

The Fort Huachuca Scout



Vol. 50, No. 27 Published in the interest of Fort Huachuca personnel and their families. View online at huachuca-www.army.mil/USAG/PAO. July 8, 2004



Happy birthday
Pages 10, 11

Inside



Cone clean
Clearing quarters doesn't have to be painful.

See Page 3



RXrenades
Prescription to good pharmacy support.

See Page 5



Kiddecare
Post childcare services help families.

See Page 5



Lostart?
Reading still popular with young people.

See Page 7



Outofdate?
Is warming up before exercise good for you?

See Page 15

Coaching, mentoring may be lost art

Cultural diversity should be nurtured, leaders can set examples

BY SGT. 1ST CLASS
KENNETH B. HUNTER

INSTALLATION EQUAL OPPORTUNITY OFFICE

Mentoring and coaching are basic tenets of Army leadership that are being lost.

Many new outside influences have invaded the "old way" of doing business. Soldiers are being put to work but are not provided with the proper tools to perform their mission.

Sure, today's Soldier is provided the best training and equipment that's on the "cutting edge" of technology. However, these are of no significance if the Soldier does not possess the skills or knowledge to understand their co-workers.

In the area of equal opportunity, mentoring and coaching has been pushed aside; in some cases, as if they are bad words. Many leaders either elect not to inform their subordinates about the EO program and its associated issues, or even worse, they are not informed themselves. Most of the issues are pushed aside for fear that it will disrupt the workplace.

We do an excellent job when it comes to training Soldiers on their military occupational specialty. However, based on the nature of some of the EO complaints on this installation, it appears a very poor job is being done when it comes to the subject of promoting diversity and EO.

The Army has made great strides in promoting equal opportunity. There are EO advisors, EO representatives, a variety of classes, ethnic observances and interactive CD-ROMS that offer a

great deal of information. There are policies and regulations that give instructions for what to do and what not to do. All of these tools are useless if leaders don't take the time to explain to subordinates why these EO resources are important in their everyday duty situations. This means that the best promoters of the Army EO program are the leaders.

In February 2001 during African American History Month, the then acting Army Undersecretary for Personnel and Readiness, Richard Cragin, challenged a largely multiracial audience, "to redouble your efforts to mentor and guide someone in your duty section or work center because DoD can't achieve its EO goals with policies alone."

Unfortunately, most leaders feel they don't have time to take out of an already busy work schedule. The general

attitude is that the mission must go on. This is a very true statement – the mission must and will go on. However, what if the individuals present to carry out the mission cannot function due to the various human relations problems they are having in their workplace or section?

What if the commanders, who are charged with the mission, cannot effectively command because they are too busy trying to solve their units' human relations problems?

In his same speech, Cragin said, "I encourage you to make time in your already full schedules to dedicate attention to teaching and coaching someone who may or may not look like you. And just imagine, if we can get everyone in the federal sector to do this, the results of our efforts will reap benefits tenfold for neighborhoods, communities, the government and America.

"Every leader is an example to others. We all have the responsibility to ensure that our Soldiers adhere to the highest standard of ethics and equal justice."

Mentoring and coaching helps us see difficult or uncomfortable situations in new ways.

Mentors and coaches have been there many times before and often under various and challenging conditions. There is value in the relationship between a mentor/coach and student. Mentors will help matters to be viewed in ways that probably weren't even considered initially.

Someone thinking about becoming a mentor or coach in EO may ask, "What's in it for me?" For some it may be the satisfaction of helping develop a future leader. For others it may be more tangible – increased productivity from Soldiers in the workplace.

There are some personal gains from mentoring or coaching. You have to believe in what you are doing. When mentoring and coaching in the area of EO, one has to believe in the EO program.

When talking about ethnic observances, leaders have to believe that these observances are important to promote education, awareness and sharing of cultures. They also have to be able to express this to their subordinates. If leaders don't believe that this is important, how can they get across the message that they are trying to teach?

Second, leaders should share some of the same values.

Sharing values will allow the mentor/coach and whom they are mentoring/coaching to bond on a personal level. In other words, a basic understanding is shared between the two. If there is not a basic understanding don't try and be a mentor/coach. It simply will not work.

Third, leaders must understand the rewards. If you can influence a person to develop a certain way of thinking, then you can take much satisfaction when they succeed.

The basic question for EO is "how can I guide this person to prepare to be even more of a success in the long run in the area of human relations?"

Mentoring/coaching is a process that has many rewards. In its relationship to the Army's EO program, everyone benefits in the end.

We develop future leaders who can work and survive in the ever changing, diverse workforce. Leaders can not only instill the pride that goes along with an individual's race, ethnicity, gender, religion or national origin, but also take pride in others' backgrounds. Particularly taking pride in the fact they have promoted an understanding and forged a positive working relationship between diverse individuals in their organization.

Leaders will have more time to lead. They will not be using their valuable time trying to solve human relations problems.

By ensuring Soldiers are mentored and coached on the impact of the Army's EO program and taught to recognize the value of diversity, the Soldier wins, the leader wins and the Army wins.



The Fort Huachuca Scout

This newspaper is an authorized publication for members of the U.S. Army. Contents of *The Fort Huachuca Scout* are not necessarily the official views of, or endorsed by the U.S. Government, Department of Defense, Department of Army or the U.S. Army Intelligence Center and Fort Huachuca.

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 Re-

view, 2700 Fry, 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.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other nonmerit factor of the purchaser, user or patron.

If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the printer shall refuse to print advertising from that source until the violation is corrected. The

appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Army or Aerotech News and Review, of the products or services advertised.

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) 452-1500.

Command Staff

Publisher/ Commanding General.....BG Warner I. Sumpter
Garrison Commander.....COL Jonathan Hunter
Public Affairs Officer.....MAJ Paul J. Karnaze
Command Information Chief.....Angela Moncur

NCOIC.....SFC Donald Sparks

Editorial Staff

Managing Editor.....Nell Drumheller
Staff Writer.....SGT Kristi T. Jaeger
Staff Writer.....SPC Matthew Chlosta
Staff Writer.....SPC Susan Redwine
Staff Writer.....SPC Joy Pariente

Volunteers

Contributing Writer.....George Colfer

Printer's Staff

Co-owners.....Paul & Lisa Kinison
Regional Manager.....Diane Hasse
Photojournalist.....Elizabeth Harlan
Staff Writer.....Amanda Baillie
Advertising Sales.....Frank Escobar

Scrub a-dub-dub

Clean up when clearing

BY SPC.
JOY PARIANTE
SCOUT STAFF

Typically most permanent change of station

moves are made in the summer. For people leaving Fort Huachuca's post housing, the Housing Office has devised a program to make the move as easy and stress free as possible.

The Housing Office requests that Soldiers who know they're leaving begin clearing quarters 30-45 days in advance of their scheduled departure date. However, Soldiers do not need a copy of their orders to begin this process, said Grace White, chief, Family Housing.

When a Soldier goes down to the Housing Office to begin clearing, they will be given a pre-termination

brief to cover any questions they might have on how their quarters have to be cleaned, what they need to repair themselves and what can be done about other damages, White said.

The briefing is given by their housing area's housing agent. "There is one point of contact that covers neighborhood issues from cradle to grave," White said. Over time, residents become familiar with their particular housing agent and that agent will be the one to do their final inspection as well as any spot inspections that residents request to address specific concerns, White explained.

The required cleanliness of post quarters upon exit is addressed in Army Regulation 210-50. It defines the term clean as

"free of dirt, dust, lint, stains, streaks, film, grease, mildew, food, finger prints, cleaning material, mineral deposits and all foreign matter."

Occupants have the option of cleaning their house themselves or hiring a cleaning team to beautify the house.

For those choosing to clean themselves, the Housing Office offers a training session with a cleaning team on Monday, Wednesday and Friday at 12:45 p.m. at 162 Hughes, White said. The training session includes self cleaning procedures for all the things you need to clean and repair yourself, whether you're hiring a cleaning team or not. Self cleaning areas include door repairs, window screens, screen

See HOUSE, Page 6



Courtesy illustration

Clearing quarters requires an old fashioned good cleaning.



