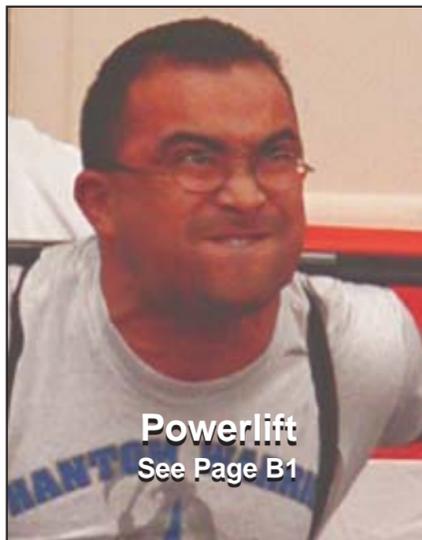


The Fort Huachuca Scout



Vol. 48, NO. 42 Published in the interest of Fort Huachuca personnel and their families October 24, 2002



Powerlift
See Page B1

Scout reports

e-mail: thescout@hua.army.mil
website: huachuca-www.army.mil/USAG/PAO

Gate checkpoints

The Directorate of Public Safety will conduct force protection checkpoints at the West Gate between 8 to 9 p.m. and at the Main Gate between 11 p.m. and 2 a.m.

The purpose of the checkpoints is to protect and safeguard the community by reducing criminal activity on post, assuring that laws and regulations are followed, and increasing security awareness.

Questions or concerns can be directed to Staff Sgt. Patty Straub at 533-2839 or Sgt. Craig Hannum at 533-5429.

Post retirement ceremony

The 111th Military Intelligence Brigade will host an Installation Retirement Ceremony Friday at 4 p.m. on Brown Parade Field.

The following are those standing in the ceremony: Maj. Susan Zayas, Medical Activity; Chief Warrant Officer Emmanuel P. Montoro, 86th Signal Battalion; Sgt. Maj. Donald J. Bartholomew, 306th MI Bn. and 1st Sgt. Scott A. Quick, 111th MI Bde.

Call Sgt. Carmela Whited for reserved seating at carmela.whited@hua.army.mil.

New library hours

Due to a staff shortage, effective immediately and until further notice, the Main Library will reduce its hours to the following schedule: Monday through Friday 10:30 a.m. to 6:30 p.m.

The library will be closed Saturdays, Sundays and holidays. For more information, call the Director of Education Services, Dennis Sherrod, at 533-3010

AUSA Veterans' luncheon

The Association of the United States Army will host a Veterans' Recognition Luncheon Nov. 7 from 11:30 a.m. - 1 p.m. at the La Hacienda. The guest speaker will be Ret. Gen. John Wickham, Jr., former Army Chief of Staff. The lunch is \$10. For reservations, call 458-6940.

Volunteers needed

Active duty and retired veterans (soldiers, sailors, airmen and Marines) from Fort Huachuca are needed to visit veterans in health care facilities in Sierra Vista and Tucson as part of the Veterans visting Veterans program.

The two day event will be held Nov. 4 and 6. Veterans can participate on one or both days. Visits will be conducted in Sierra Vista Nov. 4 from 7:30 a.m.-3 p.m.; and in Tucson Nov. 6 from 7:30 a.m. - 2 p.m.

For more information on volunteering, contact Ginny Sciarrino at 533-1285.

Mandatory class

All military personnel, Department of Defense civilians, and contractors assigned to Fort Huachuca are encouraged to attend one of the two scheduled classes concerning "Legal Issues and Information Systems Operations."

Class dates/times are: Wednesday at Fitch Auditorium 10-11:30 a.m., and Nov. 13 at the Network Enterprise Technology Command/9th Army Signal Command Conference Room, Greely Hall at 1:30-3 p.m.

Point of contact for this action is David Miller at 533-5712.



Photo by Sgt. 1st Class Donald Sparks

Skull-tacular

Hidden behind his skull-shaped welder's mask is Sgt. Russell Anderson, Headquarters and Headquarters Company, 111th Military Intelligence Brigade as he watches Sgt. Miguel Stona, HHC, 111th MI Bde., weld a T-handle on an entrance gate. The soldiers installed a gate last week in front of the Main Post Chapel as part of force protection measures.

Post Fall CleanUp starts Monday

By Sgt. 1st Class Donald Sparks
NCOIC, USAIC&FH PAO

Just as symbolic of leaves changing colors to indicate the fall season, soldiers can count on one thing this time of the year – Fall Clean Up.

All units and tenant units on the installation will conduct area police of selected areas beginning Monday through Nov. 1.

Commonly known as post beautification, the purpose of the clean up is to properly dispose of trash, debris and landscape around training areas and specific governments buildings.

"This is our community and we have to take pride in where we live, work and play," said Sgt. Maj. Paul Moore, installation operations sergeant major.

Additionally, on Oct. 31, all soldiers residing in government quarters will be released to conduct clean up in and around their housing.

Units responsible for housing areas will ensure vehicles are available to collect and dispose of refuse and oversized items in their respective housing areas by Nov. 1.

As expected during the clean up, post officials urge all soldiers to think safety during the weeklong event.

Soldiers should be concerned with hazards such as snakes; local wild life and in

See CLEAN UP, Page 6

Tax forms to be available online

By Staff Sgt. Marcia Triggs
Army News Service

Defense Finance and Accounting Service is putting pay information at the fingertips of the military community.

Beginning in January, the 2002 W2 tax forms will be available online through DFAS' myPay system.

A personal identification number is needed to access personal accounts. Service members, retirees and civilian employees who do not remember receiving their PIN or do not remember the number can go to www.dfas.mil/, and click on myPay, which is under the "Money Matters" heading.

Due to security reasons PINs are mailed to the recipients, and it could take from three to seven days to get the number after the request has been made, said Catherine Ferguson, a DFAS spokeswoman.

"We decided to put the W2 form online because we get a lot of phone calls from soldiers who are deployed, have lost their originals or for some reason need another copy," Ferguson said.

Troops can concentrate on their mission when they are not worried about pay and benefits, said Dennis Eicher, Electronic Commerce, Military and Civilian Pay Services director.

That is why DFAS is providing innovative and reliable tools, he said. Troops can take charge of their pay accounts online, Eicher added.

Some of the other finance actions that can be performed online to date are: purchasing

See TAX, Page 6

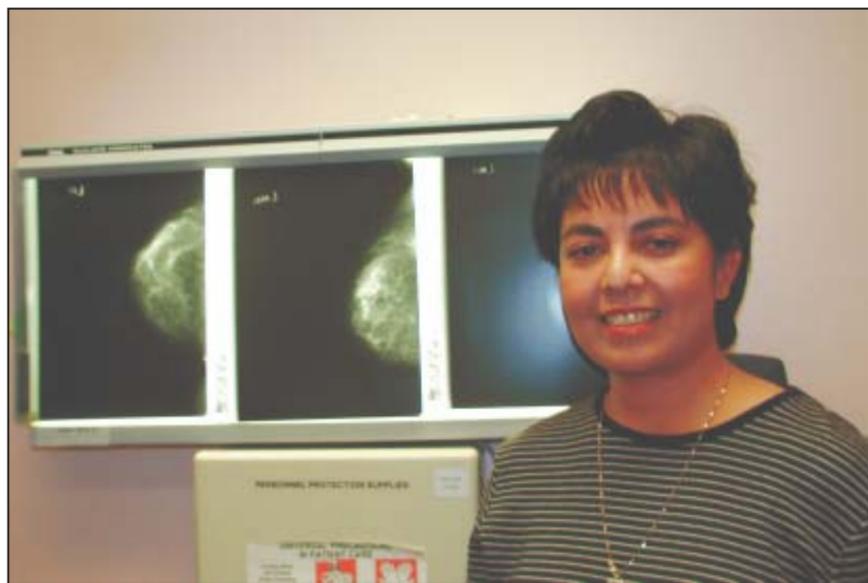


Photo by Sgt. 1st Class Donald Sparks

Sylvia Camarillo was diagnosed with breast cancer two years ago. Today she tries to educate other women about her ordeal to fight the disease.

Finding the spirit to live

One woman's story of surviving breast cancer

By Sgt. 1st Class Donald Sparks
NCOIC, USAIC&FH

Two years ago if someone mentioned the word cancer to Sylvia Camarillo, only one image entered her mind – death. The 42-year-old mother of three lost both her parents to cancer.

Her mother died in 1989 of multiple myeloma, a cancer of the plasma cell, and her father passed away 10 years later of prostate cancer. So when she was diagnosed during a routine exam in May 2000, she was immensely saddened.

