

## Staying active

National Guard unit makes good use of its Active time - Page 4



## Yummy

Good food was served beautifully on Thanksgiving - Page B2

# The Fort Huachuca Scout

Vol. 49, NO. 48

Published in the interest of Fort Huachuca personnel and their families. View online at [huachuca-www.army.mil/USAG/PAO](http://huachuca-www.army.mil/USAG/PAO).

December 4, 2003

## Scout reports

e-mail: [thescout@hua.army.mil](mailto:thescout@hua.army.mil)

### NCOES suspension

Effective Jan. 1, the requirement for noncommissioned officer education system courses for promotion will be suspended.

Soldiers who are currently eligible for promotion and meet all criteria except the NCOES requirement, will be promoted if they meet the cutoff scores.

Soldiers who were administratively reduced prior to Jan. 1, under the current promotion policies, based on their inability to complete the required NCOES course, are not affected by this decision.

Questions regarding this promotion policy change should be addressed to battalion S1 offices.

### New library hours

The library is changing their hours of operation starting the week of Dec. 28.

New hours are Tuesdays – Fridays, 10:30 a.m. – 7:30 p.m. and Saturdays, 8:30 a.m. – 5:30 p.m.

### AFAP dates set

The 2004 Fort Huachuca Army Family Action Plan Symposium is set for March 9-11, from 8 a.m. to 4 p.m. at the Main Post Chapel.

About 120 delegates will participate in workgroup discussions to review problems and develop recommendations for quality of life issues affecting the total Army family. The top priority issues will be provided to the senior leadership to be worked for resolution.

A cross-section of community volunteer participants are needed for the conference to succeed. To complete an effective community profile, units have been asked to provide a list of delegates in each of the following categories: field grade officer spouse, company grade officer spouse, company or field grade officer, noncommissioned officer, junior enlisted soldier, enlisted spouse, single soldier (without children), single parent, dual military couple, youth, Department of Army civilian and DA civilian spouse.

Workgroup topics will include: consumer services, family support, housing/transportation, medical/dental, soldier support, youth services and education, benefits and entitlements, employment/civilians, retirement services and Reserve/National Guard.

For more information call the Army Community Services at 533-2330.

## INSIDE

### Original Americans honored

Local tribes contribute greatly to Arizona. Page 3

### Calling all inquiring minds

Criminal Investigations Division needs a few nosey people. Page 4



Photo by Elizabeth Harlan

### Out on a limb

Kirt Dodd, Castro Electric Company employee, puts up lights in front of Raymond W. Bliss Health Center.

## The Best

### Fort receives Secretary of the Army Award for energy, water management

BY JOAN VASEY  
MEDIA RELATIONS SPECIALIST

Maj. Dan Ortega, director of Public Safety, Fort Huachuca, John Ruble, director of Installation Support, and Bill Stein, energy coordinator, Directorate of Installation Support accepted the 2002 Secretary of the Army Energy and Water Management Award in Washington D.C. Wednesday on behalf of the installation. By being nine percent below the Army and Federal energy goals, Fort Huachuca saved the taxpayer approximately \$850,000 during fiscal year 2002, Oct. 1, 2001 through Sept. 30, 2002.

"During FY02, Fort Huachuca diversified its portfolio of renewable energy projects by adding wind power and increasing other existing forms of renewable power. Fort Huachuca also reduced water consumption by 42 million gallons, 7.5 percent, over FY01. Fort Huachuca achieved these accomplishments through aggressive water reduction efforts of all post organizations and a concerted effort to implement cost-effective

energy conservation, water conservation, and renewable energy projects," Stein explained.

During FY02, Fort Huachuca expanded its water conservation projects by installing 1,043 1.5-gallon per minute showerheads and 130 horizontal axis washing machines in the barracks.

Now in its fifth year, Fort Huachuca's Water Wise and Energy Smart Program continues community education on energy and water conservation, and natural resource stewardship. The program contributed to the fort's selection for the energy award.

Targeted to the 10,000 US Army and civilian employees and 4,500 family members who work or live on Fort Huachuca, the program has proven to be successful in increasing awareness of energy and water consumption, as demonstrated by the reduced use of utilities on Fort Huachuca, according to Stein.

The key to user behavior and user response to a voluntary program is education,

See AWARD, Page 3

## Mission operators: Don't take action without environmental screening

BY GRETCHEN KENT  
ENVIRONMENTAL AND NATURAL RESOURCES DIVISION

Congress passed the National Environmental Policy Act in 1969 to ensure that potential environmental impacts were known prior to decision-making about implementing federal actions.

The law still requires decision-makers at all levels to have a full understanding of these impacts prior to deciding what actions to implement and how to implement them. Army Regulation 200-2, also a federal regulation in 32 CFR 651, lays out the Army's compliance requirement for this law.

This law requires the 'proponent' for an 'action' to do certain things before making implementation decisions (32 CFR 651.4 (q)).

The 'proponent' is usually the group funding or wanting the action, or that carries out the action to accomplish their mission, or the group that is directed by higher headquarters to implement an action.

The proponent must ensure that a thorough environmental impact analysis is performed and that documentation and coordination are completed prior to any temporary or permanent changes in land use, implementation of new activities on federal property, or when using federal resources (including military personnel or vehicles) on or off post.

"Actions" include, but are not limited to, activities such as field exercises, road grading, construction, increasing the number of employees in an organization, placement of temporary structures on previously

disturbed ground, paving parking lots, or changing the exterior of a historic building. Most proponents do not have the expertise on staff for NEPA compliance, so that expertise is available on the U.S. Army Garrison staff.

Depending on the action, NEPA compliance requirements may range from a short memorandum for record-type document to a process that requires public hearings, coordination with state and federal agencies, Department of the Army approvals, and large documents.

By involving the Garrison Environmental and Natural Resources Division staff early in the planning process, we can help you tailor your project to avoid expensive, time-consuming compliance requirements. Some of the

common types of project tailoring include: changing the training area of your field training exercise, changing the timing of your exercise to avoid times of year when endangered species are more sensitive to noise, or locating new construction on previously disturbed ground rather than breaking new ground.

Early coordination is essential to ensure that NEPA compliance does not delay your project, as the law requires analysis prior to making the decision to proceed.

Failure to do so could result in an injunction delaying the project or action until NEPA compliance is completed.

Project funding may not be obligated until NEPA analyses are completed, as it represents that a decision has been made. The NEPA process

also screens your project for other environmental compliance requirements. Non-compliance with some of these other environmental laws, such as the Endangered Species Act or Clean Air Act, carry civil or criminal penalties, to include fines and individual jail time, even for military personnel.

Your NEPA analysis must be accomplished before the action is started, or before changes are made to an ongoing action.

Periodic updates to screen ongoing operations for compliance with new laws is also prudent.

Contact Gretchen Kent, NEPA coordinator, at the Environmental and Natural Resources Division via e-mail: [Gretchen.kent@hua.army.mil](mailto:Gretchen.kent@hua.army.mil) or by telephone at 533-2549 to begin the process.