Photo by Elizabeth Harlan

Devoted duty

Col. Susan Browning retired from the U.S. Army Wednesday following more than thirty years service to her country. Her time in uniform included stints in the U.S. Air Force, Navy and the majority of time in the Army. She was the U.S. Army Intelligence Center and Fort Huachuca Chief of Staff when she retired.

DENTAC changes command

BY SPC. SUSAN REDWINE
SCOUT STAFF

U.S. Army Dental Activity witnessed the change of authority and responsibility as Col. Michael L. Brace took over for Col. Mark N. McDonald at a ceremony at Brown Parade Field Tuesday.

Great Plains Regional Dental Commander Col. Steven L. Eikenberg presided over the ceremony, praising McDonald for the level of excellence he brought to the command.

"What the DENTAC has done under his command has been outstanding," Eikenberg said of McDonald.

McDonald, who will be taking a command position at Fort Campbell, Ky., remarked that the people working at Fort Huachuca DENTAC are extremely hard-working. He said not everyone looks forward to going to the dentist, but the professionalism of the civilians and Soldiers working at

DENTAC are an asset to the post.

One of the major accomplishments during his tenure here was to bring the dental readiness of the 11th Signal Brigade from 88 percent in October 2002 to 98 percent by April 2003.

Incoming commander Brace said McDonald left the DENTAC in outstanding shape. He encouraged his Soldiers to continue to work hard under the new command.

"I'm looking forward to the opportunity to command," Brace said. "This is my first command. I look forward to the opportunity to provide maximum quality dental care to our Soldiers."

McDonald said he would miss living across the street from Brown Parade Field and felt blessed to be able to see the ceremonies, hearing the cannon go off and the bugle calls.

"It's been a fabulous two years here at Fort Huachuca," he said.

Changes will improve civilian processes

BY SPC. JOY PARIANTE
SCOUT STAFF

The Army uses an automated online system called Resumix to fill civilian job vacancies. Resumix has been getting a makeover the past few weeks, and although there have been some inconveniences with the Web site, this upgrade will mean quicker, better online opportunities for civilians to find Army jobs.

According to the Civilian Human Resources Agency, the Resumix Redesign Effort is being made

See CIVILIAN, Page 6

Mass notification system installed to alert post

BY SPC. JOY PARIANTE
SCOUT STAFF

Fort Huachuca will be one of the first posts across the Army to implement the new Department of the Army required mass notification systems when construction and assembly begin this week.

The Attack Warning/Mass Notifica-

tion System is the 21st century equivalent of the 1950s and 60s Civil Defense Systems. The purpose of the system is to notify post inhabitants of an emergency or disaster in the quickest and most efficient way, said William G. Hargis, post force protection specialist.

Phase one of the system consists of 13 speakers mounted 30 feet high on

posts throughout the housing areas, on the airfield and at the Black Tower unmanned aerial vehicle training area, Hargis said. Installation should take approximately 60 days and will cost about \$550,000.

Phase two will involve installing another speaker system inside buildings to assist in the fast, widespread emergency

information, Hargis said. The start date for Phase two has not been established.

The Force Protection Division of the Directorate of Plans, Training, Mobilization and Security reminds people in the housing areas that erection of the speaker posts will begin shortly and, after installation, speaker tests will follow, so don't be alarmed.

Can you keep a secret? OPSEC means lock your lips

BY BILL HOOPER
INSTALLATION OPSEC OFFICER

Given the critical missions that are executed daily at Fort Huachuca, it is imperative that we practice Operations Security from top to bottom, across the board of all units, organizations and activities.

OPSEC's primary focus is on the protection of unclassified, but critical information about, U.S. intentions, capabilities and activities.

The ultimate goal of any OPSEC program is to identify and protect the unit, activity or directorate's critical information. OPSEC officers use a linked, overlapping process to accomplish this.



This includes identifying threats and vulnerabilities, OPSEC provides the commander or supervisor with an analytical process for devising and implementing the appropriate countermeasures.

Remember that everything cannot, nor should be protected. But it is up to all of us

to enable our commanders and supervisors to make informed decisions.

OPSEC should be applied to all activities, not just unit operations.

Any part of any organization can and should apply OPSEC to identify and protect their critical information. Having said that, and to give you an example, let me ask you a question. Should unit Family Readiness Groups be OPSEC aware, and able to apply the OPSEC process? Absolutely! They are a huge part of the team. Always remember that OPSEC is not just a function, but also a way of life.

For an OPSEC awareness class or to schedule an assistance visit, call 533-6994.

Small wildfire on post Tuesday

BY JOAN VASEY
MEDIA RELATIONS SPECIALIST

Prompt response by Fort Huachuca and Huachuca City firefighters kept a Tuesday afternoon wildfire from growing larger than one and one-half acres.

The blaze occurred on Fort Huachuca near the north gate outside of Huachuca City, at the end of Patton Street where

it meets the east range.

The fire, reported at approximately 3 p.m., was quickly suppressed and declared under control within an hour. Firefighters are currently conducting mop-up operations. The cause of the fire is currently under investigation.

"People should be careful with all fire," said Lee Spikes, emergency services dispatcher.

"Right now, we are at a

higher fire risk than at any time during the summer."

Post residents and visitors are reminded that fire restrictions are in place.

Until we receive significant monsoon rainfall, open fires and charcoal fires are not allowed on post. Outside of the cantonment area, smoking is restricted to the inside of motor vehicles with the windows closed.

Soldiers' responsible for their personnel records

BY PAMELA A. SINGER
CHIEF, MILITARY PERSONNEL SERVICES

The revised AR 600-8-104, dated June 22, announces the elimination of the Military Personnel Record Jacket for all active Army Soldiers.

MPRJ's were phased out for Active Army officers on Sept. 1, 1996.

The phasing out of MPRJ's for enlisted personnel began July 1 with completion no later than June 30, 2005.

Information on enlisted Soldiers required to support personnel actions and management functions is readily available

in the form of the Enlisted Record Brief and the Total Army Personnel Database. Additionally the Soldier's official Military Personnel File is stored in the Personnel Electronic Records Management System.

The vast majority of documents formerly available in the MPRJ are filed in the OMPF, making the MPRJ redundant. The MPD (MILPO) will continue to maintain the ERB/ORB, DD Form 93 (Record of Emergency Data), SGLV 8286 (Servicemen's Group Life Insurance Election and Certificate), and DD Form 4 series (enlistment/reenlistment with allied documents) in a MPF. The remaining

documents will be distributed to the Soldier and to the Soldier's S2.

The MPRJ elimination process at Fort Huachuca is outlined below:

- The MPD (MILPO) will extract the documents needed for the MPF.
- After validating security clearance data on the ERB, the MPD will forward the DD Form 873 (Certificate of Clearance and/or Security Determination) to the Soldier's S2.
- The MPD will forward DA Form 2-1 (Personnel Qualification Record) to HRC-Indianapolis (EREC).
- MPRJ's will be returned to Soldiers

through their S1s.

Soldier/unit responsibilities:

- Soldiers need to review their OMPF on-line at <https://hrc.army.mil>.
- If information is missing, Soldiers will give supporting documentation to their S1s.
- S1s will forward documentation to the MPD for updating of the record.
- Although there is no requirement for Soldiers to maintain a personal file of personnel related documents, it is highly recommended. If there is doubt about the validity of data in the future, the Soldier will have the documentation to verify the data.

Resume writing need not be painful

BY ROBERTA SIPES
EMPLOYMENT READINESS
COORDINATOR

Would you rather have a tooth pulled or write your resume? Many would say "take all my teeth; just don't ask me to write a resume".

You could pay hundreds of dollars having a "professional" write your resume and still not have a good product.

The more you involve yourself in the resume writing process, the greater are your chances for success. You are the subject matter expert of your life. With a little time and effort you can learn to write a resume. You can do it!

