



Scout reports

e-mail: thescout@hua.army.mil

Planning committee

The Cochise County Local Emergency Planning Committee's regular monthly meeting will be held at 1:30 p.m. on Friday, in the Science Building, Room 200 at Cochise College, 901 Colombo Street, in Sierra Vista. The public is invited to attend. For additional information, call Bob Bobar at 432-9550.

Holiday closure

The health facility will be closed, including both pharmacies, Friday for a training holiday and on Monday in observance of Martin Luther King Day.

The afterhours clinic will be open during the holidays and on the weekend.

The clinic will be taking calls for appointments and the door will open at 10 a.m., but patients will not be seen until 11 a.m.

The clinic will remain open until 2 p.m.

Awards banquet

Fort Huachuca will host its awards banquet honoring the top civilian, Soldiers, sailors, airmen, Marines, instructor and drill sergeant of the year, beginning at 6 p.m. on Jan. 23 at the LakeSide Activity Centre.

Cost is \$19 and tickets are available from unit representatives. No tickets will be sold at the door. For more information, call Tracy Laventure at 533-5635.

Recognition ceremony

The Quarterly Volunteer Recognition Ceremony will be at 4:30 p.m. on Friday at the Murr Community Center. For more information, call Kim Bridges at 533-4823.

Blood drive

There will be an Army blood drive from 10 a.m. to 8 p.m., Jan. 27 and 28, at Eifler Gym.

Right Arm

The next Right Arm Night will be Jan. 30 at the LakeSide Activity Centre.

INSIDE

Food options



Virginia Hall dining facility is now open for business.

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Get out of town



Learn everything you wanted to know about taking a hop.

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Photo by Pfc. Joy Pariante

Nancy Murphy always knew creativity would be a part of her life. She teaches art to students such as Thomas Davidson at Smith Middle School.

A work of art

Post teacher nabs mayor's award

BY PFC. JOY PARIANTE
SCOUT STAFF

"I was not going to be a teacher," said Nancy Murphy with a grin. Sitting in her art studio at Smith Middle School, you couldn't imagine Murphy being anything other than a teacher. She looks the part of the quintessential artist; casual in jeans and a black shirt, with a bright patterned scarf for flair.

"I was teaching the Officer Basic Course here and students were saying how I made a difference in their lives and I thought I could do this for a living."

It's a good thing Murphy got her teaching certification 10 years ago, because her effort and dedication were recognized recently by the city of Sierra Vista Mayor's Arts and Humanities Department. Murphy was named the recipient of the 2004 Mayor's Arts Award.

Each year the public nominates people who have

made a significant contribution to the support of arts organizations, said Bob Brunt, chairman of the Sierra Vista Arts and Humanities Commission.

With four separate nominations, Murphy's efforts were considered "heads and shoulders above the other nominees," said Brunt.

"We are really pleased we can recognize someone who is so deserving as she is," Brunt said.

Shy and humble, Murphy was at a loss for words over the award. "Oh gosh, what's a good word," she pondered. "Well, I'm really excited," she began, "you don't do it for the recognition, but it's nice to get it though."

She attributes her successes to her support group of superiors and fellow staff. "The superintendent and the principal are so supportive of the arts program," she gushed. While Sierra Vista's school district has lost some funding for the arts, she explained, Fort Huachuca's school district has allotted funding to provide a beautiful studio, plenty of supplies and

See ART, Page 7

Big school board news

Construction on horizon, superintendent decides to resign

BY PFC. JOY PARIANTE
SCOUT STAFF

Fort Huachuca Accommodation School District held its Governing Board Meeting Monday at the Smith Middle School library. Overseeing the meeting

were Superintendent Guillermo Zamudio and school board president Trudy Berry.

The most involved issue of the evening was the resignation submitted by Zamudio.

Zamudio has been district superintendent for three years,

but requested approval of resignation at the end of his contract in June 2005.

"I feel that I am stifled by the current structure," Zamudio said about his resignation.

Many faculty members, including Casey O'Brien, principal

at Smith, spoke positively of Zamudio's professionalism, ethics and contributions to the school district and pleaded with him to retract his letter of resignation.

"I've seen other superintendents from around the state meeting and talking with Mr.

Zamudio," O'Brien said. "He has been recognized and awarded as a leader among leaders. It would be very difficult for us to continue to make the strides and progress we've made without, I

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City, fort partner in heritage program

'National Main Street' team visits this week

The City of Sierra Vista and Fort Huachuca are pleased to announce their selection by the Department of the Army and the National Trust for Historic Preservation's Main Street Center in Washington D.C. for participation in the Army-Community

Heritage Partnership Program.

The Heritage Partnership program is a demonstration project that seeks "to strengthen the economic, historic, and social ties between Army installations and historic commercial districts in neighboring communities."

A team of experts representing the National Main Street Center and the Department of the Army are visiting Sierra Vista and Fort Huachuca this week for the official

kick-off of the program.

Teresa Lynch, NMSC senior program associate and project leader, said she was looking forward to the visit, which will provide valuable insight on "how the relationship between Fort Huachuca and Sierra Vista can be strengthened and assist in economic growth for the downtown district."

Lynch is accompanied by William Armbruster, the Army's deputy assistant secretary for privatization and partnerships, and Gary Robinson, di-

rector of the Army's office of historic properties, both based at the Pentagon.

Lynch said that the services and technical assistance that will be afforded to Sierra Vista will provide preservation-based economic development strategies that will better connect Fort Huachuca with the community and assist in the revitalization of the historic

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BRAC issues presented to Arizona governor

BY PFC. JOY PARIANTE
SCOUT STAFF

Gov. Janet Napolitano visited Fort Huachuca and the Sierra Vista community on Dec. 17 to discuss Base Realignment and Closure 2005 and the importance of Arizona's military facilities to the Department of Defense's war fighting mission.

The National Defense Authorization Act for Fiscal Year 2002 authorized DoD to pursue one BRAC round in 2005.

"I understand how important Arizona's military installations are and I also want to make sure the rest of America understands the great contributions Arizona's military bases have made

and will continue to make to the national defense," Napolitano said.

"Fort Huachuca is a point of pride for Arizona," she added.

Both congress and DoD recognize military value must be the primary consideration in reducing or restructuring U.S. military bases.