## Tune in for straight talk; Fort Huachuca's Town Hall

BY NELL DRUMHELLER  
SCOUT STAFF

The next Fort Huachuca Town Hall will be from 6 to 7 p.m. Monday. This live television show will be broadcast on the Commanders Access Channel, Channel 97 and will be replayed several times during the week.

The theme for this Town Hall is to recap the past year on Fort Huachuca and announce all of

the events for the holidays and New Year.

Maj. Gen. James "Spider" Marks, commanding general, U.S. Army Intelligence Center and Fort Huachuca, will be the host and will field live telephone calls as well as questions sent in by e-mail. The e-mail address for submitting questions is [channel97@hua.army.mil](mailto:channel97@hua.army.mil).

Included in the panel of experts for the show will be Col. Lawrence Portouw, garrison commander; Guillermo Zamudio, Fort Huachuca Accommodation

Schools superintendent; Dan Valle, director of Community activities; Maj. Dan Ortega, director Public Safety, director; and Col. Richard Rogers, installation staff chaplain.

Tune in to Channel 97 for the phone number for live calls; the number will be displayed on the screen during the program.

For more information on the Town Hall, call Angela Moncur, command information officer, USAIC and FH Public Affairs at 533-1985.

# Commentary

## Drinking: It's not all fun, games

BYSGT. KRISTI JAEGER  
SCOUT STAFF

It's Friday night, the end of another long week. Cashier lines at the Class Six are unusually long in comparison to the five nights prior. Indiscernible music is blaring from barracks rooms as Soldiers set up social circles of lounge chairs and break out a deck of cards. Dinner for most tonight will be a strict liquid diet. The bars in town start to fill up with those of legal drinking age, while others cross the border to party in a foreign city. Whether their pick of poison is beer or liquor, for most, it's time to drink.

Binge drinking is the consumption of large amounts of alcohol in a very short period of time. In national surveys, about one-third of high school seniors and 42 percent of college students reported at least one occasion of binge drinking within the past two weeks. The scariest fact is while the alcohol related statistics for civilians, 17-25, are declining, the statistics for drinking in the military are on the rise.

Studies have shown that 41 percent of junior enlisted engage in binge drinking. HM1 Alvin Grant, Command Drug and Alcohol Program Advisor at the National Naval Medical Center attributed this factor to the barracks and initial enlistment lifestyle.

He said that personnel drink

to adapt to their new surroundings, escape stress, and help fit in when they're just joining the military.

Upon entering the military in 1999, I found a new sense of freedom. I had detached from my parents and was free to do what I pleased. One of those freedoms was to drink at my own leisure. It didn't matter I was underage; all I worried about was drinking on Friday and Saturday. During the week I tended to stay away from alcohol, due to the daily 6:30 a.m. physical training formation. Come weekends, I drank like a fish. This behavior continued through the majority of my initial enlistment.

According to a study on cross-border binge drinking, binging requires a special atmosphere, ie: alcohol readily available and less social constraints and behavior requirements.

The same study attributes the extreme partying and lack of constraints to the frequenting of Mexico by military members. This has escalated to such a problem at border posts and bases, that most commanders require servicemembers to obtain permission and a pass before crossing the border to control Soldier flow through Mexico.

Although I have not had the privilege of crossing the Mexican border since my arrival, I have

See DRINKING, Page 5

# Chaplain's Corner

## Past sets path to future

BY CHAPLAIN (MAJ.)  
DENNIS R. NITSCHKE  
NETCOM, ACTING COMMAND  
CHAPLAIN

*"Anyone who claims to be in the light but hates his brother is still in the darkness." - 1 John 1:9*

On Dec. 7, 1941 a Japanese war fleet of 33 ships and support vessels launched one of the most tragic attacks against the U.S. at Pearl Harbor, 130 Navy ships floated quietly until 7:55 a.m., Sunday morning, when the attack began. By 8:10 a.m., the USS Arizona was hit by a 1,760 pound bomb and sank in less than nine minutes, taking with her crew of 1,177. That day 2,403 Americans died, 1,178 were wounded.

If you have walked on the USS Arizona Memorial you not only see the ship below, but you can "feel" the presence of the men beneath. It is like a church; quiet, contemplative, solemn, and yet alive with message of peace in the future. Unless you've walked the ship's memorial, it is really hard to understand.

My parents moved to California and woke up at one of their relatives' home the next day. It was Dec. 7, 1941.

When the news came on the radio, they couldn't believe what they heard. Days before they left Montana for the hope of California and they woke up

to war. A few months later my dad was building new ships in the Antioch Shipyard to support our Navy.

Dec. 7, 1992 I took over my first brigade assignment at Fort Carson, Colo. The next day I had orders to leave for Hawaii (it never happened, but I got new orders just months later). My family and I moved to Taegu, Korea for one of the most exciting tours of my military career.

Sunday will be the first time since returning to active duty as a chaplain in 1985 that I will not be preaching as a "regular" in an Army chapel. With my "transition to the civilian sector" coming up soon, I've given the reins of Cross Roads to others.

Why am I telling you all of this? Because Dec. 7 is an important date in the life of the United States of America - and in the life of my family and me. FDR said it was a "date which will live in infamy" yet in my life it has been a significant date to "ponder in my heart" what God has done in my life. If my parents wouldn't have moved to California on that date or if I didn't get an early brigade assignment or if I wasn't leaving the military, what would have changed?

Who knows? Oh, wait, God does.

In the past few weeks I've seen a whole lot of "faith-action" in my life, way too much to expound on in just a few hundred words. But I share this: life doesn't have a mind of its own, there is a plan, a supreme plan, and you and I are part

of it - every day. While we remember Pearl Harbor, we should also remember that we made peace with Japan and today are wrapped up in commerce and mission with that nation. Any hate we have for actions of Dec. 7, 1941 are out of place for the people of today. It's time to step into the light.

You and I can step into the light from our personal woes because we have a "day" to

*"December 7, 1941 - a date which will live in infamy..."*

Franklin D. Roosevelt,  
president

remember. A "day" that God uses to remind us of his being with us, caring for us, loving us, moving us and bringing us to the fullness of our lives - as he wants us to be.

Remember Pearl Harbor, but even more, remember that there is a lot of life ahead for you in this part of creation. Advent, the preparation for Christmas, is taking place now. It is our opportunity to walk out of the darkness of our hearts (fears, worries, etc.) and into God's light. I invite you to open yourself to the possibilities of love, peace, and hope this holiday season. All you have to do first is - step into the light!