The primary purpose of a resume is to "sell" you to an employer. If written effectively, your resume will win you an interview - not a job, only you can do that in the interview.

A resume is a summary of your work experience, marketable skills and education and should be written in terms of the prospective employer's needs.

You must "market" your skills and accomplishments to the requirements of the job you want. Think of a resume as a one- or two-page advertisement of your skills and education.

CNN reported that a 30-second ad during this year's Super Bowl cost approximately 2.5 million.

Let's start thinking about ways to change the wording on our resumes so that it sells our experience.

One way is to think of the acronym C-A-R. This stands for challenge, action and results. In your present job what challenge have you faced? What action did you perform to meet that challenge? What was the result? In the following example, the challenge was to reduce costs; the action was a change in how inventory was maintained and the results was savings.

"Delivered more than \$500,000 in cost reductions through introduction of stockless inventory."

Now, you try writing a C-A-R!



Drug doses discontinued

Pharmacy pledges pill problems patched

BY CAROLYN BOARDMAN, RPH
CHIEF, PHARMACY SERVICE

Q: “What is your current policy for refilling prescriptions?”

A: Prescriptions called in before 7 a.m. will be ready after 2 p.m. the next business day. This way we will be able to have plenty of time to fill your prescriptions, order additional medication if necessary and speed up the pick-up process.

For example, if a prescription refill is called in at 6 a.m. on Thursday, it will be ready for pick-up after 2 p.m. on Friday. Similarly, if a prescription refill is called in at 8 a.m. (or anytime after 7 a.m.) on a Friday, Saturday, or Sunday, it will be ready for pickup after 2 p.m. on Monday. The pharmacy is closed on all federal holidays.

Q: “Why is the pharmacy closed on training holidays and can this practice be changed?”

A: This question was brought up at the Army Family Action Plan conference and as a result we were open on a trial basis for a few hours on Friday, the Fourth of July training holiday.

The pharmacy was open the same hours as

the Weekend Holiday Access Clinic, from 10 a.m. until 1:30 p.m.. The Post Exchange pharmacy, however, remained closed.

Q: “Why do you no longer stock my medicine?”

A: All Department of Defense pharmacies operate off of a formulary, or specific drug list, that is determined at both a federal and local level. Additions and deletions to this formulary take place every two months.

These changes are made for a variety of reasons, including patient safety, availability of the drug from the manufacturer or wholesaler, and how effective the medication is. Recent deletions from the Raymond W. Bliss

Army Heath Center pharmacy include Allegra(fexofenadine), Allegra-D(fexofenadine/pseudoephedrine), Arthrotec(diclofenac/misoprostol), Celebrex(celecoxib), and Zyrtec(cetirizine). Additions include Claritin(loratadine) and Daypro(oxaprin).

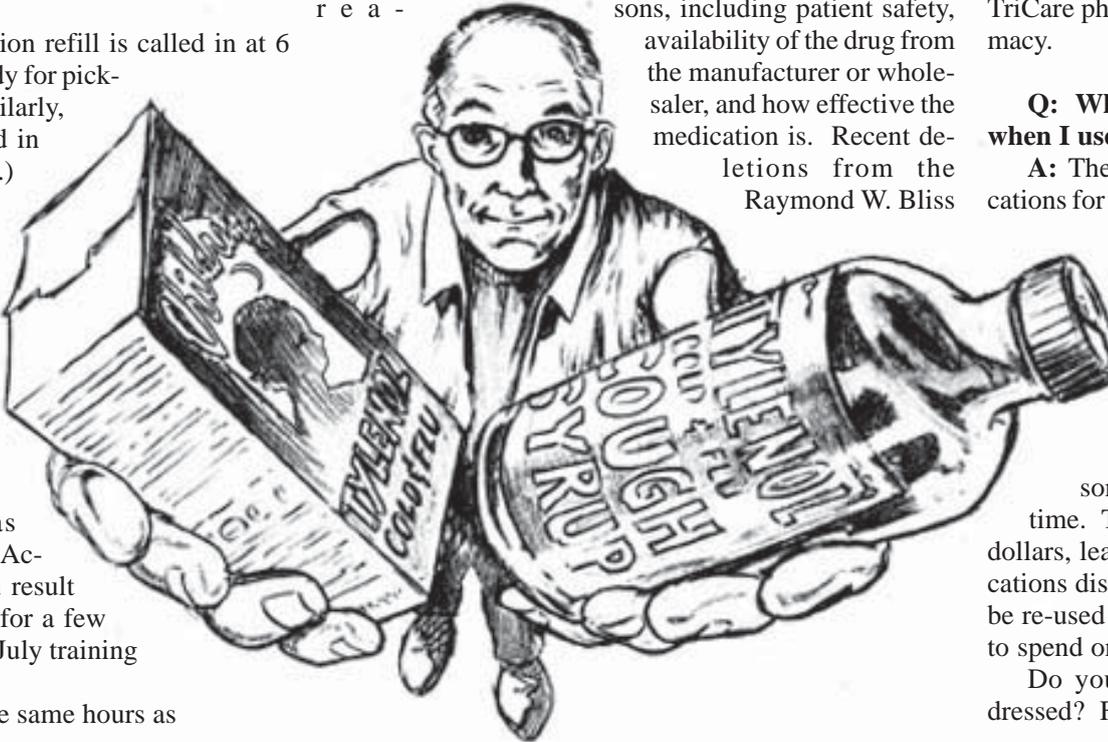
Medications no longer stocked on post may either be changed by the patient’s medical provider to a formulary item, or the medication can be obtained from local network pharmacies(all pharmacies in Sierra Vista are TriCare pharmacies) or via the TriCare Mail Order Pharmacy.

Q: Why can I only get 30 days of my medication when I used to get 90 days?”

A: The pharmacy sets the days supply on some medications for many reasons, to include manufacturer/wholesaler shortages, the ability to recapture funds via third party insurance claims and to use our budget in the most effective way.

High cost medications that are likely to not be tolerated by the patient, medications that are likely to be changed by the medical provider before the 90 days are up, or medications that may only be used seasonally are reviewed and given for 30 days at a time. This more wisely uses the available pharmacy dollars, leads to less waste of taxpayer dollars, as medications dispensed cannot be returned to the pharmacy to be re-used and allows the pharmacy to have more funds to spend on additional medications.

Do you have any questions you would liked addressed? For more information, call 533-9025.



Childcare plays pivotal role in military lives

BY AMANDA BAILLIE
SCOUT STAFF

For any working parent nothing can be more important than ensuring your child is safely and properly cared for while you’re out earning the dollars.

And when your family is constantly on the move, it’s just as vital that that care is of an equally high standard, wherever you go.

At Fort Huachuca, and indeed at any military installation, childcare facilities can play a pivotal role in keeping families satisfied with military life.

The long working hours, deployments and the busy schedule of today’s working spouses mean that childcare is a major factor when it comes to career choices.

Mom and Soldier, Capt. Shawn Broussard, says life would be extremely difficult without the post facilities for her children.

Her sons Chandler, 8, and Jamile, 7, have been attending School Age Services while she completes her six-week Military

Intelligence Captain’s Course.

“I found it very easy to get the boys into SAS and, so far, it has been excellent,” she said. “The kids really enjoy it and when I pick them up they don’t want to leave.

“If it wasn’t for childcare facilities like this, I would be in a very unpredictable situation. I don’t think a similar facility in town would be as reliable or as good.”

Marty Johnston, Outreach Services director, Child and Youth Services, believes military childcare facilities are of a higher standard than their civilian counterparts.

“The staff on Fort Huachuca is exceptional,” she said. “Their standard of training is probably three or four times higher than that required by the state.”

The childcare facilities on the fort can cater for children from as young as just six weeks through to 12th grade.

When they are not attending school, youngsters, depending on

their age, will be cared for by the Child Development Center, Family Child Care, School Age Services or Youth Services.

