



Clowning around
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The Fort Huachuca Scout



Vol. 47, NO. 45 Published in the interest of Fort Huachuca personnel and their families November 15, 2001

Scout reports

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Adopt a soldier

The 111th Military Intelligence Brigade is sponsoring the 13th Annual Thanksgiving Adopt-a-Soldier Program, which matches up single soldiers within the brigade with host families for an enjoyable Thanksgiving dinner.

Sponsor families are needed. Contact the 111th MI Bde. Chaplains Office at 533-8774 or 538-1252, Chap. (Maj.) Patricia Dickson or Staff Sgt. John Hart, for information about how you may sign up to become a sponsor family.

The brigade is looking primarily for families who are connected directly with the Fort Huachuca military community to assist this year.

FCC applications accepted

Fort Huachuca Family Child Care is now accepting new provider applications. FCC Providers are adult family members that offer childcare in their quarters. All FCC Providers must be certified by Child and Youth Services.

FCC will offer training Jan. 7-18, 2002 from 8 a.m. to 1 p.m., Mondays through Fridays. The training is free of charge. Interested family members should contact the program director at 533-2494 or 533-2498.

Ed Center open house

The Education Center, Building 52104, will host an open house today from 11 a.m.-1 p.m. in observance of American Education Week. The Army again refocuses on strengthening their resolve to educate America's soldier students to meet the challenges of leadership today and tomorrow. This year's theme is "An Army of One, an Educational Opportunity for Every Soldier." Stop by for refreshments.

Buffalo Soldier prints debut

In honor of Native American Heritage Month, Louis Blanche (Cherokee/Choctaw) will release his series of limited edition Buffalo Soldier prints.

The six different numbered prints will be available for viewing at the Main Post Exchange today from 10 a.m. to 5 p.m. and at the Mini Mall on Friday and Saturday from 3-8 p.m.

306th MI Bn. FRG meets

The 306th Military Intelligence Battalion's Family Readiness Group will sponsor an information dissemination meeting today at 6 p.m. It will be held in the main Ballroom at Murr Community Center.

There will be free on-site childcare. All soldiers, family members and civilians and their families are encouraged to attend. If there are any questions or concerns, or if you would like to help plan or have information you would like to put out, call Michelle Clark at 803-0310 or e-mail mmblark@aol.com.

Blood drives set

The American Red Cross Blood Drives for November are 7:30 a.m.-12:30 p.m., Friday at Murr Community Center; and 2-8 p.m., Nov. 29 at Eifler Gym.

Drink extra water starting the day before the drive and eat a small low-fat meal or snack two to four hours before donating. You may also donate at the Red Cross Center near Donovan Dodge on Mondays and Wednesday from 8 a.m. to 3 p.m. or on Tuesdays from 11 a.m. to 6 p.m. For more information, call 458-4858

ACAP closed Friday

The Army Career Alumni Program Center will be closed on Friday from 11:30 a.m. to 4:30 p.m.



Photo by Sgt. Sharron L. Stewart

USS Arizona sails again

This year's Veterans Day Parade included representation by Fort Huachuca and various veteran groups. After the parade, a ceremony honoring veterans was held at Veterans' Memorial Park. Additionally, the replica of the USS Arizona participated in the parade accompanied by the Sea Cadets and was available for tours after the parade.

Fort extends 'heartfelt thanks' to vets

By Sgt. Sharron L. Stewart
Scout Staff

While some needed the assistance of a cane, walker or even a family member, and nearly all had heads of gray, the veterans that attended the U.S. Army Intelligence Center and Fort Huachuca's Veterans' Recognition Celebration stood with their spines ramrod straight in order to render honor to each other and to their fallen comrades.

This year's theme was "A Heartfelt Thanks." Over 350 people attended the luncheon that was held at the La Hacienda including members of AmVets, American Ex-Prisoners of War, the Military Order of the Purple Heart, Veterans of Foreign Wars, Fellowship Square, Life Care Center, the Disabled American Veterans and other veteran associations.

Post Deputy Commander Col. John Custer related how when he was a young boy and would watch the July 4th parades he would have a feeling of being surrounded by heroes.

"I have the same feeling today sitting in this room with the men and women who made this nation great," he told the crowd. "You being here today continues to prove one thing; freedom isn't free," Custer said.

Clinton Harvey, a veteran of World War II, was presented the Bronze Star Medal for his exemplary performance in active ground combat by Custer. He served as a member of the 5307th Composite Unit Provisional that is also known as Merrill's Marauders for the period of August 1944 to September 1945.



Photo by Sgt. Sharron L. Stewart

The Fort Huachuca Veterans' Recognition included a cake cutting ceremony using a sword that belonged to 1st Lt. David Mark Pimple who died in a helicopter accident in Korea in 1989. Pimple was a graduate of Buena High School in 1981.

Yun S. Sin, a high school student during the Korean War who served in the Republic of Korea's Army from 1950 to 1953, gave special remarks in Korean while his son, Capt Steve Sin, commander of Headquarters and Headquarters Company, 111th Signal Brigade interpreted for him.

Sin served during the Vietnam conflict under the Republic of Korea White Horse division and retired in 1985 from the Republic of

Korea Ministry of Education after 30 years of service. He and his wife moved to Sierra Vista in 1999.

Sin said he remembers the voices of anxious military officers shouting in the street more than he remembers the voices of his teachers. He said he learned the true meaning of friendship and selfless service when he met Ameri-

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Reserve mobilization could affect 1,300 TRADOC employees

By Jim Caldwell
TRADOC News Service

FORT MONROE, Va. — Mobilization of Reserve members and units for Operation Enduring Freedom may affect 1,300 Training and Doctrine Command employees.

They represent Army, Navy, Air Force, Marines and Coast Guard Reserves

"If you're a reservist and you're called to active duty, you have some options," said Diana Skelton, personnel management specialist with TRADOC's Civilian Personnel Directorate.

Those options are included in the U.S. Office of Personnel Management Civilian Personnel Manual 2001-09, Sept. 14, 2001, "Rights and Benefits of Reservists Called to Active Duty." The CPM is based on the Uniformed Services Employment and Reemployment Rights Act of 1994.

The 1994 act was passed by Congress to eliminate some inequities in the law that came to light when reservists were activated for

Operations Desert Shield and Storm.

Reservists called to active duty for Enduring Freedom are being activated for 12 months, with a possible 12 months extension.

"If any of our reservist employees are called back to active duty, they will be retained on personnel rolls and have reemployment rights," Skelton said. "But they and their supervisors should learn how their leave, pay, health benefits, retirement and other benefits are impacted."

Following are highlights of some benefits. For more details see your Civilian Personnel Advisory Center.

— **Annual leave.** An individual called to active duty for Enduring Freedom will eventually have to be placed in a Leave Without Pay status. The person has three choices for handling earned annual leave.

Annual leave can be used at the same time you're on active duty,

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Photo by Staff Sgt. Tim Volkert

Lt. Col. Damian Heaney, commander, 40th Sig. Bn. and commander of Task Force Thunderbird during Bright Star, samples one of the dishes during the MRE cook-off.

Task Force Thunderbirds host MRE Cook-Off

By Command Sgt. Maj. Sherry Scheel
40th Signal Battalion

Soldiers from Task Force Thunderbird at the Bright Star Exercise put artistic flair into their Meals, Ready to Eat during an MRE Cook-Off.

