use it," Morgan said. "Don't share your social security number unless it's absolutely necessary."

According to the FTC's pamphlet on identity theft, people can take a number



See **IDENTITY**, Page 6

Connecting family members online with AKO

BY SGT. KRISTI T. JAEGER
SCOUT STAFF

In today's military, communication among Soldiers is done quite a bit through the Internet. With Army Knowledge Online, relaying messages, mission, tasking and a simple hello are at the click of a button. Now, those who don't wear camouflage to work can be involved in the mail traffic as well.

AKO provides accounts to the family members of full AKO members. With an account, family members are able to log into the Army portal at

www.us.army.mil to receive e-mail, chat online through instant messenger and add their profile to the AKO white pages. Account holders will receive 50 megabytes of personal storage space in the AKO collaboration center. A help desk is available at 1-877-AKO-USER.

AKO is a helpful tool in the communication between family members and their Soldiers deployed overseas.

Family members interested in getting in the loop must first go the Army portal and click on register and apply for a guest account. They will be asked to provide the following information:

name of sponsor, account type (family member), salutation, first, middle and last name, suffix, social security number and alternate e-mail address (optional). Personnel who provide their e-mail will be notified when the sponsor approves or disapproves the account.

The applicant will then be taken to a page where their user name will be generated (usually first and last name) and they must create a password, containing 10 characters to include two uppercase letters, two lowercase letters, two numbers and two characters (for example *, #, \$, &). The applicant must

then provide three question and answer sets, for security purposes, in the event of a forgotten password. At this point, the account has been successfully created and is pending approval from the sponsor.

Upon completion of these steps, the sponsor will receive an e-mail to either approve or disapprove the applicant's account.

Once the account is approved, the family member is able to freely access their e-mail account and communicate electronically within the Army community.

IDENTITY, from Page 5

of measures to keep from becoming a statistic:

- The FTC advises people to get yearly credit reports and check for inconsistencies in the reports. The reports should be ordered from the major credit bureaus; Equifax, Experian and Transunion.

- Any personal information you may have at the home or of-

office should be secured at all times. Passwords that provide access to any of your personal information should be complex. Avoid easy guesses such as mother's maiden name or the last four digits of your social security number.

- Don't give out any personal information on the phone or the internet unless you were the one

who made the initial connection or you know the person you're dealing with.

- Shred any paperwork containing personal information prior to disposal.

- Only give out your social security number when necessary.

- Keep up with your billing cycles and make inquiries on bills that don't arrive on time.

- Always keep your purse or wallet secure.

- On your computer, keep your virus protection software updated to keep your saved information from being accessed via a virus and use secure browsers on the internet, which scramble or encrypt the information you send.

Morgan also advises that

when people are making purchases over the phone or confirming their identity in any way over the phone that they use a landline phone rather than a cordless or cellular phone, which can be intercepted by the lowest grade scanners.

If you're a victim, you're

See **IDENTITY**, Page 12



Photos by Elizabeth Harlan

Alex Richard's uncle, Command Sgt. Maj. Robert Hall is a new member of the Military Intelligence Hall of Fame. During the two-day celebration Richard took the historical tour, including a stop at the post cemetery.

MI Hall of Fame honors six

BY SPC. SUSAN REDWINE
SCOUT STAFF

knowledge contributions and say thank you for all they've done."

Kennedy said she felt honored to have been chosen for the hall of fame.

"It was a very pleasant, lovely surprise," she said.

The hall of fame isn't about the personalities of those inducted, Kennedy said. She said it's about the history of all the Soldiers with who the inductees have served.

Each year, the hall of fame cer-

Military intelligence professionals converged on Fort Huachuca Friday for the 17th annual Military Intelligence Hall of Fame induction ceremony at Alvarado Hall. More than 200 people attended the ceremony, said Capt. Kelly Whiddon, Hall of Fame action officer.

In his opening remarks at the ceremony, Brig. Gen. Warner I. Sumpter, acting chief of the MI corps, said the time in service of the six inductees totaled 144 years. He also noted that the inductees serve as exemplary role models for future generations of intelligence Soldiers.

Inducted this year were Command Sgt. Maj. (Ret.) John C. Butler, Command Sgt. Maj. (Ret.) Robert T. Hall, Lt. Gen. (Ret.) Claudia J. Kennedy, Lt. Gen. (Ret.) Robert W. Noonan Jr. and Maj. (Ret.) Kenneth L. Robinson.

"It acknowledges the best of the best for the MI corps, the cream of the crop," Whiddon said. "It's a time we get to ac-



emony is unique because the people inducted are unique and bring a certain aspect of the corps, Hall said. He also noted the importance of Soldiers to learn the



As part of the festivities B Troop performed a demonstration for the visiting crowd at Wren Arena.

history of the MI corps and the Army.

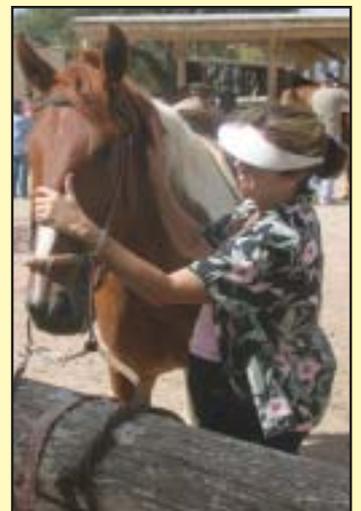
Maj. Daniel Larke, deputy chief of staff U.S. Army Intelligence Center and Fort Huachuca, has attended the last three halls of fame.

"It's always interesting to see who gets selected as an inductee," Larke said. "It's always interesting to see what people have done."

Larke commented that the inductees are people who have spent the better part of their adult lives making the jobs of today's intelligence Soldiers easier and more effective. He said the inductees spent their time in service being a part of something bigger than themselves.

Part of the tradition of the induction ceremony is the formal recognition of MI Soldiers who have fallen in combat during the previous year, their names etched in metal and mounted in a display in Alvarado Hall.

The induction ceremony was the main event in an action-packed two days. Events surrounding the ceremony were kicked off the morning of June 24 with a golf tournament at Mountain View Golf Course and was followed by an historic tour, a trail ride at Buffalo Cor-



Barbara Wall and approximately 15 others took part in an afternoon train ride through the Huachuca Mountains.

ral, a demonstration by B Troop, 4th U.S. Cavalry (Memorial), and finally the commanding general's reception at LakeSide Activity Centre. Friday began with the induction ceremony, followed by a luncheon and a ball as the grand finale.

"It's fun for the MI corps because we get to mingle and see old faces," Whiddon said.

Urban training facility being built at Fort Riley

BY CHRISTOPHER SELMEK

ARMY NEWS SERVICE

Construction on what some have called the most advanced training facility ever available to Fort Riley, Kan., is under way. Post officials expect the project, which costs \$26 million to take three years to complete.

The Combined Arms Collective Training Facility will offer a state-of-the-art method of learning how to conduct Military Operations in Urban Terrain. The facility was planned for training mechanized units, but any unit can use it.

"Light forces can use it, although it's really designed for tanks to pull up alongside here and mechanized units to conduct the training," said Lee Breidenstein, range officer.

The facility will not be segregated from the rest of the training areas. This will allow any unit conducting training at Fort Riley to use it if the leaders see fit.

"Commo units can practice running lines through it. Logistics guys can move through it. Command units can set up a command post in it. It's really multi-task," Breidenstein said.

Planners picked the south end of the training areas for the MOUT site so it would be available for training year round, Breidenstein said.

Additionally, the location also allows for flexibility as to where it could fit into a training program.

"There's a great deal of flexibility with what a unit can decide to do with this area," Breidenstein said. "If it fits in with the training, they can even bring in role-players, though they aren't a part of the range or operation."

The site is not designed for ball ammunition. Instead, Soldiers will fire blue-tip ammo that leaves a blue mark where it hits but causes no injuries.

The structures being built will probably not be visible until later this fall, Breidenstein said.

When phase one of the project is completed, 21 of the site's 26 structures will be available to units wanting to practice securing and clearing an urban area. It should be completed by fall 2006.

"The equipment we're expecting includes cameras in every building and speakers and microphones that all feed back to the control center," Breidenstein said.

The second phase still needs Congressional approval. Breidenstein will review structural plans and schematics with political representatives during the 95 percent design review June 29 through July 1.

Phase two will build the five remaining structures needed for the MOUT site and seven other facilities for training leading up to exercises in the site.

Additional facilities coordinated to add to the overall training are individual trainers, squad/platoon trainers, a breach facility, an underground trainer, a shoot house and grenadier gunnery.

"When this is done, it's going to look like a real small town," Breidenstein said. "It'll have realistic houses, all different colors, a church with an occupy-able steeple, school, farmhouse and a simulated gas station.

According to Breidenstein, in addition to the regular town there will be a "shanty" town made up of a walled area and low structures.

Breidenstein said he thinks the most impressive element is the Range Operation Center, which will include a 100-per-



Photo by Pfc. Bryan D. Kinkade

Soldiers of the 1st Cavalry Division's 1st Battalion, 9th Cavalry Regiment, and members of the Iraqi Civil Defense Corps patrol the streets of Baghdad, Iraq, where U.S. Soldiers are working with Iraqi forces to root out terrorists and insurgents. The Combined Arms Collective Training Facility at Fort Riley, Kan., will provide a place for Soldiers to train for conducting Military Operations in Urban Terrain.

son theater for audiovisual after-action reviews and remote controls for the entire site. The AARs will be able to track the time of day, what was said and what happened during a training situation.

"Right now we don't have anything nearly this good," he said. "We're finally getting something that can be used by anyone and is specifically designed for MOUT."



Photo by Elizabeth Harlan

B Troop birthday

B Troop, 4th U.S. Cavalry Regiment (Memorial) turned 30 Saturday.

BROWNING, from Page 3

admits that taking Soldiers into harm's way is as hard as it gets. "The Soldiers were my responsibility," she said of her cross-desert trek, to get fuel from point A to point B, with no road to follow. There were uncleared ordnance, enemy soldiers and the elements to contend with.

Browning remembers giving her Soldiers a talk before they headed out into the uncharted territory, recalls the humility in which she accepted their confidence in her and her fear at letting them down. "I remember just praying that I wouldn't fail, that I was up to the task of leadership," she admitted.