"Because I had seen what both my par-

ents had gone through I felt I probably would not survive this either," said Camarillo, a senior clerk at Meith Middle School. "Cancer to me only meant death. It didn't mean that I was going to make it – and I didn't want to die."

The mammogram revealed something suspicious in the X-rays. After looking at the film results she was recommended to have a sonogram to find out more about the shaded areas in her X-ray.

The nerve-wrecking ordeal continued as she was suggested next by her radiologist to

See CANCER, Page 4

We all have a role in prevention

By Ken Bowles,
ASAP Office

Part 2 of 2

Enrique Camarena was a Federal Drug Enforcement Agent risked his life by working undercover to infiltrate and expose the illegal drug smuggling activities along the Mexican border. He had successfully accomplished his mission and was about to expose the workings of the drug cartel. When the smugglers discovered that he was a DEA Agent. In October 1985, gang members kidnapped, tortured and murdered Camarena then dumped his body in the desert.

Private citizens and many organizations who had been working to reduce illegal drug trafficking and use in the United States, used Camarena's death as a rallying call. They adopted the Red Ribbon to symbolize of their drive to rid the country of the scourge of drug use and drug trafficking. The Annual Red Ribbon campaign in October has signaled our commitment to end illegal drug use.

Then First Lady, Nancy Reagan was the honorary chairperson of the Red Ribbon Program. Her contribution to drug prevention was "Just Say No!" Her approach was frequently criticized as being too simplistic, but it helped to dramatically reduce drug use in the nation. "Just Say No" worked then and would still work today because it empowers people to refuse to use drugs without feeling embarrassed or guilty.

Then as now, illegal use has had a negative impact on all levels of our society. Millions of tax dollars are spent on interdiction, courts and prisons. Lives and careers have been lost and insurance rates have skyrocketed as the health care industry grapples with the cost of health care arising from drugs, - yes, and the use of tobacco and alcohol as well.

Our armed forces are particularly at risk because of illegal drugs. Soldiers who use drugs not only put their own health and lives at risk, but are also a danger to their fellow soldiers. Because of the large profits from selling drugs, some soldiers deal illegal drugs on the military installation. The nation, but particularly the military forces pay the highest price for drug production and trafficking.

The cost of illegal drug use in the military is hard to measure. It results in risky behavior, disciplinary problems, low productivity, lost careers, and sometimes in lost lives. Millions of dollars are expended annually on urine testing to deter illegal drug use and to identify as early as possible those who are using drugs. Positive tests result in Courts Martial or Article 15 punishment and usually separation from the military. Sometimes it is the very soldiers who put their lives on the line who are funding their enemy by using illegal drugs.

Drug use does not occur in a vacuum. The soldier who uses drugs is actively involved in his or her military job working for someone and with others. Drugs alter body chemistry, so generally have telltale signs. The first and most prominent indicator is a noticeable change in a soldier's behavior or performance. Most illegal drugs have lingering periods of depression after the effects have worn off. Sometimes the individual may seem distracted, or lose touch with reality, and find it difficult to carry on a coherent conversation. Some drugs cause the user to become irritable, and sometimes aggressive with little provocation.

Leaders and supervisors who are aware of these signs can usually identify those behaviors. If they feel competent enough to intervene, and familiar with resources available to deal with problem subordinates, they can be referred for help before some incident occurs.

Without training, some supervisors fail to act, and rely instead on other aspects of the system. A soldier in one Fort Huachuca work unit sometimes smelled like marijuana smoke. He took a long time to do simple tasks and his work was so unreliable that everyone in the section had to double check to correct errors. Sometimes he could not carry on a coherent conversation. Everyone in the section looked forward to the day when his number would come up and he would have a "hot" urine.

Based on job performance and other indicators, the supervisor probably had a sufficient basis to have the commander direct a urine test for cause. At the supervisors request, the commander could have directed a urine test for competence for duty. If the specimen had tested positive, the soldier would have been referred Army Substance Abuse Program for screening, and probably treatment. Instead, the soldier eventually tested positive and was separated from the service.

In our communities, as in the military we can only be successful in eliminating drug abuse, when every citizen, and every soldier refuses to use drugs and refuses to tolerate the use of drugs in their community or their unit. This means learning how to identify the signs that indicate that someone has been using drugs, being alert to the production or dealing in drugs, and to promptly take whatever necessary to correct it.

The ASAP provides special two hour training classes for all leaders and supervisors. To schedule classes or to learn what else you can do, call Ken Bowles at 538-1315, or come to the ASAP office, Building 22414.



Chaplain (Maj.) Dennis R. Nitschke,
Deputy Command Chaplain, NETCOM

Who Cares? "Cast all your anxiety on Him because He cares for you!"— 1 Peter 5:7

A terrible thing happened Oct. 11 on Fort Huachuca. An incident which started as a possible suicide, ended in the death and the wounding of two of our Military Police. Along with that, the members of the Military Police were affected - either by participating, knowing or simply belonging to the same unit as the soldiers involved. Families were affected. The greater Military Police family around the world was affected. The Fort Huachuca community - and in some sense, the Sierra Vista community were affected. Thousands of people affected by one death. Decisions, like the one seemingly made by one sergeant, impact far more than first thought about when making those decisions.

My place here is not to judge, play "Monday morning quarterback," nor to give answers to "why" the event even happened. I see my place now to educate, support and provide outlets so this incident isn't repeated and that people under stress, anxiety, or depression know they have allies in seeking help.

First, educate. Chaplains and mental health personnel are available for counseling - for a variety of reasons and issues. Chaplains routinely conduct Suicide Prevention classes in all units - no matter what the size.

Several on-post chaplains are also trained in "Applied Suicide Intervention Skills Training. Over 70 personnel on Fort Huachuca attended training - which is geared at worker/leaders who see people daily to take intervening action before someone becomes hopelessly suicidal. The next ASIST two-day session will be Nov. 20 - 21, 8:30 a.m. - 4:30 p.m. at the Main Post Chapel.

Second, support. The MPs are hurting right now. So are family members. So are a number of other folks on post. This is not the time to question them, but to let them know we care. One thing I find true about Fort HUA-chuca is that we gripe some, but when the chips are down, we come together. Friends, please find the time to come together and support our MPs, the family and the folks dealing with tragedy.

Third, provide outlets. If you know of a coworker or family member who is having difficulties that may affect their health or mental outlook, please talk to them. If you are having problems of your own, please take a little bit of advice. See someone - a friend, clergy, doctor, or your unit chaplain. The chaplains on post are here to help soldiers, family members, and civilians in a variety of ways - one is to listen. Another is help people through their problems - even those that seem hopeless.

Now is a time to mourn for our lost and hurting. Now is also the time to regroup so that this tragedy is not repeated. You can make a difference, for thousands of people.

Graphic by Angelica Pequeño



Safety tips

Courtesy of the Fort Huachuca Safety Office

For children

Make sure the costume doesn't interfere with your ability to walk safely.

If you wear a mask make sure you can see where you are going.

Walk, don't run. Stay on sidewalks and don't cut through yards.

Have a flashlight. Put reflective strips on your costume.

Only go to houses that are lit.

Don't use real knives and other weapons as part of the costume.

Use the buddy system, don't go out alone.

For trick or treating times on post and alternate activities see Page 6.

For parents

Make sure all children carry identification and know how to contact help.

Accompany younger children.

Have the trick or treaters carry a watch and tell them what time to be home.

Examine all treats before letting the child eat them - look for tampering.

Make sure costumes are safe and fireproof and are suitable for the temperature and weather.

If you are giving out treats make sure your porch light is on and remove all obstacles from the sidewalk areas.

Keep pets away from the door.

Scout on the Street

Why is it important for disabled persons to have the same opportunities in the workplace as non-disabled persons?



All people need to be recognized by their job performance, not for their ailment or disability.

Sgt. 1st Class Todd Shorts,
Airborne, Defense
Military Pay Office



It is very important because disabled people are part of our society; they should have the same opportunities as everyone else.

Sgt. David Hill,
309th
Military Intelligence
Battalion



Everybody should have equal opportunities; we should all be able to have the chance to work. It's everyone's civil right. Disabled does not mean incapable.

Sgt. Benedicta Feuster,
Headquarters Company,
306th MI Bn.



People who are disabled in one area still have different abilities that can be capitalized upon.

Capt. Jay Hildreth,
304th MI Bn.



You cannot discriminate against people who are disabled, they have to make a living for themselves or we may wind up supporting them through our tax dollars.

Pvt. Zachary Arnold,
86th Signal Bn.



They should have an equal chance; they have families they need to support. Being disabled is no fault of their own.