These soldiers earned awards and elevated their status as MRE masters amongst the troops. Sgt. 1st Class Gerald Duncan, Headquarters Headquarters Com-

pany, 40th Signal Battalion took first place in the main dish category with Viva Sierra Vista.

Spc. Ronnie Gerdung, 19th Signal Company, 504th Sig. Bn. swept the appetizer category with his Funren-Suchi Pack.

Staff Sgt. Theodore Washington, Company C, 86th Sig. Bn., rounded out the competition winning first place in the desert category with South Bronx.

Lifelong Learning

Job fair to feature top employers

Cochise College release

Cochise College, in conjunction with the Arizona Department of Economic Security Job Service, Cochise County Workforce Development Inc., and Cochise County One-Stop Career Center, is sponsoring a job fair Saturday at the Sierra Vista campus.

Some of the top employers in the county will collect resumes at the fair.

Job-seekers will have the chance to meet with representatives from government agencies, health care, technology, law enforcement, and telecommunications.

The fair is an ideal place for those getting ready to graduate or for those who are unemployed or underemployed to network and find out what skills employers are seeking.

While the hospitality and retail industries are taking the biggest hit from the events of Sept. 11, others, such as health care, law en-

forcement, and Department of Defense contractors, are experiencing a need to increase their workforce, according to Cochise College Workforce Developer Liz Howard.

"This is an opportunity for residents to see which employers in our county are hiring despite the threats of an economic recession," Howard says.

"More importantly, we want to showcase the employers who are helping to keep our area economically

We want to showcase the employers who are helping to keep our area economically stable.

Liz Howard

stable."

The job fair will take place from 10 a.m. to 2 p.m. in the library commons area. Job-seekers should prepare their resumes or have background information on hand before the job fair, since many employers will be collecting resumes or applications.

Employers who wish to reserve a table at the fair should call Liz Howard at 515-5461.



Soldiers' Lawyer

What is a Power of Attorney? How do I get one?

A Power of Attorney is a written instrument that allows you to authorize your agent ("attorney-in-fact") to conduct certain business on your behalf. The Legal Assistance Division drafts Powers of Attorney on a walk-in basis from 1 to 3 p.m. every afternoon except Wednesdays. If you find that you cannot come during that time, call 533-2009 to set up a special time; this helps us ensure a Notary Public is available when you come in.

The information needed to draft a POA is your name, social security number, state of residence, name of person you are giving the POA to and the city/state they live in and projected expiration date (a POA can last up to 2 years). When doing a Special POA for real or personal property, bring the address for the real property and/or the Vehicle Identification Number for a vehicle.

For Family Care Plans, the legal assistance office has the Special Power of Attorney form, as well as the instructions concerning the POA for your Agent, and the Acceptance of Appointment of Guardian form. These are the only forms we have for your Family Care Plan. All other FCP forms should be provided by your unit.

Last, but certainly not least — do not forget to bring your ID card.

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

Fort Benning security, legal systems ready for protestors

By Jim Caldwell

TRADOC News Service

FORT BENNING, Ga. — School of Americas Watch will hold its annual demonstration at Golden Park in Columbus this weekend, but both Fort Benning and city officials have prepared for the group to march to the post.

The post's response will be the same as for any other group threatening to march onto Fort Benning for a partisan political protest, according to the Fort Benning staff judge advocate.

"The issue here is the authority of this commander or any commander to protect his or her installation from drunk drivers, thieves or prohibited partisan political demonstrations," said Col. Dick Gordon.

Gordon says that the SOA Watch has the right to demonstrate against the Western Hemisphere Institute for Security Cooperation, but not on Fort Benning. He says in the past SOA Watch demonstrators have acted as if they have the right to disrupt traffic, deface property, plant signs and bury wooden coffins.

"There's no constitutional right congressional act or federal statute that gives them the authority to do that," he said. "In fact, there's a large number of cases, all the way up to the United States Supreme Court which has upheld the authority of a commander to protect his or her installation from such demonstrations, to avoid the military from getting involved in politics."

The prohibition applies to all political organizations, regardless of their cause.

SOA Watch, created by Father Roy Bourgeois a Maryknoll priest and former missionary to South America, began demonstrating against the School of the Americas at Fort Benning in 1990. The school was closed in December 2000. The Western Hemisphere Institute for Security Cooperation opened in January as a Department of Defense organization. Its mission is to edu-

cate military, police and civilians from the Western Hemisphere in how democratic governments should be operated.

Yet SOA Watch continues its demonstrations. The group says it expects 10,000 demonstrators to show up this year.

The *Columbus Ledger-Enquirer* reported on a recruiting session Bourgeois had with about 35 students at Emory University in Atlanta Nov. 9. He told them there would not be a five-mile walk from Golden Park. Instead he said they will meet at a location closer to Fort Benning and walk from there.

If they do try to get onto Fort Benning, the post's military police and Department of the Army civilian police will ensure they don't get far, said Col. G.T. Myers, director of Public Safety.

"We have a number of contingencies set up, and those differ from year to year as to where the people will be met and stopped," Myers said.

Myers, in his second year at Fort Benning, said protesters have been nonviolent in the past. But they resist apprehension by lying limp on the ground.

"I've had a couple of Army civilian police and a couple of MPs suffer work-related injuries from having to lift and carry these limp protesters some distance," Myers said.

"Last year about 3,500 came on post," he said. "About 1,800 were detained because they were engaged in partisan political protest, they were defacing government property or they were not cooperating with authorities."

The 1,800 were taken through the processing center on Fort Benning. Those who had not trespassed on Fort Benning or barred from the installation before were given "ban and bar letters" from the commanding general, denying them access to the installation for at least five years.

"About 1,700 were simply taken off post and released without being charged," Myers said. "Most of them were people who had young children with them. In atrocious winter conditions — it was

in the 40s with rain — our concern was to get the children out of the elements before they were unduly exposed."

Protestors who had received ban and bar letters were referred to the U.S. Attorney for the Middle District of Georgia for prosecution in federal district court. The U.S. Magistrate eventually tried 26 protestors and 24 of them received sentences of six months in jail.

"We work closely with the U.S. Attorney for the Middle District of Georgia in Columbus to prosecute those individuals who were either barred before, or who committed some other offense on the installation," Gordon said.

He said he has talked with many demonstrators at the entrance to the post and most of them were demonstrating for their pet issues, rather than against WHINSEC.

"Last year you had people protesting on behalf of animal rights. They were protesting against the World Bank and other issues, including alleged American economic oppression in Central and South America. We had people protesting against discrimination to gays and lesbians, people protesting against nuclear power, you name it," Gordon said.

At Fort Benning for three years, Gordon said in his first demonstration experience two years ago he was struck by protestors' belief they were above the law.

He said the senior federal judge for the Middle District of Georgia during the sentencing of several protestors seemed inclined to release them. Then when he asked each of them if, as part of their plea was an agreement, if they agreed not to return to Fort Benning, each said, "Oh, no. I'll be back this fall to protest."

"He was just stunned by their self-righteousness and arrogance," Gordon said.

"He gave them all jail time and you could just tell that the judge was really unaccustomed to hearing such people who obviously believe the law doesn't apply to them."

Gordon said SOA Watch college recruiters tell students and administrators that it's only a November weekend in Georgia, and on Monday they'll be on their way back home.