According to DoD, BRAC is a means to achieve several goals: eliminate excess infrastructure; reshape our military; pursue jointness; optimize military readiness; and realize significant savings in support of transforming the Department of Defense. It is a means by which the military reconfigures its current infrastructure into one in which operational capacity maximizes both warfighting

capability and efficiency.

Napolitano has established the Governor's Military Facilities Taskforce to develop strategies for ensuring the long-term retention of all military facilities in Arizona, so that they may continue to perform their vital national defense missions. The taskforce will also establish funding to be distributed to Arizona's military installations.

However, DoD officials, both military and civilian, should not participate in any meetings of organizations with the purpose (express or not) of insulating an installation from realignment or closure to ensure the fairness and rigor of the BRAC deliberative process.

"Fort Huachuca, specifically, is the home of the U.S.

Army Intelligence Center, the Army's military intelligence structure originated here and this base is the key player in the Army's current intelligence collection efforts," Napolitano said.

"Fort Huachuca is also gaining an elite reputation for its work with unmanned aerial vehicles," Napolitano said.

BRAC will enable the U.S. military to match facilities to forces, meet the threats and challenges of a new century, and make the wisest use of limited defense dollars.

Consolidating facilities will save billions, allowing the department to focus funds on maintaining and modernizing facilities needed to better support our forces, recruit quality personnel, modernize

equipment and infrastructure, and develop the capabilities needed to meet 21st Century threats.

The BRAC process ensures that the United States continues to field the best prepared and best equipped military in the world.

The Army benefits from BRAC by helping to transform the Army by rationalizing our infrastructure with defense strategy.

"Our long-term goal is to sustain Arizona's superior military operations for years to come," Napolitano said. "Preserving the military industry in Arizona is essential to the fiscal health of the state and provides a strong foundation to create a better life for future generations of Arizonans, our children."

Commentary

Good year fighting identity theft

BY DAVID J. MCINTYRE, JR.
PRESIDENT, CEO
TRIWEST HEALTHCARE ALLIANCE

As we begin the new year, American consumers are better equipped to protect themselves from identity theft, an information age crime.

Preventing identity theft vaulted to the top of my priority list in December 2002 after thieves broke in and stole hard drives from one of our Phoenix offices, potentially placing at risk the personal and financial information of more than 500,000 military service members, their families and retirees whose health care benefits it is our privilege to manage.

While many of these U.S. servicemen and women lived in harm's way abroad, fighting to defend our American way of life in the war on terrorism, they became potential victims of criminals who may have intended to use their personal information to perpetrate a highly personal form of terror — robbing them of their financial identities.

Many were inconvenienced by this information theft, but authorities tell us that our prompt notification to customers was a significant factor in averting any fraud or identity theft being perpetrated against them.

The media spotlight generated by the federal crime against TriWest and its customers helped raise the profile of this insidious new crime, which was just beginning to register in the national conscience. Today, this crime is the fastest growing type of consumer fraud in the United States and has the

attention of consumers, the media, law enforcement and our elected officials.

What I think is the single most important development in consumer protection in the last year came Dec. 4, when President George W. Bush signed into law the reauthorization of the Fair Credit Reporting Act.

This new law takes a significant step toward closing gaps in financial industry practices to better protect consumer information against theft. Identity theft causes billions of dollars of harm to Americans each year and often requires victims to expend years of effort to undo the damage — and sometimes that isn't enough to repair their credit.

Raising the barriers for identity thieves is the most effective approach to help protect the American public and safeguard personal information. The law gives consumers the right to see their credit scores, obtain free copies of their credit reports every year, and place "fraud alerts" in their credit reports. Moreover, credit card companies are required to take certain precautions before granting credit to consumers who have fraud alerts on file.

During the 107th Congress, lawmakers introduced more than two dozen identity theft-related bills, but none passed both houses.

After a much-publicized ID theft ring victimized an estimated 30,000 consumers nationwide last fall, the Senate passed legislation to increase prison terms for convicted identity thieves; it never received a House hearing.

The Senate also passed legislation to help identity theft victims repair their credit, but

the House had insufficient time before adjournment to review it.

This year I twice testified before congressional committees urging Congress to give consumers the tools to protect themselves. I advocated a law demanding that companies quickly disclose information theft, that consumers be able to flag their credit files to help prevent fraud, that strict standards for credit card transactions be in place, and for longer prison sentences and larger fines. Most of these ideas, derived from TriWest's experience as a theft victim, became part of the law.

We learned in the last year how vital it is that companies take quick action to alert customers if their information is stolen. Personal information belongs to the consumer, not corporations, and there is a narrow time window, about three weeks, before thieves can start to make fraudulent use of the information. It may be embarrassing for the company, as it was for us, but not to notify customers in an expeditious manner is simply wrong.

We learned that information theft is far too easy to commit. It is far more rewarding and far less risky to steal patient records from a dental office than to commit armed robbery



at the bank across the street. While we most certainly didn't leave the back door unlocked or our "purse on the car seat" a year ago, both our physical and electronic security, as well as that of other contractors in the military health system, is even tighter today.

Federal law enforcement has not found any confirmed misuses of the information stolen from TriWest, our \$100,000 reward for the successful arrest and prosecution of those responsible still stands, and the criminal investigation is ongoing.

Although the amended Fair Credit Reporting Act is not perfect, it lays down a solid foundation for enacting even tougher laws in the future, and I consider it a victory for the American consumer and a worthy commemoration of a one-year anniversary.

Letter To The Editor

Thanking those who gave to Giving Tree

The Installation Staff Chaplain's Office expresses heartfelt appreciation to the combined Sierra Vista and Fort Huachuca community for the tremendous support during the recent Giving Tree ministry.

The generous efforts of this community totally met the need of holiday gifts for the children of Fort Huachuca soldiers.

The Installation's Command Sergeants Major worked with the unit first sergeants to get requests for gifts from service member families.

The Chaplain's Office organized the

collection and distribution of the gifts according to these requests. This ministry provided at least two sets of clothes and one nice toy to every child on the list.

An estimated \$22,000 worth of holiday gifts went out to more than 250 families. At least count over 450 children received gifts from this giving ministry.

It took many dedicated volunteers to make this possible. We extend a special thanks to all who faithfully manned the "Giving Trees" at various locations on Fort Huachuca.

Many local vendors, including the Fort Huachuca Main Exchange, helped greatly

with discounts and volunteer services. Several civic organizations made significant donations.