Sgt. 1st Class Jimmy
Penn,
309th MI Bn.

Photos by Angelica Pequeño

The Fort Huachuca Scout

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Fort receives federal energy award

By Angela Moncur
Environmental Public Affairs Specialist

Fort Huachuca will celebrate National Energy Awareness Month by accepting a federal energy award this week for its positive efforts to implement cost-effective energy conservation, water conservation and renewable energy projects.

The 2002 Federal Energy and Water Management Award for Renewable Energy was presented to the fort in a Washington, D.C. ceremony Wednesday.

The fort's concerted effort to increase its use of renewable energy in Fiscal Year 2001 by 270 percent over Fiscal Year 2000 has resulted in 5,495 Million British Thermal Units of renewable energy produced.

According to Bill Stein, Energy Coordinator, the increased use of renewables was accomplished by integrating renewables projects within an Energy Savings Performance Contract and by enhancing the already existing systems through maintenance and upgrade.

Renewable energy projects include improving the prototype Dish/Stirling solar thermal electric generator, installing daylighting and Solarwalls, and collecting data on the potential for wind power.

The fort has also installed 1.5-gallon per minute showerheads and horizontal axis washing machines in the soldier barracks, and implemented community education on energy and water conservation and natural resource stewardship to increase awareness.

There are tremendous environmental benefits associated with the increase in renewables and water reductions, including a reduction of the fort's draw on the regional aquifer, a reduction in emissions associated with natural gas and electricity, and an improved work environment through daylighting, Stein said.

Solarwalls, the second and third installed at an Army installation, utilize a vent and fan system to draw in heat and preheat the ventilation air displacing the use of natural gas.

"This award puts Fort Huachuca in a position of national recognition for our efforts,"



Photo by Tim Moss, Sandia National Laboratories

Chuck Andraka, who works for Sandia National Labs Solar Thermal Technology Department, based in Albuquerque, N.M., displays the Dish/Stirling solar thermal electric generator located in the Joint Interoperability Test Command compound. Andraka works in the Solar Thermal Technology department of Sandia National Laboratories and was one of three people from the organization working on improving that technology. They were assisted by the JITC on-site operator, Andre Beaudet. The unit was upgraded from Helium to Hydrogen as a working fluid and adjustments were made to the tracking system.

Stein said. "These projects are not one- or two-man shows, but a concerted effort from all the organizations and units here."

Over the past decade, Fort Huachuca has reduced its natural gas use by over 40 percent and reduced peak electrical demand by 18 percent. Since Fiscal Year 1992, the fort has received three Department of Army-level energy awards and six federal-level energy awards.

Two individuals have received federal energy awards and one individual has re-

ceived a federal-level award for beneficial landscaping at the main gate.

Take a virtual tour of Fort Huachuca's renewable energy projects online at www.azsolarcenter.com/imagesets/series07.html.

Various solar and wind projects on post are featured.

For a personal tour of the post's projects, call Stein at 533-1861 or e-mail william.stein@hua.army.mil

Physical therapy keeps soldiers combat ready

By Sgt. Anika Andeson-Hack
RWBAHC PAO

October is National Physical Therapy Month and in recognition, the Raymond W.

Bliss Army Health Center's Physical Therapy Department will be sponsoring several events aimed towards promoting wellness, fitness, and injury prevention.

Some of scheduled events include a fitness fair, aquatic PT, and several free raffles.

Staff Sgt. Tami Loewen, the coordinator and spokesperson for the Physical Therapy Clinic, stated that the biggest event currently planned is the fitness fair.

"We are planning to have several stations set up, at which the staff members of the Physical Therapy Clinic will be presenting information, and demonstrating various techniques which will aid Master Fitness Trainers, and the soldiers responsible for their unit's PT programs, to keep their units fit to fight."

The stations will give the personnel in attendance an opportunity to participate in hands-on training and learn new methods of preventing injury, and will include postural taping, foot-typing, theraball exercises, and proprioception/spatial awareness.

RWBAHC's Physical Therapist, Capt. Lance Platt, will be on site to answer any questions during the event.

Platt mentioned how U.S.

Army Physical Therapists have a proud history in the profession of physical therapy in the United States.

"Military physical therapists have repeatedly demonstrated professional leadership in their field," Platt said.

"The birth of physical therapy in the U.S. was observed during World War I when women were employed by the Army to work as reconstruction aides, providing rehabilitative care to injured service members."

Platt added a core group of these women founded what has come to be known as the American Physical Therapy Association.

"Having demonstrated their reliability, military physical therapists have expanded their roles working as 'physician extenders' with greater diagnostic and prescriptive privileges than commonly enjoyed by civilian therapists," Platt said.

While all the stations are planning to present valuable information, Loewen believes that the foot-typing is especially important for soldiers.

"Knee pain is one of our most common injuries," Loewen said.

"It's amazing how much of that could be prevented if our soldiers only knew what types of shoes they should wear, and for how long they should wear them."

The fitness fair will be held Thursday, from 7 - 11 a.m. hours at Barnes Field House

For more information, and to get your foot typed, call the Physical Therapy Clinic at 533-9102.

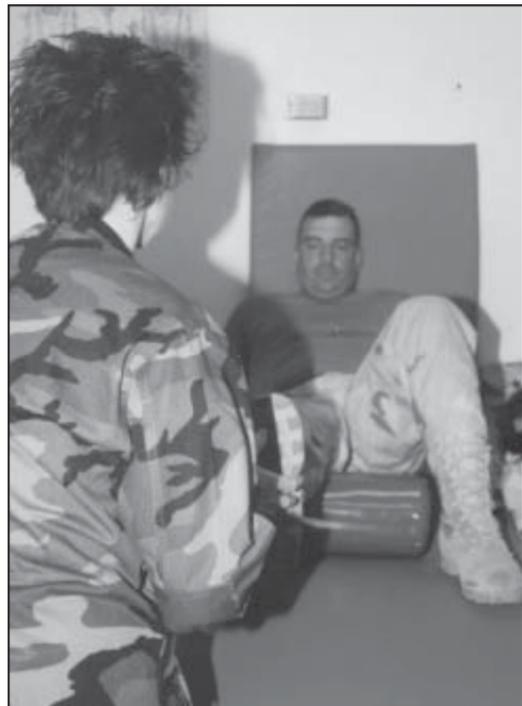


Photo by Sgt. 1st Class Donald Sparks

Staff Sgt. Tami Loewen, noncommissioned officer in charge of the Physical Therapy Clinic, tests Spc. Wesley Smith's knee strength.

Still time to contribute to the Combined Federal Campaign

By Staff Sgt. Sharron Stewart
Scout News Editor

Donations of \$2, \$5 or \$10 may not seem like much but it can mean the matter of life and death to those who are less fortunate.

This year's Combined Federal Campaign will run until Nov. 6.

According to 2nd Lt. Mia Clements, assistant post CFC representative, at the end of the fourth week of the post's campaign,

to date, the Fort Huachuca community has contribute a total of \$61,177.

No matter your area of interest the CFC has something that will appeal to you.



You can support children and mothers with HIV, literacy campaigns, the rain forest and even several military organizations.

Contributors can be military, retirees and Department of the Army civilians.

For more information on how your contribution can make a difference in someone's life, or to obtain more information regarding the charities involved, talk to your CFC unit representative.

You can also visit www.opm.gov/cfc/ for more information.

Bringing the community into contact

Military Police protecting the environment

DPS release

Are you the outdoors type? Do you appreciate the beauty of our environment and the natural resources that it provides and want to protect them? Have you wished that everyone felt the same way you do?

We at the Environmental Protection Office feel the same way. We are the Military Police Section tasked with protecting the environment. Our duties include, but are not limited to, enforcement of hunting and fishing regulations, off highway vehicle usage, response to hazardous material violations (petroleum spills, etc), protection of endangered and protected species, and locating and processing undocumented immigrants. We have found that one of the best ways to successfully complete this diverse mission is to keep the Fort Huachuca community informed concerning current environmental policies and procedures.

Those 14 and older wishing to fish on Fort Huachuca must be in possession of a valid Arizona State fishing license and Fort Huachuca fishing permit. Ages 13 and younger are not required to have an Arizona State fishing license or post permit but must be accompanied by a licensed adult.

The requirements for hunting on the installation include an Arizona state hunting license and a Fort Huachuca hunting permit. In order to qualify for a Fort Huachuca hunting permit it is a requirement to attend a hunter safety course. Hunter's must be a DA civilian, on active duty, retired military, a family member spouse or a legal dependent of one of these categories.