## Scout on the Street

### Is the holiday season too politically correct?



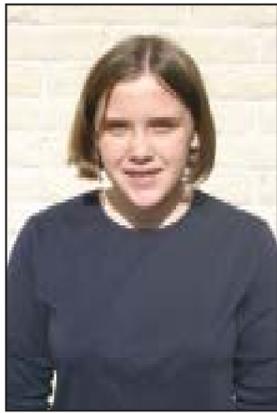
*"Yes. It has become too politically correct and that is why we're not having the Christmas concert at the post chapel."*

Colleen Figula, secretary,  
U.S. Army garrison  
commander



*"Yeah, it has. America was founded under Christian beliefs. By marking it down, making you say seasons greetings instead of merry christmas, takes away your freedom. You take away one person's freedom to give another person's theirs."*

Cpl. Kareem Collins,  
Headquarters and  
Headquarters Company  
USAG



*"I think so. We are taking God out of a lot of our holiday things and I don't believe we should've done that."*

Caitlin Henry,  
daughter of soldier  
deployed to Kuwait with  
11th Signal Brigade



*"Yes. It's a free country. You should be able to practice your religion. You should be able to celebrate a holiday. The point of Christmas is to celebrate."*

Pfc. Brandon Orton,  
Company E, 309th Military  
Intelligence Battalion



*"Yes I do. I think it has lost all meaning and has become a corporate excuse to sell everything that people didn't want during the rest of the year and have no use for."*

Mary Tate,  
cashier, La Hacienda



*"No. We try to be as sensitive as we can to all minorities and that is a good thing."*

2nd Lt. Joseph Valimont,  
MI Officer Basic Course

## 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 85613-7027. 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 Aerotech News and Review, 2700 Frye, Suite B6, Sierra Vista,

AZ 85654, 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 USAIC&FH Public Affairs Office, Bldg. 21115, The Fort Huachuca Scout (AZTS-PA), Fort Huachuca, AZ, 85613-7027. 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 monthly postage and handling fees upon approval of the PAO.

**POSTMASTER:** Send address changes to Aerotech News and Review, 8607 N. 59th Ave., Suite C-3, Glendale, AZ 85302.

To submit stories or inquiries, call (520) 533-1987, DSN 821-1987 or fax (520) 533-1280. For advertising, call (520) 227-4603.

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# Hopi, Zuni, Pascua Yaqui

## Original Americans: Keepers of the land

BY JOAN VASEY

MEDIA RELATIONS SPECIALIST

The purpose of National American Indian Heritage Month is to honor and recognize the original peoples of this land, particularly in light of the special legal relationship between tribes and the U.S. Government and because of the important contributions of American Indian and Alaska Native peoples to our country. This week's article touches upon the Hopi and Pascua Yaqui Tribes, and Zuni Pueblo.

### The Hopi Tribe

The Hopi reservation in northeastern Arizona is most often known as the Hopi Mesas. It encompasses approximately 1,542,306 acres. Throughout the Hopi reservation, each of the 12 villages is an autonomous government. However, the Hopi Tribal Council makes law for the tribe and sets policy to oversee tribal business, according to Dr. Charles Slaymaker, historic properties manager, Directorate of Installation Support, Fort Huachuca in his document on Fort Huachuca's consultation with Native People.

Hopi people are descendants of the Anasazi who once lived in the pueblos of the Southwest. In Arizona, they have lived in villages on and below the mesas for at least 2,000 years. According to their legends, the Hopi migrated north to Arizona from the south, up from what is now South America, through Central America and Mexico, Slaymaker explains.

Their traditional homeland (tutsqua), where their ancestors lived is much larger than reservation boundaries, and Hopi migrations cover an even larger area. A deeply religious people, they lived by the ethic of peace and goodwill.

Slaymaker tells that the Hopi tribe, having inhabited high and dry areas since the 12th century, have developed a unique agricultural practice, known as dry farming. Instead of plowing their fields, Hopi traditional farmers place "wind breakers" in the fields at selective intervals to retain snow, rain and moisture.

Hopi history is based to a large extent on clan migrations. Migration stories and traditional knowledge reveal long term cultural ties to lands in southeast Arizona. The Hopi claim Fort Huachuca and all of Arizona as ancestral territory, and cultural genetic ties to the people that inhabited the Garden Canyon site in southeastern Arizona.

Petroglyphs and pictographs are considered Hopi ancestral "footprints" marking the stories of clan events and migrations. Rock art sites are of particular interest to the Hopi during consultations on project proposals, Slaymaker tells.

According to several sources, Navajos began moving

into Hopi territory in the 1600s and used lands and water that had been exclusively Hopi. In 1882 a Presidential Proclamation established a Reservation for the Hopi. However Navajo farming and ranching continued to expand onto the reservation. Land disputes continue today between the two tribes. The Navajo have not claimed traditional ties with lands in southern Arizona.

### The Pascua Yaqui Tribe

The Yaqui homeland is in southern Sonora. These people endured hundreds of years of conflict there, first with Spaniards, and later with the Mexican government. Beginning in the 1890s through the early 1900s, the Mexican Army waged war against Yaqui towns. Many Yaquis escaped northward and settled near Nogales, Tucson and Phoenix. During these years of war there was international border trafficking in guns and ammunition. One of these corridors was along the west side of the Tumacacori and Atascosa Mountains. A battle took place in 1918 in Bear Valley, this time between the U.S. Army patrolling the US-Mexico border and Yaquis going southward with guns. During this tumultuous period, some of the same Yaqui ancestors were captured as warriors in Mexico by troops from Fort Huachuca.

In 1964 Congress transferred 222 acres southwest of Tucson to Yaquis who wanted a home where they could preserve their tribal identity.

Federal recognition as the Pascua Yaqui tribe did not come until 1978. In 1982, the tribe acquired an additional 690 acres of land. In 1998, the first constitution was approved. Today, the tribe numbers slightly more than 9,000 people. Many live in Pascua Village and retain traditional ties to lands both in Sonora and the low mountains and valleys in the Nogales area. According to Slaymaker, the tribe is known for its deer dances, statuary and cultural paintings that are done by the children.

### Zuni Pueblo

The Zuni Pueblo, located in western New Mexico, consists of approximately 400,000 acres. About 375,000 acres are used for grazing and the remaining 25,000 acres are used for other purposes, Slaymaker says. Although the pueblo is said to be the largest inhabited pueblo in the United States, the population is estimated to be only somewhat more than 10,000 people.

The Zuni tribe is thought to be direct descendants of the Anasazi, a tribe that lived in the same area for more than 1,500 years before the coming of European settlers. The Anasazi tribe was a large society that encompassed large amounts of land, riches, and many distinct cultures and civilizations. Their current government is strongly in-

fluenced by that imposed upon them by the Spaniards, but the Zuni have managed to remain quite unaffected by other outer influences, according to Slaymaker. They still claim the same land they always lived on, an area about the size of Rhode Island. They also mainly reside in one city, Zuni, New Mexico.

"The Zunis were an agrarian people with irrigated farms of beans, corn, squash, and cotton. Above all, strict religious beliefs, when combined with their daily routines, provided them a richness that mined gold could never replace," Slaymaker said.

The tribe is thought to remain intact due to the fact that they were never involved with problems that did not concern their own people. Because they did not fight in any wars or take sides in any conflicts, they were able to remain autonomous and were unaffected by the changes around them.