Finally, the Chaplains of Fort Huachuca say a big thank you to all the hard workers who spent several long days and nights preparing all the gifts for final distribution to boys and girls.

A big "Thank You" to all involved in this meaningful ministry of giving!

Chaplain (Maj.)
Thomas G. McFarland
Family Life Chaplain



We want to know what you're thinking! Submit your letters to the editor at thescout@hua.army.mil

Scout On The Street

Has the mad cow scare changed your eating habits?



'No, because I trust the beef supply in Arizona.'

Sgt. Bryan Barrett,
Headquarters and
Headquarters Company,
111th Military Intelligence
Brigade



'No, it doesn't scare me.'

Pvt. Constance Hartley,
Company A,
309th Military Intelligence
Battalion



'No, because I didn't know about it.'

Pvt. Chris Henderson,
Company A, 309th MI Bn



'No, I just don't feel like I'm at risk.'

Spc. Clinton Upchurch,
HHC, 111th MI BDE



'No, it didn't really scare me.'

Pfc. Michelle Lesnick,
Company A, 309th MI Bn



'No, I hadn't heard about it until now.'

Pvt. Rebecca Ashby,
Company A, 309th MI Bn

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Secret agent man

Legend hangs up cloak for classroom

BY SGT. KRISTIT JAEGER
SCOUT STAFF

A Vietnam veteran, former Special Forces and a recognized military intelligence legend, John B. Oakley, instructor for the military intelligence officer basic course, has seen a lot and done a lot, "though most of it never officially happened," he said.

A tall, wiry man with gray

hair, he has been working in military intelligence for a long time. He spoke of growing up in Brooklyn, NY, when the Dodgers were still the 'Brooklyn' Dodgers. Once they left Brooklyn, he no longer had an interest in baseball, he said. He speaks of his other favorite sports team he had while growing up, the New York Rangers, and how he never paid for a ticket to watch them play

because his dad was friends with the captain of the team.

Above all, Oakley spoke about the military. He talked about the covert missions performed many years ago, his current instructor position, his love of the Army and how special the troops are.

Oakley, a retired chief warrant officer, enlisted in the Army in 1961.

"I was going to get drafted, so I enlisted," Oakley said, who came into the military as a counterintelligence agent. He then became a warrant officer, continuing in the military intelligence branch working as 'human intelligence.'

Oakley, who has been an instructor for 17 years, received Special Forces training in Thailand and spent two years in Southeast Asia performing covert operations with Special Forces.

"Most of what we did was classified," said Oakley. "With operations

being secret, Soldiers were unable to get award recognition," he said.

"They didn't give a lot of awards out, other than the fact that we made it out alive. When I got a letter of appreciation, I was thrilled," he said. Oakley was even wounded on one operation, yet didn't receive a Purple Heart because the operation 'never happened.'

Oakley also served three tours at the Defense Language Institute, Monterey, Calif. He speaks Korean, Thai and Cambodian.

In the 24 years he served, Oakley said he never once was just in it for the money. He loved the Army life, the people, the patriotism of serving, being part of the Special Forces team, the camaraderie that comes with being part of an elite unit and knowing that the "job you just did might have saved someone's life somewhere," he said.

After retiring in 1985,

Oakland continued his position as an instructor.

"I enjoyed being in the military. I enjoy being around Soldiers," he said. "Soldiers are special people."

Oakley said he loves working with second lieutenants. "They're young, just starting out and full of life," he said smiling. "Some might be rocks, but they're fun to work with."

Having been an instructor so long, Oakley has seen captains he taught as lieutenants come back through for the career course, he said. He has seen students of his advance through the ranks as high as general. "It's neat when you watch someone you taught get promoted," he said.

The military has also advanced throughout Oakley's career.

"From the time I went in the service, I've seen an awful lot of changes," he said.

"There are better job aids," Oakley said. With the

technological advance in the Army, military intelligence was able to capture Saddam Hussein quicker than they would've been able to years ago, he said.

"Some of the technology coming online will cause tremendous technological changes in the way military intelligence and the Army do business," Oakley said.

In today's Army personnel are smarter, he said. In some cases he believes they are more dedicated.

Today the military really has a purpose, as opposed to during Vietnam, he said. With the love of fireman, policeman and the military in America, Oakley said the morale of the military is better, enabling soldiers to do their job better.

Oakley, although retired, continues his career with the military. He has seen many changes and experienced many things.

Are there any special outstanding moments from his career? "Yeah, but I can't talk about it," he said jokingly.



Free filing offered at fort tax center

BY PFC. JOY PARIANTE
SCOUT STAFF

The 2004 Fort Huachuca Tax Center is scheduled to open on Jan. 20 for free tax filing for servicemembers, retirees and family members.

"Anyone who is entitled to legal assistance through the JAG [Judge Advocate General's] office can use the free filing program," said Capt. Alma Z. Hernandez, officer in charge of the tax center.

The tax center is the commanding general's pet project and operated by JAG, Hernandez said.

Both Soldiers and civilians are tasked for tax preparation, Hernandez said. There are four retired civilian tax preparers and eight Soldiers assigned to the tax center.

"The Soldiers are currently in training from the IRS [Internal Revenue Service] to prepare taxes," Hernandez said.

They go through a five day course with an instructor certified through the IRS, said Matthew Willis, assistant OIC and tax expert at the center. "It covers all the basic 1040EZ, 1040A and the 1040 long form filing procedures," he said.

"It gets them really prepared for typical returns they will encounter," Willis added. When the Soldiers finish training and arrive at the tax center, they will go through practical filing training and get experience with the software they will be using for preparation.

The services are free of charge, and Hernandez encourages servicemembers to take advantage of that. The tax preparers on post are also familiar with issues that affect military members.

Earned income credit, Willis said, is very important this year due to the increased numbers of deployed troops who are now eligible due to rule changes.

Servicemembers, especially those who have deployed, need to keep an eye on their W-2 forms,

said Hernandez. If there was any additional pay, such as hazardous duty pay, it needs to be annotated. Changes must be made through finance, not the tax center, she said. The tax center professionals have provided the answers to some other important tax questions:

Q: Do I need to make an appointment to have my taxes done?

A: In most cases no. For taxpayers who file the 1040 (long form) with schedules A, C, D and E, it would be best to schedule an appointment to ensure that enough time is available to prepare a more complicated return. 1040EZ and 1040A filers may come in on a walk-in basis.