All state and post hunting and fishing licenses are available for purchase through Morale Welfare and Recreation at the Sportsman's Center, 533-7085, located on Garden Canyon Road.

Outdoors recreational activities have the potential to negatively impact our environment. It is important that caution is used while participating in such activities. When camping and or picnicking use extreme caution when using open flame. When off highway vehicles are being used ensure that the proper safety equipment is utilized. Safety glasses, helmet, gloves, and reflective vests are a must. Always remain on existing roadways, firebreaks, and tank trails. Cross county travel is prohibited.

Oil spills in parking lots and in roadways have the potential to contaminate our water sources. Water is in short supply in this area and a concerted effort is put into maintaining this precious resource. We should all do our part by reporting petroleum spills and illegal dumping to the appropriate authorities, the Military Police and the Directorate of Installation Support, to ensure proper clean-up occurs.

Finally, Fort Huachuca has become the home of many endangered and protected species. In order to protect these species for future generations to enjoy, we must be aware of our surroundings and ensure our activities do not compromise their delicate habitats. If there are specific questions concerning a particular outdoors activity or protected species, the EPO would be glad to answer it for you.

Unfortunately, actions by a few can disrupt the environment for everybody. At times, EPO must cite violators of environmental regulations. Here are some of the Arizona Revised Statutes that are most violated and the fines that accompany them:

- ARS 17-331 No valid license in possession \$177
- ARS 17-309A.15 Over bag limit \$177
- ARS 17-309A.1 Unplugged shotgun \$177
- ARS 17-309A.17 Possession or transportation of wildlife, unlawfully taking big game \$885, endangered/threatened species, \$1327

- ARS 17-454 Cross country private/public lands, \$177
- ARS 28-1174 OHV reckless disregard of property, \$177
- ARS 28-964A Operator eye protection helmet required \$50

For more information, call the Environmental Protection Office at 533-3670 or stop in at Building 31122, room 109. To report violations use the above number or contact the MP desk at 533-3000.

Editors note: This is a continuation of Directorate of Public Safety articles to make the community aware of DPS missions and concerns involving public safety.

October reminds women, men of breast cancer awareness

By Katherine Goode
Scout Staff

"This year, an estimated 203,000 American women will be diagnosed with breast cancer, and almost 40,000 will die," said President George W. Bush Oct. 1 in commemoration of Breast Cancer Awareness Month.

Bush added, "Although we have made great medical strides in understanding breast cancer, much remains to be done to advance prevention, early detection, and effective treatment."

According to American Cancer Society, medical researchers are beginning to learn what happens inside cells that may cause cancer and have identified changes in certain genes within breast cells that can be linked to a higher risk for breast cancer.

These researches have found breast cells to contain a variety of genes that normally work cooperatively with a woman's natural hormones, diet, and environment to keep her breasts healthy.

Certain genes routinely keep breast cells from dividing and growing out of control and forming tumors. When these genes become altered, changes occur and a cell no longer can grow correctly.

Genetic changes may be inherited from a parent or may accumulate throughout a person's lifetime. Breast cancer usually begins in a single cell that changes from normal to malignant over a period of time.

Presently, no one can predict exactly when cancer will occur or how it will progress.

When breast cancer is diagnosed - even if detected at the earliest stage - it is not yet possible to predict which cancer cells will be treated successfully and which will continue to grow and spread quickly to other parts of the body.

Regular screenings remain the most effective way to identify breast cancer in its earliest and most treatable stages. For women 40 and over, having mammograms every one to two years can reduce the risk of dying from breast cancer.

According to Bush, as the cost of mammograms are to many cost prohibitive, the Centers for Disease Control and Prevention gives screening and treatment services through the National Breast and Cervical Cancer Early Detection Program.

This Program has offered free and low-cost mammograms to almost 1.5 million low-income and minority women across our country for 12 years.

"In addition, the Federal Breast and Cervical Cancer Prevention and Treatment Act allows States to expand Medicaid coverage to low-income, uninsured women who were screened through the CDC program and found to need treatment for breast or cervical cancer.

To date, the Department of Health and Human Services has approved this Medicaid eligibility in 45 States," said Bush.

The battle breast cancer patients have to go through is a long road that sometimes can be corrected through treat-

ment or surgery to the breast, but some do not receive the benefit of these treatments and learn that the cancer has spread.

When breast cancer spreads outside the breast, cancer cells often are found in the lymph nodes under the arm. Cancer cells may spread beyond the breast such as to other lymph nodes, the bones, liver, or lungs.

Although it is not common, some patients whose underarm lymph nodes are clear of breast cancer may still have cancer cells, which have spread to other parts of the body.

Cancer that spreads to other parts of the body is the same disease and has the same name as the original cancer. When breast cancer spreads, it is called metastatic breast cancer even though it is found in another part of the body.

But to all those courageous fighters and survivors, Bush proclaims, "My Administration continues to support research efforts to discover a cure and advance our understanding of breast cancer."

He added, "Americans have raised more than \$23 million over the past four years by purchasing the Breast Cancer Research stamp, which will be available until Dec. 31, 2003, from the United States Postal Service."

"America is grateful to the brave and generous women who help fight this disease by participating in clinical trials. Researchers rely on these courageous patients, who help us learn about the safety and effectiveness of new approaches of treatment and, in doing so, bring us closer to eliminating this terrible disease," Bush finished.

CANCER from Page 1

Because I had seen what both my parents had gone through I felt I probably would not survive this either. Cancer to me only meant death. It didn't mean that I was going to make it - and I didn't want to die.

Sylvia Camarillo,
breast cancer survivor

have a stereotactic surgery done. Her first surgery was a stereotactic biopsy to identify if the tissue was cancerous or benign.

A stereotactic biopsy is done to evaluate a lump that cannot be felt on breast examination, but is seen on mammogram or ultrasound.

It is done using a special type of X-ray instrument that can precisely locate the area of the breast from which the biopsy sample is to be taken.

A small incision is then made in the skin of the breast and the instrument guides a needle to the exact biopsy site to collect a tissue sample.

"You wound up with just a small scar on the skin just in case the results come back negative," said Fran Long, mammographer, Raymond W. Bliss Army Health Center. "This isn't as traumatic and doesn't leave a permanent scar as a reminder of the ordeal. A year later you can't find that scar."

After the results came back positive for cancer, had to begin her fight for her life.

Complicating her misery, Camarillo and her husband, Antonio, had planned a family vacation to visit their daughter stationed at Fort Lewis, Wash. a few months prior to receiving the news.

The Camarillo's decided to go anyway to give her time to educate herself about the type of cancer she had.

"I had to tell Angelica at the time what was going on. I would have my surgeries and then start chemo," Camarillo said. "My daughter told me, 'Mom, I have already read about breast cancer and other cancers, just in case this would happen to you.'"

She wasn't ready to tell her sons Tony and Oscar the news yet, and what was supposed to be a two-week stay for the boys with their sister turned to a six-week stay.

Her first surgery was a stereotactic biopsy to identify if the tissue was cancerous or benign.

"The good news I received was that the cancer had not spread into the lymphatic system," Camarillo said. "The bad news was



Photos by Sgt. 1st Class Donald Sparks

Sylvia Camarillo displays the scar left behind following her lumpectomy surgery to remove her cancerous tumor. Camarillo was diagnosed with breast cancer two years ago, but has survived to tell her story to others.

that I did have an aggressive form of cancer."

Prior to her surgery she was told she was going to have a partial mastectomy. However when she woke up, despite being groggy, she realized she wasn't deformed. She asked her doctor what type of surgery did she have.

"I expected to lose part of my breast," Camarillo said. "But she (Dr. Jody Jenkins) explained to me she performed a lumpectomy. She went under my arm and removed the tumor. That was a great surgery for me."

A lumpectomy is the removal of a breast lump. A small cut is made over the lump and it is removed in one piece. It is then sent immediately to the laboratory for examination. The skin is then stitched back together again.

This is only possible if the lump is detected at an early stage, before the cancer has spread. If it is benign, then there will be no complications. If the lump is malignant, then treatment will depend on the size and spread of the tumor.

Two weeks after surgery Camarillo began her chemotherapy. Not long afterwards she lost all of her hair, her complexion turned pale and her nails turned purple. Recalling the ordeal still haunts her.

"I was either sitting on the toilet or hugging it because I was both vomiting and had bad stomach problems, mouth sores, and other symptoms I've already forgot," she said.

During this phase of her recovery, Camarillo said there were times when she was so sick, she felt like dying.

"I did think about dying, but I also kept a picture of my kids on the wall," she said. "And when I started feeling that way, I would look at that picture and say, 'There is no way. I'm going to kick this, I'm going to fight it and I'm going to do everything I can. This is only temporary.'"