The pueblo was built upon the ruins of the ancient site of Halona, one of the fabled "Seven Golden Cities of Cibola" sought by the Spanish conquistador Francisco Coronado in 1540 A.D.

The Zuni do not claim Fort Huachuca as part of their ancestral land base but desire regular consultation, Slaymaker explains.

Almost every culture in the world has some kind of celebration for a plentiful harvest. We all know that the first "American" Thanksgiving was celebrated in 1621, by the Pilgrims and Wampanoag Indians after a successful harvest by the new Pilgrim settlers.

One can only imagine what the Indian tribes living in southern Arizona (then part of the Spanish Empire) were doing or celebrating as they moved through their seasonal subsistence cycles of hunting, gathering and farming.

It is hoped these Native American Month information briefs about the Native People with whom Fort Huachuca consults have provided a better awareness of the tribal connections to the lands the U.S. Army manages as the Fort Huachuca military reservation.

*The staff of the Fort Huachuca Scout extends a special "Thank You" to Dr. Charles Slaymaker for his consultation work with the 11 Tribes of Native American People. Slaymaker has provided most of the information that appeared in the feature articles over the past several weeks in the Scout.*

*During consultation with the Tribes in October, Slaymaker was given the honor of being invited to continue consultation on behalf of Fort Huachuca at workshops in northern Arizona.*

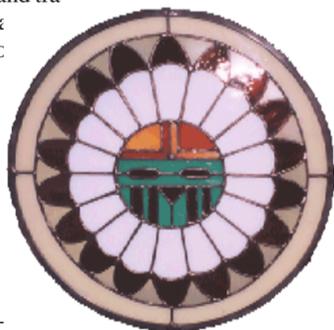
*This is a distinct honor, which speaks highly of the relationship Slaymaker has established with the tribes on behalf of Fort Huachuca.*



A Zuni turquoise ring



A Pascua Yaqui bracelet



Hopi glass art

### AWARD from Page 1

consumption, as demonstrated by the reduced use of utilities on Fort Huachuca, according to Stein.

The key to user behavior and user response to a voluntary program is education, Stein said. WWES program displays with informational materials and activities were regularly featured at special events. The WWES program is still a standard program in the biweekly self-help classes for military family housing members. Xeriscaping demonstration areas were set up in various areas around post. These feature low water use plants and irrigation methods. The WWES program staff assisted people living in Fort Huachuca family housing with energy and/or water use audits and landscaping consultations by making recommendations for reducing resource use, and by providing assistance in the planning or execution of landscape renovation projects.

### Energy innovations

There was also substantial completion of a \$2,800,000 task order on an Energy Savings Performance Contract.

A 10 kilowatt wind turbine on Fort Huachuca's east range added a new source of energy during FY 02. The wind power produced 3342 Kilowatt-hours since its installation on Feb. 12, 2002 to the end of that fiscal year, according to Stein.

"In May, 2002 the panels were reconfigured on the grid-tied Photo Voltaic system on the installation. A system that was installed in Sept. 1982 had the inverter replaced in June 2001. The inverter turns the Direct Current electricity from the PV solar panels in to Alternating Current that we use in standard electrical outlets. Yet a voltage-matching problem with the panel configuration had to be corrected. Once

the problem was corrected in May 2002, the output of that system went from 1,516 kwh in FY 01 to 5,471 kwh in FY 02, he added.

The working fluid on the prototype Dish/Stirling solar thermal electric generator providing partial power to a large building on the fort was upgraded from helium to hydrogen in late FY 02, according to Stein. Due to these improvements, the output went from 633 kwh in FY 01 to 710 kwh in FY 02. This system is being operated in conjunction with the program run at Sandia National Laboratories, so there is both an information exchange and continuous product improvement on the fort's system.

A major part of the ESPC that was substantially completed in FY 02 consisted of

several renewable energy and energy efficiency projects. High efficiency lighting was installed in 33 buildings, daylighting features were added to 23 buildings, and two 2,300 square foot transpired air solar collectors (Solarwalls) were installed on the south wall above the doors of the two main hangars on Fort Huachuca.

"These are the first solar walls on the Fort and they will produce a combined 1,651 Million British Thermal Units per year", Stein said.

The ESPC also replaced the heating, ventilation, and cooling system and controls at the Army and Air Force Exchange Service Post Exchange building. All of the above projects and actions saved and will continue

to save a total of 2,448,445 kwh and 1,037 MBTU of natural gas, totaling 9394 MBTU annually.

### Huachuca helping the Earth

There are tremendous environmental benefits associated with the increase in renewable energy and water reductions on Fort Huachuca, according to Stein.

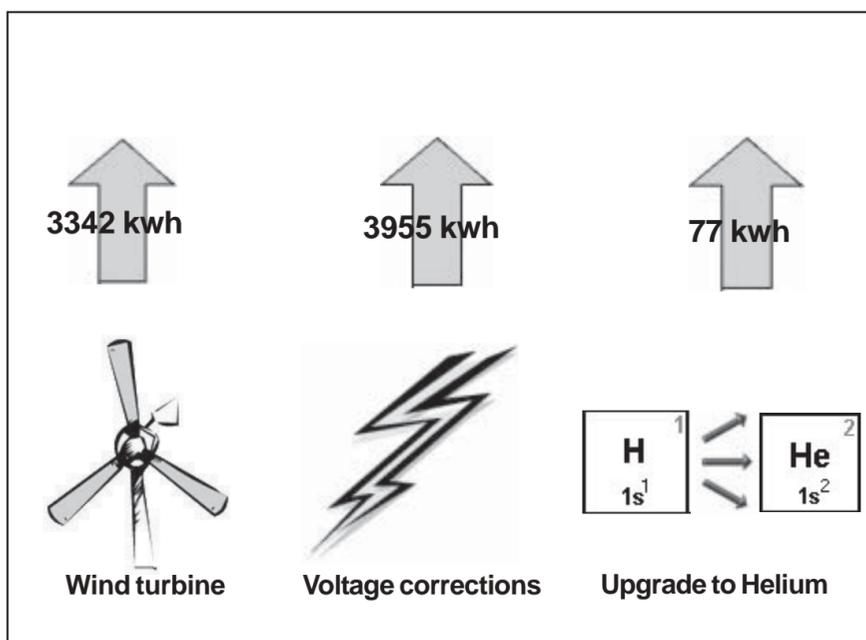
"As Fort Huachuca is adjacent to the San Pedro Riparian National Conservation Area, reduction of water consumption has a very positive environmental impact on the aquifer and on the San Pedro River," Stein said.

"Second, the reduction of natural gas use of 1,037 million BTU gives a reduction per year of 88 pounds of carbon monoxide, 0.6 pounds of sulfur dioxide, 104 pounds of nitrous oxide, 8 pounds of Particulate Matter under 10 microns, and 6 pounds of Volatile Organic Compounds."

"Finally, the reduction of 2,448,445 kwh of electricity equals an annual reduction of 1,224 tons of carbon dioxide, 5,952 pounds of sulfur dioxide, and 8,116 pounds of nitrous oxide. These emission factors were derived from the EPA's AP 42 document. The main non-energy benefit was the improved work environment through daylighting.