Q: What documents do I need to bring to the tax center?

A: Typically, taxpayers will need to bring:

- W2 forms for each job held during the tax year (2003);
- 1099R for retirement pay or IRA distributions;
- Social security cards for each person on tax return (kids included);
- 1099 INT/DIV for interest from banks, stocks or mutual funds;

tual funds;

- 1099B from sales of stock;
- College educational expenses;
- Moving expenses;
- IRA contributions to traditional IRAs;
- Expenses related to homes you own that are being rented out;
- Charitable contributions statements;
- Mortgage and property tax statements for homes you own and are living in (including mobile homes); and
- Any other tax related documents.

Q: When will the W2 forms be available?

A: W2s will be available for service members beginning on January 16. W2s will only be mailed to those service members who do not have a MyPay personal identification number. If the service member has a PIN for the MyPay Web site, he or she will be able to download a copy of their W2 directly from mypay.dfas.mil.

Q: What do I need to bring with me if I would like my refund to be deposited in my account?

A: For direct deposit refunds, please bring your account number and bank routing number.

Q: Can I file a joint return even if my spouse is deployed or TDY?

A: If you are filing a joint return, and the spouse is not currently at Fort Huachuca, you will need a power of attorney from the absent spouse.

The tax center will be open 8 a.m.-4 p.m. Monday through Friday. To accommodate deploying service members and students, the tax center will also be opened various Saturdays from 8 a.m. - 12 p.m. during the tax season.

Walk-ins are limited to those filing 1040EZ or 1040A forms. If a 1040 form is being filed, call 533-2009 for an appointment.

The 2004 Fort Huachuca Tax Center will be located on Christy Street at Derosy Cabell Hall, Bldg. 22324.



Scholarship program offered for children of war victims

BY LEE HARRIS
AMERICAN LEGION

As the world rang in the new year 2004, American fighting men and women marked their third consecutive year in harm's way, fighting terrorism, at home and abroad.

Sadly, too many of our nation's children have lost a parent in this enduring struggle against evil.

These parents shall never have the opportunity to see their children through school and into adulthood.

Regrettably, the casualties of war continue. It behooves all of us as citizens of a grateful nation to say "thank you" in a very meaningful way.

The American Legion has established the American Legacy Scholarship for children of members of

America's Armed Forces who died while on active duty on or after Sept. 11, 2001.

"We know that meeting the cost of a college education can be difficult for the average household. But, it is a major financial burden for one-parent families," said John Brieden, national commander of the 2.7 million-member American Legion.

"The brave Americans who sacrificed their lives in the battle against terrorism are heroes. We have an obligation to help their children reap the benefits of higher education as they become the future leaders of our nation."

Children of active duty military and federalized Guard and Reserve personnel, killed on active duty on or after Sept. 11, 2001, are eligible.

"As Abraham Lincoln said, '...to care for him who shall have borne the battle, and for his widow, and his orphan...'" Brieden said.

"The American Legion is proud to continue that legacy." To obtain a scholarship application visit the Legion's Web site at www.legion.org and click on "community" or send a self-addressed stamped business envelope to American Legacy Scholarship, The American Legion, P.O. Box 1055, Indianapolis, Ind. 46206.

To contribute to the American Legacy Scholarship fund, send your donation to: The American Legacy Scholarship Fund at the above address. Contributions may be tax deductible.

For more information call Bob Caudell 317-630-1212 or e-mail him at rcaudell@legion.org.



JITC conference planned

Joint Interoperability Test Command announces its 14th Annual Interoperability Conference March 16-18 at the Buena Performing Arts Center in Sierra Vista.

This year's theme is: "Network Centric Battlespace: Paving the Road Ahead" Meeting the Interoperability Challenge of the New Millennium.

This is the largest annual Department of Defense conference to address C4I interoperability issues that affect the Unified Commands, services, and agencies. Scheduled keynote speakers are Admiral E. P. Giambastiani, U.S.

Navy, General Ralph E. Eberhart, U.S. Air Force and Admiral Vern E. Clark, U.S. Navy. Numerous general officers and senior executive level of government organizations will be technical speakers. Topics will include Net-Centricity, IPv6, Coalition Forces interoperability issues, and Network Initiatives of the Central Command, Northern Command, Pacific Command, European Command and Southern Command.

For more information visit the conference home page at jitc.fhu.disa.mil/iop_conf/2004/index.html.



Photos by Elizabeth Harlan

Although the new facility concentrates on serving 'fast food,' in addition to serving a short order menu, items such as grilled chicken breasts and a salad bar are available as well.

DFAC gives Soldiers 'chow' time



With the addition of Virginia Hall dining facility in Prosser Village, Soldiers no longer rush through meals because of lack of space to eat.

BYSGT. KRISTIT. JAEGER
SCOUT STAFF

After renovation of the building, with a little manual labor from the Soldiers, Virginia Hall dining facility officially opened for business Jan. 8.

"The new dining facility in Prosser Village is to help improve the quality of life for Soldiers," said Col. Susan Browning, chief of staff, US Army Intelligence Center and Fort Huachuca.

The renovation began Dec. 6 and was completed by Dec. 28, said Allen Lewis, facility manager of both Virginia Hall and Yardley dining facility, also located in Prosser Village.

The congestion of feeding 3,600 a day made them realize they needed another facility, Lewis said of Yardley.

"The fact that there are new and inventive things [such as the new facility] being done to help Soldiers is great," said Pvt. Mykal McFarland, Company A, 305th Military Intelligence Battalion.

The decision to renovate a new dining facility was talked about six months ago, Lewis said.

It was decided that it was more feasible to have two dining facilities for timeliness during meal hours.

Some of the Soldiers already prefer the new facility to Yardley.

"It's been a vast improvement on the old one (Yardley)," said McFarland.

"The short order is better than the short order at Yardley," said Pvt. Garrett Trombley, Company E, 305th MI Bn.

Since the grand opening, around 800 Soldiers are eating at

the new facility per meal, Lewis said. "Right now we're almost splitting [between two facilities] the meals."

Soldiers are able to sit down and enjoy their meals without such long lines, he said.

"I really like it. It's a good dining facility," said Pvt. Dave Harris, Company E, 305th MI Bn.

Soldiers contributed to the renovation by putting together the chairs and tables, said Lewis. Harris was one of the Soldiers who helped with the renovation.