"I guess our response is 'not so fast, my friend. If you violate the law you're going to be prosecuted as far as we can convince the U.S. Attorney to prosecute you,'" Gordon said.



Col. Dick Gordon, Fort Benning staff judge advocate

The Fort Huachuca Scout®

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It is published weekly, except Christmas and New Years, using desktop publishing by the Public Affairs Office, U.S. Army Intelligence Center and Fort Huachuca, Fort Huachuca, AZ 85613-6000. Printed circulation: 8,200.

All editorial content of *The Fort Huachuca Scout* is prepared, edited, provided and approved by the PAO. *The Fort Huachuca Scout* is printed by Five

Star Publishing, Ltd., 1835 Paseo San Luis, Sierra Vista, AZ, 85635, a private firm in no way connected with DA, under exclusive written contract with the U.S. Army Intelligence Center and Fort Huachuca. The civilian printer is responsible for all advertising.

Editorial material for publication should be submitted to Commander, USAIC&FH, ATTN: ATZS-PA (*The Fort Huachuca Scout*), Fort Huachuca, AZ, 85613-6000. The PAO reserves the right to edit all material submitted for publication.

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Copies of *The Fort Huachuca Scout* are available to members of the commander's internal audience for a \$2.50 per month postage and handling fee upon approval of the PAO.

Periodical postage paid at Sierra Vista, Ariz., and additional mailing offices. USPS 684-730. **POSTMASTER:** Send address changes to Five Star Publishing, P.O. Box 1119, Sierra Vista, AZ 85636.

To submit stories or inquiries, call (520) 533-1987,

DSN 821-1987 or fax (520) 533-1280. For advertising, call (520) 458-3340 or fax (520) 458-9338.

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Photo by Sgt. Sharron L. Stewart

Spc. Salvador N. Nassri, an animal care specialist was promoted Tuesday to captain after earning his U.S. veterinary license credentials. He is seen treating Crickett, 8, while owner Helen Ballenger looks on.

Soldier overcomes obstacles to fulfill dream

By Sgt. Sharron L. Stewart
Scout Staff

Tuesday, Salvador N. Nassri, a Rocky Mountain District Veterinarian Service Command soldier who is attached to Raymond W. Bliss Army Health Center, went from being a specialist to a captain, the culmination of a journey that began eight years ago.

"My family is very excited, especially my mother. A lot of people supported me and believed in me when I had my moments of self-doubt," Nassri said.

"My mother is so proud of me," he said smiling.

A native of El Paso, Texas, Nassri enlisted in the Army six months after graduating veterinary school in Juarez, Mexico with the intentions of serving his country and receiving additional training.

This animal care specialist didn't realize the obstacles he would have to overcome in order to obtain his American certification.

"Me and my father selected the Autonomous University of Ciudad, Juarez, Mexico, because it was close to home. But I had a lot of catching up to do to earn my American certification because the standards are different here. For months and months, I

used to come home and study for six to seven hours a night," he said.

Nassri took the first of a series of needed exams in 1996. One of his most strenuous exams was one that was eight hours long and consisted of 400 questions.

He's also had to take three English tests, four written exams and two practical exams. His week-long practical evaluation took place at a Mississippi college and concentrated on hands on testing.

After completing everything successfully, he was selected to attend Officers Basic Course at Fort Sam Houston, Texas and has a school date of Jan. 19. He hopes to get stationed at Fort Bliss, Texas as the officer in charge of the veterinary clinic there.

Nassri also graduated the Primary Leadership Development Course.

"I know that without a doubt, my experience as an enlisted soldier will make me a more compassionate leader. Being enlisted has taught me the importance of leading from the front and of perseverance," he said.

Water usage on post decreased during October

By Tanja M. Linton
Media Relations Officer

The water pumped for October 2001 is 42,679,000 gallons or 131 acre-feet and is equivalent to 1.4 million gallons per day.

The October 2001 pumpage is 7.7 percent less than that pumped in October 2000 (142 acre feet) and is 38 percent less than the 19-year (1982-2000) October average (211 acre-feet).

This October's pumpage is also the lowest pumpage for October in the 19-year period.

Total water pumped year to date (January-October: 1,428 acre-feet) is 10 percent less than that pumped in 2000 (1,588 acre-feet).

Treated effluent reuse for October 2001 was 40 acre-feet.

(This figure does not include effluent used on Chaffee Parade Field and MI Village as the meter down for repairs).

This is water that did not have to be pumped from the ground-water aquifer (a water and energy savings) to irrigate the golf course.

Despite October being hotter and drier than usual from the average, the water usage was down for October 2001. Water savings were realized through evaporative coolers being retired for the season, aggressive water leak repairs, the closure of the East Range Academic Center, low levels of construction and the impact of the Water Wise Program.

A reduction in visitors and public events on the installation may have also contributed to the decreased water pumpage.

Soldier's drunken decision to drive destroys dreams, life

By Ken Bowles
ASAP

Mel, a sergeant in the Signal Corps, and two friends had been drinking at a local bar. At some point in the evening they decided to leave.

"I do not remember leaving the bar," Mel said, "The first thing I do remember is standing inside of a jail cell yelling at the jailor and demanding to know why I was there. I almost stopped breathing when he told me that I had run over and killed another soldier last night while driving drunk."

In the days before his trial for vehicular manslaughter, Mel had many opportunities to talk about his drinking history, and how over the years his tolerance had gone up and up.

He was not surprised that his blood alcohol content at the time of his arrest was .26. He talked about blackouts from drinking, and how he had a blackout almost every time he had more than one or two drinks.

What distressed Mel the most was that he had never given serious consideration to the possibility of any consequences of driving in a blackout or even driving drunk. He always considered himself a reasonably safe driver when drunk because nothing serious had ever happened.

Mel isn't the only drunken driver to take the life of another person. According to the Spring 2001 issue of "Driven," published quarterly by Mothers Against Drunk Drivers, 43 people died every day in 1999 because of drunk driving accidents.

That's 303 deaths a week due to drunk driving. Another 600,000 people were seriously injured in such crashes.

According to this article, if drunken driving crashes continue at the present rate, three out of every ten Americans will be involved

in an alcohol related crash. "It is estimated that 2.6 million drunk driving crashes each year will victimize four million innocent people.

Drunken driving has earned its loathsome distinction as America's most frequently committed violent crime."

If MADD's projections are correct, more people will have died on the roads and highways in alcohol-related crashes in the United States than have been killed in all the wars ever fought in American history. It actually makes the battlefield in Afghanistan a safer place than the American highways.

It is in an effort to cut down on these fatalities and injuries that Arizona enacted a law defining driving with a blood alcohol content of .15 as Extreme DUI (driving under the influence) with proportionately more severe penalties than those driving with a lower blood alcohol content.

It is to reduce the carnage on the highways that Arizona and other states across the nation are lowering the blood alcohol content for DUI to .08, from .10, where it had been for many years.

The changes in the law would have made no difference with Mel, because his BAC was two and a half times the original standard of .10.

Mel was eventually tried and found guilty of vehicular manslaughter and sentenced to prison, and dishonorable discharge from the Army, but that didn't bring back the young soldier whose life Mel so recklessly took. It did not take away the pain experienced by this young soldier's family and others who knew him.