"Daylighting has also been proven to increase productivity and reduce the effects of Seasonal Affective Disorder," Stein explained.

"While this has nothing to do with energy savings, this positive result of daylighting leads to increased morale of personnel affected by the daylighting", Stein said. "Reducing the cost of utilities purchased while improving both the indoor and outdoor environment is a winning situation for everyone," Stein concluded.



# Sleuths sought for CID duty worldwide

BY SGT. KRISTI T. JAEGER  
SCOUT STAFF

Within every community there are those who uphold the law, those who break the law and there are those who investigate the circumstances surrounding the crime.

The U.S. Army Criminal Investigation Command is looking for Soldiers interested in becoming Federal law enforcement special agents.

Special agents investigate all felony crimes which the Army has an interest in such as rape, robbery, murder, aggravated assault and fraud, said Special Agent Vincent Mendez, detachment sergeant. Agents are responsible for conducting the investigations, the interviews, the crime scenes and collecting evidence as well, he said.

Soldiers interested in becom-

ing a CID Special Agent must meet the following qualifications to apply:

☞ Be 21 with at least two years of military service and not more than 10 years of military service.

☞ Be a U.S. citizen

☞ Be an E-5 or below.

☞ Be able to obtain and maintain a top secret clearance.

☞ Have no court martial conviction.

☞ Have a general technical score of 110 or higher.

☞ Have six months military police or one year civilian police experience or no police experience, but complete a six month internship with a CID unit.

☞ Have 60 semester hours of college credit.

☞ Agree to a 36 month obligation upon completion of the CID Special Agent course.

☞ Have a physical profile 111221 or higher and normal color vision.

Once applicants meet these requirements they will attend the Apprentice Special Agent course at Fort Leonard Wood, Mo. The four-month course consists of classes in law, fraud, crime scenes, photography, interview and interrogation, computers, child abuse and drug suppression. "They teach you the entire realm," Mendez said.

There are advance courses special agents can attend throughout their career such as advance fraud, child abuse prevention and investigative techniques, crisis/hostage negotiations, combating terrorism on military installations and protective service training, said Mendez.

Additional non-military schools agents may have the opportunity to attend are a fire arson course,

taught by the National Fire Academy and training conducted at the Federal Law Enforcement center, said Mendez.

Once soldiers have completed ASAC they will be assigned a duty station.

Individuals don't always return to the recruiting office, but there is a good chance of receiving an assignment they requested, said Mendez.

"CID is worldwide. Wherever there are soldiers there are CID agents," Mendez said.

Mendez, who has been a CID agent since 1989, said there are opportunities for career advancement. There are positions as a special agent all the way up to pay grade E-9, he said. There is also the opportunity to become a warrant officer. Commissioned officers who work with CID are in the

military police branch, Mendez said.

Soldiers who become special agents will not be housed within the general population, Mendez said.

Regardless of wearing civilian clothes while on duty, Soldiers will have to maintain the training that's required in any other career field, he said. Civilian clothes are merely part of the conduct of criminal investigation.

Mendez said the best part of being a special agent is that it's a very rewarding job and a wonderful career.

Recruiting briefs are conducted every Thursday at 2 p.m. in Bldg. 31022, said Mendez.

"Everyday is different, and that makes it a challenge. Nothing is ever the same," he said.

For more information call Mendez at 538-1379.

## Pearl Harbor Day, Sunday

**Yesterday, December 7, 1941 - a date which will live in infamy - the United States of America was suddenly and deliberately attacked by naval and air forces of the Empire of Japan.**

**The United States was at peace with that nation, and, at the solicitation of Japan, was still in conversation with its government and its Emperor looking toward the maintenance of peace in the Pacific.**

**It will be recorded that the distance of Hawaii from Japan makes it obvious that the attack was deliberately planned many days or even weeks ago. During the intervening time, the Japanese government has deliberately sought to deceive the United States by false statements and expressions of hope for continued peace.**

**The attack yesterday on the Hawaiian Islands has caused severe damage to American naval and military forces. I regret to tell you that very many American lives have been lost. In addition, American ships have been reported torpedoed on the high seas between San Francisco and Honolulu. Japan has, therefore, undertaken a surprise offensive extending throughout the Pacific area. The facts of yesterday and today speak for themselves. The People of the United States have already formed their opinions and well understand the implications to the very life and safety of our nation. As Commander-in-Chief of the Army and Navy, I have directed that all measures be taken for our defense. But always will our whole nation remember the character of the onslaught against us.**

**No matter how long it may take us to overcome this premeditated invasion, the American people in their righteous might, will win through to absolute victory. I believe that I interpret the will of the Congress and of the People when I assert that we will not only defend ourselves to the uttermost, but will make it very certain that this form of treachery shall never again endanger us. Hostilities exist. There is no blinking at the fact that our people, our territory, and our interests are in grave danger. With confidence in our armed forces - with the unbounding determination of our People - we will gain the inevitable triumph - so help us God.**

FRANKLIN D. ROOSEVELT  
president, from a speech to the U.S.  
Congress on Dec. 8th, 1941

## Flying high

### Instructors garner awards for their skills, safety

BY KAREN WEIL  
SCOUT STAFF

Libby Army Airfield's Ray Cech and J.P. Carrithers are two fellows who know planes and airplane safety inside and out.

Both men, who are retired military officers, recently received an award for their work, the Excellence in Aviation Safety, from the 305th Military Intelligence Battalion.

Carrithers, who has been at Fort Huachuca for 11 years, earned his for flying accident-free for 11,000 hours, while Cech clocked 14,000 hours.

Carrithers and Cech, who both work for Company E, 305th MI Bn., train Army pilots to fly the RC-12D or RC-12N planes, which can be used for surveillance and can fly as high as 35,000 feet.

They are the only civilian flight instructors at the airfield, and, Cech said, add a sense of continuity to the airfield because of their status.

Cech said success depends on a simple philosophy. "I don't believe in taking a chance," said the Minnesota native and Vietnam veteran who arrived at Fort Huachuca in 1984, as a flight instructor. "If I don't like something, I won't fly it."

Carrithers and Cech train pilots for a six- to eight-week period.

Some soldiers who train with Carrithers and Cech are already experienced pilots, looking to sharpen their skills on the surveillance planes; others are brand new, with 200 hours

*If I don't like something, I won't fly it.*  
Ray Cech pilot

of flight training on their resume.

"It's a good mix," Cech said. "Students come from bases all over (the United States)."

And the questions those students ask can vary, too, from safety tips to how engine systems work.

Cech said that in the beginning of their flight training, students learn the military intelligence basics at Common Corps.

In their second week, students will start aircraft-specific and flight training.

"We fly them every day, anywhere from three to five hours a day," Cech added.

## Eng. Co. takes advantage of opportunities while on active duty

BY PFC. JOY PARIANTE  
SCOUT STAFF

On Nov. 26th, Fort Huachuca bid adieu to the 259th Engineer Company, of the Arizona National Guard, who just finished their tour of active duty which began in June.