She had to remind her sons that although the chemotherapy was making her sick, it was also making her get better. Of course this was no consolation to her sons who hated seeing their mother in her frail state and condition.

"They were afraid to look at me. I no longer had long hair and I was wearing a wig," Camarillo said. "They didn't want to

tell me anything and I could see it in their eyes. I remember the youngest one walking backwards so he wouldn't have to look at me. It was very hard."

Adding to her frustration Camarillo's husband was on recruiter duty at the time in Tucson, which meant he probably wouldn't have been able to be near her side at times.

"It was really hard but he was commuting back and forth every day to check on me," she said. "His unit was very supportive giving him time off to go with me to appointments and recovery after the surgery."

Two years later, Camarillo now a Eucharistic minister and active member of the Holy Family Parish here, admits the breast cancer gave her a new perspective on her life and gave her a better appreciation of her life.

"We find out how strong we are when we go through something like this," she said. "If you want to be a survivor, then you must be strong."

Echoing Camarillo's words, Long added, "For breast cancer survivors it's all in the mind. If you they give up or have that doubt, then it's going to be very, very hard to rebound again. Sylvia said it best, 'It makes me sick, but it's making me better.' You have to keep saying that over and over."

Camarillo now spreads her message to other women to recognize the various symptoms of breast cancer according to the American Cancer Society's list of early warning signals.

"Learn how cancer is diagnosed, treated, and managed day to day," Camarillo said. "I focused on the simple concept of using cancer as a doorway or opportunity to uproot the quality of my life."

Today, there are many outlets and support groups for cancer victims and their families.

Camarillo meets each Thursday weekly at the St. Andrews Parish Center at 6 p.m. She said the group is open to not only breast cancer survivors, but all kinds of cancer patients.

Long listed several American Cancer Society cancer services available in Sierra Vista to include the Sierra Vista Cancer Support Group which meets Thursdays at 4 p.m., the Women's Cancer Support Group which meets the third Tuesday every month, and Trinity Methodist Church.

There is also a toll-free Cancer Help Line at 1-800-227-2345.



Sylvia and her husband, Sgt. 1st Class Antonio Camarillo, poses with a photo of their three children. Camarillo used the photo as a source of strength to keep living and fighting her breast cancer.

Community Updates

Toner scam alert

The Directorate of Contracting wants to alert Fort Huachuca offices of a continuing scam by some laser, ink jet and toner cartridge suppliers offering "free" toner cartridges or a "30-day trial offer" for cartridges.

DOC reminds anyone receiving a call soliciting for toner cartridges to be wary. A full story on the scam will appear in next week's issue of the Fort Huachuca Scout.

National Contract Management Association Meeting

The Coronado Chapter of the National Contract Management Association is sponsoring a half day workshop in conjunction with the monthly luncheon. It will be held on Tuesday. The luncheon will be held at the La Hacienda Club from 7 a.m.-1p.m.

This workshop will open your eyes to the "truth in negotiations" and learning how to "manage the 'suits'" during the negotiation process. Attend for some tips and lunch.

For luncheon reservations call Kelly Spatz at 459-6227. This event is open to the public.

Myer Elementary craft bazaar

Myer Elementary will be holding a bazaar in the school gym Nov.2 from 9 a.m. to 2 p.m. The event is open to the public and door prizes will be awarded.

NAACP fashion show

The Greater Huachuca Area Branch National Association for the Advancement of Colored People will hold its Annual Freedom Fund Banquet and Fashion Show Nov. 2 at the Lakeside Activity Centre beginning at 6:30 p.m.

The keynote speaker for this program will be the Honorable Leah Landrum-Taylor of the Arizona State House of Representatives and Democratic Whip representing legislative district 16.

Representative Landrum-Taylor serves on the Environment and Ways and Means Committees of the Arizona State Congress. The fashion show is a Vi Gates Production. For more information call 803-9437.

Chapel pottery demonstration

Please join Protestant Women of the Chapel for our November program at the Main Post Chapel Fellowship Hall Nov. 5 from 9-11:30 a.m. Pastor Pat Lazovich of Calvary Chapel on Hereford Road will be doing a special presentation called "In the Potter's Hands." He will perform demonstrations on his potter's wheel. You will not want to miss this dynamic presentation.

Bring a friend and enjoy fellowship and lunch together. Childcare provided for ages 6 months to 5 years (space available). Contact Chaplain Pat Dickson at 533-4753 for more details.

Reward: \$250

The Fort Huachuca Criminal Investigation Division is investigating the theft of a Dell laptop computer, latitude C600, serial number HWTJX01 property of the United States government. The computer was stolen between July 26-Sept. 26 in Rowe Hall, Building 63847. A \$250 reward is being offered for information leading to the identification, arrest and conviction of the person(s) responsible for the theft. If you have any information concerning the theft, call the Fort Huachuca CID at 533-5202 or the military police at 533-3000.

This reward offer expires Oct. 18, 2003 (reward will be paid IAW PARA 3-20B (1-6) AR 195-4.)

Thrift Savings Plan open season

The Thrift Savings Plan open season will end Dec. 31.

During the open season, you may begin contributing to TSP or change the amount of your TSP contribution by logging on to www.abc.army.mil. Do not submit a TSP-1 Form to the Civilian Personnel Advisory Center office. It cannot process these forms. To make Interfund changes, use the www.tsp.gov Web site.

If you have any questions, call Eva Dixon at 533-5735 or Lisa Hamlin at 533-5273, Monday through Friday, between 7:30 a.m.-4 p.m. or stop by CPAC, Building 22320.

Tax Center volunteers

The Fort Huachuca Office of the Staff Judge Advocate is looking for tax center volunteers responsible for taking client information and processing tax returns into an automated tax program. Tax training is provided, but prior experience preparing income tax returns is a plus. Volunteers should have some experience operating a computer with Windows. Point of contact is Capt. Julio C. Salazar at 533-2009.

Western International University

Registration is now open for the November session at Western International University. Classes begin Nov.4. Please contact the WIU office at 459-5040 for a registration appointment.

Fort Huachuca Retiree Council

The Fort Huachuca Retiree Council is actively seeking new members as well as encouraging previous members to become active again.

Persons interested in becoming potential council members or for more information, contact Harlan Bradford at 458-6728 or Gail Desmond of Retirement Services at 533-1120 and you'll be notified of the next council meeting.

NARFE meeting reschedule

The National Association of Retired Federal Employees Chapter 1400 wishes to an-

nounce that the monthly meeting scheduled for Nov. 7 has been rescheduled for Oct. 31 at 11 a.m. at the Thunder Mountain Inn.

The move is due to renovations that are being made under new management. We apologize for any inconvenience to our membership and the public.

All Veterans Picnic

On Nov. 3 the Arizona Department of Veterans' Services will have an all veterans picnic in Phoenix. It is an all day event, from 9 a.m. to 4 p.m. at the Steele Indian School Park. The park is located on the northwest corner of 3rd Street and Indian School Road.

There will be free entertainment for adults and children, hamburgers, hot dogs, chips and drinks.

This event is free to all veterans, active duty, reserve personnel and their families. No alcohol will be permitted at this event.

Native American Heritage Month volunteers needed

The U.S. Army Intelligence Center and Fort Huachuca will host its Native American Heritage Month celebration Nov. 14 at 11:15 a.m.-1 p.m. located at the Murr Community Center.

Volunteers who would like to show their Native American artistry (basket weaving; native American jewelry, ect.) and or artifacts are being sought. In addition, looking for talented dancers, musicians, specialty food dishes, story telling or other related information pertaining to the Native American culture are needed from those willing to share with the Fort Huachuca community.

For more information call the Post Equal Opportunity office at 533-1717, 111th Military Intelligence Brigade EO office at 533-3672, Army Signal Command EO office at 538-0909, 112th MI Bde. EO at 538-0533 or 11th Signal Bde. EO at 533-5202.

Range closures

Range closures for today through Oct.31

Today - AG, AM, AR, AU, AV, AW, T1, T1A, T2

Friday - AG, AM, AP, AU, AV, AW, T1, T1A, T2

Saturday - AM, AP, AQ, AU, AV, T1, T1A, T2

Sunday - AU, T1, T1A, T2

Monday - Fall Clean up all - Areas are Closed

Tuesday - Fall Clean up all - Areas are Closed



Halloween Trick or Treat Hours

The time for trick or treating is 6 - 8 p.m. The post safety office will be handing out reflective bags to the youngest school children on the post. Refer to page 2 for safety tips.