Parents who place their children with CDC or SAS must pay a fee, depending on their income, and Youth Service activities are usually free during the school term.

“Any parent who registers their child here can also transfer that registration to any other military installation, if they are moved elsewhere,” added Johnston. “They only pay one annual fee and all our programs are transferable.”

Working mom Jackie Kelly placed her son Phillip, 8, with SAS last year, after researching childcare facilities on the fort before she and husband, Sgt. 1st Class James Kelly, arrived here.

“I knew before I came that the program was good and I didn’t think the Sierra Vista system would be as good, or as well supervised,” she said. “Overall I would say childcare facilities

within the military are very good. I’ve never had a problem.”

Family Child Care also offers training for anyone who wants to become a home childcare provider. The need for these care providers is constant.

“All FCC providers have to meet exactly the same standards as our CDC staff, but they set their own fees,” explained Johnston. “Training takes two weeks and most of them will have children themselves. But we are always very short of people and would really like to see more coming forward.”

Units can also send representatives to attend a rapid training forum – a four to six hour class – which then enables them to provide childcare facilities during a function. “This doesn’t cost the units anything and anyone can take the course, whether they are Soldiers or family members,” said Johnston. “Again, we don’t get enough volunteers for this course and cannot run anything until more people come forward.”

For more information, call 533-8437 or 533-0738.



Photo by Elizabeth Harlan

Army posts offer a number of different childcare options including the Child Development Center, School Age Services and Family Childcare services.



Extreme danger

The Nuttall Complex Fire has encompassed more than 16,000 acres since lightning strikes on June 22 and 26 started the blaze. The fire is near Safford, Ariz., less than 120 miles from Fort Huachuca. Fire crews have the fire more than 10 percent contained through on the ground and air measures. Fire safety remains a concern as the Fire Danger is at extreme.

Photo courtesy the Southwest Area Incident Management Team

HOUSE from Page 3

doors, shades, towel rods, door stops, wall repairs, light bulb replacement, appliance maintenance and other interior and exterior elements.

They also go over cleaning standards, techniques and products, yard maintenance and damage repairs, White said.

If a cleaning team is hired, all the occupants have to worry about is their self cleaning items and moving their possessions out of the house, White said. Housing has a list of cleaning teams that have been trained to Army standards of cleanliness. A contract is negotiated between the team and the Soldier with no involvement

from Housing, White added.

After receiving orders, Soldiers should go to transportation to arrange for movement of their household goods, White said. The final housing inspection can not be completed until the house is completely empty.

If a cleaning team has been hired, the family can leave post before their final in-

spection. If the family is cleaning the home themselves, they must wait for their quarters to be deemed satisfactory before they are cleared from post.

For more information about clearing housing or if you're ready to start clearing, visit the Housing Office, Building 41415 or call 533-3611.

CIVILIAN from Page 3

to "improve the Army suite of recruitment and staffing tools to develop and deploy additional automated human resources tools."

Currently, Resumix's main features are the constantly updated vacancy listings, the

online resume builder and the automated notification system web enabled response, or ANSWER, which lets civilians know the status of their application.

Phase one and two of this renovation mostly focused on

enhancing the services that Resumix already offered. The upgrades caused temporary loss of service to these functions last week, but they are up and running again, said Tom O'Brien, Fort Huachuca Civilian Personnel Activities Center.

Phase three of the upgrades will begin in August and Resumix will be receiving new tools, such as the Delegated Examining Tool and the Electronic Recruitment Case File Tool, to streamline the employment process for both the man-

ager and the applicant.

Resumix for Fort Huachuca civilians can be found on the West Civilian Personnel Operations Center Web site at <http://cpolrhp.belvoir.army.mil/west/>, click on Employment Information.

READ from Page 7

Last year's rise in consumer book sales was also thanks to a stark increase in the number of religious texts sold.

Religious publishing, which accounts for five percent of the consumer sector, grew by a staggering 37 percent.

The Scout asked children attending sessions at School Aged Services, Fort Huachuca, about their reading habits:

Thomas Wary, 7.

"My favourite books are Harry Potter. I've read all five. I like them because they are very long books and I

like reading. I can finish one book in two days. They are good stories and are fun to read."

Christy Mata, 8.

"I like almost all books, but especially anything by Dr Suess. My favourite is Cat in the Hat because there are a lot of rhymes.

"I like to read every once in a while and I think it is important to read because it keeps us from doing bad stuff. I would also rather read a book than watch television because you can find out straight away what is going to happen. But I like watching television as well

because sometimes I see new books and I want to buy them."

Nicholas Holloway, 10.

"I like to read scary books, like the Goosebump books. I prefer scary books to scary films because films can give you nightmares, but with a book you can just imagine things yourself.

"I think reading helps you to learn stuff. If you don't know what a word means you can look it up. I would rather read a book than watch a film because I love reading. I read every day."

Is reading a lost art? No! No! No!

BY AMANDA BAILLIE
SCOUT STAFF

Anyone who craves knowledge, information or entertainment can find it at their fingertips if they turn to the television or a computer.

But many would still agree that, when it comes to whiling away a few hours, you really cannot beat a good book.

The evolution of the Internet, computer games and an increasing array of television channels brought with it a fear that today's generation would turn their backs on traditional story telling.

However, it seems that people of all ages still like to read books.

According to the latest figures produced by the Association of American Publishers in June, overall book sales rose by 6.3 percent in 2003.

Encouragingly, this is partly due to a rise of 19 percent in the sale of

children's and young adult hardcover publications.

Jennifer Lotten, director of School Age Services, Fort Huachuca, believes youngsters are just as interested in reading as they ever were.

"We always offer books for the children to just pick up and read when they want to," she said. "Throughout the summer we have a quiet period in the day when we encourage the children to read during that time every day, and most of them do."

"The staff also reads books to them and the children even read to each other."

She added, "I think children today are still interested in reading and I also think films like Dr. Suss's 'Cat In The Hat' encourage children to read the books."

It would appear, however, that it could be the older generation that needs the encouragement when it comes to reading a book.

According to the AAP, adult hardcover, which makes up 27 percent of the consumer sector, grew by only 1.4 percent, and adult paperback, which accounts for 20 percent of the sector, increased by 6.9 percent.

And the adult mass market, which at 27 percent is the largest segment of the consumer publishing sector, grew by 2.0 percent when measured in dol-

lars, but actually decreased by 2.1 percent when measured in units.

Could it be that adults are turning to other sources other than bookstores, such as their local library?

Librarian Natalie Danforth thinks Fort Huachuca's Main Library has a steady and loyal flow of customers.

"I'm happy to say that people do still read books," she said. "In the case of the Main Library, about 80 percent of the items we circulate are books. The other 20 percent are videos, CDs and DVDs."

And with a 3.7 percent increase in the price of books in 2003, it would appear some people would prefer to borrow rather than buy the latest reading material.

"The most popular books at the Main Library are those that are new," said Danforth. "We lease 'hot' books, including best sellers, from a company which stays on top of what books are being publicized and selling in bookstores."

There is no doubt that modern technology has had some impact on the popularity of the old

fashioned book.

Audio book sales increased by 13 percent and electronic books rose by a massive 45 percent, although they represent only a tiny portion of the consumer sector.

A local book store manager in Sierra Vista, agrees audio books are becoming increasingly popular, but added that paper books are even more in demand.

"Books on cassette are slowing down but those on CD are picking up and they are popular. A lot of people listen to them when they have a long drive or if they don't get time to sit down and read," she said.

She added that the most popular books, on paper, are mysteries and current events.

And the release of movies like Harry Potter and Lord of the Rings encourages more people, she believes, to read.

"Many people like to read the books before they see the film," she said. "The people of Sierra Vista like reading a lot. Books are still really popular and the residents of this town are always up on what's new."

See READ, Page 6



Photo illustration by Elizabeth Harlan
Janice K. Haftorson says the library is one of her favorite spots.