In addition to all the hard work the unit did with force protection on post, on their down time, Soldiers were working on their soldiering skills and improving their civilian education.

Many National Guard units simply don't have the time during their one weekend a month and two weeks during the summer commitment to get involved in education and soldiering. Drill weekends are usually a race to get the month's mission accomplished in a matter of two or three days.

The unit had 15 Soldiers get military occupational specialty qualified, two Soldiers attended basic noncommissioned officers courses and one Soldier attended the primary leadership development course, all while mobilized at Fort Huachuca, said Capt. Tom Wells, commander of the 259th.

They also certified five Equal Opportunity representatives and eight combat lifesavers, Wells said. Also, 20 Soldiers completed the

nuclear, biological and chemical defense course and 40 became DA law enforcement trainees.

The Soldiers also utilized every range available, Wells said. They threw grenades, qualified with their M-16A2 rifles and ran through the confidence course.

Education wise, the Soldiers accumulated 115 civilian college credit hours and 200 military correspondence course hours during their tour at Huachuca, Wells said.

Wells said that his unit took advantage of the active duty post. "The Soldiers took advantage of the opportunities on Fort Huachuca. Being Guard, we're held to a lot of the same standards as the regular Army but we only have 30 days to accomplish it."

"Every unit should come on active duty to take advantage of the training and experience meeting the standards," Wells said.

The experience on Fort Huachuca helped the Soldiers improve their overall soldiering skills as well as feed their patriotism.

"I get to participate in the protection of my country," said Spc. William S. Allen, 259th Eng. Co. "That's what I'm here for."

"We got to get college classes done while on a noble and worthwhile mission for our country and state," said Sgt. Shawn S. Petree.



Photo By Sgt. Kristi T. Jaeger

Cpt. Tom Wells, commander 259th Engineer Company, and Spc. William Allen, 259th En Co., await the presentation of awards at the 259th En Co. demobilization ceremony.

Today's Soldiers, family members continue tradition of yesterday's heroes

# Murphy, Walker Awards

BY PFC. JOY PARIANTE  
SCOUT STAFF

The Sergeant Audie Murphy Club will induct Staff Sgt. Jason Murray, 305th Military Intelligence Battalion, on Friday at 2:30 p.m. at Greely Hall.

The Sergeant Audie Murphy Club is an elite organization of noncommissioned officers who have demonstrated performance and inherent leadership qualities and abilities characterized by those of Sergeant Audie Murphy, according to Training and Doctrine Regulation 600-14.

"It's an organization devoted to recognizing outstanding NCOs who exemplify Sgt. Audie Murphy," said Master Sgt. Matthew Miller, president of Fort Huachuca's SAMC.

Soldiers ranked corporal through sergeant first class on active duty, reserve or National Guard status are eligible for nomination, Miller said.

A Soldier's first line leader, either a commander or first sergeant can start the ball rolling for an NCO with SAMC potential.

"The first line leader selects an NCO who exemplifies the NCO creed," Miller said.

After their nomination, NCOs proceed to an initial selection board and then to a final post selection board.

If a soldier passes the board and is inducted into the SAMC, they receive: a Certificate of Achievement and Membership sighted by the TRADOC commanding general and command

sergeant major, a membership medallion for wear with the Army Class A uniform during official functions, a SAMC membership card and any local awards deemed appropriate by the post commanding general.

For example, on Fort Huachuca, Maj. Gen. James "Spider" Marks, commanding general U.S. Army Intelligence Center and Fort Huachuca, gives SAMC inductees an Army Commendation Medal.

The SAMC inducts new members quarterly, with boards and ceremonies every three months, Miller said.

## Dr. Mary Walker award

Following the same quarterly pattern as the Sergeant Audie Murphy Club induction, the Dr.



Dr. Mary Walker

Mary Walker awards will also be presented Friday at Greely Hall.

The Dr. Mary Walker award is given to "military spouses who help the Army significantly by volunteering and through strong support of the family readiness group," said Master Sgt. Matthew Miller, president of the Sgt. Audie Murphy Club on Fort Huachuca and also involved in the selection process of Dr. Mary Walker recipients.

The Soldier's unit's senior noncommissioned officer fills out a packet for the nominated spouse and this packet, not the spouse themselves, goes before the initial board and the post board, Miller said.

This year's recipients are Pamela Larke, Gretchen DeRose and Jill Zwiers, all 304th Military Intelligence Battalion spouses.

Dr. Mary Walker was a civil war surgeon and the only woman to ever receive the Medal of Honor.

She was never actually commissioned with the military, but served as a field surgeon near the Union front lines for almost two years.

She moved on to become the assistant surgeon for the 52nd Ohio Infantry.

While with the 52nd, it's believed that Walker served as a spy while she made her rounds in the community treating civilians.

Walker finished out the war practicing medicine at a Louisville female prison and an orphanage.

Always known for being controversial, Walker used to wear trousers under her skirts, carry two pistols at all times and

wear men's top hats and top coats.

Walker was awarded the Medal of Honor in 1865. But, when Congress changed the requirements to be a Medal of Honor recipient in 1917, Walker lost her Medal of Honor along with more than 900 others.

However, Walker wore her rescinded Medal of Honor until her death in 1919.

After reviewing her case, President Jimmy Carter reinstated her Medal of Honor in 1977.

## The Murphy award

Staff Sgt. Audie Murphy was the most decorated U.S. combat soldier of World War II.

He was credited with killing more than 240 enemy soldiers, was wounded three times and fought in nine major campaigns across the European theater.

Murphy received 33 awards and decorations, including the Medal of Honor and every decoration for valor that the U.S. had to offer.

He also had five decorations from France and Belgium.

Beginning his enlistment as a private, Murphy quickly rose to the rank of staff sergeant and received a battlefield commission as a 2nd lieutenant for his courage and leadership ability.

In 1945, after leaving active duty, Murphy was invited to Hollywood by James Cagney, who saw his picture on the cover of Life magazine.

During his time in California, Murphy acted in 44 films, mostly



Staff Sgt. Audie Murphy

westerns, and produced a few films.

Murphy was also an accomplished poet and wrote the lyrics to 16 country western songs.

In 1950, Murphy joined the 36th Infantry Division of the Texas National Guard and served with them until 1966.

Murphy belonged to many veterans' organizations and rallied for the government to give more consideration and study to the emotional impact war has on veterans.

Murphy died at 46 in a plane crash in the mountains near Roanoke, Va. while on a business trip during Memorial Day weekend, 1971.

His grave is the second most visited in Arlington National Cemetery.

## DRINKING from Page 2

been stationed in a foreign country where the laws of drinking are more liberal like Mexico. Upon my arrival overseas, I discovered the legal drinking age on post was 18 and 16 off. I was about six months shy of my 21st birthday and indulged in all the alcohol I could handle (or at least thought I could). Once again, weekends were the time to party, with no physical training or work call the following morning. It's amazing how a weekend of beer and shots can pass by so quickly, leaving you with fuzzy memories, a room full of empty bottles, a thirst that water just doesn't quench and an empty wallet.