She was trained as an MI officer, but the tasking she faced required infantry officer skills. She faced her Soldiers, knowing they expected her to know what to do because she was a major. She told

the convoy to follow the tracks of the vehicle in front of them allowing a safe distance between vehicles. In the lead vehicle she looked out on the unmarked, vast expanse and prepared to depart when her driver asked her, "Whose tracks are we following?" Bottom line is, she delivered the fuel.

Browning insists her rise in ranks was due entirely to the work and examples set by others. "I was always the person most surprised when my name was on a promotion list," she said.

Soldiers, enlisted and warrant officers, have been the colonel's mentors. They have been her family.

How do you walk away from more than three decades of service to a nation? With tears in her eyes, she admits quietly, "I will be leaving my heart and soul."

Range closures

Today – AD, AF, AH, AK, AL, AM, AR, AU

Friday – AD, AF, AL, AM, AU

Saturday – No closures

Sunday – No closures

Monday – AD, AF

Tuesday – AD, AF, AH, AK, AL, AR, AU

Wednesday – AD, AF, AG, AH, AK, AL, AR, AU

For more information, call 533-7095.

Welcome to Fort Huachuca

Army Community Service Relocation Assistance Program offers the Huachuca Welcome, an orientation for newcomers to the Fort Huachuca area. The Huachuca Welcome is set for 9 a.m. July 9 and 27 and Aug. 13 and 25.

To register, call ACS at 533-2330. Child care may be acquired by calling at least one week in advance to the New Beginnings Child Development Center at 533-5209 for reservations. Costs incurred for child care are the responsibility of the attendee.

Garrison commander: thanks for concert help

Fort Huachuca hosted the Miller Lite Army Concert Saturday featuring Train with special guest, the Graham Colton Band.

The concert was a first class event and super entertainment. An event of this magnitude, however, does not happen without lots of work.

In addition to the professionals from the Directorate of Morale, Welfare and Recreation, who organized and supervised the event, and our Directorate of Public Safety and Military Police, who ensured this was a safe event, I want to personally thank the many volunteers and servicemembers who supported this event behind the scenes.

More than 75 civilians and family members served in key roles during the concert. Additionally, we had great assistance from servicemembers from the Marine Detachment, the 304th, 305th and 306th Military Intelligence Battalions, the 111th MI Brigade, 19th and 40th Signal Battalions, 11th Signal Bde. and the Joint Interoperability Test Command.

Thanks again for all your assistance. Your teamwork and volunteer spirit makes Fort Huachuca a special place.

**COL.
JONATHAN B. HUNTER**
GARRISON COMMANDER

DRUNK, from Page 2

times how, in the blink of an eye, somebody's world can be turned upside down.

Do you know what it's like for those people who have to deal with the loss of a loved one because of the senselessness of drinking and driving? To feel so utterly useless, asking yourself the question over and over again, "What could I have done?" to have to listen to the dreaded answer, a cliché if you will — "They were in the wrong place at the wrong time."

In arguing that drinking and driving don't mix, it is asked, "What about those innocent people who might get hurt or killed if we lack sufficient discipline to do the right thing?"

IDENTITY from Page 6

protected under the aforementioned law. The FTC advises victims to take four basic steps to try to save their identities.

- Place a fraud alert on your credit reports. This will help prevent the thief from opening any more accounts in your name.

- Close any accounts that

have been tampered with or opened fraudulently. You may have to fill out fraud dispute forms for the bank or credit card companies to relieve you of responsibility for the charges. When opening new accounts, use a completely different personal identification number.

- File a report with your lo-

Change of command

The Dental Activity change of command will be at 7 a.m., Tuesday on Brown Parade field.

Change of charter

The Training and Doctrine Command System Manager – Joint Surveillance Target Attack Radar Systems will have a change of charter, similar to a change of command, at 8 a.m., Wednesday on Brown Parade Field.

Financial readiness classes

Army Community Service has scheduled the following financial readiness classes for July: "bank account management" (also know as checkbook management), 9 - 11:30 a.m., Wednesday at ACS Building 50010; budget class, 9 - 11:30 a.m., July 14 at ACS Building; and "credit wise" noon - 1 p.m., July 28 at Murr Community Center, Building 51301.

Register by calling ACS, 533-2330, or for more information, call Christine Bachand at 533-6884.

Fort's water use recedes

Environmental responsibilities taken seriously

BY JOAN VASEY
MEDIA RELATIONS
SPECIALIST

Fort Huachuca pumped 49,648,000 gallons of water in May or 152 acre-feet. This is equivalent to 1.6 million gallons per day.

The May water use is 4.4 percent less than the 159 acre-feet pumped in May 2003.

It is 42 percent less than the 22-year May average of 274 acre feet from 1982-2003, according to Mike Shaughnessey, real property manager, Directorate of Installation Support.

Total water pumped from January through May of this year, 571 acre-feet, is 3.4 percent less than the 591 acre feet pumped in during the same period in 2003.

May water use at the

Libby Army Airfield USDA Forest Service Air Tanker Base was 13,170 gallons in support of wild-land fire suppression efforts.

From January through May, the tanker base used 23,502 gallons, .07 acre-feet, to support fire suppression activity.

Treated effluent reuse for May 2004 was 43 acre-feet. This is water that did not have to be pumped from the groundwater aquifer, and represents a water and energy savings, according to Shaughnessey.

The treated effluent was used to irrigate the golf course and Chaffee Parade Field/Prosser Village.

The lower water use in May is due to the continued aggressive water leak repairs; restricted outside watering policy; water conservation conversions with low flow fixtures, and the education efforts of the Water Wise Program, Shaughnessey said.

Sgt. Audie Murphy Club

The Sgt. Audie Murphy Club induction ceremony will be at 2:30 p.m. July 8 at the Greely Hall Auditorium.

Volunteers needed

Volunteers are needed to assist in completing the Korn Canyon water project. The volunteers are needed on July 10. They are needed to tap into an existing water line, run approximately 1200 feet of black pipe, install cut off valves, plumb the storage tank and guzzler, and string fence around the 100 x 100 foot enclosure. Volunteers from the Sierra Vista area are to meet at 7 a.m. the Sportsman Center, and volunteers from Sonoita and the Tucson area are to meet at 7:30 a.m. the intersection of Highway 83 and Cimarron Rd which leads to the West Gate of Ft. Huachuca (just South of Canelo). Volunteers should wear comfortable boots, bring gloves and water. Lunch consisting of hot dogs and hamburgers with soft drinks will be provided.

For more information, call Joan Vasey at 533-3418 or e-mail Rene Dube at duber@theriver.com.

Be heard, vote

The Federal Voting Assistance Program offers the following tips on ensuring absentee votes are counted.

- Start by contacting your unit/embassy/organization voting assistance officer for help in absentee registration and voting.

- Visit the Federal Voting Assistance Program's Web site at www.fvap.gov for information on the absentee registration and voting process.

- Ensure that you have applied for your absentee ballot using the hard copy or on-line versions of the FPCA.

- Make sure your local election official has your current mailing address.

- Sign and date all election materials.

- Fulfill your state's witness/notary requirements (if required).

- Ensure that your ballot or FPCA is postmarked.

- Register to vote and request your ballot in a timely manner – not later than September.

- Vote – mail your ballot not later than Oct. 15.

Use the Federal Write In Absentee Ballot if you are overseas and your State absentee ballot does not arrive in time to be mailed back by the state's deadline.

cal police or the police in the area where the theft took place and keep a copy of the report to validate claims to creditors.

- Finally, file a complaint with the FTC to provide information that will assist law officers in cracking down on identity thieves.

If a post community mem-

ber suspects that they've been a victim of identity theft, they should contact the post military police, who will start the police report on the incident. From there, it will be referred to either military police investigations or the criminal investigations department, if the false identity usage was on post.

If the false identity was used somewhere else in the state, the local authorities will take over the situation and if the person crossed state lines and used your identity, it becomes a federal offense.

For more information, visit the FTC's identity theft Web site at www.consumer.gov/idtheft.

Warrant officers will remove 'eagle rising' insignia

BY TANJA LINTON
MEDIA RELATIONS OFFICER

A ceremony to mark the transition of wearing the "eagle rising" insignia for U.S. Army warrant officers to their respective branch insignia will take place

7 a.m., July 9, near the Gazebo on Brown Parade Field.

The transition coincides with the 86th anniversary of the warrant officer corps. The official birthday of the Army Warrant Officer Corps is July 9, 1918.

The conversion on the wearing of

branch insignia and colors by warrant officers is a first step toward the full integration of warrant officer recruiting, accession, education and management into the branch-based systems of the larger officer corps.

An Army warrant officer is an officer

appointed by warrant by the Secretary of the Army, based upon a sound level of technical and tactical competence. The Army Warrant Officer Corps is comprised of more than 25,000 men and women of the active and reserve components.

Elections are on horizon, politically correct activities outlined

BY JULIE WORTHINGTON

SUMMER INTERN, STAFF JUDGE ADVOCATE'S OFFICE

There is less than six months remaining until the elections. The following is a guide to help Soldiers and federal employees understand what they can and can not do.

Soldiers

- May join a political party, Democratic, Republican, Independent, etc.
- May vote and are encouraged to do so.
- May attend political meetings and rallies while not in uniform.
- May encourage other soldiers to vote, but shouldn't tell them how to vote.
- May give money to a political campaign or political party.
- May put political bumper stickers on their private vehicles. Soldiers may not put anything bigger than bumper

stickers on the vehicles.

The following is a list of what Soldiers can't do. Soldiers

- May not use their rank to interfere with an election.
- May not ask for money donations from other Soldiers.
- May not state a political opinion to the media while in uniform or as a Soldier.
- May not speak with the media on behalf of a political party.
- May not participate in political activities in government quarters.

The Hatch Act contains the limitations on the political activities of federal civilian employees. Civilians may participate in the following political activities as long as they do not create a conflict of interest. Federal civilian employees:

- May be a member of a political party.
- May vote, initiate a petition for a candidate, donate money to a political campaign, and even campaign for a party or

candidate as long as they do so in a personal capacity.

- May put bumper stickers on their private vehicles.