One of the most popular items on the menu is the handmade MI burger, which Lewis created three years ago when working at Thunderbird Dining Facility, he said. Three hundred pounds of ground beef were used to make the burgers on the first day, Lewis said.

Lewis refers to the younger crowd of Soldiers as "generation fast food kids."

The renovation only took 22

days, Lewis said. That kind of project usually takes 90 days to complete.

A total of 10 contractors, along with the help of 60 Soldiers, participated in the renovation, Lewis said.

"It worked like a puzzle," he said. "One piece fit as the next came in."

"We went a little bit above and beyond the daily scope of work," said Chief Warrant Officer Kendall Brown, installation food advisor.

In addition to the renovation, 36 new dining facility employees were hired to work at the new facility, Lewis said.

Minimum qualifications for the employees were to know about sanitation, safe food handling and take a test.

The dining facility also con-

"The fact that there are new and inventive things [such as the new facility] being done to help Soldiers is great.

Pvt. Mykal McFarland,
Company A, 305th MI Bn.

ducts an eight hour class at orientation, said Lewis.

Two trial meals were served Jan. 3 and Jan. 4. Head count for the Jan. 3 meal was 160 Soldiers and rose to 500 Soldiers on Jan. 4.

"Head count has picked up every day by at least 100," Lewis said.

Another bonus to the new din-

ing facility is an evening meal served from 7 to 9 p.m., Lewis said.

The goal of the evening meal is to prevent Soldiers from spending money to eat late and to provide them with a place to relax.

After a review of how many Soldiers are eating at the new facility, a PlayStation2 and television will be added to the area.

"They come here as relaxation because there's no drill sergeants here," Lewis said.

Lewis has had Soldiers thank

him for the new facility, as well as more than 120 positive comment cards. Lewis also takes time to sit with the Soldiers throughout meals and listen to suggestions to improve the facility, he said.

"I take their ideas and utilize them too," he said.

For the future success of the new facility, things are only going to get better, Lewis said.

"Overall, this is one of our better facilities I've ever had the opportunity to be a part of from beginning to finish," he said.



The 'MI Burger' was created by Alan Lewis, facility manager, three years ago and is a favorite short order item.



Pvt. Kaitlyn Marston, Company D, 309th MI Bn, is among the Soldiers who enjoy the variety of short order food at the new facility.

Mental Health Awareness Month

PTSD - when war isn't really over

BY JENNIFER K. PAWELECK, PSY.D.

CHIEF, COMMUNITY MENTAL HEALTH SERVICE
RAYMOND W. BLISS ARMY HEALTH CENTER

The war is over! What joyful words these have been throughout history. Regardless of your feelings about war itself, this phrase generally brings some sort of relief. It is typically taken to mean violent fighting has ended, our service members are coming home, and we can regain some semblance of peace and tranquility or at least normalcy. To some, though, these words have little meaning.

To them, it does not matter how long ago the fighting ended. They still fight a personal war each day—a war between themselves and their memories. Feelings of anger, sadness, nervousness, shame, and guilt are just a few of the enemies in these private wars. The casualties include physical and mental deterioration, which can result in occupational, financial, relationship and spiritual problems to name a few.

As with most things though, people's reactions to combat and other aspects of war run on a continuum. We know that traumatic memories are encoded and stored differently than other memories, but not everyone who has a traumatic experience will develop Posttraumatic Stress Disorder. Many trauma survivors do very well and go on to lead healthy and productive lives. Some survivors may be haunted for some time by their memories but eventually heal through self-help, peer help, and/or professional help. Still, others find their lives are literally ravaged by the trauma and become debilitated by the experience. Your perception of and reaction to any event largely determines your psychological and physical outcomes. Two people can witness the exact same event at the exact same place and time and have two completely different reactions. Other factors that influence the trauma response include genetic predispositions, life history, previous traumatic experiences, and nature of the traumatic experience, personality type, and coping skills.

In my work with combat veterans, several themes have emerged. Of course, symptoms vary in intensity and everyone has his or her own individual response to stress, but these are some of the things that are consistently mentioned. Some torture themselves with the "shoulda, coulda, wouldas"—"If only I would have stayed awake on guard duty, my comrades would still be alive." Some feel guilty for being alive—"I watched him die right in front of me.... All I can think is, 'That should have been me!'" Some feel shameful for their acts during wartime, things they thought they would never

do or were not even capable of doing. Some still harbor intense and destructive anger at their commander, the government and their comrades. This anger may be misdirected in the present ("kicking the dog") such that current relationships suffer as a function of past wounds that have not healed. Some may be reluctant to become involved in relationships or do so only partially, never allowing others to truly get to know them. Others withdraw from relationships altogether. Some have sleep and eating patterns that they feel will never be normal. Many have turned to alcohol and/or other drugs—legal and illegal—to numb the pain, to feel better for just a brief moment, to try to forget what they experienced, to try and sleep, and so on. Many have such intense mood fluctuations that they have difficulty interacting with people on a daily basis, much less maintaining a relationship with a friend or romantic interest. Still others have flashbacks so vivid that they start to sweat and shake when they hear a helicopter or smell gunpowder. Some have nightmares so intense that they wake up screaming and cannot go back to sleep. Yet others are ever vigilant for another attack, leaving them constantly on edge and sometimes resulting in auditory and/or visual disturbances that terrify them beyond belief.

Throughout the years, clinicians and researchers have attempted to understand the processes at work in the minds and hearts of these veterans. Beginning as far back as the Civil War, various labels have been used to capture the elements of this personal war. Such labels include Nostalgia; Shell Shock or Trench Neurosis; Battle Fatigue; Combat Exhaustion; Operational Fatigue; Post-Vietnam Syndrome; and, most recently, Posttraumatic Stress Disorder. According to the Diagnostic and Statistical Manual of Mental Disorders, 4th Edition (DSM-IV; American Psychiatric Association, 1994), PTSD is classified as a type of anxiety disorder. Posttraumatic stress itself is a normal response to an abnormal situation. When the stress comes to interfere with daily functioning in one or more significant domains (e.g., social, occupational, academic, interpersonal), though, it can become a disorder. Some of the primary symptoms of PTSD include (1) re-experiencing the traumatic event through intrusive and distressing recollections of the event (flashbacks), recurrent distressing dreams of the event (nightmares), acting or feeling as if the event were recurring, etc.; (2) avoidance of reminders of the trauma, decreased interest/participation in significant activities, inability to recall an important aspect of the trauma, etc.; and (3) symptoms of increased arousal such as problems falling or staying asleep, irritability/angry outbursts, problems concentrating, an exaggerated startle response, etc. These symptoms can occur immediately after exposure to a trauma or several months later.