DFAS unveils Reserve/Guard pay center

One stop service for all Army, Air Force, Naval Reserve, Guard Components

ARMY NEWS SERVICE

Defense Finance and Accounting Service has officially opened the Reserve/Guard Pay Center of Excellence within its Cleveland-based DFAS Military and Civilian Pay Services operation, thus establishing one DFAS location that will furnish pay account support for Army, Air Force and Naval Reserve and Guard Component customers.

The Center is designed to further improve the services DFAS provides to the men and women who defend America.

Centralizing all Reserve and Guard pay expertise in one location greatly enhances the sharing of "best

practices." This, in turn, will reap clear benefits in quality of service to DFAS' Reserve and Guard customers.

"DFAS is constantly striving to improve the way we serve our customers," said Patrick T. Shine, director of DFAS' Military and Civilian Pay Services. "This Center of Excellence will make us more responsive to the needs of a critical component of America's defense—the Reserve and Guard."

A key feature of the center is "surge capability." The cross flow of expertise residing there will allow pay technicians to support more than one service when necessary without adversely affecting other customers. For example, technicians supporting Air Force Guard and Reserve can assist with Army Guard and Reserve activities when required for major deployments of units.

Pay and customer service operations went "live" for the Air Force Reserve Command in the Reserve Pay Center in May. Payroll operations for the Air Na-

tional Guard will transition next, followed by the Army Reserve and National Guard later, based on continued cooperative efforts with the U. S. Army Financial Management, Reserve and Guard communities.

To make certain the needs of the end customer are being met, this initiative has been closely coordinated with leadership in the Reserve and Guard communities. Their guidance has been critical to the project's success.

About DFAS

The Defense Finance and Accounting Service is the world's largest finance and accounting operation. It provides responsive, professional finance and accounting services to the men and women who defend America. In fiscal year 2003, DFAS paid about 5.9 million people, processed more than 12.3 million invoices from defense contractors, disbursed more than \$416 billion and managed more than \$194 billion in military trust funds. For more about DFAS visit www.dfas.mil or www.dfas/.mil

DoD Tricare regional transitions continue

DOD RELEASE

The Department of Defense Tuesday announced the continuation of its transition to new military healthcare contractors and changes in regional areas of responsibility. On July 1, more than 1 million Tricare-eligible beneficiaries in Alaska, California, Hawaii, and the Yuma, Ariz., area, transitioned to the new West Region. These beneficiaries join with beneficiaries in Oregon, Washington state

and northern Idaho who transitioned on June 1. The Tricare West Region contractor is TriWest Healthcare Alliance Corp.

In this phase of Tricare transitions, beneficiaries in Illinois, Indiana, portions of Iowa (Rock Island Arsenal area), Kentucky, Michigan, portions of Missouri (St. Louis area), North Carolina, Ohio, portions of Tennessee (Ft. Campbell area), southern Virginia, western West Virginia and Wisconsin, become part of the new Tricare North Region. Beneficiaries in

this region will receive health services and support through their new regional contractor, Health Net Federal Services, Inc.

Tricare benefits, costs and the enrollment process remain the same under the new regional contracts, and beneficiaries in the North and West Regions, who are not currently enrolled in Tricare Prime but who are eligible, will have the opportunity to enroll. Additionally, the new regional contractors will provide beneficia-

ries information on enrollment, network providers, and procedures for filing claims and contacts for Tricare assistance within their regions.

Importantly, military treatment facilities in all regions remain at the core of the military health system and will now schedule appointments for their beneficiaries. MTF locations are on the Tricare Web site at www.Tricare.osd.mil/mtf/

See **TRICARE**, Page 9

Range closures

Today – AD, AF, AG, AH, AK, T1, T1A, T2

Friday – AD, AF, AG, AH, AK, AU, AW

Saturday – AD, AF, AG, AH, AM, AO, AP, AS, AU

Sunday – AD, AF, AG, AH, AU, AW

Monday – AD, AF, AG, AH, AM, AU, AW, AY, T1, T1A, T2

Tuesday – AD, AF, AG, AH, AM, AU, AW, T1, T1A, T2

Wednesday – AD, AF, AG, AH, AU, AW, AY, T1, T1A, T2

For more information, call 533-7095.

Sgt. Audie Murphy Club

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

Welcome to Fort Huachuca

Army Community Service Relocation Assistance Program offers the Huachuca Welcome, an orientation for newcomers to the Fort Huachuca area.

The Huachuca Welcome is set for 9 a.m. Friday, July 27, Aug. 13 and 25.

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

Costs incurred for child care are the responsibility of the attendee.

Volunteers needed

Volunteers are needed to assist in completing the Korn Canyon water project.

The volunteers are needed on Saturday. They are needed to tap into an existing water line, run approximately 1200 feet of black pipe, install cut off valves, plumb the storage tank and guzzler, and string fence around the 100 x 100 foot enclosure.

Volunteers from the Sierra Vista area are to meet at 7 a.m. the Sportsman Center. Volunteers from Sonoita and the Tucson area are to meet at 7:30 a.m. the intersection of Highway 83 and Cimarron Rd which leads to the West Gate of Ft. Huachuca (just South of Canelo).

Volunteers should wear comfortable boots, bring gloves and water. Lunch consisting of hot dogs and hamburgers with soft drinks will be provided.

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

Financial readiness classes

Army Community Service has scheduled the following financial readiness classes for July: budget

TRICARE, from Page 8

[www.tricare.osd.mil/mtf/].

This next generation of Tricare contracts consists of a suite of services, awarded competitively, to provide beneficiaries with the highest quality of care, a higher level of customer service and added value in all aspects of the world-class Tricare benefit. These new contracts are making a strong program better, building on the best aspects of a system developed over the last 10 years, and providing a system of incentives for improvements in quality care, access and claims payments for the military's 8.9 million

Tricare beneficiaries. In addition to three regional contracts for health services and support, the department awarded specific contracts for mail order pharmacy, retail pharmacy, retiree dental care, the Uniformed Services Family Health Plan, Tricare global remote overseas, Tricare healthcare for Puerto Rico, marketing and education programs, information services, national quality monitoring, and claims processing for Medicare-eligible beneficiaries.

In the next phase of the transition, the remaining areas in new North Region

class, 9 - 11:30 a.m., July 14 at ACS Building; and "credit wise" noon - 1 p.m., July 28 at Murr Community Center, Building 51301.

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

Scholarship

The Military Intelligence Corp Association scholarship deadline is July 15. Applicants or their immediate family members must be a member of MICA.

For more information visit the Web site <http://www.micorps.org/scholar.html> or call Sgt. Maj. Maurice Mitchell, 533-1174.

Employer Visit Day

ACAP will sponsor an Employer Visit Day 11 a.m. - 1 p.m., July 15 at the ACAP Center, Building 22420 on Butler Road. Local employers will be on site to discuss possible employment opportunities and to take resumes.

Volunteers recognized

The quarterly volunteer awards ceremony is set for 4 p.m., July 21 at Murr Community Center.

Family Readiness Training

Family Readiness Group Training will be conducted 1:30 - 3 p.m., July 29 at the Army Community Service Building 50010.

The training will cover the basics of running an FRG and the recruitment of volunteers, and provide ideas on how to enhance FRG participation.

Registration is required. Call ACS at 533-2330 or e-mail pamela.j.allen@us.army.mil for enrollment.

Get car facts

Buying a used vehicle? To get its history, bring the vehicle identification number to Army Community Service for free information.

Odd jobs for youth

Fort Huachuca youth between 12 and 18 who want to work odd jobs can register with Army Community Service (Building 50010) 8 a.m.-4 p.m., Monday-Thursday. Bring proof of age. If you have odd jobs that you workers could do and you are willing to pay them for their work, post your "help wanted" ad at ACS to get the job done.

Travel card account system

Bank of America has an online system in which government travel cardholders can view their travel card accounts. The "MyEasyPayment" system allows

cardholders to see their Bank of America account summary such as current balance, last payment date, last payment amount, amount past due, amount due now, and payment due date. If there is an account balance, payments can be made online. There is no fee associated for using this system.