Civilians

- May not use their official titles while involved in a political activity.
- May not use their position to influence anyone into voting a certain way.
- May not host or sponsor a political fundraiser. However, a civilian employee's spouse may host or sponsor the fundraiser and the civilian spouse may attend.
- May not participate in any political activity while on duty.
- May not wear any political buttons or pins while on duty.
- May not solicit or receive political contributions. For example, civilians may not ask for money anonymously over the telephone.

Workshops help with anger management

Counseling teaches Soldiers, families healthy ways to cope

BY AMANDA BAILLIE
SCOUT STAFF

A new voluntary anger management program is now available at Fort Huachuca.

The workshops, introduced by Army Community Services, are open to Soldiers, families and civilians and it is hoped they will run around four times a year.

A similar scheme is already operated by the Social Work Services, where participants can refer themselves or be assigned to attend on a mandatory basis, usually by a court.

"Our workshops are completely voluntary and more informative," explained Jerilyn

Hardaway, Family Advocacy trainer with ACS. "Part of what we do here is to focus on the families' wellness and readiness, and we try to offer workshops to support that. This includes a range of issues, such as stress management, child abuse, family violence and anger management.

"We decided the time was right to do an anger management class. All through the summer people will be transitioning and, no matter how well it goes, it can be very frustrating. Hopefully, these workshops will show people how they can stay in control of the situation.

"The workshops will be about anger as an emotion and we will present different scenarios. People will be able to assess their own vulnerability to losing control.

"We will also show them different techniques to use to better express their anger and other actions they can choose to take."

Anyone can attend the one-hour class, added Hardaway, even

if they do not need to control their own anger.

"Maybe you have a friend or colleague who is prone to losing their temper," she said. "You can come along to the workshop and learn how to deal with that.

"It's also open to people who

maybe can look back on a situation and realize they could have handled it differently and made other decisions."

Hardaway, who has a background in adult education and training, is also willing to go out to talk to groups of Soldiers.

And anyone who requires more information or attention, can be referred to Social Work Services for help, she added.

The next anger management workshop is expected to take place in the fall. For more information, call ACS at 533-2330.



Photo illustration by Spc. Susan Redwine

Goodfellow battalion changes leadership



U.S. Air Force photo

Lt. Col. Kevin Degnan, left, took over command of the 344th Military Intelligence Battalion from Lt. Col. Sharon Hamilton, center, with Col. Michael Flynn presiding at a ceremony on historic Fort Concho, near San Angelo, Texas.

As is tradition with the 344th Military Intelligence Battalion, Lt. Col. Sharon Hamilton completed her last review of troops on horseback along with Lt. Col. Kevin Degnan, the incoming commander, and Col. Michael Flynn, 111th Military Intelligence Brigade commander, before the change of command ceremony at historic Fort Concho, Texas, June 14.

Hamilton departs Goodfellow Air Force Base for Seoul, Korea, after two years as the 344th MI Bn. commander.

Degnan, served as the Army fellow to the director of the National Security Agency, Fort George G. Meade, Md., before going to Goodfellow. Some of his assignments include

serving as the military intelligence branch officer at the Total Army Personnel Command in Alexandria, Va; the Caribbean Branch Chief and Joint Intelligence Exercise Planner for Atlantic Command, Norfolk, Va; and an instructor for the Army Military Intelligence Officer Basic Course at Fort Huachuca.

Four years after enlisting in the Ohio National Guard, Degnan earned a bachelor's degree in business administration from Wright State University and completed the Reserve Officer Training Corps program there. He was commissioned as a 2nd Lt. in the Military Intelligence Corps. He later went on to earn a master's of degree in Strategic Intelligence from the Joint Military Intelligence College.

Train fans got on board thousands flocked to LAAF

BY PFC. JOY PARIANTE
SCOUT STAFF

Fans of all ages swarmed the runway of Libby Army Airfield on Saturday to rock out to the sounds of the Miller Lite Army Concert Tour featuring Grammy Award winning band Train, with special guest the Graham Colton Band.

People began congregating outside the gates well before the 6:30 p.m. admittance time. By night's end, more than 3,000 Train enthusiasts would be in attendance.

"We're out here to have a



good time," said Pfc. Eric Seholm, a military intelligence student here. "We get to come out and watch a good concert on a good night."

Dusk was slowly settling upon

the Arizona desert when Dallas natives, the Graham Colton Band, took the stage to warm up the crowd. The band was asked to join in on the concert tour and "jumped at the chance," said lead singer and namesake, Graham Colton.

The crowd went wild for the newcomers with the thrift shop clothing and the indie rock sound. They played a few singles off their new album, "Drive," before Train

thundered on stage.

Train's lead singer Pat Monahan, drummer Scott Underwood, bassist Charlie Colin and guitarist Jimmy Stafford had the crowd's attention from the moment they stepped foot on stage. The audience sang along to radio favorites such as "Meet Virginia" and "Calling All Angels."

Train then surprised concertgoers with their renditions of old favorites including songs from AC/DC and Led Zeppelin.

After about an hour of music, Train gave their thanks and the stage went dark. Moments later, as expected, they reappeared for an encore including their new single from the Spiderman 2 soundtrack, "Ordinary," and the crowd favorite and Billboard Chart hit, "Drops of Jupiter."

Train and the Graham Colton

Band have been traveling from sea to shining sea performing for the troops. After their performances, the bands had a chance to reflect on the highlights of performing. "It's good to know that maybe our songs and our music can help some people," Colton said. "We smile a lot and have a good time and hope fully our fans do too."

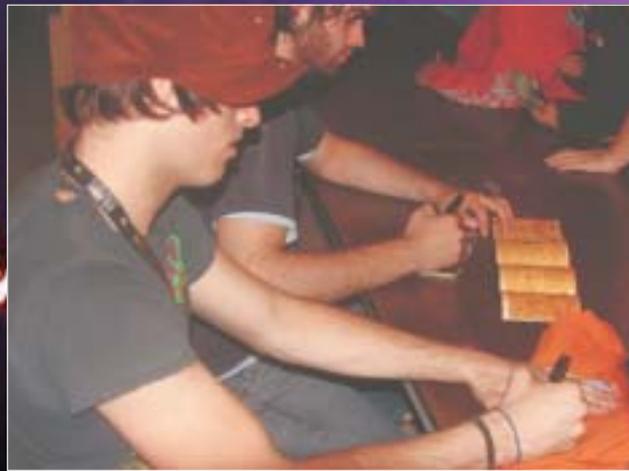
Army Entertainment and the Directorate of Morale, Welfare and Recreation are responsible for the annual Army Concert Tour. This year's tour was sponsored by Miller Lite, with co-sponsorship by Bank One and contributing sponsorships by Pepsi and Jack Daniel's Country Cocktails.

"We like bringing the whole family out and having a really good time (at the Army Concert Tour) every year," said Bianca Lamotte, community member.

Previous acts to visit Fort Huachuca during the Army Concert Tour include Lonestar, Alabama, Martina McBride and the Commodores.



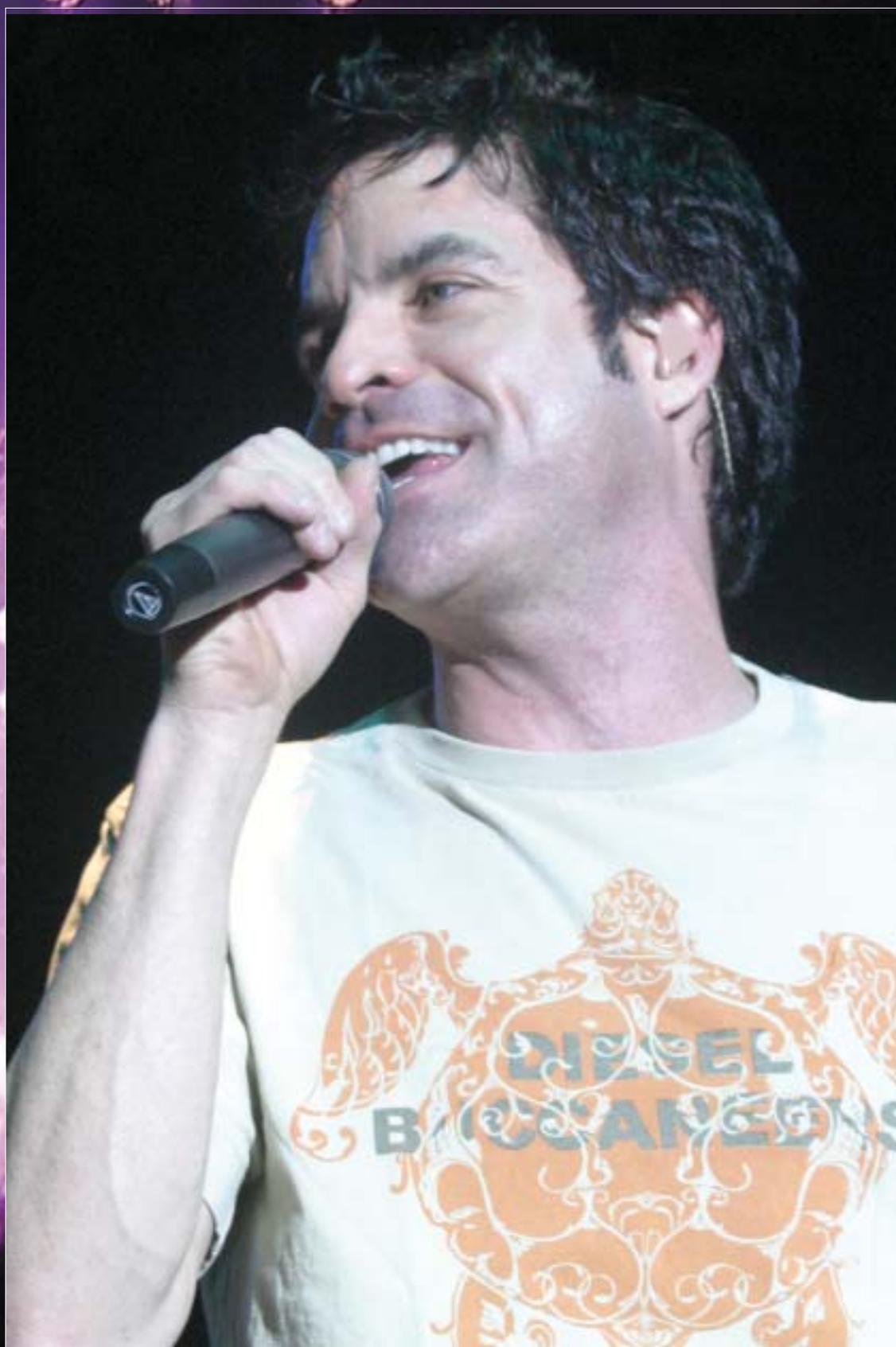
Approximately 50 military police officers from Fort Huachuca and Davis Monthan Air Force Base patrolled the grounds to ensure the safety of concert goers.