Halloween Harvest Festival

The Main Post Chapel is holding a Harvest Festival for toddlers through 5th-grade Oct. 31. It will be 5-7 p.m. Children need to be accompanied by a parent. There will be plenty of fun, food and treats for the children.

For more information, call Dan DeVeney at the Main Post Chapel at 533-4598.

Wednesday - Fall clean up all - Areas Closed

Oct. 31 - Fall clean up all - Areas Closed

Note: The time after a training area means the area is open for hunting etc. Training will be conducted later in the day or night. Military police should make note of the times and inform hunters of time limits in a specific area. The time input will show on the Range Closure schedule during hunting seasons only. Hunters must be out of the training area at the designated time(s). Night training does not interfere with the hunts as hunts cease at night fall.

For more information, call Range Control 533-7095.

FHOCSA craft bazaar

The Fort Huachuca Officer's and Civilian Spouses' Club will hold their annual fall craft bazaar Nov. 2 at Buena High School.

The FHOCSA is asking for anyone interested in renting a space to sell their crafts to call Sandy Frantz at 458-5988. There is also a limited space available for food concessions.

Chapel Community Angel Tree

The Fort Huachuca chapel community is sponsoring the Angel Tree. The purpose is to provide gifts to the needy children of our military community during the holiday season.

Volunteers are needed to man the Angel Tree table at the post exchange during the following Fridays and Saturdays: Nov. 1,2,8,9,15,16,22,23,29 and 30. The hours are from 10 a.m. -12, 12-2 p.m., 2-4 p.m. and 4-5 p.m.

Please call Chaplain Gary Dale at 533-4911 or email gary_dale@hua.army.mil to donate two hours of your time on any of these days.

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|--|--|---|---|
| <h2 style="margin: 0;">Community Events Calendar</h2> <p style="margin: 0;">To add items to the calendar, call the Central Community Coordinator at 533-6870.</p> <div style="border: 1px solid black; padding: 5px; margin: 5px auto; width: 80%;"> <p style="text-align: center; margin: 0;">New Beginnings Child development 9th Annual Harvest Open House Today from 6:15 - 7:45 p.m. Call 533-5209/7057 for details. Have a howling good time at the Ys Halloween Carnival 6:30 - 8:30 p.m. Friday for 5th-graders & younger and Saturday for 6th-graders and up, 7-9 p.m. Call 533-3205 for more information</p> </div> | | | | | | |
| <ul style="list-style-type: none"> • The Vigilantes at the Helldorado Set in Tombstone at 1 p.m. 27 | <ul style="list-style-type: none"> • San Pedro Kiwanis meets at noon in the Crystal Room of Thunder Mountain Inn. Contact Nilda Townsend at 459-9647. • Thunder Mountain Bridge Club meets at 12:30 p.m. at Thunder Mountain Inn. Call Dianna Smith at 432-3883. | <ul style="list-style-type: none"> • Rickety Rockettes meets at OYCC at 10 a.m. 29 • National Association of Retired Employees Chapter 1400 meets at 11 a.m. at OYCC. • Put Prevention Into Practice (PPP) & Health Promotion Class meets from 2 - 3:30 p.m. at MCC. Call 533-2246 for additional info. • Cochise Toastmasters meets at Landmark Café from 6:30 - 8:30 p.m. Call Toni Reeves at 538-7502. • Cochise Chordsmen (SPERSQA) meets at SV Methodist Church at 7 p.m. • Society for Creative Anachronism meets at OYCC at 7 p.m. | <ul style="list-style-type: none"> • La Salida Del Sol Lions meet at Thunder Mountain Inn at 6:45 a.m. Call Lee at 378-1399 for details. • SV Chess Club meets at Peter Piper Pizza at 7 p.m. 30 | <ul style="list-style-type: none"> • SV Optimist Club meets at 6:30 a.m. at the Landmark Café. Call Robert Atkinson at 459-2711 • National Association of Retired Employees Chapter 1400 meets at 11 a.m. at OYCC. Call 378-6605 for details. • Huachuca Area Retired Teachers Association meets at OYCC at 10 a.m. • Early Release for Fort Huachuca Schools. Myer-Kindergarten @ 1:20 p.m. Grades 4 & 5 @ 1:30p.m. Johnston, grades 1 - 3 @ 1:15 p.m. and Smith, Grades 6-8 @ 1:40 p.m. • Overseas Orientation to Korea from 6 - 8 p.m. at MCC call 533-6874/2330 to pre-register. | <ul style="list-style-type: none"> • Rollin' Thunder Skate Park 5 - 9 p.m. for teens only. Call 533-3205 for information. Open to the public. • Rollerskating at Youth Services, Bldg. 49013 from 6:30 - 8:30 p.m. Call 533-3205 for details. | <ul style="list-style-type: none"> • Youth Services at Bldg. 49013 has open recreation from 1 - 8 p.m. Call 533-3205 for info. • Rollin' Thunder Skate Park is open 1 - 6 p.m. Call 533-3205 for information. Open to the public. • Attend the Halloween Ball at Ethel Berger Center from 7 - 10 p.m. For folks 21 years & older. Cost is \$5 |
| <ul style="list-style-type: none"> • Scuba class at Barns Field House. Cost is \$150 for adults and \$50 for kids 8 years and older. Call 533-3858 for info or call the instructor at 803-0308. | <ul style="list-style-type: none"> • San Pedro Kiwanis meets at noon in the Crystal Room of Thunder Mountain Inn. Contact Nilda Townsend at 458-9647. • Thunder Mountain Bridge Club meets at 12:30 p.m. at Thunder Mountain Inn. Call Dianna Smith at 432-3883. • SV Parks & Leisure is sponsoring Playstation Tournaments at the YC. This event begins at 3:30 p.m. This event is free and open to youth ages 11 - 17 years of age. Call 459-4377 for info. | <ul style="list-style-type: none"> • Rickety Rockettes meets at OYCC at 10 a.m. 5 • National Association of Retired Employees Chapter 1400 meets at 11 a.m. at OYCC. • Put Prevention Into Practice (PPP) & Health Promotion Class meets from 2 - 3:30 p.m. at MCC. Call 533-2246 for additional info. • Cochise Toastmasters meets at Landmark Café from 6:30 - 8:30 p.m. Call Toni Reeves at 538-7502. • Cochise Chordsmen (SPERSQA) meets at SV Methodist Church at 7 p.m. • Society for Creative Anachronism meets at OYCC at 7 p.m. | <ul style="list-style-type: none"> • La Salida Del Sol Lions meet at Thunder Mountain Inn at 6:45 a.m. Call Lee at 378-1399 for details. • SV Chess Club meets at Peter Piper Pizza at 7 p.m. 6 | <ul style="list-style-type: none"> • SV Optimist Club meets at 6:30 a.m. at the Landmark Café. Call Robert Atkinson at 459-2711 • National Association of Retired Employees Chapter 1400 meets at 11 a.m. at OYCC. Call 378-6605 for details. • Huachuca Area Retired Teachers Association meets at OYCC at 10 a.m. • Early Release for Fort Huachuca Schools. Myer-Kindergarten @ 1:20 p.m. Grades 4 & 5 @ 1:30p.m. Johnston, grades 1 - 3 @ 1:15 p.m. and Smith, Grades 6-8 @ 1:40 p.m. | <ul style="list-style-type: none"> • Rollin' Thunder Skate Park 5 - 9 p.m. for teens only. Call 533-3205 for information. Open to the public. • Rollerskating at Youth Services, Bldg. 49013 from 6:30 - 8:30 p.m. Call 533-3205 for details. | <ul style="list-style-type: none"> • OCSC Holiday Bazaar 9 a.m. - 3 p.m. at Buena HS. • Youth Services at Bldg. 49013 has open recreation from 1 - 8 p.m. Call 533-3205 for info. • Rollin' Thunder Skate Park is open 1 - 6 p.m. Call 533-3205 for information. Open to the public. |
| <p>MCC = Murr Community Center MPC = Main Post Chapel OYCC = Oscar Yrun Community Center</p> | | | | | | |
| <p>Army Family Team Building classes and information at Murr Community Center, 533-3686 or 533-2330</p> | | | | | | |

Commentary

Huh, what'd you say?: Living with a disability

By Martin E. Shapiro
Special to the Scout

I don't always hear well. It's a disability I acquired while serving with the Marine Corps in Vietnam. I have other disabilities too from being wounded. But the hearing problem bothers me the most.

Why? Because I refer to it as a silent, invisible disability. If you're in a wheelchair, most people would never think of teasing you. If you are on crutches, limping, blind, crippled, mute, whatever; most people have enough common decency not to joke about you, especially in front of you.