But binge drinking isn't all about getting a fast buzz and blacking out. Your good time could kill you.

Binge drinking can quickly result in alcohol poisoning. Have you ever drank until you began to vomit or lose conscious-

ness? You might have had alcohol poisoning. Your skin may also get cold and turn blue. If someone you know is breathing extremely shallow or vomiting while they are asleep or unconscious, you should seek medical help. They cannot sleep it off.

I know this for a fact. One minute you're fine, putting back shots like there's no tomorrow. The next minute you can't remember where you are, what you're doing, what you've done. Uncontrollable vomiting, blackouts, temporary paralysis... sounds like a party right? Well, that's a sad, true account of alcohol poisoning. I just went out for a party for my 20th birthday and I finished the evening being carried, unconscious, out of the bar and throwing up in the backseat of my buddy's car. I was drunk for hours and literally had a hangover for days.

Severe intoxication can put you in a coma as well and lead to death from respiratory paralysis.

Over time, heavy drinking can cause malnutrition, the shakes, brain damage, cancer, heart disease, liver damage and ulcers.

The dangers of drinking are not only health related, but they are also apparent in the stupidity of drunks' actions. A buddy of mine burned down his room after a night of heavy drinking. He passed out with a lit cigarette in his hand and the mattress started to smoke and smolder. Luckily, someone woke up to the smoke; he was dead to the world. Smoke damaged quite a bit of his belongings, but he managed to salvage the important items. He walked out with two burns on the side of his leg where the cigarette was resting when he fell asleep. He was so drunk

even smoke from a smoldering plastic mattress never woke him up.

The key to avoiding these situations is responsible drinking. Remember, your body can only eliminate one standard drink per hour. One beer, one glass of wine, one shot and one cocktail are all one standard drink. Try snacks food or non-alcoholic beverages in between alcoholic drinks.

Abstain from irresponsible drinking. Drinking doesn't enhance your sexual prowess; it doesn't make you the life of the party. It makes you a fool. You can't control your words or your actions. I'll bet the party will be a lot more fun when you don't fall down the stairs on your way home or when you can remember the events of the night prior.

(Editor's note: Pfc. Joy Pariente contributed to this commentary.)

## Community Updates

### Range closures posted

Today – AC, AD, AH, AK, AL, AM, AR, AU, AW, AY, T1, T1A, T2

Friday – AH, AK, AL, AM, AR, AU, AY, T1, T1A, T2

Saturday – T1, T1A, T2

Sunday – No Closures

Monday – AC, AD, AF, AH, AK, AL, AR, T1, T1A, T2

Tuesday – AD, AF, AH, AK, AL, AR, T1, T1A, T2

Wednesday – AD, AF, AG, AH, AI, AK, AL, AM, AN, AR, T1, T1A, T2

For more information on range closures call Range Control 533-7095.

### Gate closure announced

On Saturday, from 9 a.m. –12 p.m. the post's Main and Wilcox gates will be closed to all in and out bound traffic in support of the Sierra Vista Holiday Parade.

### Financial readiness class scheduled

Army Community Service will hold a financial readiness class Dec. 10-11, 1-5 p.m. at Murr Community Center. The class is mandatory for first-termers, but open to all soldiers and family members. Areas such as money, banking, investments, retirement and relocation will be covered. Promotion points are given for those not mandated to attend.

For more information and registration, call Leigh Henderson at 533-2330.



### Thrift Savings Plan open season ends

The Thrift Savings Plan Open Season ends Dec. 31.

During the open season, you may begin contributing to TSP or change the amount of your TSP contribution by logging on to <https://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](http://www.tsp.gov)

Web site.

For further information call, Eva Dixon at 533-5735 or Kelly Garland at 533-5273, Monday through Friday, between 7:30 a.m. -4 p.m. or stop by Civilian Personnel Actions Center, Building 22320.

### January child care training set

Fort Huachuca Family Child Care is now accepting applications for our January Training Class. Family members 18 and older interested in earning an extra income by caring for children in their home should plan to attend our next scheduled training.

The training is scheduled to begin Jan. 12. Training is Monday through Friday, 8 a.m. to 1:30 p.m. The training is free. Class sizes are limited.

Prior to attendance in this training, interested personnel should contact the FHFCC Office for an application. For further information, call the FHFCC program at 533-2498 or stop by and visit us in Murr Community Center. The FHFCC Office is open Monday through Friday from 7 a.m. to 4 p.m. Further information may also be obtained from the FCC Director via e-mail at [fcc@hua.army.mil](mailto:fcc@hua.army.mil).



### New members wanted

The Fort Huachuca Community Spouses Club, a non-profit organization that provides money for scholarships and community support is looking for new members. Call Wendy Breen at 378-1763 for membership information or sign up at an FHCS event.

### BOSS positions available

Do you think you have the leadership abilities to improve the Fort Huachuca Better Opportunities for Single Soldiers? The BOSS Program is looking for highly motivated single soldiers to make the program more active, visible, and productive. The positions that are available are president, vice presi-

dent, treasurer, and secretary. All positions are for a one-year term. The president will represent Fort Huachuca at the annual BOSS Conference in September at Shades of Green in Orlando, Fla.

The BOSS program is built on three pillars, well being, recreation and leisure, and community service projects. If you think you have dynamic leadership abilities and can make a difference and support the three pillars of BOSS, e-mail the installation BOSS advisor with your name, unit, e-mail address, and a short paragraph on how your leadership abilities can improve the post's BOSS program. Send nominations to [christopher.deasy@hua.army.mil](mailto:christopher.deasy@hua.army.mil).

### After-duty hours dental emergency outlined

For true dental emergencies occurring after normal clinic hours, please contact the following:

Dental Charge of Quarters cellular telephone at 227-5563 or DCQ Beeper 533-3500-digital access code-306. Family members should seek emergency care from their Tricare Dental Plan personal dentist. Retirees should seek emergency care from the Tricare Retiree Dental Plan personal dentist.

Examples of true dental emergencies include: jaw fracture, lacerations, knocked out teeth, severely fractured or displaced teeth, oral swelling that interferes with breathing, fever >101 degrees from oral infection, uncontrollable hemorrhage, or severe acute toothache pain not controlled by medication.

Those with questions can call Staff Sgt. Paul Orozco, Runion Dental Clinic at 533-3147. DENTAC policy requires that any female seeking after-hours emergency care must have an escort with them at all times.

### Save your organization money

The Hazardous Material Control Center, Logistics Management Division, has an inventory of hazardous materials available for issue at "no charge." Listing of material is located on the Fort Huachuca Intranet <http://fhintranet.hua.army.mil>. Material is issued on a first-come, first serve basis. Authorized customers may obtain material by calling Larry Brooks at 533-1263.