After their set, the members of The Graham Colton band signed hundreds of autographs for screaming fans.



Graham Colton lead singer of the opening act wants fans to have as much fun as he is while he is performing.



Photos by Elizabeth Harlan

Pat Monahan, lead singer for Train, entertained the audience of over 3,000 with hit songs like "Drops of Jupiter" and "Meet Virginia."

Soldiers' sweat sets show stage

BY AMANDA BAILLIE
SCOUT STAFF

The glamour of show business may seem a million miles away from the life of a Soldier, but every summer the two worlds collide to bring morale-boosting entertainment to the troops.

The month of June saw seasoned musicians Train tour a number of military installations across America, as many stars have done before them.

But without the help of the Soldiers themselves, these events would be impossible to stage.

An amazing amount of hard work goes into bringing the acts to places like Fort Huachuca, with the planning and preparation beginning 12 months in advance.

"We started planning for the Train concert right after last year's event with Lone Star," said Sgt Heath Gunter, of the Special Events Department, Directorate of Morale, Welfare and Recreation. "A lot of work and preparation goes into these concerts and in the run up to Train, I was running three separate crews to ensure everything went smoothly.

"We also have around 45 volunteers who spent the week before the concert doing things like building a power line support post, erecting fences and hauling equipment.

"If it wasn't for the support of the units, shows like these would be next to impossible to stage."

Work on building the stage and seating area began at the Libby Army Airfield three days before the concert when members of the Army Entertainment Division arrived on post.

These Soldiers are either permanently assigned with AE, or carry out a two-to three-year tour of duty.

It is their job, in simple terms, to be Army roadies, traveling ahead of the band to set up everything from the stage to the lights and then taking it all down again.

"We spend days one, two and three building the set. Day four is the show, on day five we pack up and on day six we head out," explained Sgt. Kenneth Matthews, noncommissioned officer in charge of the setup. "It's a lot of hard work which involves blood, sweat and tears."

The annual concert series would normally run from mid-May through to August, with as many as 17 tour dates.

This year, however, has proved to be one of the shortest

See **SETUP**, Page 19



Spc. Joel "Hollywood" Miller travels around with the Army Concert Tour to help setup and tear down for all the shows.

Old Soldiers return to training grounds *remember their days in a time of war*

BY AMANDA BAILLIE
SCOUT STAFF

Veterans who trained for war at Fort Huachuca nearly four decades ago made an emotional return to the post for a special reunion.

Many of the members of 459th Signal Battalion had not seen each other, or the fort, for 38 years. Their last time together on the fort was prior to their deployment to Vietnam in October 1966.

Most were raw recruits who found themselves walking through the fort's Main Gate for the first time just a few months earlier in that same year.

Among them was former

Pfc. Howard E Bartholf, who has spent the past two years organizing the battalion's first reunion.

His dream finally came true when around 75 veterans and their partners spent the day, assisted by the Public Affairs Office, touring the Fort, visiting old haunts and meeting today's Soldiers.

"The last time most of us were here was back in 1966. Virtually all of us were in our teens and early 20s and just out of basic training," recalls Bartholf, now 57.

"I started to track people down though the Internet and by word of mouth and eventually I found 550 men. It has been so great to see some of

the guys after all this time.

"They had a wonderful day back at Fort Huachuca. We had a wonderful reception and everyone here is doing a great job."

Bartholf, of Richmond, Va., also remembered his feelings when he discovered, on his first day at the fort, that he was to be sent to war.

"I thought it was exciting," he said. "It was what I had joined the Army for."

He was also delighted to discover some familiar landmarks upon his return to the fort.

"The Main Gate looked the same, as well as the parade ground," said Bartholf, who ended his military career in

1968. "The Thunderbird Dining Facility was also our mess and it was nice to return there for lunch, although we came through a different door in those days."

The commanding officer of the battalion, which saw action during World War II before being disbanded in 1946 and reformed in 1962, was also among those attending the reunion.

Kenneth Symmes retired as a brigadier general from Fort Huachuca in 1979 and now lives in Sierra Vista.

"It's been great to see everyone, I have a lot of fond memories," said the 76-year-old. "We also did some tough things, but we accomplished a

lot in some very difficult missions. That was all thanks to the abilities and dedication of the troops.

"I hope we have more reunions in the future. It was a great idea."

Maj Gen. James C. Hylton, commanding general, Network Enterprise Technology Command, who met the veterans when they stopped for lunch, said, "It's truly wonderful for these men to be able to come back here and for us to be able to pay our respects.

"This reunion has also given them an opportunity to see, meet and interact with our Soldiers today and to pass on their experiences to a new generation."

Service News

Article 15 for friendly fire

Air Force officials will proceed with nonjudicial punishment, specifically an Article 15, for the 2002 Canadian friendly fire incident involving a mistaken attack on Canadian ground forces near Kandahar, Afghanistan by Maj. Harry Schmidt, on April 17, 2002.

Lt. Gen. Bruce Carlson, 8th Air Force commander, allowed Schmidt to withdraw his request for trial by court-martial for his dereliction of duty. Schmidt failed to check if the forces were friend or enemy.

Punishment under Article 15 in this case can range from no punishment to a reprimand, a fine of up to \$5,600, 60 days restriction or 30 days arrest in quarters.

Schmidt dropped a 500-pound, laser-guided bomb from his F-16 Fighting Falcon, killing four and wounding eight Canadian soldiers who were participating in a live-fire exercise at Tarnak Farms in Afghanistan.

Marine fighter jet recovered

Recovery operations for a missing U.S. Marine Corps pilot and F/A-18C Hornet aircraft operating from the aircraft carrier USS Harry S. Truman have concluded.

The pilot, Capt. Franklin R. Hooks II, 32, of Pasco, Fla., was killed in the accident.

Aircraft wreckage was recovered approximately 60 miles south of the Azores in the eastern Atlantic Ocean, where the Harry S. Truman Strike Group is operating as part of the Sum-

mer Pulse '04 exercise.

The ship, its embarked aircraft, and rigid hull inflatable boats covered more than 250 square miles of water during the search.

The pilot was conducting a routine training mission when the incident occurred. The aircraft was reported missing at 12:30 a.m. Zulu June 27.

The plane is one of 11 aircraft assigned to Marine Fighter Attack Squadron 115 "Silver Eagles" based out of Marine Corps Air Station Beaufort, S.C. The U.S. Navy has initiated a mishap investigation into the cause of the accident.

Soldiers, Marines team up

Army infantrymen recently joined the 22nd Marine Expeditionary Unit (Special Operations Capable) in its continuing combat operations in central Afghanistan.

The 22nd MEU (SOC) is operating under the moniker Task Force Linebacker, and its mission is to disrupt Taliban and anti-coalition militia networks in southern and central Afghanistan. There they have operated for nearly three months, recently gaining notoriety for their tremendous success in what is considered the traditional heartland of the Taliban.

In addition to the Army's 2nd Bn., 5th Regiment, Task Force Linebacker consists of the 22nd MEU (SOC)'s command element, Battalion Landing Team 1st Bn., 6th Marines, Marine Medium Helicopter Squadron 266 (Reinforced) and MEU Service Support Group 22.



U.S. Navy photo

Aircraft away

Aviation Boatswain's Mate 3rd Class David Reyes guides an E-2C Hawkeye on to one of four steam-powered catapults on the flight deck aboard USS Enterprise.

Tee up, drive straight to MVGC

Fort course offers links for all skills

The Mountain View Golf Course, located on Fort Huachuca, is a high desert, 18-hole championship course, which is open to the public seven days a week.

This challenging, scenic course plays well to both high-and-low handicap golfers. MVGC is a spike-free golf course.

Services available at MVGC include a putting green, a driving range

and a par three practice hole. The well-stocked pro shop offers name brand golf equipment, accessories and clothing. Rental equipment such as clubs and carts are also available

Facilities and services include men's and women's locker rooms. Beverages, a full bar and snacks are served in the 19th Hole Clubhouse, seven days a week.

Tee times may be reserved in advance. There are a variety of green fee payment

options, including annual fees, ground packages and twilight green fees.

Twilight green fees begin at 3 p.m., Monday - Friday.

A PayDay Scramble tournament is held on a monthly basis. Other tournaments are held throughout the year.

For a complete list of green fees, to reserve a tee time, or for other information about MVGC, call 533-7088, or stop in at the pro shop.



Photo by Elizabeth Harlan

Holiday hours at MWR facilities

The following MWR facilities have announced special hours for the Fourth of July holiday weekend:

Jeannie's Diner will be open 11 a.m. - 11 p.m., Friday for the training holiday. The Diner will be open regular hours Saturday, closed Sunday, and open 11 a.m. - 6 p.m., Monday. For more information, call 533-5759.

Desert Lanes will be open noon - 11 p.m., Friday, open regular hours Saturday, closed Sunday, and open 11 a.m. - 6 p.m., Monday. For more information, call 533-2849.

The MWR Box Office will be closed Friday and Monday for the holiday weekend. They will re-open 9 a.m., Tuesday. For more information, call 533-2404.

Mountain View Golf Course will be open regular hours Friday - Monday. For tee times, or for more information, call 533-7088.

The Sportsman's Center will be closed Friday, open 8 a.m. - 3 p.m., Saturday, and closed Sunday and Monday. For more information, call 533-7085.

MWR Rents will be open Friday and Saturday, and closed Sunday and Monday. For more information, call 533-6707.

Grierson Pool closed, Irwin open

Grierson Pool closed for the summer Friday due to construction. Irwin Pool is open. The hours at Irwin Pool will be as follows: 1 - 7 p.m., Monday - Friday, open swim; 8 a.m. - 1 p.m., Tuesday - Friday, swimming lessons; and 10 a.m. - 6 p.m., Saturday and Sunday, open swim.