I had an opportunity to meet this young victim. He had just graduated from advanced basic training as a specialist, because he had been top graduate in his class.

After attending our Newcomer's Briefing Class, he came up to me and thanked me for talking so much about drunk driving because drunk drivers kill people.

I thanked him and told him that I knew, because a drunk driver had killed my mother. It was almost three months to the day that he too was dead, killed by a drunk driver. In a twist of fate, this young soldier had been one of Mel's two drinking companions that tragic night.

Mel had a long history of heavy drinking, but no one in his unit took any action to intervene so his drinking only got worse.

Had someone taken the responsibility to refer him to the Army Substance Abuse Program there is a possibility that young soldier would be alive today and Mel would still be in the Army and promoted by now.

December has been declared Drunk and Drugged Driving Prevention Month. One month of the year will not have much impact on the total number of alcohol related crashes a year, but it can be a starting point for year long prevention programs that can in time bring about a significant reduction in the number of people driving under the influence.

We can all start by adopting the slogan, "Friends Don't Let Friends Drive Impaired."

Commanders, first sergeants, supervisors — if you see a soldier you believe has a drinking problem, or smells of alcohol on duty, or you see the signs that there might be a problem, send that soldier to our office for screening.

If a problem exists, get the soldier enrolled in our treatment program, before something unfortunate happens.

For more information call Ken Bowles at 538-1315, visit him in Building 22414, or call 533-2071 to make an appointment.

Post dining facilities celebrate Thanksgiving

DFAC release

The Military Intelligence Dining Facility (Building 80504) will host its annual Thanksgiving dinner on Nov. 22. Meal hours are 1:30-4 p.m. for permanent party soldiers, cadre, family members and guests. Retirees and their family members and guests are invited to dine from 4:30-6:30 p.m.

Meal rates will be based on the standard meal rate of \$5.30 per person. This rate applies to everyone except family members of specialist or below. Those family members will pay a discounted meal rate of \$4.40.

There are no reduced rates available for young children. According to Chief Warrant Officer 2 Michael Heckman, managers at the facility will use the common sense rule. If children are too young to walk they will not be charged.

The Herbert O. Yardley dining facility offers its guests a varied selection of holiday favorites, including:

Shrimp Cocktail	Deviled Eggs
Hors D'oeuvres	Roast Turkey
Pit Ham	Stuffed Cornish Hens
Steamship Round	Mashed Potatoes
Candied Yams	Cornbread Dressing
Savory Bread Dressing	Asparagus Wrap
Green Beans	Corn O'Brien
Glazed Carrots	Cranberry Sauce
Assorted Pies/Deserts	Assorted Breads
Assorted Fruits	Salad Bar
Mixed Nuts/Hard Candy	

Signal Thanksgiving dinner

The Thunderbird Dining Facility will host its Thanksgiving Dinner from 3-7:30 p.m. on Nov. 21. The dinner is open to all active duty soldiers and family members, retirees and DoD civilian employees who work on Fort Huachuca.

Cost is \$5.30. A special rate of \$4.40 will be charged to family members of specialists and below. For more information, call 533-2005 or 533-4420.

Chapel hosts holiday service

By Chap. (Maj.) Ike Houck
Chaplain Resources Manager

The Fort Huachuca Installation Ecumenical Christian Thanksgiving Service begins at 10 a.m. on Nov. 22 at the Main Post Chapel. The service lasts one hour.

The Protestant Women of the Chapel displays their creative talents by decorating the sanctuary to reflect a Thanksgiving theme. Many of our commanders attending the service say that as soon as the service ends they will visit the Dining Facilities and help serve soldiers a delicious Thanksgiving meal.

The service of Thanksgiving at the Chapel is a traditional event at Fort Huachuca. The Thanksgiving Service at Fort Huachuca dates back to the earliest days of the fort.

The 36th Army Band brass quintet, under the direction of Sgt. 1st Class Mark Haas, will accompany Jan Goode, the Main Post Chapel organist, and select chapel choirs for inspiring worship. The anthems, hymns and songs of praise promise to lift hearts and minds to God in thanks for this great nation and the bounty of the land. A full chapel is expected.

All of the Unit Ministry Teams will be participating. In addition, soldiers from MI Village will attend with members of their command. Families from all over post will also gather on this day in the chapel and together we will offer prayers for the nation.

Child watch is available during the service from 9:45 to 11:15 a.m. For more information, call the Installation Staff Chaplain's Office at 533-4748.



Bright Star Exercise

A day in life of Task Force Thunderbird

By Staff Sgt. Tim Volkert
11th Sig. Bde. PAO

MUBARAK MILITARY CITY, Egypt — The smell of dust floats through the air and generators hum under the dimly lit sky as the day-shift soldiers emerge from their sleeping tents.

As the troops begin to move around the area, the sun begins to creep into the sky and bake the cool morning air.

At 7 a.m., the dining facility opens and the soldiers head out of camp, making their way about 400 yards up the road for breakfast.

While Bright Star tests the unit's ability to provide communications systems during a multinational exercise, it is also a test of the soldiers' ability to adapt to an unforgiving desert environment.

As the 11th Signal Brigade soldiers head out for breakfast, they join the ranks of other Army units, Air Force personnel and Marines at the joint dining facility. With a paper tray and plastic silverware in hand, they move into a Mobile Kitchen Trailer to get their food, then into a large tent to get their drinks and eat.

After breakfast, it's back to work, where, along with the mission, the soldiers face the scorching heat as the sun seems to try and burn the day into submission.

By 11 a.m., the temperature has already surpassed 90 degrees and climbs to a high near or over 100 degrees. While the Thunderbird soldiers are used to the heat, the added humidity of the region seems to be where the struggle to adjust occurs.

The humidity has been so bad that there has been heavy fog some mornings, said Sgt. 1st Class Robert Griffin, transmission platoon sergeant from Co. B, 40th Sig. Bn. The soldiers are starting to get acclimated to the weather, but it is still uncomfortable, he said.

As the Thunderbird soldiers move around their area, either on foot or in vehicles, a long dust trail follows behind and then floats across the ground, carried by the slight breeze blowing in from the Mediterranean Sea about 20 miles away.

The night shift soldiers have moved into the sleeping tents and spend the day trying to rest. Most of the sleeping areas are cooled with air conditioners; however, they are still hot inside as the sun beats down on them, making them feel like an ant under a magnifying glass.

"You're only going to get maybe two to three hours (of sleep) in a row because it's hotter inside the tents than outside," said Pfc. Joseph Killingham, a tactical satellite team member from Co. B, 40th Sig. Bn., who works the night shift.

At high noon, the soldiers begin to break for a lunch consisting of the Army staple — Meals, Ready to Eat.

In the afternoon, the sun is almost unbearable and the soldiers continuously drink water, battling possible dehydration. Sweat pours off the soldiers working outside like they were standing in a shower and their sweat-soaked shirts stick to them like plastic wrap.

"It's been real hot out here, and it's been very dusty," said Sgt. Donald Krietemeyer, a wire system installer and maintainer team chief from the 69th Sig. Co., 504th Sig. Bn. "The dust is just annoying. It gets on your arms and neck and you get pretty gritty."

Frequent breaks and water are the key to survival when battling the humidity and mugginess the day brings.

"We try to stay cool, drink plenty of water and do our job," he said.