If you see yourself in this symptom description, the most important thing for you to know is that you are not alone. According to the DSM-IV, studies conducted with at-risk individuals such as combat veterans,



victims of natural disaster, and survivors of criminal violence show that as much as 58 percent of those individuals developed PTSD (American Psychiatric Association, 1994). The second most important thing for you to know is that help is available. There are numerous treatment programs for PTSD available through military treatment facilities as well as the Department of Veterans Affairs. Several community and private programs are available as well. The Internet is an invaluable resource for finding treatment programs, and a search of "PTSD treatment" will provide an abundance of information. One such helpful Web site is maintained by the VA's National Center for PTSD (<http://www.ncptsd.org/>). Feel free to contact the Behavioral Health Service at 533-5161 for more information.

While all forms of treatment can be helpful, many therapists and patients believe that group therapy is often the best treatment for combat-related PTSD due to a reduction in feelings of isolation; the sharing of feelings, thoughts, and experiences; and the sense of commonality and support from others that an individual gains. The BHS at Raymond W. Bliss Army Health Center on Fort Huachuca is starting one such group treatment program this month. This weekly outpatient group is free to TRICARE-eligible, active duty combat veterans of any war who are experiencing symptoms of PTSD. If you are interested in obtaining more information about the group and/or attending the group, please call BHS. Interested parties will be individually screened by a mental health practitioner to assess their appropriateness for the group. If you are living with someone whom you think has PTSD, please do not hesitate to call BHS; we can help you talk to him or her and find treatment resources for yourself as well. If you are interested in PTSD treatment but are not TRICARE-eligible or are not on active duty, please call BHS for information about community resources available for the treatment of PTSD.

Obviously, PTSD can be caused by traumatic experiences other than combat. Sexual assault, natural or man-made disasters, kidnapping, being held hostage, severe automobile accidents, and abuse—whether one is the direct victim or an observer—are just a few of the other experiences which can also result in PTSD symptoms.

For more information about PTSD or any other mental health concern, feel free to contact BHS. PTSD affects the entire family; so if you will not get help for yourself, do it for someone you care about, someone who is important to you. The sooner you get help, the sooner you can end your private war.

Common mental disorders

Anxiety disorders

- Acute stress disorder
- Panic disorder
- Agoraphobia without history of panic disorder
- Social phobia
- Specific phobia (formerly simple phobia)
- Obsessive-compulsive disorder
- Posttraumatic stress disorder
- Generalized anxiety disorder

Childhood disorders

- Attention-deficit hyperactivity disorder
- Asperger's disorder
- Autistic disorder
- Conduct disorder
- Oppositional defiant disorder
- Separation anxiety disorder
- Tourette's disorder

Eating disorders

- Anorexia nervosa
- Bulimia nervosa

Mood disorders

- Major depressive disorder
- Bipolar disorder (manic depression)
- Cyclothymic disorder
- Dysthymic disorder

Cognitive disorders

- Delirium
- Multi-Infarct dementia
- Dementia associated with alcoholism
- Dementia of the Alzheimer type
- Dementia

Personality disorders

- Paranoid personality disorder
- Schizoid personality disorder
- Schizotypal personality disorder
- Antisocial personality disorder
- Borderline personality disorder
- Histrionic personality disorder
- Narcissistic personality disorder
- Avoidant personality disorder
- Dependent personality disorder
- Obsessive-compulsive personality disorder

Schizophrenia and psychosis

- Schizophrenia
- Delusional disorder
- Brief psychotic disorder
- Schizophreniform disorder
- Schizoaffective disorder
- Shared Psychotic disorder

Substance related disorders

- Alcohol dependence
- Amphetamine dependence
- Cannabis dependence
- Cocaine dependence
- Hallucinogen dependence
- Inhalant dependence
- Nicotine dependence



Curtsey photo

AFAP set to ease post worries; open for public suggestions

BY PFC. JOY PARIANTE
SCOUT STAFF

The Army Family Action Plan begins training delegates and oth-



Photo by Pfc. Joy Pariente

Suggestion boxes are located at 20 locations around post.

ers involved with the program in late February and early March, but just what falls in the realm of AFAP?

Issues are turned into AFAP regarding everything from road work to TRICARE concerns. "Issues can be about just about anything," said Andrea U. Sovern, post Army Family Team Building and AFAP program coordinator. "If there's something you see that affects people, put it in there as an issue."

AFAP has posted issue boxes at 20 sites on post, including the post exchange, commissary, dining facilities and LakeSide Activity Centre. Issue sheets are provided and so is an informational pamphlet about AFAP.

AFAP has a brief set of guidelines printed on the issue sheet to keep pertinent issues apart from complaints, Sovern said.

- The issue must affect readi-

ness and retentions

- The issue must have community-wide impact
- Resolution must be attainable within fiscal and manpower resources
- A suggested solution must be included with each issue

As for submissions, they come from all over the community, from retirees and teens. "Anyone in the Army family or related to military can submit their issues," Sovern said.

Each year, a new AFAP commission is formed. The members are separated into interest or "work" groups and assigned issues to research and eventually present to the garrison commander, Sovern said.

After discussions, debates and a final consensus, the groups choose one of their three or more issues to take to the commander,

Sovern said.

The commander then designates a commander's steering committee that reviews and prioritizes the chosen issues, Sovern said. Each issue is assigned to an action officer who determines a plan of implement for the post or recommends forwarding to the Training and Doctrine Command or the Department of the Army for action.

Local issues are those that can be completed with post funding, cooperation and manpower, such as new bus routes and replacement of appliances in post housing, Sovern said.

About 80 percent of issues are taken care of at the local level, said Ransom Schwerzler, Fort Huachuca delegate to the DA AFAP conference.

Other issues are forwarded to higher authorities, Sovern said.

Issues pertaining to TRADOC policies stay at the TRADOC level.

Policy and legislative changes, and those that need additional funding go to DA level, Schwerzler said.

Many of the major Army commands send forward very similar issues to the DA level, Sovern said.