The third session of swimming lessons, previously scheduled for Grierson Pool, will be moved to Irwin Pool.

Irwin Pool will offer water aerobics classes Wednesdays and Fridays, 11:30 a.m. - 12:30 p.m., beginning Wednesday. Cost will be \$3 per class or \$25 for nine classes.

For more information, call Barnes Pool at 533-3858 or Irwin Pool at 533-3853.

Half-price paintball day Saturday

A half-price paintball day is scheduled for 8 a.m.

- 3 p.m., Saturday, at the Sportsman's Center. The \$10 fee covers the cost of the gun, mask, CO2, field fee and 100 rounds of ammunition.

For more information, call 533-7085.

Spinning comes to Fort Huachuca

Beginning at 4:30 p.m., Tuesday, Barnes Field House will offer a new workout session of indoor cycling called "spinning," every Tuesday and Thursday.

The group workout will provide a variety of aerobic activities while spinning the pedals, set to music.

The cost will be \$10 per session. Space is limited, so reservations are mandatory. Stop at Barnes Field House or call Kathy Gray at 533-0041.

No bingo July 15

Due to special events and activities, bingo will not be offered July 15 at the LakeSide Activity Centre. Bingo will resume its regular schedule July 17.

For more information, call 533-2193.

Grand opening of TMAC set for July 22

The grand opening of the Thunder Mountain Activity Centre has been scheduled for July 22.

The facility will be located at Building 70525, which formerly housed La Hacienda. The interior of the building has been completely remodeled.

TMAC will offer culinary excellence, a tasteful, pleasant atmosphere, classic gourmet catering and quality entertainment.

The lunch buffet will resume operation 11 a.m. - 1 p.m., July 27.

For more information, call 533-2193

Soldier Show tickets available

Tickets for the 2004 Army Soldier Show are now available at MWR Box Office, Desert Lanes, MWR Rents and Sierra Vista Safeway.

The Soldier Show is set for 7 p.m., Aug. 2 and 5 and 8 p.m., Aug. 3, at Buena Performing Arts Center, Sierra Vista.

Admission to the show is free, but you must have a ticket.

For more information, call 533-2404.

Sunset trail rides at Buffalo Corral

Buffalo Corral holds sunset trail rides 6 - 8 p.m., every Thursday. These rides are open to the public, ages 7 and up. The price is \$13.50 for authorized MWR patrons and \$19 for civilians. Reservations and pre-payment are required by close of business the day before the ride.

For more information, call 533-5220.

New martial arts class at BFH

The Way of the Soldier is a new martial arts class being offered 6:30 - 7:30 p.m., Tuesdays and Thursdays, and 10 - 11 a.m., Saturdays, at Barnes Field House.

W.O.T.S. incorporates the teachings of Tae Kwon Do, boxing, kick boxing, Judo, Aikido and free-style grappling. The classes are taught by 5th Degree Black Belt Staff Sgt. Sean Ballantine.

Cost of the classes is \$25 per month, \$15 per half month, \$5 per class, or \$60 per month for a family of three or more. A free introductory class is offered.

For more information or to sign up for the class, call Barnes Field House at 533-0041 or 533-3180.

Summer art, crafts classes for children

The MWR Arts Center holds summer arts and crafts classes for children, 5 - 16.

Cost is \$7.50 per class or \$14 for two classes. Pre-registration is required.

The class schedule for the remainder of July is as follows: Tuesday, bead necklace; July 27, tie dye; July 28, ceramic painting; and July 29, basic photography.

The classes will continue through Aug. 5. For a complete schedule, stop by the MWR Arts Center in Building 52008 on Arizona Street.

For more information, call 533-2015.

2004 All Army Photography Contest

Entries are now being accepted for the 2004 Army Photography Contest. Morale, Welfare and Recreation patrons may enter prints or short films in the contest, to compete against the best photographers in the Army.

For contest rules, or to sign up, call 533-2015.



Fort Huachuca Directorate of Morale, Welfare & Recreation

The Directorate of Morale, Welfare & Recreation is responsible for content appearing on the MWR page in The Fort Huachuca Scout. Questions about this section should be directed to MWR Marketing Director, Paula German, at 538-0836 or send an e-mail to paula.german@hua.army.mil or visit us on the Web at mwrhuachuca.com.



Tips for living around,
encountering a Mountain
Lion.
See Page 25

Twins tromp Braves under stormy sky



Photo by Spc. Mathew E. Chlosta

Benson 1 Twins' starting pitcher Cameroon Judd, gave a tremendous effort to help his team get out to an early lead in a 13-15, Junior League Division youth baseball game June 24 at Herrera Field.

**BY SPC.
MATTHEW E. CHLOSTA**
SCOUT STAFF

The Benson 1 Twins defeated the Fort Huachuca Braves 13-11 in a 6 p.m., Junior League Division [13-15] youth baseball game June 24 at Herrera Field.

The coaches reflected on their team's season. "They are starting to get in sync with each other more," said Braves' coach Tristan Menefee. "I tell them above all go out there and have fun."

"I'm trying to teach them how to work together and not quit," said Twins' coach Dave Kloos. "Their attitude has improved over the season."

The game started under dark clouds. Flashes of lightning and crackles of thunder were a constant presence in the distance and provided an ominous backdrop for the contest.

The Twins rushed to a quick 4-0 lead by the top of the second inning, which included runs by Twins Chris Kelly, 13 and Cameroon Judd, 13.

But the Braves jumped back into the fray with a barrage of runs in the bottom of the second inning as seven Braves crossed the plate.

The score was now Braves 7, Twins 4.

With the angry and rumbling cloud cover swirling overhead, the Twins jumped back into the lead with six runs of their own in the top of the third inning.

The Twins six runs in the top of the third were led by Robert Marshall, 15, who crushed a triple off a pitch from Braves' hurler, Kirk Thomas.

Menefee had seen enough. The Braves' coach replaced Thomas with flamethrower Darius Brewster, 15, to minimize the damage and get out of the inning with a chance to still win the ball game.

The Braves' Domic Arbino, 13, and Sean Gearty, 13, batted in two runs to narrow the Twins lead to one run going into the fourth inning, 10-9.

The score remained 10-9 in favor of the Twins as the Braves came to bat in the bottom of the fourth.

Kloos replaced his pitcher Chris Kelly, 13, with Nathan Kloos, 14, to try to hold off the never say die Braves.

But, after getting two Braves out, Kelly gave up a run that tied the game. Kelly then picked off Raymond Ortiz off of second base to end the inning with the score tied at 10 all.

The fifth and final inning proved to be anti-climatic except for nature's fireworks, which were on full display in the blackening sky overhead.

The Twins scored three runs in the top of the fifth inning, including a two run double by Kelly for his team's insurance runs.

The score going into the bottom of the fifth inning was Twins 13, Braves 10.

The Braves' Daniel opened the inning with a double and then he stole third base and home plate to tighten the score to Twins 13, Braves 11.

But, in the end it wasn't enough, even as Kloos settled down after he walked Braves' Ian House, 13. Kelly quickly snuffed out the rally with three straight strikeouts to end the game and left House stranded at third base after House had stolen second and third base.

"I feel like they [the Braves] did a really good job," Menefee said after the game. "They came together as a team. I think we'll get'em next time. One more inning and I think we would've had'em."

"We feel good," Kloos said after the nail biter. "In games like that, I don't care who wins, everybody was trying."

JITC sweeps C 304th in season opener

BY PFC. JOY PARIANTE
SCOUT STAFF

The Joint Interoperability Test Command swept Company C, 304th Military Intelligence Battalion in the first night of intramural volleyball action Monday at Barnes Field House.

JITC dominated the court, however, 304th managed to keep the score close and earn a respectable 13 points the first game and 11 in the second.

"We came out to do the best we can do and to pull together as a team," said Loni Ayers, team captain, 304th.

Throughout the first few serves and volleys of round one, JITC didn't quite seem to have their heads in the game. Their haphazard, over-powered plays

lacked the control and precision that 304th was demonstrating. In the crazy chases for the ball that followed the next few serves, a JITC player lost a contact lens and had to be rotated out of play.

However, mid-round, JITC found their teamwork and footing starting with a soft spike over the net which landed at 304th's feet. JITC's serves kept falling right inside 304th's back row defense, virtually unnoticed. However, JITC's green was still showing, as they were working off of sheer force and luck, rather than the volleyball fundamentals that 304th had mastered.

The score sat at 14-10, JITC, but, 304th showed great hustle and heart and the score quickly rose to 14-13. In the end, game point was scored by JITC

when the ball fell right between 304th back row players, who failed to communicate.

304th started out round two strong, with players Ayers and Mehdi Kohanbani colliding in a desperate race to keep the ball in play. JITC's Nikole Wilson decided to follow suit and made a painful dive to save a ball that was well out of her range. Towards the end of second round action, 304th managed to pull together and block JITC from game point.

A spike from JITC's side headed into 304th's unprotected territory, giving JITC control of the ball and then an error on 304th's part led JITC to a two game win.



Photo by Elizabeth Harlan

Cliff Martinez, JITC, is unsuccessful in stopping Patrick Scanlon's, Company C 304th, spike.

See **BALL**, Page 27

Arch support gets Army support

BY SPC. MATTHEW E. CHLOSTA
SCOUT STAFF

When Soldiers go through basic training at Fort Jackson, S.C., they are initially placed for approximately one week in a reception battalion.

At reception the Soldiers are fitted with uniforms, various shoes and physical training clothes.

The Soldiers are also introduced to the two tests that the Army conducts on Soldiers' feet, the "light box test" and the "wet test."

"The wet tests allow for you to make a good educated guess on your foot type," said Maj. Kenneth Blakenship, physical therapist, Raymond W. Bliss Army Health Center.

"Recognizing the shape of the whole foot, arch included, is vital to fitting the appropriate shoe," said Viisha Sedlak, former world ranked runner, Number 1 world ranked masters race walker, and a running and walking coach for 22 years. "The Soldier needs to recognize the arch design of their own foot. Don't waste your money on a 'specialist' to judge your arch; do the above simple tests, then just look at a dozen of your friend's feet, then look at yours and you'll get a good idea of how yours compares."