But there's just something different about being hearing impaired, not totally deaf, just impaired. You can be impaired because of volume, voice discrimination, high frequency hearing loss, tinnitus and a multitude of other reasons. They all add up to the fact you don't always hear well.

Now that's the key word; always. Some people think you are faking it if you hear them most of the time but on occasion have to ask them to repeat. Or you are just ignoring them. Or

you only hear what you want to hear; or you're not paying attention.

There are no visible, physical signs of your hearing problem like a crippled person who might need to be in a wheelchair. But if you don't wear hearing aids, or require one or the technology is not around to correct your particular hearing problem, you're just faking it. Right? Even when I have worn hearing aids, I have been teased.

Many hearing impaired people talk loud too. We are not yelling, angry, talking down to you or any of the other silly accusations I have heard. To tell a hearing impaired person to "keep it down and practice talking lower," is like telling a crippled person to straighten up and practice walking straighter. What kind of callous people are there in this world?

I have worked over 26 years for the civil service at five different Army bases and have never been on a base where I was not teased/harassed by co-workers and many of my bosses. That includes division chiefs, team leaders, first line supervisors, military superiors, directors, etc. They think it's cute or funny. To who? Not me.

Is it necessary? Absolutely not. Is it proper? Absolutely not. Is it legal? Absolutely not. And are all these people educated so they know this is inappropriate behavior? It doesn't show all the time. Do they even realize how uncomfortable we are when teased? It's embarrassing, humiliating and downright insulting at times. Are they aware of what they are doing and how they make us feel just for a joke?

How can you go to your supervisor to complain when that person does the same? What recourse does a hearing impaired person have when there are people with "real" disabilities who are being discriminated against or harassed? Why does the chain of command turn a deaf ear on some of us? Or not take it as a serious problem?

Who do we turn to? Why have some people become so insensitive to this particular disability?

What really appalls me is the fact the Federal Government has passed laws forbidding these actions yet working for the Army is where I have experienced the most harassment/teasing. Please stop.

CG's Sensing Session

Issue

Many feel the gains roster is very inaccurate.

Reply

The previous gains roster was extracted from an internal database, which fell into disuse during the Adjutant General Directorate's stand-up of their Most Efficient Organization. As part of the Transformation of Installation Management, strength accountability for United States Army Intelligent Center has been transferred from the AGD to USAIC. Future gains rosters will be extracted via PERSCOM's Enlisted Distribution Assignment System, by USAIC Strength Management and provided to Bde. and Bn. S1s. Point of contact is Dan Gibson, of AGD at 533-5010.

Issue

Is it legal to establish a minimum charge

for cleaning a set of quarters, which would apply to all cleaning teams?

Reply

AR 210-50, Housing Management, paragraph 7-18b.(1) states that residents are responsible for cleaning their own housing and will leave housing in a condition suitable for immediate reassignment. The regulation continues to state installation commanders may establish a procedure to allow residents to prepay a government-approved custodial contractor for cleaning, but that the Government will not be a party to any contract or agreement between the resident and contractor (repository for funds excluded).

Because this is a contract between the occupant and an independent contractor, we cannot dictate either a minimum or maximum charge for cleaning. The contractors establish their fees based on the size and condition of the quarters, which can vary

significantly. Prior planning is the key to a successful self-clean by the soldier or negotiating the best price for a contract cleaning. The longer an occupant waits to negotiate with a contractor, the less likely they are to get the best price.

If an occupant receives a bid, which they believe to be excessive, it is up to the occupant to negotiate a lower price or find another contractor. Please keep in mind that no one is required to contract with a cleaning team. Those residents that plan ahead, take the cleaning class, opt to do a self-clean, and follow the written requirements, generally clear their quarters on the first inspection.

The housing agents will guide you through the requirements at the pre-termination briefing and will offer advice on how to make it a smooth and painless transition. Point of contact is Sylvia Pete at 533-3369.

CLEAN UP from Page 1

sects found on the post and should use extreme caution if discovering any unexploded ordnance.

Moore particularly emphasized that all motorists be on the lookout for soldiers during the cleanup.

"Many soldiers will be near curbsides or in the street cleaning debris," Moore said. "Although they'll be wearing reflective road guard vests or belts, motorists need to be extremely cautious and watch for personnel."

If personnel need to dispose any oversize items, they must obtain a landfill permit at Building 22216 from 8 a.m. to 4 p.m. Units must provide their own transportation.

If needed, units can request large containers through Kim Taylor at 533-3574, to be placed at the site of their assigned detail areas.

Teacher Spotlight

Name: A.R. Jones
School: Colonel Smith Middle School

Educational

Background:

M.A. U.S. History: Women's Studies University of Houston, B.A. U.S. History Univ. of Houston, Teacher Certification, Texas Southern Univ.

Number of years teaching: 8

Current position: Attitude adjustment teacher

Activities outside of teaching: Fort Huachuca Education Association, National Alliance of Black School Educators, Site Based Council, Assistant Basketball Coach

The hardest lesson I have learned: I cannot control other people, and that I am responsible for how I react to them.

People would be surprised if they knew: I am an Anglophile and like country western music and line dancing.

Who do you admire or who is your mentor?: Ordinary people who do extraordinary things.

Most gratifying experience as an educator: To be recognized as "their" teacher when you see students in public and when they are with their friends.

Why I became a teacher: I really believe the children that I teach need me at that point in their lives, that I have something to teach them which will in turn impact them by extension to the entire community.

The most challenging aspect of teaching young people today is: Convincing them to grasp that their actions matter to the entire community, that they belong to something larger than themselves.

The best teaching tool I have used and would recommend to a colleague is: Addressing students where they are, and then bring them along to where you want them to be, always recognizing their contributions, especially small ones.



Courtesy photo

Chalk Talk

Myer Elementary School News

Kathy Bergman's fourth grade class has been preparing to go on their first field trip to the San Pedro River. The students have been visited by Friends of the San Pedro River Docent, with a slide show presentation to help prepare them to identify plants and animals that they hope to see on the field trip.

Myer School celebrated **Red Ribbon Week** with several activities. We started the week with students and staff walking around the track to get us on "the Right Track" to be and stay Drug Free! Students were provided a folder, paid for by Tobacco and Substance Abuse Monies, that has the school logo and picture on the front and a pledge for each one to sign on the back that they will be Drug Free.

An essay contest was held for all fourth and fifth grade students on "Drug Free and Proud." The winners will be announced at the next school assembly on Nov. 1.

One of the favorite activities was putting red ribbon on the fence in front and behind Myer School. The annual food drive was conducted all week with the final food count to be given out at the assembly.

Jan Barnes' fourth-grade class learned a lot with their Owl Pellet project. The students sorted and mounted the bones which are on display now by their classroom. They are also proud to have gotten their first, first place in the Running Club.

Jan Camps' fourth-grade students are busy working on their "Drug Free and Proud" essays for Red Ribbon Week. In Social Studies they are learning about the different ways of life among cultural groups in the United States. Each student will be exploring their own heritage and sharing this information with the class. The students are also preparing to write "Cowboy" poems for the Cochise County Cowboy Poetry Gathering.

Lynn Tompkins fourth grade class is finishing their unit on planets and preparing their final reports and projects for a class presentation. They have also finished reading "Holes" by Louis Sacher and strongly recommend it to others. **Congrats to their top three runners:** Jacqui Villa, Breana Thompson, Kristina

Richardson and to Timothy Lawless, September student of the month.

Tom Crawford's fourth grade class is currently studying rivers and how they change the land around them. This study will also be a great link into their studies of Arizona later in the school year.

The students are looking to a trip to the fort's fire station to learn more about safety and the occupation of fire fighting.

Principal's Honor Roll: 4th Grade: Kristen Williamson, Brandt Biddix, McKinzie Frisbie, Joseph Howdeshell, Gabriele Lesieur, Kimberly Wilson, Rachel Clemmer, Sarah Hall, Anthony Quesnell, Sabrina Zuniga, Orlando Anderson, Mikal Cole, Katlyn Fife, Taron Head, Krishina Richardson, Austin Rider, Brittany Thomas, Denise Cowherd, Linzi Dudding, Hannah Plate, Omar Lopez, Baticia Bradley, Caitlyn Ehrich, and Zachary Malotte. 5th Grade: Karlee Moxley, Brandon Dedeaux, Paul Bradley, Jordan Cobb, Victoria Martinez, Marcin Naze, Juan Ventura, Karlos Febus-Trophagen, Jessica Patterson, and Kayla Hanson.