The payment system is available at www.myeasypayment.com.

Play time

The parent/tot playgroup meets 9:30-11:30 a.m. every Wednesday at the School Age Services Building. Children, birth to 5, are welcome.

For more information, call 533-6877.

Volunteers needed

Army Family Team Building needs a volunteer program manager to ensure the overall implementation of the administrative procedures in the AFTB office. The Army Family Action Plan is looking for volunteers to be part of the planning committee.

For more information, call Andrea Sovern at 533-3686.

Army Community Service needs a Round Up editor/writer to attend meetings 10-11:30 a.m. the first Tuesday of the month; gather information via note taking, handouts and e-mails; and write up the newsletter.

For more information, call 533-2330.

The Chapel is looking for a receptionist Monday-Friday.

For more information, call 533-4748.

Volunteer at any ACS organization, and you qualify for 10 hours per family of free childcare at the Child Development Center, School Age Services or Family Child Care home.

For more information, call the ACS volunteer coordinator at 533-6880.

Family child care training

Fort Huachuca Family Child Care is now accepting applications for the next FCC Training Class in August. 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.

Training is Monday through Friday from 8 a.m. to 1:30 p.m. The training is free. Class sizes are limited; therefore, interested parties are urged to begin the enrollment process as soon as possible.

Prior to attendance in this training, interested personnel should contact the FCC Office in Murr Community Center, for an application. For more information, call the Fort Huachuca FCC program at 533-2498. The FCC Office is open 7 a.m. - 4 p.m. Monday through Friday.

— Connecticut, Delaware, the District of Columbia, Maine, Maryland, Massachusetts, New Hampshire, New Jersey, New York, Pennsylvania, Rhode Island, Vermont, northern Virginia near Washington, D.C., and eastern West Virginia — will complete the North Region transition on Sept. 1.

Beneficiaries in the remaining portion of Arizona, Colorado, southern Idaho, portions of Iowa, Kansas, Minnesota, portions of Missouri, Montana, Nebraska, Nevada, New Mexico, North Dakota, South Dakota, western Texas, Utah and Wyoming

will complete the West region transition to TriWest on Oct. 1.

For more information on the contracts and the transition schedule, visit the Tricare Web site at <http://www.Tricare.osd.mil/contractsimplementation/default.cfm>

Beneficiaries may access information on the Tricare benefit on the Tricare Web site at <http://www.tricare.osd.mil/>. For additional information, beneficiaries may visit Tricare online, <http://www.tricareonline.com>, or consult their service and/or local MTF.



Photo by Elizabeth Harlan

The Fry District, City of Sierra Vista Fire Department, Fort Huachuca Fire Department and the U.S. Forest service helped children understand the dangers of fire. Maria Snyder, 6, learned not to burn.

Fourth festivities

**BY SPC.
SUSAN REDWINE
SCOUT STAFF**

In a year when American Soldiers are serving in far, foreign lands working to bring about global peace and security by fighting terrorism, a boosted sense of patriotism could be felt in the celebration of the birth of our nation. Fourth of July festivities included a mingling of military and civilian ways of life, with events at Veterans' Memorial Park in Sierra Vista Saturday and Sunday.

"Gatherings like this are good on the Fourth of July," said retired Staff Sgt. Carlos Cardenas from Mesa, Ariz., who was at the park Saturday. "People appreciate the military more now than before."

The party began Saturday with a talent show and concert at the Veterans' Memorial Park band shell. Sunday morning, festivities continued at the park with booths, static displays and performances throughout the day. A military police K-9 dog demonstration, B

Troop, 4th U.S. Cavalry Regiment (Memorial) demonstrations and Salute to the Union highlighted the fort's contribution to Sunday's events at the park.

The Fort Huachuca Honor Guard shook the crowd after the welcome ceremony with a 50-volley cannon salute, one for each state in the union. A cheer went up for Arizona after the 48th cannon shot, which signified the state's entry into the union.

B Troop's K Battery was on hand Sunday to demonstrate the firing of an historical 12-pound mountain howitzer. Staff Sgt. Derek Wagener, Company E, 309th Military Intelligence

Battalion and B Troop member, explained the functional details that firing such a weapon entails to curious civilians.

"We're American Soldiers and we've been fighting for America since 1775," Wagener said. "Every part of the heritage is important, this is honoring one part. Every Soldier here is important. Every Soldier in history is important."

Staff Sgt. Paul Hulsman from Company E, 305th MI Bn. spent his day helping out with the unmanned aerial vehicle display at the park and said he appreciated the opportunity to show the community that the Army is out to save lives and



Photo by Spc. Susan Redwine

The camera lens on the unmanned aerial vehicle (Shadow) is the eye in the sky which allows military intelligence analysts to get a peek over enemy lines.



es furnish fun, food, fireworks

not take lives.

“There are some nice civilians who thank you for your job,” Hulsman said. “My hand hurts from shaking hands saying thank you.”

The scene at the park by the afternoon was one of families and friends enjoying themselves with Frisbee, cotton candy, and croquet alongside the military displays and booths, with the serenading of punk bands in the background – a picture of American freedom and tolerance.

The main event took place Sunday night at a family-packed Stone Field in Sierra Vista with a concert by the 36th Army Band and traditional Fourth of July fireworks.

“This, in our opinion, is the best Fourth of July fireworks display we’ve ever seen,” said Art Schmidt, a Sierra Vista resident. Schmidt and his wife, Jackie, said they have seen July Fourth fireworks displays in several other states but the one in Sierra Vista is their favorite. They said this community is special because of the interaction

of the fort and the outside community, with each supporting the other.

“It’s just a great community,” Art Schmidt said. “We’re in America; we can sit here and do this kind of thing. You can’t do this in a lot of other countries.”

“It’s wonderful,” said Brig. Gen. Warner I.

Sumpter, acting commander of the U.S. Army Intelligence Center and Fort Huachuca of Sunday night’s events. “It shows that Fort Huachuca is part of the community and the community is part of Fort Huachuca. Looking at all the different folks [at the park], it’s a celebration of

diversity. This is Americana.”

Sumpter said the United States has always had the right intentions as a nation, that we’ve made mistakes in the past, but that we still exist as one of the strongest democracies that has ever existed. He said the sacrifices of

Soldiers have made America great.

Sierra Vista resident David Brown summed up the importance of the Fourth of July and celebrating Independence Day, this year especially.

“There are troops that

are all over the world literally sacrificing themselves,” Brown said. “This is a real big part of remembering that we have freedom in the U.S. It’s a great reminder.”



Photo by Spc. Susan Redwine

Kevin Keekler, a member of Veterans of Foreign Wars, Post 9972, Cochise Warriors, served as a color guard during the Salute to the Union during Sunday’s festivities.



Photo by Elizabeth Harlan

Activities at Veterans’ Memorial Park brought families together. Jazmin Treadway, 5, and her father Michael take their kite skyward.



Photo by Spc. Susan Redwine



Service News

Voters overseas register

With the November general elections coming up, the Defense Department has designated July 4-10 as Overseas Citizens Voters Week to get eligible Department of Defense personnel stationed abroad registered to vote.

Throughout the week, voting assistance officers at overseas military installations, U.S. embassies and consulates will hold registration drives and other activities to get people to vote. Emphasis will be placed on mailing registration forms back in time to meet local and state deadlines.

DoD citizens overseas should register to vote as early as possible, because each mail system is different in countries outside the United States.

More information about overseas voter registration can be found at www.fvap.gov.

Flag officers assigned

Secretary of Defense Donald H. Rumsfeld announced Friday that the president has made the following nominations:

Vice Adm. Albert T. Church III, for reappointment to the rank of vice admiral and assignment as

director, Navy Staff, N09B, Office of the Chief of Naval Operations, Pentagon, Washington, D.C.