Drill sergeants use the tests to check each Soldier's feet and determine each Soldier's individual arch type.

According to the U.S. Army Medical Department Center and School Web site, www.cs.amedd.army.mil, "the type of shoe you wear for endurance training can make a difference. Runners strike the ground with each foot 50 to 70 times per minute, with a force upwards of 2 to 3 times their bodyweight. Eighty percent of runners contact the ground with their heels first and 20 percent contact the ground first with balls of their feet."

The Army issues Soldiers a PT uniform, but a Soldier's running shoes are bought by the individual Soldiers.

After the drill sergeants determine the type of shoe a Soldier needs based on that Soldier's particular arch, Soldiers are told what shoes they need to purchase based on the arch type of their feet.

The three types are: for flat feet (no arch), motion control sneakers; for normal feet (regular arch), stability sneakers; for high arch feet, cushioned sneakers.

According to the National Library of Medicine Web site, www.ncbi.nlm.nih.gov, "The running shoe provides shock absorption and motion control for the runner. The change in shock-absorption properties has been studied as a function of miles run."

Soldiers can purchase their sneakers through the Army and Air Force Exchange Service, the exchange catalog or Military Clothing and Sales Service store. The three types of sneakers are usually displayed and tagged at AAFES and MCSS, with an M for motion control, S for stability and C for cushioned.

The sneakers are labeled regardless of price or brand and the Army does not endorse any specific brand of sneaker.

The Web site www.cs.amedd.army.mil/aegis/ has a list of which brands are which types, what their general prices are and whether AAFES carries that sneaker.

Soldiers can always inquire at AAFES and ask them to order a particular sneaker from the manufacturer directly, if AAFES has a contract with them.

Other tips offered by www.cs.amedd.army.mil/aegis/ are: choose from among training shoes, try on more than one pair of shoes and don't restrict yourself to shoes manufactured by one company. Fit and feel are just as important as the shoe category.

Also, buy your shoes in the evening, when your feet tend to be a little bit larger. Since the long bones in your feet spread out slightly when you run, buying shoes later in the day will help ensure that the shoe is not too constrictive. When trying on shoes, wear the same socks you wear when you run.

"The longer the distances you run or walk, the more extra room you need in your shoes. For my 100-milers or six-day races, I wore shoes a full size larger than usual after the first fifty miles or the first twenty-four hours in these races," Sedlak said.

According to Web site www.cs.amedd.army.mil/aegis/ there is no one exact cause of running injuries. In fact, research has identified several risk factors that may increase the likelihood of a runner developing an injury. Two of these impact directly on the proper selection of running shoes: foot type and footwear.

"The most important message to get out there is for runners to change their running shoes every six months or five hundred miles," Blakenship said. "After two hundred fifty to three hundred miles the running shoes lose almost forty percent of their shock absorption.

"Research shows that runners with flat feet overpronation are more susceptible to bone stress injuries including shin splints and tendonitis," said Blakenship "Research says these injuries exist based on the type of arches runners have, but there is no research I know of that says the particular shoe you wear will totally prevent these injuries. Runners with flat feet want a shoe that limits flexibility when you're running. The reasoning is that the foot is very flexible when it strikes the ground and the shoe helps control the amount of motion.

"The opposite is true for runners with high arches," Blakenship said.

"Runners with high arches are more at risk for stress fractures, bone stress injuries, hip pain, lower back pain and they are prone to ankle sprains. Their rigid foot doesn't conform to the ground as they're running. They need a flexible shoe and a lot of cushioning in the insole for a shoe that absorbs more shock.

"However, there is research that shows that custom made orthotics do prevent these type of injuries for runners with either flat feet or high arches," Blakenship said. "For Soldiers that need orthotics they can get a referral through the hospital and usually a podiatrist in town will do the casts and make the orthotics. We issue some off the shelf orthotics here in the clinic, but most Soldiers use them in their boots and shoes, not their sneakers."

Muscular and skeletal injuries are definitely aggravated or induced by poor fit or quality of materials in a shoe, Sedlak said. The correct shoes,



See ARCH, Page 27

Natural side of life

Garden Canyon renowned for its birds

BY JOAN VASEY

MEDIA RELATIONS SPECIALIST

Ask ecotourism guides and they will tell you that Garden Canyon on Fort Huachuca is for the birds. And the butterflies. And the wildlife. In fact, the canyon is a powerful lure to visitors from all over the world who come for just that purpose - to see one or more forms of wildlife. The security guards who issue passes at the Main Gate say that most of their early morning visitors, especially on weekends, are here to go bird watching in Garden Canyon. They come alone, in groups, and as members of organized tour groups, the best way for new birders or experienced newcomers to get acquainted with the "birding experience," or hot birding locations. When he established a temporary camp here on March 3, 1877 little did Capt. Samuel M. Whitside know that he would play a major role in species conservation in South-eastern Arizona. Whitside selected this location as the temporary "Camp Huachuca" because it had fresh running



Elegant trogon

water, an abundance of trees, excellent observation in three directions, and protective high ground for security against Apache tactical methods. Camp Huachuca was redesignated a fort in 1882. Except for two closures that occurred more than 50 years ago, the Army's stewardship of the fort's 73,272 acres has meant that the fort has been environmentally friendly to its native flora and fauna, and migrating birds and animals.

Garden Canyon is a world famous birding hot spot. For many, the third picnic area up canyon is the preferred location. There, water flows in the creek even during the driest times, attracting thirsty birds and

animals. Lush vegetation, leafy sycamores, evergreens, and other trees and flowers flourish, providing homes, food and cover. Thousands of species of various forms of wildlife either call this area home or use it as a temporary stopover as they migrate through. And, the tourists come to see them. One of the most powerful draws, at least for birders, is to see an elegant trogon. Birders from here and from other countries come with the fervent desire to add this magnificent large green, red and white bird to their "life lists" of birds they hope to see at least once in their lives. The sulphur bellied flycatcher is another.

On Saturday, a freelance writer and photographer working for Arizona Highways joined a group of birders out of Phoenix led by Weezil Walraven of Weezil Walraven Bird Tours. The group's goal in Garden Canyon - to see an elegant trogon. Except for one brief and distant sighting by only a few members of the group early on, the bird titillated the assembled crowd with its raucous "barking", teasing those assembled before flying away.

However, birders saw vireos, a painted redstart, acorn woodpeckers and several other birds as they quietly made their way along the creek. Additionally, they got to see thirsty California sisters butterflies and a few sulphurs drinking at a seep. From experience, Walraven could identify the birds by their calls, knowing exactly where

many different species preferred to be. Viewing is best during the cooler morning and twilight hours. Birds and other wildlife hide out when when it gets hot. After the temperatures heated up and the group was headed to the van, we heard it once more - the trogon's call. The bird was headed in the group's direction.

Walraven agreed to wait just a few more minutes and everyone's patience was rewarded with several minutes of viewing pleasure after the bird came to light.



Sulphur bellied flycatcher



Mountain lion

Big cats make home on fort

ARIZONA GAME & FISH RELEASE

What to do if you encounter a mountain lion:

- Do not hike, jog or ride your bicycle alone in mountain lion country. Go in groups, with adults supervising children.
- Keep children close to you. Observations of captured wild mountain lions reveal that the animals seem especially drawn to children. Keep children in your

sight at all times.

- Do not approach a mountain lion. Most mountain lions will try to avoid a confrontation. Give them a way to escape.
- Do not run from a mountain lion. Running may stimulate a mountain lion's instinct to chase. Instead, stand and face the animal. Make eye contact. If there are small children there, pick them up if possible so they don't panic and run. Although it may be awkward, pick them up

without bending over or turning away from the mountain lion.

- Do not crouch or bend over. A person squatting or bending over looks a lot like a four-legged prey animal. When in mountain lion country, avoid squatting, crouching or bending over, even when picking up children.

See **LION**, Page 21

Kid's summer jam-packed with fort fun

BY AMANDA BAILLIE
SCOUT STAFF

Youngsters have the chance to not only keep busy this summer, but to get fit too.

A range of activities, being run by Child and Youth Services, is taking place on Fort Huachuca while students take a break from school.

They include a number of events, from soccer sessions to martial arts and swimming, as well as arts and crafts and educational pursuits.

Children who want to learn a new sport can sign up for Tae Kwon-do classes, which take place 6 p.m. - 8 p.m. every Tuesday and Thursday, at the Youth Services building.

The YS staff is also running soccer camps, for boys and girls, throughout the summer and fall.

The fort's younger children, 3 - 5, are also catered for by the Child Development Center, which is running weekly sessions.

Marty Johnston, Outreach Services director, CYs, said "Parents can register their children for the summer camps, which run on a weekly basis.

"There are two sessions every day, 8:30 a.m. until 11:30 a.m. and noon until 3 p.m. They are held at the CDC's New Beginnings building."

She added "The staff has different themes each week and run activities around those themes. The children will take part in various activities, including water play, arts and crafts and reading."

Themes this year include outer space, dinosaurs, under the sea and out of Africa.

A Middle School Teen

Program is also running for sixth through ninth graders looking for something to fill their time.

Everything from field sports to computer sessions is available and the activities will continue when school starts again in August.

Spaces are also available, added Johnston, for School Aged Services' monthly summer camp, which caters for first through fifth graders.

And if the activities on fort do not suit, Sierra Vista's Parks and Leisure Department also runs sessions for children, added Johnston.

She went on to say, however, that spaces for the fort's summer camps were limited.

"There is usually a waiting list as some people start inquiring as early as December," she said. "But we do have some



Photo by Elizabeth Harlan

The MWR Art Center offers a verity of projects for summer fun.

spaces left on some of the programs."

All members of Child and Youth Services staff are fully trained and certified, said Johnston.

Parents can find out what

sessions are available and how to register their child by ringing 533 0738.

There will be a registration fee, depending on which activity children are signed up for, ranging from \$19 to \$45.

SETUP, from Page 13

runs for Matthews, with around 10 dates - five with Train and the remainder with other bands.

But this did not mean an easier ride for the crew, as Matthews sometimes had to split his team to cope with the shorter breaks between each concert.

"I had seven crew members at Fort Huachuca setting up and another four in Colorado to take everything down from the last concert before meeting us here," said Matthews, now in his fourth year with AE.