## Health News

# Sniffing quick route to brain damage

BY

LT. COL. ROMAN BILYNSKY, MD

WILLIAM BLISS ARMY MEDICAL CENTER  
PEDIATRIC NEUROLOGIST

When most parents worry about possible drug abuse by their children, they usually think about marijuana, cocaine, or more commonly alcohol.

The use of inhalants is often overlooked or not recognized by parents, teachers or health care providers. The typical inhalant abuser is between 12 and 15, male or female. It is easily accessible and inexpensive. It knows no socioeconomic boundaries. Inhalant abuse leads to brain and other organ damage and too often death. Many symptoms will reverse with cessation of abuse, but there are often permanent neurological and psychiatric sequelae.

Neurological effects of brain damage include ataxia (loss of balance), cerebellar degeneration (permanent loss of coordination), nystagmus (jerking eye movements), neuropa-

thy (damage to the nerves of the legs & arms leading to loss of sensation & loss of muscle control), tremor, white matter degeneration (damage to the motor nerves in the brain) and change in speech. Other adverse effects include lack of interest in things, dementia (yes, seen in children and permanent once it develops), depression, insomnia, memory loss, attention problems, and psychosis (including hallucinations). Inhalants also affect the heart, liver, blood, lungs, kidneys, and skin.

Death can occur due to 'Sudden Sniffing Syndrome' when an intoxicated inhalant abuser is startled, causing a release of hormones that triggers sudden cardiac death. Other causes of death include heart block due to lack of adequate oxygen and dysrhythmias (abnormal rhythm of the heart leading to a heart attack).

Unfortunately, there are no specific signs that indicate inhalant abuse, but a number of symptoms occurring together would be suspicious. Behavioral changes include forgetfulness or difficulty with concentration, headaches, loss

of appetite or nausea, irritability or excitability, anxiety, sleep problems, dizziness, unsteadiness, and/or a dazed appearance. Physical signs would include paint, oil, or solvent stains on clothing or body, a chemical odor to their breath, spots or sores around the mouth, frequent runny nose, cough, bloodshot eyes, stained fingernails, jerking eye movements or complaints of double vision or sensitivity to bright lights.

Materials used for the abuse of various inhalants are simple for the child to obtain. They include just a bag or a rag. They can 'snort' the fumes from the product container, the can 'huff' liquid inhalant soaked on a rag through their mouth and/or nose, or they can put the product in a bag and inhale the fumes (called 'bagging'). Common items around the house are typically used if you find them in odd locations and your child shows possible signs and/or symptoms I would recommend investigating further. Things such as model glue, spray paint, paint thinner, hair spray, room fresheners, cleaning solutions, nail polish



remover, rubber cement, and permanent markers can all be abused. The damaging chemicals include acetone, butane, chlorinated hydrocarbons, fluorocarbons, propane, and toluene. Do not assume that 'my child wouldn't do that' because many kids do right under their parent's noses. Denial of the problem will not make the problem go away, it will only lead to other drug abuse by your child or possibly death. Express your concerns to your child in an open manner. Seek mental health counseling and medical care. More information can be obtained from the National Inhalant Prevention Coalition at 800-269-4237 or on the web at [www.inhalants.org](http://www.inhalants.org).

# Lose money, eye sight by smoking

BY

LT. COL. ROMAN BILYNSKY, MD

WILLIAM BLISS ARMY MEDICAL CENTER  
PEDIATRIC NEUROLOGIST

Many of you are aware of how bad smoking is for your health. The most familiar consequence is a greatly increased risk of lung cancer, and with other forms of tobacco abuse increased risks of cancers of the lip, mouth, tongue, and throat. It also the major risk factor for emphysema.

There is no "safe" form of tobacco use. What many smokers do not realize is that smoking affects their ability to sense the world around them. The nervous system and its sensory organs allow you to see, feel, smell, taste and hear what is around you.

Worldwide, 17 million people are blind due to untreated cataracts. Cataracts affect over 20 million Americans over 40 years of age. Of those affected about five percent have undergone cataract surgery. This surgery to prevent blindness uses 60 percent of Medicare's entire budget for vision. Factors that increase your risk for cataracts include cigarette smoking, exposure to UV-B light, high alcohol use, diabetes, certain medications, and eye injuries.

Recent medical studies suggest that taking vitamins or supplements does not protect your eyes from developing cataracts. Smoking is the only significant risk factor that can be modified. Smoking cessation reduces your risk of developing cataracts or potentially delaying their onset long enough to eliminate the need for surgery.

Age-related macular degeneration results in irreversible blindness affecting central vision. It affects up to 15 percent of people at 90. Medical treatments can slow progression of this disease to some extent, but won't cure it or reverse its effects. Smoking triples your risk of getting this disorder and is the most important treatable risk factor. Smoking may be the direct cause of as much as 15 percent of all AMD. In the U.S. about 1.8 million people are affected and estimates predict that three million will be affected by 2020.

Other effects on the nervous system are both indirect and direct. Smoking increases your risk of peripheral vascular disease that translates into an increased risk of coronary artery disease and heart attacks, atherosclerosis affecting the blood supply to your brain and increased risk of stroke or vascular dementias. It decreases your sense of taste and smell through effects on the

taste buds in your mouth and olfactory nerves in your nose. Secondary effects on your family and children include increased likelihood of ear infections and asthma. Smoking costs you money both directly (cost of cigarettes, burned clothes, increased life insurance rates, missed days of work or leisure due to illness, etc.) and indirectly (higher taxes to pay for smoking related illness in Medicare and Medicaid beneficiaries, increased hospital bills, decreased productivity of workers leading to higher prices, etc.)

Smoking cessation not only benefits you and your family directly, but society as a whole. Nicotine is very addictive, with people who want to quit failing an average of 5 to 7 times before succeeding. There are various smoking cessation programs available and many people benefit from medication therapy for smoking cessation. Remember, every cigarette shortens life by an average of 7 minutes, and overall about 10 years for the average smoker. Don't put off till tomorrow what you can do today. For more information on various eye disorders see: [www.nei.nih.gov](http://www.nei.nih.gov), [www.aaopt.org](http://www.aaopt.org), or [www.lighthouse.org](http://www.lighthouse.org). For information on various neurological disorders affecting children and adults see my Web sites at: [www.rbilynsky.yourmd.com](http://www.rbilynsky.yourmd.com) or [www.rbilynsky.neurohub.net](http://www.rbilynsky.neurohub.net).

# Pregnancy test process changes for family members



Courtesy photo

MEDDAC RELEASE

Raymond W. Bliss Army Health Center has changed the process for obtaining a pregnancy test for family members only.

This does not affect active duty members. In order to expedite the

process family members will now go to the lab to obtain their pregnancy tests.

In order to get a pregnancy test:

1. Go to main laboratory between 9 a.m. and 4 p.m., Monday -

Friday.

2. Ensure all information in computer is accurate.

If your information is incorrect you may not receive the results to your test.

3. Patients with positive results

will be notified by phone within 72 hours.

4. Patients with negative results will not be notified.

Laboratory personnel can not give out the results. Call Marilyn Tokach at 533-7033 for more information.