Johnston Elementary School News

The Students of the Week for the week of Oct. 14-8 were: Alex Kersh, Sheridan Kitcheyan, Justin Bayne, Joshua Krause, Michael McCullum, Destiny Lakey, Keenan Knight, Selena Brown, Kendall Thompson, John Pickens, Josephine Fish, Alexis Argueta, Danielle Aceves, Ricardo Lipscomb, Steven Norris, Charity McKay, Daisy Kocaja, and Francesca DiBioso. Congratulations for your school spirit and hard work.

Johnston Elementary School welcomed the arrival of their guest author, Jim Arnosky, on Oct. 18. Janice Walter, librarian; Jennifer Moxley, media assistant; and the Johnston Parent Teacher Student Organization successfully fund-raised to bring another world class author to the community. Arnosky is an award-winning author, illustrator and naturalist who shares his love and knowledge of nature in a way which appeals to young and mature readers. First, second, and 3rd grade students and teachers read many of Arnosky's books, then extended these naturalistic themes into their art, music, drama, language and science lessons.

Carl Coss, music teacher, shared his expertise with Ginger Volkman and her third graders as they learned "Snake Dance," Arnosky's original song which accompanies his book. This week each child made a whimsical snake puppet to add to the presentation in honor of Arnosky's visit. In addition, students partnered to decorate posters and wrote poetry which reflected their interpretation of a favorite Arnosky book.

Frank Bell's Honor Awards, 1st Quarter: A Honor Roll: Cecil Anderson; A/B Honor Roll: Sheridan Kitcheyan, Cami Kleese, Eric Lindeman, Jessica Nadeau, Matthew Reid, Christopher Staggars, Sierrah Ward and Jerry Wright. **Perfect Attendance:** Cecil Anderson, Caitlin Bosse, Cami Kleese, Jemlynitte Mejias, Matthew Reid, Sierrah Ward, Phillip Williams and, Nathan Woodert.

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savings bonds, managing allotments, viewing and printing travel vouchers.

Reviewing leave and earning statements online as far back as three months and stopping the delivery of the hard copy is also an option, which can save the Armed Forces money, Eicher said.

If just civilians received their LES statements electronically the Department of Defense would save more than \$6 million annually, Ferguson said. It cost 34 cents every time a hard copy LES is distributed, she added.

Additional costs can also be avoided by eliminating customer service activities, Ferguson said.

"One of our goals is to allow customers to do online anything that they previously had to stand in line or wait on the phone to accomplish," Ferguson said.

MyPay was formerly known as Employee Member Self Service system. The system changed, but people don't have to change their PINs, Ferguson said.

Customers with questions about myPay can call customer support at 1-800-3900-2348, Monday through Friday between 7 a.m. and 7:30 p.m. EST.

FM updated to support Transformation, update to capstone doctrine

By Jim Caldwell
TRADOC News Service

Gen. Eric K. Shinseki, Army chief of staff, announced at the annual meeting of the Association of the United States Army that the fielding of Field Manual 7-0, Training the Force, in November, an update to the Army's capstone training doctrine.

The companion to FM 7-0, FM 7-1, Battle Focused Training, will be release in June 2003. The two capstone manuals replace FMs 25-100 and 25-101 produced in 1988 and 1989, respectively.

Shinseki said the manuals were updated not only to train today's leaders, soldiers and units, but also to lay the training foundation for Army Transformation.

As with all Army doctrine, FM 7-0 was subjected to 40 independent reviews, as well as a general officer steering committee. Shinseki convened an Army Training Leader Development meeting in July at which both new manuals were discussed by commanders and command sergeants major from the active Army, Army National Guard and Army Reserve.

"The main thing about Transformation is that, yes, we're

changing organizations and, yes, we're changing their focus on the small unit and the skills that we're going to base in a small unit," said Lt. Col. Ben Clapsaddle, chief of the Training Management writing team for Training and Doctrine Command.

"But in order to get them to that phase and to make them an organization, the same sound fundamentals are required. The fundamentals of how you come up with your mission, how you plan your training, how you execute it and how you recover from training are pretty much the same whether it's a Stryker Brigade Combat Team, a tank battalion or a mech brigade at Fort Hood (Texas).

The obvious difference will be in new equipment and technologies.

"Von Steuben started us off with fundamentals," he said. "Once you have the base of fundamentals, then you add equipment. The skills of the soldiers can adapt to the equipment."

Clapsaddle said members of the writing team conferred with the SBCTs at Fort Lewis, Wash., learning how they trained. The SBCTs are the interim rapid response forces that bridge today's Army and that achieved through Transformation.

"We drew lessons learned from the SBCTs," he said. "We looked at their training plans and programs. We modified some of the discussion in the manuals based on the examples we pulled from them."

Since FMs 25-100 and 25-101 were produced, the world has changed tremendously, which has led the Army to focus even more so on leader development and training.

"Leader development and leader training were specifically not addressed in 25-100, 25-101," said Joe Leigh, a member of the writing team. "The whole discussion of leader development and training was left to FM 22-100 (Leadership). The inference was that leader training and leader development are intricate parts of training but they were not a discussion internal to 25-100 and 25-101. That needed to be cleared up.

"New in FM 7-0 is the discussion of live, virtual and constructive techniques of training. Back in '88, '89 there were no discussions in 25-100 and 25-101 of simulation and simulators, virtual training and constructive training. They were just at the embryonic stage and, quite frankly, the Army at that stage didn't have a clear vision and understanding of how all of that stuff was going to come together."

Another topic not included in the old training manuals was joint, multinational and interagency training.

"It's not that the Army training doctrine needs to focus on joint, multinational and interagency training, but it has to put the art of training into an appropriate perspective regarding joint, multinational and interagency," Leigh said.

Army unit training is intended to produce adaptive leaders and soldiers, which translates to adaptive units and organizations.

"That's what training is really all about," Leigh said. "It's experience. You do that through multiple iterations of tasks so that people begin to react intuitively.

"Everybody is moving around and they know exactly what everybody's doing because they have done it so many times they can do it in their sleep. It's the same for a howitzer section, a tank platoon or an infantry squad. Then when they see something out of the norm, they react to it collectively."

Computer-based simulations and simulators, virtual and constructive, are ideal for providing experience to leaders. They learn to operate on the internetted battlefield, leading various types of organizations against an enemy. The training is repetitive, but with changing situations and conditions. It helps leaders to learn to "read the defense" and select the best course of action, according to Leigh.

One of the most helpful training tools is the after action review.

"There are a lot of things that make our Army unique and separate from a lot of other countries' armies," he said. "The AAR is unique to the U.S. Army. It reinforces to leaders and soldiers that unit training is performance-oriented and it is evaluated. The AAR provides feedback to the leader and the soldiers in the unit, not to beat them up but to let them know whether they met the standards or not. If they didn't, help them make it."

The Army wants to train its small units first.

Soldier speaks at Apache Middle School's Character Counts

By Katherine Goode
Scout Staff

On Friday, Apache Middle School in Sierra Vista hosted Character Counts, a national initiative to build ethics in students, with Chief Warrant Officer 3 Tamara Blakeley and the 18th Military Police Detachment K-9 Unit as guests.

The half-day was broken down into three periods—an assembly, a viewing of the K-9 units working dogs, and team building games.

Javier Barron, school resource officer for Fort Huachuca, has been trying to get this started in the area since he attended a conference this past summer. Barron said, "It is

time for a fresh start. And respect starts in the home. No parent likes to get a call from the principal, because it brings back memories from when they were in school. So parents really need to promote respect and discipline in the home where it really counts."

Blakeley, Company A, 306th Military Intelligence Battalion, was introduced as "Your Mother for the Day," to help present these ideas of respect and discipline starting at home.

Blakeley, who is also president of the Warrant Officer's Association for Fort Huachuca, started by laying down a few ground rules for the students.

Blakeley said to the Apache Middle School students in each of the three assemblies, "There is a place for adults, there is a place for children. You are children, not miniature adults. I am an adult. Your teachers and my panel members are adults and you are going to show us respect."

A firm believer in traditional values, Blakeley believes in the purpose of the Character Counts code.

This code was developed to help fortify the lives of America's young people with consensus ethical values called the "Six Pillars of Character."

These values, which transcend divisions of race, creed, politics, gender and wealth, are: trustworthiness, respect, responsibility, fairness, caring and citizenship.

During the time of assembly students were able to ask questions of panel members from throughout the community.

A wide array of questions brought up topics of violence to how is it kids can even get drugs.



Photo by Katherine Goode

Chief Warrant Officer 3 Tamara Blakeley discusses character with Aaron Smith.