When it is not on the road, the AE concert series team, which only works in the States, can be found at its home base in Fort Belvoir, Va.

Work will then involve repairing equipment, researching and developing the technology available

and recruiting and training new members, all of whom are on active duty.

Training usually starts in March and takes six weeks, to ensure all members of the team are skilled in what they need to do, from the technicalities of lighting and sound to operating camera equipment.

Staff Sgt Tomas Zapater joined AE last year from 163 Armoured Battalion, Germany, after reading about its work on the Internet and deciding to apply for a post, and has not looked back since.

"It's excellent," said Zapater, the transportation NCOIC and currently on a two-year tour. "It's hard work but you get to learn different jobs like setting up the stage, the lights and the audio.

"I also get to drive civilian 18 wheeler trucks, which we don't have in the Army. And hopefully, one day, I'll be able to apply the knowledge I've gained here in another job."

Spc. Joel Miller left behind his life as a combat photographer four years ago to become a permanent member of staff.

"I'd had experience in this kind of work before I joined the Army," said the stage manager. "I've always had a passion for the music business. It's also great that the troops are able to enjoy the type of entertainment we provide."

For more information about Army Entertainment, visit the Web site www.armyconcerttour.com

BALL, from Page 17

"It was our teamwork," said Coach Tom Ferguson of JITC's win. "But, we need to improve calling shots and talking to each other."

"We need to work on the small things [for next

game]," Ayers said. "We need to focus on our fundamentals."

Also Monday night, Medical Activities Command beat Company B, 86th Signal Battalion and Headquarters, Headquar-

ters Company 111th Military Intelligence Brigade defeated TIC.

The Commander's Cup volleyball program is a company level intramural sports program organized by the Fort Huachuca Di-

rectorate of Morale, Welfare and Recreation to help promote the morale, leadership, comradery, sportsmanship, fair play and phsycial conditioning for the troops and their family members, age 18 and older,

said George Thompson, recreation specialist. Since it's a Commander's Cup event, teams that participate through the whole season will get points and extra points will go to teams according to how they

place in the finals, he said. The points add to those for other Commander's Cup sports throughout the year and at the end of the year, the team with the most points win the post Commander's Cup.

ARCH, from Page 18

for walkers and runners, will allow for longer, harder training and fewer injuries and discomfort. Athletes at the highest levels pay the closest attention to the shoes and supports they use; their living depends upon it.

"I can't emphasize how important it is to change out your running shoes," Blakenship said. "First thing I encourage Soldiers to do is to replace your running shoes that is your first line of defense. I also strongly

encourage ability group runs and the new Army PT [physical training] is good because it de-emphasizes overuse injuries like excessive running and emphasizes cross-training and alternative aerobic activities," said Blakenship.

Remember, most running and walking injuries are caused by incorrect mechanics, incorrect training methods, and inadequate rest between workouts than by structural problems

in the foot, Sedlak added. The most important factor for healthy feet at all times is correct posture and biomechanics.

"Soldiers particularly need to wear a well-made and well-fit shoe because in addition to the unique stresses of running, the Soldier must be protected and in good fitness at all times," said Sedlak. "Protective footwear with correct balance and support mechanisms are critical to running

healthfully, at any level. Shoes are absolutely the most important piece of equipment a Soldier needs when she or he is using running for his or her physical training."

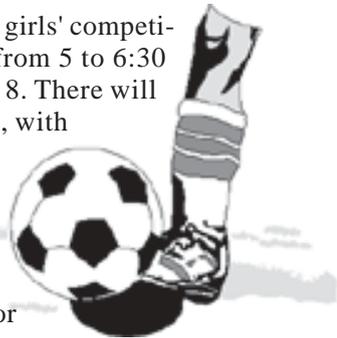
"Company commanders can contact us and we'll give an injury prevention class for their units," Blakenship said.

For more information, call Staff Sgt. Millicent Anderson, noncommissioned officer in charge physical therapy or Blakenship at 533-9102.

Girl's soccer

Team tryouts for U-14 girls' competitive soccer team will be from 5 to 6:30 p.m. Wednesday and July 8. There will also be tryouts on July 10, with the time to be determined. The tryouts will be at Apache Middle School in the fields located behind the school. Girls must not turn 14 prior to Aug. 1 to be eligible to play.

For more information, call Stacey Azhar at 417-0012.



Arts, crafts fair

There will be an arts and crafts fair in Bisbee 10 a.m. - 5 p.m., Saturday and Sunday, in the Grassy Park, located in front of the Copper Queen Hotel and across the street from the Bisbee Convention Center. Admission is free. Included in the event will be live music, mini-massage available all day, psychic readings and more. There will be a coaster race on Saturday as well as a parade. The fireworks display will be Sunday.

For more information, call the Bisbee Chamber of Commerce/Visitor's Center 432-5421, 1-866-224-7233 or visit www.bisbearizona.com

PWOC summer study

The Protestant Women of the Chapel will host two Bible study programs from 9:30 to 11 a.m. each Tuesday, Tuesday through July 27. Choose NIV Chronological Bible continued from fall and spring or Time Management for Busy Women by Elizabeth George. Watch care is provided for children ages 6 months through 5 years. Care for school-age children is also available.

For more information, call Christine Henry at 439-

9516 or Karol Guthrie at 458-5379.

Field Trip

The City of Sierra Vista Parks and Leisure Services invite the public to the Catwalk National Recreation Area field trip July 24. Participants will depart from the Ethel Berger Center at 7 a.m. and travel to Whitewater Creek in southwest New Mexico and return to the center at 7 p.m. This trip provides a look at the local mining history, including the pipeline walkway bolted to the steep canyon walls. Also see the historic canyon hideouts of Geronimo and Butch Cassidy. This trip is not for those with a fear of heights. Cost of the trip is \$28 per person. Pre-registration is required by July 16.

For more information, call 458-7922 or log onto www.ci.sierra-vista.az.us.

Steelhead Triathlon

The Sports and Fitness branch of MWR will hold the Steelhead Triathlon starting at 6 a.m., July 25 at Irwin Pool.

The event is open to anyone who would like to participate, as individuals or as a team.

For more information, call Karlie Hale at 533-3858.

Database Motherlode

You can access the world's most comprehensive catalog of library materials at the post main library. If an item has been cataloged by any library in the world, it is in the First Search database.

For more information call, the reference librarian at 533-3041 or e-mail Natalie Danforth on MS-Exchange.

Evening Youth Soccer Camp

Youth Services is sponsoring weekday soccer camps for youth, 8-15, from 10 a.m. to noon, Mondays thru Fridays through Aug. 2. The camps will fo-

cus on soccer fundamentals and teach youth ball handling, turning, control of the ball, shooting and heading skills. The instructor is Barry Morris who was a professional level coach in Great Britain and has extensive experience in coaching and instructing soccer.

Cost of the camp is \$25 and each participant receives a soccer ball and a Tee-shirt.

For more information contact Youth Services at 533-3212.

Parent, tot playgroup

Army Community Service Family Advocacy Program has a Parent/Tot playgroup, which meets 9:30 - 11:30 a.m. on Wednesdays, at the School Age Services Building 52056, off Hatfield Street, across from the Main Post Chapel.

Children, 5 and under, and their parents are invited to participate.

This is a volunteer-run program that offers age-appropriate activities, holiday parties and monthly briefings of interest to parents, along with vibrant adult-child interaction.

The size of the group is always increasing, so parents are encouraged to make reservations by calling ACS at 533-2330, 8 a.m. - 4:30 p.m., Monday - Friday. Volunteers are always welcomed.

B Troop seeks volunteers

Fort Huachuca's B Troop, 4th U.S. Cavalry Regiment (Memorial) is looking for volunteers. B Troop participates in various parades and ceremonies both on post and nationally. They've been to the Orange Bowl Parade in Miami and Helldorado Days in Tombstone. Riding experience is not necessary and new troopers and ladies auxiliary hopefuls go through a ground and riding school prior to participation with the troop.

For more information, call Juan Villarreal at 378-2367.

Pets Of The Week



Yoder is a 17-month-old large black and brown rottweiler.

Pixie is a young female shorthaired calico. She is very sweet.

All animals available for adoption from the Fort Huachuca Veterinary Treatment Facility, Building 30009 Hungerford Road. For more information, call 533-2767, or visit forthuachuca.petfinder.com.

Tune in to Commander's access channel

Tune in to the Commander's Access Channel (Channel 97) for up-to-date community news, the latest in service news and information from Fort Huachuca and around the military.

The Fort Report airs at 3:30 p.m. weekdays with video highlights of local events.

The CAC is experiencing technical difficulties and will have limited programming options.

The lineup for the Commander's Fort Report in-

cludes: Undersecretary of Homeland Defense visit, MI Hall of Fame including the induction ceremony, B Troop demonstration and golf tournament and The Army Concert Tour at Liby Army Airfield as well as the Army's "Be Safe" safety campaign video, airing at 10 a.m. and 3 p.m., Thursdays; and the Army Campaign Plan airing at 7 a.m., noon and 7 p.m. daily until July 15.

To get your message on the Commander's Access Channel, e-mail channel97@hua.army.mil.