Vice Adm. Robert F. Willard for reappointment to the rank of vice admiral and assignment as director, Force Structure, Resources and Assessment, J-8, Joint Staff, Pentagon, Washington, D.C. Willard is currently serving as commander, U.S. 7th Fleet, Yokosuka, Japan.

Crash victims immortalized

Fourteen Camp Pendelton Marines who died more than four years ago in a Marine Corps operational test flight crash were immortalized June 11 at Camp San Mateo.

The Marines were all members of I Company 3rd Battalion, 5th Marine Regiment.

The black granite memorial, placed on pavement across the street from the Camp San Mateo Chapel, honors the I Company Marines who died in a nighttime training exercise April 8, 2000. The crash occurred during operational flight testing of the MV-22 Osprey, the heir apparent to the Vietnam-era CH-46 Sea Knight troop-transport helo. The crash occurred in the desert near Marana, Ariz.

The crash, and other mishaps involving the

Osprey, temporarily prompted suspension of Osprey operational testing. The testing has since resumed.

Class of 2008 arrives at academy

More than 1,300 cadet appointees said goodbye to their families July 1 and entered the U.S. Air Force Academy in Colorado to begin their careers in the Air Force.

The day marked the beginning of Basic Cadet Training which runs through Aug. 7. During the first 22 days, most of the training is conducted within the cadet area. The new cadets then march to Jacks Valley on July 23 for 14 days of field training.

The Class of 2008 has the largest number of females, and the highest percentage of minorities, in academy history. The new class has about 1,085 men and 250 women, including 270 of minority descent.

Several international students joined the Class of 2008. They represent 14 countries including Colombia, Jamaica, Jordan, South Korea, Pakistan, Peru, Taiwan, Thailand and Tunisia.

This year, 12,430 people applied for admission. The incoming class has a SAT verbal average score of 647.36, and a math average score of 668.46.

Apache make annual trek for acorn harvest

BY SPC. SUSAN REDWINE
SCOUT STAFF

The Apache people had been living in the Huachuca Mountains before the rest of us. Many traditions have developed for the Apache in their centuries of living in this area, some of which carry over to today. Copa Boni and his family keep Apache traditions alive by preparing the same types of food using acorns that their ancestors prepared.

"This is very precious food for us," Boni said. "Being Apache, we have to have this to eat."

"It's tradition," he went on.



"You crave it if you're raised with it."

He said harvest season for this type of acorn, from the Emory Oak, is in July and August. He and his family drive more than 160 miles from their home in San Carlos, Ariz., just to harvest the nuts on post. They will be coming back whenever they have free time for the next month or so.

"We have some trees but don't get the harvest like over here," he said. "These taste sweeter."

The acorns are dried in the sun for several days and can then be stored for up to a year. To prepare them, the nuts are ground and the kernels separated from the shells. The kernels are then ground into a powder and used mostly in soup and dumplings.

"You have to pick a lot to make a lot," Boni said.

Sally Antonio, Boni's aunt,



Photos by Spc. Susan Redwine

Sally Antonio, who lives in San Carlos, Ariz., has been coming to Fort Huachuca for 65 years to harvest acorns to use in traditional Apache dishes.

has been picking acorns in the area for 65 years, ever since she was a little girl. She said her mother and father-in-law taught

her to come here to pick acorns.

Antonio also said she and her family go as far as Silver City, N.M., and Payson, Ariz.

Boni's sister-in-law, Judy, said she was introduced to Fort Huachuca as a place to harvest acorns from her brother-in-law and his family and that her trip on Tuesday was only the second time she's been here for that purpose. She said she used to buy the acorns from someone in San Carlos rather than harvesting them herself.

Boni said last year's harvest didn't yield many acorns and they didn't have enough to last through the winter. This season looks to be more promising.

"My kids and I love to eat this," she said. "It was hard this year because we didn't get too much."

She added that soups made with the acorns are often found at traditional Apache ceremonies.

"It's part of our life, coming here, picking acorns," Boni said.

Changes in outdoor pool availability for summer

Grierson Pool has been closed for the summer for emergency repairs. Irwin Pool is now open. All activities previously scheduled for Grierson Pool have been moved to Irwin Pool, including swimming lessons and water aerobics.

The hours at Irwin Pool are: 1 - 6 p.m., Monday, Tuesday, Wednesday and Friday, open swim; 8 a.m. - 1 p.m.,

Tuesday - Friday, swimming lessons; 1 - 7 p.m., Thursday, family night; and 10 a.m. - 6 p.m., Saturday and Sunday, open swim.

Fees for the summer are: adults, 18 and older, \$2.50; children 3 - 17, \$1.50; and 2 and under, free.

Irwin Pool offers water aerobics classes 11:30 a.m. - 12:30 p.m., Wednesdays and Fridays. Cost is \$3 per class

or \$25 for nine classes.

The third session of swimming lessons will be held July 20 - 30 at Irwin Pool.

Registration for the third session of summer swimming lessons is set for 8 a.m. - 2:30 p.m., Tuesday - July 16 at Barnes Indoor Pool.

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



Photo by Elizabeth Harlan

Paintball today

The Sportsman's Center will offer a special session of night paintball, 8 - 11:30 p.m., today.

For more information, call Mick Gue at 533-7085.

Watercolor, drawing classes in July

The MWR Arts Center will offer a basic drawing class, 9 - 10 a.m., Saturday, July 17, 24 and 31.

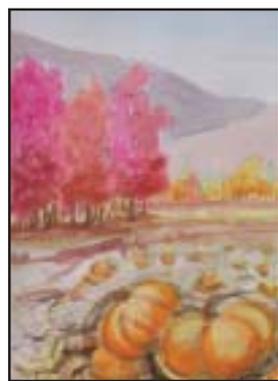
Cost of the drawing class will be \$35.

The class will be taught by Cochise County, Ariz. artist Cindy Betka.

Betka will also teach basic watercolor techniques 10:15 a.m. - 12:15 p.m., Saturdays in July. The cost will be \$50.

The MWR Arts Center is located on the corner of Hatfield and Arizona Streets, in Building 52008.

For more information, call 533-2015.



Steelhead Triathlon

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

The course will include an 800-yard pool swim, a 13-mile bike ride on a paved course, and a 3.1-mile run on a paved road.

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

Entry forms can be obtained at Barnes Field House, or online at www.active.com.



Entry fees are as follows: \$25 for individual military; \$30 for individual civilian; \$50 for 3-person military team; and \$70 for 3-person civilian team.

Entry fees cover the cost of awards, and participants will be

provided with refreshments and receive a T-shirt.

Entries are due by July 19. After that day, a late fee will be added. Registration ends close of business July 23. No refunds will be given after July 14.

Packets may be picked up beginning July 22 at Barnes Field House, or at Irwin Pool on race day.

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

No bingo July 15

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

For more information, call 533-2193.

Grand opening of TMAC postponed

The grand opening of the Thunder Mountain Activity Centre will not be held July 22 as previously announced.

The new date for the grand opening will be announced at a later time.

The facility will be located at Building 70525, which formerly housed La Hacienda.

Resumption of the lunch buffet previously scheduled for July 27 at TMAC, has also been postponed.

For more information, call 533-2193



2004 All Army Photography Contest

The MWR Arts Center has announced that entries are now being accepted for the 2004 All Army Photography Contest.

MWR patrons are invited to enter their favorite prints or short films in the contest, to compete against the best photographers in the Army.

For contest rules, or to sign up, contact the MWR Arts Center at 533-2015.

The Arts Center is located on Arizona Street, across from the Commissary.

Box Office Buy concert, water park tickets on post

MWR Box Office has discount tickets for several water parks, including: Waterworld and Breakers in Tucson, Ariz.; Big Surf in Tempe, Ariz.; Sunsplash in, Mesa, Ariz.; and Waterworld in Phoenix, Ariz.