Under the camouflage, the work tents still heat up a little, but with the open windows and doors, it doesn't get too bad, said Spc. Alfredo



Photos by Staff Sgt. Tim Volkert

Spc. Chanel Estell from Company D, 40th Signal Battalion, checks the identification of a soldier trying to drive his humvee into the Task Force Thunderbird area at Mubarak Military city during the Bright Star exercise.



Spc. Chanel Estell from Company D, 40th Signal Battalion, heads toward the post guarding the entrance of the Task Force Thunderbird area at Mubarak Military city during the Bright Star exercise.

Luna, from Co. C, 40th Sig. Bn., who is working in the battalion control tent. "But after awhile you have to get out and catch the breeze outside."

As evening comes, the sun turns from a gleaming bright yellow flash in the sky into an orange disc that gently lowers into the horizon, allowing the cool evening air back into the area.

The soldiers standing in the task force area watch as the sun sets between the two satellite dishes on the western edge of the compound. As it disappears from sight, the sun, enclosed by the two dishes, seems to be a fitting symbol for the Task Force Thunderbird soldiers who were here before the sun rose on most of the Bright Star exercise personnel and will be here for more sunsets after most of the other units leave.



Spc. Lance Becherer from Company D, 40th Signal Battalion, secures an air conditioning duct to a sleeping tent for Task Force Thunderbird soldiers. The air conditioning units were installed to help improve conditions for soldiers who work the night shift and need to sleep during the day.



Photo by Staff Sgt. Tim Volkert

Sgt. Richard Frazier from the 69th Signal Company, 504th Signal Battalion, uses the phone in the Morale, Welfare and Recreation tent in the Task Force Thunderbird area during Bright Star. Soldiers can make free phone calls to family members living within local calling distance of any military installation.

Phone home: morale calls keep spirits up

By Staff Sgt. Tim Volkert
11th Sig. Bde. PAO

MUBARAK MILITARY CITY, Egypt — Although she is more than 8,000 miles from the U.S. and in the middle of a desert, Spc. Chanel Estell from Company D, 40th Signal Battalion, talked to her mom and other family members in Georgia at least once a week.

After her phone call was over, she paused by the phone for a few seconds then left the tent emotionally refreshed to go about her normal routine.

The phone calls were part of the 11th Signal Brigade's Morale, Welfare and Recreation program offered to Task Force Thunderbird soldiers participating in the Bright Star exercise.

Because of the unit's communications technology, the task force was able to link up to the Defense Switching Network. This network enables the Bright Star soldiers to call back to Fort Huachuca, Ariz. or any other military installation where the soldier can be transferred to the local phone lines and talk to their families for free, said Capt. Mark Parker, Task Force Thunderbird company commander.

This service helped relieve some stress that a long deployment causes and helped everyone feel more at ease. "It gives them a sense of comfort and being able to relax and let families know that

everything is OK and that everything is being taken care of," said 1st Sgt. Larry Ferebee, task force first sergeant.

Soldiers missed their families like everyone else would if they were away from home for awhile, so the task force tried to do what it could to provide services to the soldiers to help keep them happy, Parker said.

"If the family is happy back home, the soldier is happy in a deployed status," he said.

When morale is high, it's a proven fact that soldiers perform better, he said. Phone calls are one of the ways the task force can help maintain high morale.

"It's a good morale booster. I know I feel better when I get off the phone," said Sgt. Richard Frazier from the 69th Sig. Co.

"I think it gives you pep in your step," said Parker, whose wife, Michelle, gave birth to his second son, Jacob, Sept. 14. "I could have had a long, hard day and just talking to my wife and asking her how her day went or being able to ask her about my two sons and how their day went — it brings a smile to your face and it lightens the mood a little bit no matter what happened that day."

The soldiers also said it helps their families feel better because they know everything here is fine, Frazier said.

"It gives them a sense of ease ... so they know I'm in one piece," he said.

Chalk Talk

Gen. Myer Elementary School

Myer School Choir, under the direction of Linda Dailing, will perform at the Ethel Berger Center on Dec. 11, from noon to 12:30 p.m. for a senior luncheon. Their second performance is scheduled for Dec. 13, from 11:30 a.m. to noon at the Sierra Vista Library for the Retired Teachers Association. On Dec. 17, at 1 p.m., in the Myer School cafeteria, the fourth grade presents "An All-American Western Christmas." On Dec. 18, at 1 p.m., the fifth grade presents "North Pole Exposure."

Maureen Brady's fourth graders learned how to overlap figures to create the illusion of depth and space in a drawing. Her fifth graders successfully completed their puppets with wonderful and creative puppet shows. All her students are now learning how to use key drawing skills to create 3-D drawings. They will use foreshortening, surface, shading, shadows, overlapping, size, density, and contour lines to control form, perspective, and space in their drawings.

The focus this month for the school is "teamwork." How many members make up a team? What does and can a team do? What are some of the characteristics of a team? Tom Crawford's fourth grade class will be presenting a skit at the assembly this month on "teamwork."

The library, under the direction of Marsha Hamric, just completed "Poem in Your Pocket." Each child was responsible for having a poem on paper that they carried in their pocket. Any staff person could ask them if they had a poem. If so, they would take it out of their pocket and read it. They were then given a coupon for one piece of candy that had to be turned into the library during recess. The students could not tell or ask someone if they wanted to hear their poem. It was a fun time for all who took part.

Myer students brought in a record 1,005 food items for the food drive this year. So far, the school has helped nine families from these donations. Since the recent events of Sept. 11, the Myer family has helped one another in so many ways. We are proud of all the students for taking this project to heart.

Terri Aguon's and Bonnie Austin's resource room students are working hard on "power point" writing. In math, the students are making excellent progress using touch math. For their hard work in October, the students earned a pizza/movie party.

Magellan Running Club: Top fourth grade girl was Ashley Silva, from Lynn Tompkins' room, with 47 points. Top fourth grade boy was Billy Ray, from Jan Barnes' room, with

See School, Page 7

Veteran from Page 1

can soldiers, some of who made the ultimate sacrifice for the freedom of his country.

"Good will always prevail over evil. My personal thanks to those who endured. You have made a difference," he said.

The guest speaker was retired Col. Harry F. Middleton who was inducted into the Infantry Officer Candidate School Hall of Fame in 1969. He is currently the editor and publisher of *The Sentinel* newsletter and chairman of the annual Association of the United States Army/ROTC Task Force Smith golf tournament.

He noted that of the 131 Korean War Medal of Honor recipients, 91 percent were presented posthumously. He concluded by saying faith, hope and love were the tenants that guided his military career. "God bless the U.S.A.," he said.

A cake cutting ceremony was held using a sword that was provided by retired Command Sgt. Maj. Leo Pimple. The sword belonged to his son, 1st Lt. David Mark Pimple who died in a helicopter accident in Korea in 1989. Pimple was a graduate of Buena High School in 1981.

A 34-foot replica of the USS Arizona was also on display for the public. The USS Arizona was one of the ships that was bombed during the Dec. 7, 1941 attack on Pearl Harbor.

Reserve from Page 1

and will be paid along with military pay. Annual leave also can be sold for a lump-sum payment, or it can be retained as credit for the employee.

— **Health benefits.** Federal Employment Health Benefits can be retained for up to 18 months. During the first 365 days, the individual can make arrangements to continue paying the bi-weekly employee share of the premiums.