At The Library

Hardcover fiction

1. 3rd Degree, by James Patterson and Andrew Gross
2. The Da Vinci Code, by Dan Brown
3. The Last Juror, by John Grisham
4. The Five People You Meet In Heaven, by Mitch Albom
5. Ransom, by Danielle Steel

Hardcover nonfiction

1. Deliver Us From Evil, by Sean Hannity
2. The Passion
3. American Dynasty, by Kevin Phillips
4. The Price Of Loyalty, by Ron Suskind
5. The Fabric of the Cosmos, by Brian Greene

Paperback fiction

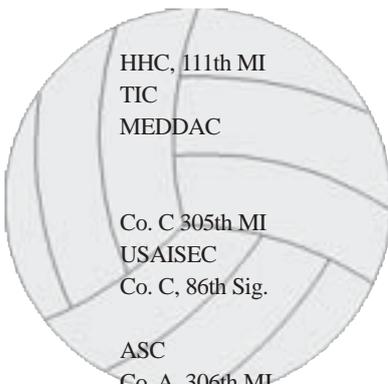
1. Angels & Demons, by Dan Brown
2. The Guardian, by Nicholas Sparks
3. Dead Aim, by Iris Johansen
4. Lost Light, by Michael Connelly
5. Deception Point, by Dan Brown

Paperback nonfiction

1. The Devil In The White City, by Erik Larson
2. Reading Lolita In Tehran, by Azar Nafisi
3. Tuesdays With Morrie, by Mitch Albom
4. Sex And The City: Kiss and Tell, by Amy Sohn
5. Touching the Void, by Joe Simpson

Intramural volleyball action

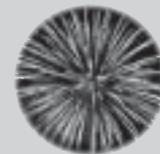
Date/Time	Home	Away
Volleyball League 1		
Wednesday		
6 p.m.	HHC, 111th MI	Co. B, 86th Sig.
7 p.m.	TIC	Co. C, 304th MI
8 p.m.	MEDDAC	NCOA
Volleyball League 2		
Today		
6 p.m.	Co. C 305th MI	Hq., 306th MI
7 p.m.	USAISEC	Co. E, 309th MI
8 p.m.	Co. C, 86th Sig.	HHC USAG
Tuesday		
6 p.m.	ASC	USAISEC
7 p.m.	Co. A, 306th MI	USMC/USN
8 p.m.	HHC USAG	Co. E, 309th MI



All games will be played at Barnes Field House.

AAFES holiday hours

Army and Air Force Exchange Services hours of operation for the Fourth of July weekend are:	Furn/ODL Sunday - 10 a.m.-5 p.m. Monday - 9 a.m.-5 p.m.	Cochise Theater Sunday - closed	Sunday - closed	Popeyes Chicken Sunday - 11 a.m.-6 p.m.
Business office Monday - closed	Enterprise Sunday - closed Monday - 10 a.m.-4 p.m.	Barracks Phone Center Sunday - closed Monday - closed	Monday - 10 a.m.-4 p.m.	Monday - 11 a.m.-8:30 p.m.
AT&T Cyber Zone Sunday - 8 a.m.-10 p.m. Monday - 6 a.m.-10 p.m.	Barber Shop Main Store Sunday - 10 a.m.-4 p.m. Monday - 10 a.m.-4 p.m.	Cosa's Bonitas Sunday - closed Monday - closed	Monday - 10 a.m.-4 p.m.	Baskin Robins Sunday - noon-4 p.m. Monday - noon-4 p.m.
Main Store Sunday - 10 a.m.-6 p.m. Monday - 9 a.m.-5 p.m.	Laundry & Dry Cleaner MCSS Sunday - closed Monday - closed	Burger King Saturday - 10 a.m.-6 p.m. Sunday - 10 a.m.-5 p.m. Monday - 10 a.m.-6 p.m.	Monday - 10 a.m.-4 p.m.	Anthony's Pizza-Regimental Sunday - closed Monday - 11 a.m.-8:30 p.m.
Barber Shop-Mini Mall Sunday - 9 a.m.-3 p.m. Monday - 10 a.m.-4 p.m.	Beauty Shop Sunday - closed Monday - closed	Flower Shop Sunday - 10 a.m.-4 p.m. Monday - 10 a.m.-4 p.m.	Monday - 10 a.m.-4 p.m.	Regimental Retail Store Sunday - 7:30 a.m.-10 p.m. Monday - 7:30 a.m.-11 p.m.
	MCSS Monday - closed	GNC Sunday - 10 a.m.-4 p.m. Monday - 10 a.m.-4 p.m.	Monday - 10 a.m.-4 p.m.	
	Laundry, Dry Cleaner, Alteration Sunday - closed Monday - 10 a.m.-4 p.m.	Lauderette Sunday - 6 a.m.-9 p.m. Monday - 6 a.m.-9 p.m.	Monday - 10 a.m.-4 p.m.	
		Optical Shop	Monday - 10:30 a.m.-5 p.m.	



Two Soldiers earn berths on Olympic pentathlon team

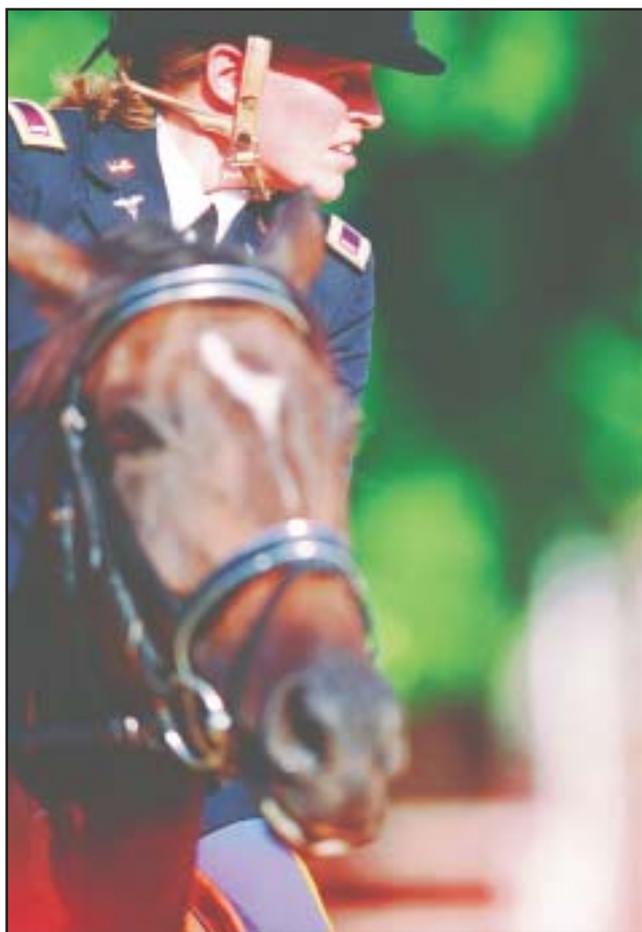


Photo by Tim Hipps

Anita Allen here finishes second in equestrian riding aboard Carmia en route to winning the women's modern pentathlon in the 2003 Pan American Games. She was just selected to compete on Team USA for the Olympics in Greece.

BY TIM HIPPS
ARMY NEWS SERVICE
Two modern pentathletes from the U.S. Army World Class Athlete Program have been selected to compete in the Olympic Games at Athens, Greece.

Chad Senior and Anita Allen are scheduled to compete Aug. 26 and 27 respectively for Team USA in the one-day, five-sport event that includes pistol shooting, fencing, swimming, equestrian riding and cross-country running.

Senior, an infantry officer from North Fort Myers, Fla., finished sixth in the 2000 Olympics at Sydney, Australia. He was leading after three events before a skittish horse refused two jumps in the equestrian event, ruining his golden moment.

"I don't think the same thing can happen now; I'm a much stronger rider than I was in 2000," said Senior, who returned to the sport after 18 months of soul searching follow-

ing his heartbreaker in Australia. "I just hope I can have the same day I had in Sydney, aside from the ride. If I have the same fence, I'll feel pretty good about things.

"What sticks out most about Sydney was what might have been," he said. "I was just so close to winning, and then to lose it all so quickly. That will haunt me forever."

Senior won a silver medal in the 2003 Pan American Games and is ranked 7th in the world by the Union Internationale De Pentathlon Moderne. He recently finished 13th in the World Championships at Moscow, Russia, where he teamed with Scott Christie and three-time Olympian Vakhtang "Vaho" Iagorashvili to win a silver medal in the men's relay.

Senior was an NCAA swimmer at George Washington University in Washington, D.C., where he set five school records. He was named Atlantic 10 freshman swimmer of the

year and became a two-time conference champion in the 1,650-yard freestyle before graduating in 1996 with a bachelor's degree in exercise physiology.

Allen, a Medical Services Corps officer from Star City, Ind., was the first woman to qualify for the 2004 U.S. Olympic team with an August victory in the 2003 Pan American Games at Santo Domingo, Dominican Republic.

After taking a six-month break from competition to have surgery on her left ankle in November, she returned to competition March 13 in a World Cup event at Queretaro, Mexico, where she finished 20th and regained her focus on the Olympics.

"I would love to come home with a medal, but I'm going to take whatever comes my way," said Allen, adding that she has struggled through a slow recovery from surgery. "I'm just

going to enjoy it and do the best I can."

Allen, ranked 19th in the world, ran cross country and track for the United States Military Academy at West Point, N.Y., where she was named most valuable runner and team captain. A 2000 graduate, she joined WCAP in 2001 and began training for modern pentathlon.

"I always wanted to go to the Olympics, but I knew that in track and field and cross country I just wasn't going to cut it," Allen said. "I'm still pinching myself. I don't think it will hit me until I'm actually on the plane landing in Athens."

Senior and Allen are attempting to become the first Army representatives to win an Olympic medal in modern pentathlon. George S. Patton was the first Soldier to compete in the event during the 1912 Games at Stockholm, Sweden.

LION, from Page 19

- Appear larger: Raise your arms. Open your jacket if you are wearing one. Again, pick up small children. Throw stones, branches, or whatever you can reach without crouching or turning your back. Wave your arms slowly and speak firmly in a loud voice. The idea is to convince the mountain lion that you are not prey and that you may be a danger to it.

- Fight back if attacked: Many potential victims have fought back successfully with rocks, sticks, caps, jackets, garden tools and their bare hands. Since a mountain lion usually tries to bite the head or neck, try to remain standing and face the attacking animal.

Tips for living in mountain lion country

- Don't feed wildlife: By feeding deer, javelina or other wildlife in your yard, you may inadvertently attract mountain lions, which prey upon them.

- Deer and rabbit proof your landscape: Avoid using plants that deer prefer to eat; if landscaping attracts deer, mountain lions may be close by.

- Landscape for safety: Remove dense and/or low-lying vegetation provides good hiding places for mountain lions and coyotes, especially around children's play areas; make it difficult for wild predators to approach a yard unseen.

- Closely supervise children: Keep a close watch on

children whenever they play outdoors. Make sure children are inside before dusk and not outside before dawn. Talk with children about mountain lions and teach them what to do if they encounter one.

- Install outdoor lighting: Keep the house perimeter well lit at night - especially along walkways - to keep any approaching mountain lions visible.

- Keep pets secure: Roaming pets are easy prey for hungry mountain lions and coyotes. Either bring pets inside or keep them in a kennel with a secure top. Don't feed pets outside; this can attract javelina and other mountain lion prey.