More than 80 legislative changes, 140 policy changes and 500 different issues have been solved through AFAP, Schwerzler said.

Significant Army programs such as the Exceptional Family Member Program and the Better Opportunities for Single Soldiers program came out of AFAP, Sovern said.

Decisions on issues, once at DA level, can impact all branches of the service, Sovern said.

Some examples are the Thrift Savings Program and spousal eligibility for Servicemen's Group Life Insurance.

Community Updates

Range closures

Today – AF, AH, AL, AM, AN, AU, AW, T1, T1A, T2
 Friday – T1, T1A, T2
 Saturday – T1, T1A, T2, T2
 Sunday – No closures (subject to change)
 Monday – No closures (subject to change)
 Tuesday – AB, AC, AL
 Wednesday – AL, AV, AW, AX, T1, T1A, T2
 For more information on range closures call Range Control at 533-7095.

Visitor Center renovations

Renovations at the Visitors Center at the Main Gate

began Monday.

The project is expected to take approximately three weeks to complete.

Temporary visitor passes will be issued from the Directorate of Public Safety Mobile Operations Van at the Main Gate.

However, until the project is completed, permanent vehicle registrations will only be done at Whitside Hall, Room 4.

Cochise County directories

The new Cochise County telephone directories are available for pickup at the Official Mail and Distribution Center of the Directorate of Information Management, US Army

Garrison.

The OMDC is located in the back of Building 22408 at Christy Avenue and Butler Road.

Operating hours are from 7:30 a.m. to 4 p.m. (closed from noon to 1 p.m.) Mondays through Fridays.

The telephone directories are for USAG directorates and staff offices and partner activities.

For more information, call Gayle Olson at 533-3932.

Widowed Support Center

The Widowed Support Center located at the corner of Fry Blvd and Buffalo Soldier Trail is open from 9 a.m. to 3 p.m., Monday through Friday.

Tax Season IRS offers alternate payment options

INTERNAL REVENUE SERVICE RELEASE



Individuals can pay taxes electronically by authorizing an electronic funds withdrawal from a checking or savings account or by using a credit card.

These e-payment options can be used to:

\$ pay taxes owed on a 2003 income tax return.

\$ pay projected tax due when requesting an automatic extension of time to file.

\$ pay estimated taxes for Tax Year 2004.

In addition to the above tax payments, credit cards can be used to pay taxes owed on prior tax year 2002 returns as well as to make a payment on an active Installment Agreement for past due tax owed for tax years 2000 and after.

The IRS has entered into partnerships with private industry, including tax preparation software developers and credit card processors, to make these electronic payment options available.

More than 1.2 million people paid their federal taxes by electronic funds withdrawal or credit card during 2003, up from 750,000 last year, a 60 percent increase over the prior year.

Electronic funds withdrawal

Electronic funds withdrawal is free and the taxpayer decides when the tax payment is withdrawn from the bank account.

Electronic funds withdrawal is only available to those who e-file, either by computer or by phone. A taxpayer may e-file early and, at the same time, schedule the withdrawal as late as April 15, 2004. For returns filed after April 15, the payment is effective on the filing date.

A 2004 estimated tax payment can be made through electronic funds withdrawal only when filing a 2003 tax return via computer, whether or not there is a balance due on the return.

The estimated tax payment may be the one due in April, June or September. Only one estimated tax payment can be made through electronic funds withdrawal. This payment cannot be made by phone.

In 2003, 629,076 taxpayers paid their taxes through electronic funds withdrawal, an increase of 48 percent over the prior year.

Editor's note: The 2004 Fort Huachuca Tax Center will open Jan. 20 in Bldg. 22324, on Christy Street at Desrosy Cabell Hall.

AAFES Martin Luther King holiday hours

Main Store

10 a.m.-6 p.m.

Furniture/Outdoor living

10 a.m.-5 p.m.

Barber Shop Main Store

10 a.m.-4 p.m.

Beauty Shop

11 p.m.-5 p.m.

Cosa's Bonitas

10 a.m.-5 p.m.

Flower Shop

10 a.m.-4 p.m.

GNC

10 a.m.-5 p.m.

Optical Shop

10 a.m.-4 p.m.

UPS Store

10 a.m.-5 p.m.

Anthony's Pizza Main Store

10 a.m.-4 p.m.

Franks Franks

Closed

Robin Hoods Deli

11 a.m.-5 p.m.

Baskin-Robbins

Closed

Regimental Retail store

8 a.m.-8 p.m.

Popeye's Chicken

10:30 a.m.-8 p.m.

Anthony's Pizza Regimental

10:30 a.m.-8 p.m.

AT&T Cyber Zone

8 a.m.-8 p.m.

Barber Shop

9 a.m.-3 p.m.

Laundry, Dry Cleaner Military Clothing Sales

Closed

Shoppette / Class VI

8 a.m.-9 p.m.

Laundry, Dry Cleaner, Alteration

10 a.m.-4 p.m.

Military Clothing Sales/Cochise Theater

Closed

Barracks Phone Center

Closed

Burger King

10 a.m.-5 p.m.

Launderette

6 a.m.-9 p.m.

Greely Hall Diner

Closed

Barber Shop Greely Hall

Closed

JITC Cafeteria

Closed

Trash talk, recycling for post residents

BYSGT. KRISTI JAEGER
SCOUT STAFF

Residents of Fort Huachuca are encouraged and able to participate in the recycling program in effect in Sierra Vista.

Brian Bauer, management analyst at the Department of Public Works Environmental Service Division, said they are trying to get the residents of Fort Huachuca involved in the program.

"As it stands, people from the fort can bring recyclables to the city drop-off sites," Bauer said. Target, the Mall at Sierra Vista and the North Avenue facility are a few of the sites available for drop-off, he said.

Although the recycling program is progressing well, there are problems that need to be resolved if the City of Sierra Vista is going to be able to make the effort work. Tin cans and plastic (number one containers—soft drink

bottles, number two containers—milk and water bottles) are being accepted at the recycling facility at 1224 North Ave. only. They cannot be accepted at any public drop-off site.

Environmental Services Division Manager Pat Bell said, "Some residents have been mixing their plastics and tin cans in with other materials at the regular drop-off sites. That increases costs and man-hours because these materials must be hand sorted before they can be processed. These added costs, in turn, jeopardize the ability to continue the plastics and tin pilot project."