During the next six months, he or she will have to pay both the employee and the government's share of the premiums.

"The government's share of the premiums can range from \$80 to \$225 every two weeks, depending on the health care plan," said Barry Buchanan, director of the Fort Monroe, Va., CPAC.

— **Retirement.** An activated reservist in a LWOP status will continue being covered by the appropriate retirement law —

Civil Service Retirement System or Federal Employees Retirement System.

— **Thrift Savings Plans.** Reservists who are in LWOP do not make contributions to the TSP. However, once a person returns to civil service employment, he or she can make up for those missed contributions. When that is done, retroactive one percent Agency Automatic Contribution and Agency Automatic Contributions will be made to the employee's TSP account.

— **Return to civilian duty.** When a reservist who is a permanent civil servant returns to work, the person will be treated as if her or she never left. The time spent on active duty will be counted toward within-grade increases, leave accrual rate, career tenure, seniority and will be considered for career ladder promotions.

Most reservists activated for Enduring Freedom will have served more than six

months on active duty, and will have 90 days from release of service to reapply for employment at their previous jobs. Shorter periods of military service result in less time to reapply.

If there has been a reorganization or a reduction in force affecting an employee's position during military service, the reservist is guaranteed one full year of employment at previous grade and salary.

At the end of the year, the employee will receive the same job placement assistance provided to employees caught in a RIF.

Again, these are only highlights of some of the benefits of TRADOC civilian employees in the reserves. Your CPAC has complete details.

Reservists activated for Enduring Freedom should also consult veterans' counselors for other benefits earned with their military service, such as lower loan interest rates.



Photos by Spc. Jessica Espinosa

Joey Kelly, grandson of the late Emmett Kelly, the world's most famous clown, appeared at local schools on Nov. 8 as an advance public relations clown for Carson & Barnes 5-Ring Circus.

Famous clown visits local schools before circus

MWR release

Joey Kelly, grandson of the late Emmett Kelly, the world's most famous clown, appeared in the Sierra Vista area on Nov. 8 as an advance public relations clown for Carson & Barnes 5-Ring Circus.

The Kiwanis Club of Sierra Vista in conjunction with the Fort Huachuca Morale, Welfare and Recreation is hosting the circus.

Joey comes from a family of clowns, aerialists and show business folks dating back to the Vaudeville Days. He grew up in Peru, Ind., otherwise known as "Circus City, USA," performing on the flying trapeze and other acts in the Circus City Festival throughout high school.

Though an accomplished performer of trapeze, tumbling, teeterboard, hanging perch and three-lane cradle, after a career in accounting, Joey is returning to what has always been his first love, "clowning around."

Joey was the featured performer in a 1970 NBC documentary, "Circus Town," that

enjoyed several years of global airings. He has also appeared on CBS' "Morning News" with Bill Moyer and in various television appearances while traversing the country.

"Weary Willie" was made famous by Emmett Sr., but Joey points out, there is nothing weary about him.

"I may on occasion use that frown, but that's where the

comparison ends," Joey said.

"The main difference between me and my father and my grandfather is that I speak and am not strictly a pantomimus. I choose 'if' and 'when' to speak, while in makeup, depending my routines, so I am not limited in my performances."

Joey wears floppy shoes and baggy, bedraggled pants similar to the other Kelly clowns, but his makeup is brown-based, not black, making him the "brown sheep" of the family so to speak.

His curly hair, open hat, and yellow tuxedo shirt coupled with his offbeat sense of humor and antics, create his own individuality, making this third-generation Kelly one to notice.

On Nov. 8, Joey visited local schools.

"The circus is my history, and I'm educating kids about that history and the joys of the circus," he said.

He astounds and delights his audiences with his zany brand of magic, hypnotism, juggling, and pyrotechnics. Fans had best hold onto their seats, because wherever Joey is performing, any member of the audience could, at any time, find him/herself Joey's next...ah...volunteer."

Each performance is different, exceptionally funny, entertaining, and a memorable performance replete with impromptu witticisms and antics.

The Carson & Barnes 5-Ring Circus performed at Team Ford on Highway 90 for two performances on Wednesday.



Photo by Sgt. Sharron L. Stewart

Col. John Custer, deputy commander, U.S. Army Intelligence Center and Fort Huachuca, presents Clinton Harvey, a veteran of World War II, with the Bronze Star Medal for his exemplary performance in active ground combat.

Have we got news for you!

Don't miss these upcoming stories in *The Fort Huachuca Scout* newspaper:

K-9 goes to Camp David

Units to sponsor housing areas

DPS enforces 25-meter standoff

DIS builds privacy walls

Community Updates

CPAC Health Fair canceled

The Fort Huachuca Civilian Personnel Advisory Center will not host a Health Fair due to lack of interest by the vendors.

CPAC would like to request that points of contact from each organization get in contact with the office as soon as possible to pick up information packages from insurance carriers who are Federal Employees Health Benefit providers.

POCs may contact us by telephone or by e-mail to make appointment to pick up their packages. Due to shortage of information packages, unfortunately the office cannot provide interested parties individual brochures, employees must review the packages provided to their organization's POC or Admin Personnel or stop by our office to review packages. This should be done by appointment.

To obtain more health benefit information, all employees are welcome to log on to the following website www.opm.gov.

Note that the new Open Season to enroll or change insurance benefit will take place Nov. 12-Dec. 10. All changes and enrollments must be completed at the Army Benefit Center website www.abc.army.mil. CPAC is unable to accept change or enrollment forms.

POCs and Admin Personnel should contact Eva Dixon at 533-5735, or e-mail eva.dixon@hua.army.mil; and Kathy Johnson at 533-5273, or e-mail johnsonks.hua.army.mil.

Cost-avoided material available

Save your organization money. Various materials are available for issue, at no charge, from the Hazardous Material Control Center. Material is available on a first-come, first-served basis. An updated list of this inventory will be published on a monthly basis. Requirements may be identified by visiting the HMCC, Building 90417, located on Jim Avenue, or by contacting the staff at 533-1263 or 533-4556.

Parish coordinator needed

The Installation Staff Chaplain's office announces the availability of a non-personal service contract position. A volunteer parish coordinator for all services performed at all chapels is needed. The contract period is Dec. 15, 2001 through Sept. 30, 2002. Contract award and execution is subject to the availability of appropriated funds.

For information on this appropriated fund contract, call Chap. (Maj.) Ira Houck, chaplain resources manager, at 533-4753. Applicants must have two photograph, valid forms of identification to enter the fort during force protection enforcement.

This advertisement of availability is valid from the period of Nov. 8 to Dec. 8. The offer for this contract will close on Dec. 8.

NCMA seminar today

The Coronado Chapter of the National Contract Management Association presents an af-

ternoon seminar featuring Charles E. Rumbaugh, arbitrator/private judge/mediator, discussing alternative dispute resolution in purchasing and contracting.

The luncheon and seminar is set for 11:30 a.m.-4 p.m., today at La Hacienda. Cost is \$20 for members and \$25 for non-members, including lunch.

AFCEA luncheon set

The Armed Forces Communications and Electronics Association will host its November luncheon at 11:30 a.m., Friday at La Hacienda Ball Room. Guest speaker is retired Navy Vice Admiral Herbert A. Browne, speaking on his recent appointment as CEO of AFCEA. Tickets are \$8 for a hot and cold buffet. For reservations, call Rich Besselman at 515-5363, Kathy Harrison at 459-3567 or John Keenan at 459-6227.

CFC deadline extended

The 2001 Combined Federal Campaign is still going on. The deadline, originally set for Oct. 31, has been extended to the end of November due to the recent terrorist attacks. All unit coordinators and keyworkers should turn in their pledges and donations by Friday to Capt. Kimberly Retchless at 538-0812 or kimberly.reutchless@hqasc.army.mil. For more information, call Maj. Terry Hurley at 538-6048.

Santa flies into SV

The 4th Annual Santa Fly-In and Hangar Party is set for Saturday at the Sierra Vista Airport. Ronald McDonald will again be joining Santa for the fly-in and hangar party with tricks and visits with the children. A free lunch will be served for children 10 and under. The 36th Army Band will play a Christmas concert for the public. Bring your own chair. A telephone hotline (678-2222) is now open for parents to help Santa's staff have enough food for the children. Parents can call and advise the staff of how many children 10 and under they will bring to the party.

Coats for Kids drive

The Sierra Vista Optimist Club is sponsoring its annual Coats for Kids drive now through Monday. The collection of coats, sweaters and gloves benefits school children who are in need of warm winter wear. The coats, sweaters and gloves are distributed to those kids in our schools who have need for them. Donations points are Landmark Café, Sierra Lutheran Church, American Legion Post 52, Target, Atlas Furniture, Robert Atkinson's Office (Room 717 Cochise College), or call 459-2711 for pickup.

Free parenting classes

Tombstone School District has received funding to offer free parenting classes for the 2001-02 school year. The classes are limited to the first 10 that sign up for each class offering. Babysitting services and dinner will be provided.

The next class, "Common Sense Parenting,"

is designed as a practical approach to help parents be more positive with their children and to use more effective discipline. This class is intended for parents with children ages 3-16. This class consists of three sessions offered Tuesday, Nov. 27 and Nov. 29 from 6 to 8 p.m. at W.J. Meyer School in Tombstone. To take this class or for more information, call Bill Wright at 457-3371.

DOIM classes scheduled

The Directorate of Information Management offers several computer classes for the month of November, including: Outlook 2000 today; HTML Friday; and Word 2000 on Monday. The month finishes out with Access on Nov. 28, Access Intermediate on Nov. 29 and Access Advanced on Nov. 30.

All classes start promptly at 9 a.m., and class size is limited to 14 students. It is mandatory to sign up for a class prior to attending. It is beneficial to sign up as early as possible, as classes fill up quickly.

The classroom is located in De Rosy Cabell Hall on Christy Avenue, Building 22324.

For more information or to register for a class, call Pfc. Megan Thacher at 533-2868.

Adopt a greyhound

The Greyhound Adoption League of Sierra Vista will host a Greyhound Adoption Day on Nov. 24 for Sierra Vista and the surrounding area. The adoption day will be from 10 a.m. to 2 p.m. at Bookman's Bookstore, 100 West Fry Blvd.

The program is also in need of temporary homes for these beautiful dogs. Watch for the Reinholds at the Santa Fly In on Saturday and the Sierra Vista Christmas Parade on Dec. 1. For more information, call Dave Breen at 378-1763.

Holy Month of Ramadan

Muslim military personnel will soon be celebrating the Holy Month of Ramadan. This Islamic religious festival begins Saturday. Ramadan is the month of fasting during which Muslims, who are physically able, do not eat or drink from the first sign of dawn until sunset. Eid-al-fitr, the breaking of the fast, celebrates the end of Ramadan, Dec. 16.

For more information, you may call your unit chaplain or the Installation Staff Chaplain's Office at 533-4748.

OCS board convenes

The next installation Officer Candidate School Interview Board is scheduled to convene Dec. 5-7 at Murr Community Center, Roadrunner Room. The deadline date for applications to be received by the Adjutant General Directorate is Nov. 19. All applications must be submitted in an original and three copies to the Personnel Operations Division, Building 41421 (ATTN: ATZS-AGO). Do not send applications through distribution. For more information, call Sgt.

Jeanette Newell at 533-1705 or 533-1706.

Commissary closed

The Fort Huachuca Commissary will be open for business on Monday from 8 a.m. to 6 p.m. It will also be closed Nov. 22-23 and will reopen on Nov. 24 for regular hours. The Commissary Staff wishes everyone a safe and peaceful holiday.

Housing office closed

The Housing Office, Directorate of Installation Support will be closed in celebration of the Thanksgiving Holiday, Nov. 22-23. It will reopen Nov. 26.

Pay office closed

The Defense Military Pay Office, DFAS, will be closed Nov. 23 and Dec. 11.

Flea market open Thanksgiving

The Sierra Vista Lions Club Flea Market will be open for its regular vendors, Fort Huachuca and the community for Thanksgiving weekend starting at 7:30 a.m., Nov. 22 through 5 p.m. Nov. 25. For more information, call Lion Lee Hinzman at 378-1399.

Education Center closed

The Army Education Center and the Rascon Learning Center will be closed Nov. 23-25 for Thanksgiving Day weekend. It will reopen on Nov. 26.

OSJA closed

The Office of the Staff Judge Advocate will be closed 8-10 a.m. on Nov. 27 to enable all assigned personnel to attend mandatory training. Legal Assistance will resume operations at 1 p.m. Claims will remain closed for the day.

For more information, call Sgt. 1st Class Rick Ottinger at 533-2095.

Central registration closed

The Child and Youth Services Central Registration Office will be closed all day on Nov. 30, Dec. 7 and 14. The office will be reviewing and updating all children's health assessments, immunizations, social security numbers and family care plans. For more information, call Marty Johnston at 533-0738.

Fort retirement ceremony

November's Installation Retirement Ceremony will be at 3 p.m., Nov. 30 at Chaffee Parade Field.

Flea market Christmas schedule

The Sierra Vista La Salida del Sol Lions Flea Market will operate its annual Christmas schedule. The flea market will open its gates Dec. 17-Jan. 4. Weekend rates apply. The days of Dec. 17-21, Dec. 24-28 and Dec. 31-Jan. 2 will be at no charge for our clients. For more information, call Lion Lee Hinzman at 378-1399.



Medical Activity Command

Cold, flu season begins; free medicine available

By Capt. Juliane Douglas, PA-C
Occupational Health

The winter cold and flu season is just beginning at Fort Huachuca. Active duty soldiers, their families, and Tricare Prime adults are entitled to receive free over the counter medicines from the Bliss Pharmacy.

All that's required is a pharmacy card, issued after attending Preventive Medicine's How to Be Healthwise class. This class is offered every Tuesday at 2 p.m. at Murr Community Center. Normally, it is a part of soldier inprocessing, although anyone in the above categories can attend anytime.

Although colds and flu are minor illnesses, in the United States they account for more doctor visits than any other condition. In most cases, you do not need to visit your healthcare provider for a cold or flu, and can successfully treat them at home.

The Common Cold

A cold is a minor infection of the nose and throat, sometimes called an upper respiratory infection. Most colds are not severe enough to send you to bed. Most of us can fight a cold while going about our normal activities, though we certainly don't feel up to speed.