Bell reported that there are other problems that threaten the success of the recycling program in Sierra Vista. Some residents are adding glass to the recycling containers. Glass is not being recycled and must be removed by workers and discarded.

In some cases, plastics and tin cans have been tossed over the fence at the North Avenue facility.

A recycling container for tin cans and for number one and two plastics has been placed outside the gate at the North Avenue facility for use by the public when the facility is closed. These containers are for properly separated plastics and tin cans only.

Other residents have been leaving used motor oil at the North Avenue facility. Used motor oil may be taken to the county transfer station on East Highway 90; it cannot be accepted at the drop-off sites or at the recycling facility.

In order to make this project work, residents' assistance and cooperation are needed. Do not mix recyclables in the containers or deposit materials that are not being recycled in the bins. Deposit all recyclables mate-

rials in the correct containers at the correct collection sites.

Bauer said the program has been well received so far. Since July, 175 tons of materials have been shipped. Bell added, "The citizens of this community have always been very responsive when it comes to supporting the environmental programs, and we appreciate that because it serves us all to be conscious of these issues. But, unfortunately, the acts of a few have the potential of curtailing the efforts of many, and residents' cooperation is absolutely key to the city's ability to continue this recycling project."

"By the numbers, it looks like it's going to be a good year," said Bauer.

Questions related to the recycling project and any other environmental programs should be directed to the Department of Public Works Environmental Services Division at 458-5775.

HERITAGE, from Page 1

downtown commercial district.

One of the primary goals of the project, Lynch said, is "to better serve the Army family — those individuals who make up the military and civilian population and visitors to Fort Huachuca. This can be done by providing enhanced shopping opportunities, product availability and services in the downtown district." Lynch said that "Fort Huachuca offers tremendous market opportunities for Sierra Vista."

She said that the Heritage Partnership project will assist the community in developing strategies to take advantage of those opportunities.

Lynch said that another goal of the project is to create a stronger bond between Fort Huachuca and the Sierra Vista community by demonstrating shared heritage. "So we will be investigating the potential for heritage and nature-based tourism as well as the economic opportunities the tourism sector can provide for the downtown district, for reuse of historic buildings at Fort Huachuca, and to take full advantage of the interest in nature-based tourist attractions both on the fort and in the surrounding community."

According to Lynch, the visit includes a series of meetings, both at Fort Huachuca and in downtown Sierra Vista, to introduce visiting team members to representatives from

the fort and the community.

The visiting team will also outline the demonstration project, review objectives, discuss desired outcomes, and describe the technical assistance services that will be part of the demonstration project over the next year.

The visiting team are seeking input from both Army and community representatives on a variety of issues related to downtown revitalization and the downtown's relationship to Fort Huachuca. A partnership team, made up of representatives from Fort Huachuca and the community will be created during the visit.

Lynch said the Partnership Team will meet on a regular basis as the

program of work progresses and as technical assistance services are delivered.

Col. Lawrence Portouw, garrison commander said, "Fort Huachuca and Sierra Vista already share a strong bond. This program promises to enhance that bond, preserve our historic heritage, and offer ideas for economic growth to the downtown district—a win-win opportunity."

Sierra Vista's Mayor Tom Hessler added, "We are very pleased to be selected to participate in this program. It appears that the work of the Heritage Partnership will build on the work that has already been done by our Downtown Neighborhood Commission and in fact the group is scheduled to meet with the commission as

part of their visit. Of course we are always pleased to participate in activities designed to strengthen our relationship with Fort Huachuca. An added benefit of this program is the significant assistance it can give to our ongoing efforts to revitalize the west side of Sierra Vista."

Fort Huachuca and Sierra Vista are the fourth Heritage Partnership demonstration project to be selected in the country.

The program began a year ago with the designation of West Point-Highland Falls, N.Y., Fort Leavenworth-Leavenworth, Kan., and Fort Benning-Columbus, Ga., as Army-Community Heritage Partnerships.

ART from Page 1

money for trips to display student artwork as far away as Phoenix.

Murphy began her affair with art at a young age. "I really had a passion for it. It was the one thing I was really good at in school.

"My mother told me that I was so hyperactive as a kid that no one wanted to watch me. My aunt gave me paints and told me to paint in the newspaper and it really calmed me down."

Now, Murphy passes

her passion to young people with patience and encouragement. "My job is to prepare people for going out into the world. In my case, because it's art, I'm giving them a sense of their culture.

"Art is so important," she continued, "because every

culture has art. It refines our civilization. Creativity is in all walks of life, it's incorporated in everyone's life."

If it were up to Murphy, every child would have physical education and art during every school day.

"Kids need to get up and

move around," she explained. "The kids like this class because we move around a lot. Sometimes I take them outside to sketch."

Murphy will receive her award in the presence of her husband, children and friends

at Cochise College on Jan. 25.

The award is one of four presented by the Office of the Mayor, the Arts and Humanities Commission and the Department of Parks and Leisure.

SCHOOL from Page 1

feel, the continued leadership of Mr. Zamudio."

Col. Lawrence J. Portouw, garrison commander, stated, "Gen. Marks and I are among Mr. Zamudio's most staunch supporters."

Zamudio informed his supporters that "under the right conditions, I might retract my letter of resignation."

He intends to "continue serving kids

and school personnel" at another location.

Among the other issues reviewed and introduced was the architect committee's report and recommendations for new construction and remodeling of post schools.

The committee had an architect review the condition of Smith, Myer Elementary and Johnston Elementary, and

complete reconstruction was found more financially prudent than remodeling the existing structures, said Janet Wilcox, district finance manager, who gave the briefing on construction to the board.

Besides saving district funds, building new schools would have many other benefits, Wilcox said. Some include savings in maintenance, more environmentally friendly and energy efficient struc-

tures and minimal disruption of the learning process during construction.

Other construction recommendations within the district include:

- Replacing the roofs at Myer and Smith, regardless of new construction ideas, for an estimated cost of \$739,000
- Remodeling the administration and maintenance/transportation buildings
- Determining what kind of new con-

struction configuration will be the most beneficial. For example, the construction of two new kindergartens through eighth grade schools versus a new pre-school through fifth grade building and a sixth through eighth grade building.

The next school board meeting is scheduled for 3:30 p.m., Feb. 9 at the Smith Middle School library. Meetings are open to the public.