Most colds last a week or two, though some can last longer. Children, the elderly, and those with compromised immune systems can have longer illnesses. Colds are caused by highly contagious cold viruses, which are spread through the air.

There are over 200 different known cold viruses, which is why they're so easy to catch. This is also why you can catch a cold several times over during a cold season. Most children have about six colds a year; adults have fewer.

The viruses are spread through the air by coughing, sneezing or speaking. They're also spread through rubbing your eyes or nose after touching someone or something infected with a cold virus.

Course. Colds usually cause stuffy and runny noses, sneezing, sore throats, and moderate coughing. You might sound hoarse, and your senses of taste and smell often seem to disappear. Smokers usually have worse symptoms than non-smokers.

Colds seldom cause fevers over 101 (though children may have higher fevers), headaches, body aches, or exhaustion. To avoid catching a cold, wash your hands frequently and keep them away from your face.

Don't share cups, keyboards, telephones, or pens/pencils with a sick person, as the cold virus can live on the object and be transferred to you if you touch it.

Treatment. Your doctor, physician assistant or nurse practitioner cannot do anything to make your cold go away. In most cases, it's usually not very helpful to schedule an appointment at your clinic because of a cold. Treatment for a cold consists of doing things to reduce the symptoms and discomfort until the cold runs its natural course, about 7-10 days.

Over the counter medicines, the kind you can buy from a drugstore, are very effective in relieving the worst cold symptoms. The basics needed to manage a cold are acetaminophen (Tylenol) for pain and fever relief, pseudoephedrine (Pseudoed) to relieve nasal congestion, and lozenges to relieve sore throat and cough. Additionally, saline drops are a useful decongestant for children.

Coughing is not a bad thing, because it clears mucous out of your airway. If a cough interferes with sleep, however, you can add a cough suppressant such as Robitussin for nighttime use. All these medicines are available for the asking at the Bliss Pharmacy, with your pharmacy card. If you're pregnant, nursing, have a chronic condition, or are taking prescription medication, check with your provider before taking cold remedies.

You can also use home remedies to feel better during a cold. For example, you should slow down your usual routine and get plenty of rest. Drink plenty of liquids such as hot water, herbal teas, and chicken soup — they relieve congestion, soothe an irritated throat, and quiet a cough.

If you're a smoker, don't smoke. Smoking irritates your throat and aggravates your cough. Finally, humidify your bedroom and take hot showers to relieve nasal stuffiness.

When to call the clinic. Colds get better in a week or two whether or not you treat them. Although minor illnesses, they can pave the way for more severe infections, such as sinus or ear infections or bronchitis.

Call for an appointment if you're taking OTC medicines for more than a week but still have these symptoms that are getting worse or lingering: nasal congestion and discharge of yellow, thick mucous; cough; sore throat; fever; or facial or ear pain. Call anytime if you have serious difficulty breathing.

Also, call if you have unusually severe symptoms, very high fever (over 103 or 104 degrees), a worsening cough as

other cold symptoms improve, or a flare-up of asthma or any other chronic lung problem.

Influenza, or "the Flu"

Influenza is also an infection of the respiratory tract caused by a virus, but it's much more severe than a cold. Three basic types of flu viruses circulate around the world every few years. They can cause major waves of illnesses.

Flu symptoms are severe and they can be fatal, especially in the elderly and those with a lung disease or weakened immune system. The viruses spread through the air, in droplets from coughs, sneezes, and speaking. They also can be spread through direct contact.

The best way to prevent the flu is to get a flu shot every year. Not everyone requires a flu shot, though, so you should check with your healthcare provider each fall during October or November. Also, following the same hygiene practices used to prevent a cold will work for preventing the flu.

Course. A very mild flu can seem like a bad cold. Usually, however, the flu is a serious, whole body experience that begins with high fevers (102-104 degrees), chills, body aches, and headaches.

The flu usually causes a "feeling lousy all over" sensation with extreme exhaustion. A sore throat, cough or nasal congestion may be present as well. While the fever and body aches usually resolve after 3-5 days, the fatigue and cough can drag on for 10-14 days.

Others, especially the elderly or those with a lung disease, may feel weak for a long time after the flu symptoms go away.

Treatment. Tylenol, bedrest, and plenty of fluids are the best way to treat the flu. These treatments are usually necessary for at least the first 4 days. If the fever persists, more bed rest may be in order.

You shouldn't try to return to your full activities until all the symptoms are gone. Other OTC medicines may be used if you also have nasal congestion or cough.

When to call the clinic. Call your healthcare provider for an appointment if your fever does not respond to the Tylenol, or if complications develop. Pneumonia is the most serious complication of the flu, but you can develop bronchitis and other respiratory illnesses as well.

Call for an appointment if you have difficulty breathing, chest pain as a result of coughing, or you're not getting better after 4-5 days.

School from Page 5

47 points. Top fourth grade class was Jan Camps' room, with 405 points. Top fifth grade girl was Gabby Jackson, from Bonnie Burleson's room, with 76 points. Top fifth grade boy was Brandon Kizer, from Bonnie Burleson's room, with 68 points. Top fifth grade class was Bonnie Burleson's room, with 780 points. Myer students accumulated 1,058 miles for the week and a total of 10,229 miles for the year.

There is no school Nov. 22 and 23. Happy Thanksgiving!

Johnston Elementary School

Brittany Snidar's third grade class is learning about Native Americans. They are studying Native American contributions to present day life. Their study will conclude with each student making a Native American village model that will be on display in the main hallway of Johnston Elementary at the end of November.

The models will include old-fashioned living structures, such as tipis and adobe homes, and other natural elements. Snidar's class will also enjoy having Thanksgiving lunch together just like the early Indians did with the Pilgrims.

In Teresa Mirand and Audrey Sexton's Writing to Read

lab, first graders had fun with Clifford the Big Red Dog. Clifford helped the students learn short vowels in writing exercises. The class also read and listened to Clifford stories. The unit ended with writing about what students would do if they had Clifford for a day.

Classes in the Computer Lab having been exploring three new software programs this month. In anticipation of the Harry Potter movie, many classes have visited The Official Harry Potter website. They have tried their hand at Harry Potter's favorite game, Quiditch.

The class will begin to explore Thanksgiving traditions next.

Smith Middle School

Students and staff at Colonel Smith Middle School collected a total of \$603.76 for the Families of Freedom Scholarship Fund. Student Council researched the many funds and foundations available for the victims of the Sept. 11 disaster and finally settled on this fund that will benefit the children of the victims of the terrorist attack.

This money will go, in its entirety, to an educational fund that will enable these children to continue their education af-

ter high school. Each student was asked to donate \$1 and each staff member \$5 to this worthwhile cause.

The Student Council and Cross Country team each donated \$50. Tracy Hale and some of her technology students made flags, sold them each for a quarter, and donated the money to the fund.

Student Council had a busy October. The school just completed a very "spirited" spirit week with hat day, pajama day, mix match day, sports day and red and black school colors day. On sports day there was also a student council-teacher swap with many council members teaching various classes throughout the day.

On school colors day the school had its fall pep rally to recognize its sports teams and many clubs. As president, Whitney Weathersby summed it up, "There's something for everybody here at Smith."

On Friday afternoon, students capped off the week with a harvest dance. There were some terrific costumes, which made it awfully hard for the judges to decide on the best in each category. The winner of the scariest was Jac Castineira.