The Box Office also has the following offers:

- Information on the Armed Forces Vacation Club. AFVC offers a vacation condominium rental program at reduced prices, developed to benefit members and employees of the U.S. Uniformed Services, National Guard and Reserves.
- Discount tickets for the Tucson Sidewinders baseball games, on selected dates, now through September.
- Discount tickets for Seaworld, hotel reservations and other attractions in San Diego.
- Buy one day, get a second day free at Universal Studios, Hollywood. The Box Office can also assist you in making reservations at the Sheraton Universal Hotel.
- Tickets for the following events at the Tucson Convention Center: July 20, Harry Connick, Jr.; July 28, Kenny Loggins; Aug. 2, John Fogerty; Aug. 4, Rod Stewart; and Aug. 6, Weird Al Yankovic. These tickets may be purchased 10 a.m. - 4 p.m., only.

The MWR Box Office is located in Building 52008 on Arizona Street, across from the Commissary.

For more information, call 533-2404. The Box Office is open 9 a.m. - 5 p.m., Monday - Friday.



Fort Huachuca Directorate of Morale, Welfare & Recreation

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



Movies

Shrek 2 is playing at 2 p.m. Sunday at Cochise Theater. For the complete listing of this week's movies see Page 28.

HQ 306th serves up defeat to 305th

BY SPC. SUSAN REDWINE
SCOUT STAFF

Commander's Cup intramural volleyball entered a second fierce week of competition at Barnes Field House last week. The headquarters, 306th Military Intelligence Battalion team took on Company C, 305th MI Bn. in a hard-fought match, going all the way to the end of the third game, with 306th ultimately coming out on top.

Team captain for 305th, Robert Simmons had a straightforward strategy for his team before the first game, "We're going to try to win."

The first game inched along as each team kept handing over the advantage of serving while only gaining a point or two. The score crept up until, with a score of 14-11, 305th had the match point and lost it with a serve into the net. The 306th team earned three more points before handing the serving advantage back to 305th. Two more points were earned, giving 305th the win.

"We managed to stop the bleeding at the end," said Simmons.

The 306th team started the second game strong, scoring six points before 305th called a time out to collect them-

selves. A few points later, 305th finally got their chance to serve and tried to even the game, bringing the score to 4-10 before losing the serving advantage. Once 306th took the ball back, they didn't look back as they took five straight points to win the game.

With both teams winning a game, the match went into the third "rally point" game, where every fault results in a point. The 306th team started strong, taking the lead early and not letting go. At match point, 306th fumbled a little, losing the serving advantage, but quickly regained it to ultimately close out the game, 5-15.

"We were too confident, we thought we had the game in the bag, but they overpowered us," said Jose Gracia, player for the 305th team. "They maintained team cohesion. We didn't. That brought us down."

Brad Glendening, captain for the 306th team, was pleased with the outcome of the match, betraying a sense of optimism for his team's chances for the season.

"We've gelled quite a bit since our last performance," Glendening said. "It's amazing the difference in our competitive spirit since Tuesday."



Photo by Spc. Susan Redwine

James Carroll, left, and Terry Huddleston, center, of Headquarters, 306th Military Intelligence Battalion, use ball-handling ability to keep Robert Simmons, Company C, 305th MI Bn. from gaining the advantage.

Abdullah selected to coach U.S. Olympic boxing

BY TIM HIPPS
USACFSC PUBLIC AFFAIRS

Staff Sgt. Basheer Abdullah, coach of the U.S. Army World Class Athlete Program boxing team, has been selected by USA Boxing as head coach for Team USA in the 2004 Olympic Games at Athens, Greece.

"I'm very excited about my selection as Olympic head coach," Abdullah said. "I know I have a big challenge ahead of me, but I am looking forward

to it. We have a lot of work to do after our showing in the 2000 Olympic Games, but I know that our Olympic staff and athletes will make the United States proud."

Abdullah gained international experience as technical advisor for the United States' boxing team in the 2000 Olympics at Sydney, Australia.

He also was named 2002 Coach of the Year by USA Boxing after two of

See **BOXING**, Page 25



Photo by Tim Hipps

Fit For Life

Warm-up; help or hindrance

BY GEORGE R. COLFER, PH. D.
CONTRIBUTING WRITER

The use and value of warming up prior to physical activity has long been a topic of controversy. For many years, it was unquestioned that a warm-up period was essential to better performance in all types of physical activity. It was a necessity to both coaches and athletes that a warm-up be taken prior to competition, practice or strenuous activity of any type. However, warming up is no longer taken for granted and has become debatable as to its true physiological effects on specific activities.

One question that immediately arises is whether warm-up is more of a psychological rather than a physiological factor. Another variable is the fatigue factor in warming up. In other words, what is the limitation of warm-up in producing premature fatigue prior to the actual contest or activity?

Muscular contractions are dependent upon temperature. Exercise increases muscle temperature which is one reason why it has been assumed that warm-up is necessary for physical activity. It has been hypothesized that elevated temperature increases the effectiveness, namely speed and force, of muscular contraction and allows relaxation, thereby improving physical performance. Two additional factors should be considered. The ability to relax is a desired trait in athletic performance. Does warm-up contribute to relaxation in performance? The prevention of injury to athletes has always been of great concern and may be the most prominent reason why warm-up is utilized and probably would not be discontinued.

The activity or task for which the warm-up is used also is important. Specificity to the task has been adopted by athletes in many sports as well as in other areas such as military fitness and testing.

What constitutes a warm-up? There are generally four accepted types of warming up.

An active warm-up refers to an effect produced by diverse physical activity or exercise. Examples would include calisthenics, stretching exercises and drills not related to the activity.

A passive warm-up is obtained by heat, shower, whirlpool, steam, sauna or massage.

Related warm-up utilizes procedures involving the activity itself or something close to it. Examples would be a runner who runs slow or jogs before running at training pace; a cyclist who rides a stationary bike prior to a cool weather outdoor ride; or a basketball player who takes practice shots before playing.

The overload warm-up involves the actual activity or skill itself, but with increased resistance. An example would be a baseball player swinging a weighted bat prior to his turn in the batting order.

Some studies as recent as this year state that stretching as a warm-up is unnecessary and may even be harmful. To say that flexibility is harmful by way of stretching exercises is not accurate. Overstretching prior to activity can prove harmful because an over-stretched muscle

can reduce muscle force when contracting and possibly cause injury. However, the purpose of warm-up is to prepare the body for more strenuous activity to follow, not to increase flexibility. The optimal time to try to increase flexibility is as part of or at the end of one's cooling down period.

In April 1981, I published an article investigating the effects of warm-up. Based upon the results of 46 existing studies, the summary was as follows. Thirty-nine percent of the studies showed positive effects from the use of various warm-up types. Forty-two percent showed negative or no effects at all from various types of warm-up. Nineteen percent showed mixed effects from warm-up. An interesting observation was that none of the studies reported any incidence of injury or muscle soreness in their findings. The major negative factor was fatigue resulting from warm-up.

With results like these, the findings can neither confirm nor deny the necessity of warm-up, much like the results of more recent studies. Some assumptions however can be made to assist one's decision to warm-up or not.

1. A psychological factor towards warming up does exist.
2. If an athlete or participant in physical activity feels warm-up is helpful, it should be used.
3. Warming up one part of

the body may have no effect on other body parts.

4. Warming up the entire body is best for strenuous activity.
5. Warm-up appears to be specific to the task involved.
6. The type of warm-up used is important (active, passive, related, overload).
7. The fatigue factor in warm-up can be detrimental to performance. Therefore the intensity of warm-up depends upon individual fitness levels.
8. There appears to be no evidence that warming up or not will increase the incidence of muscle injury or soreness.

Keep in mind that while the evidence presents itself both for and against the use of warm-up that different activities and sports may have dissimilar responses when a different type of warm-up is used. In conclusion, the decision is up to you based upon present and past experience or in other words: "what works best."

(A related article on flexibility, warm-up and cooling down appeared in the Scout Oct. 16, Page B6.)



Photo by Elizabeth Harlan

Johnson to coach rifle marksmen in Olympics



Photo by Tim Hippi

BY TIM HIPPS
USACFSC PUBLIC AFFAIRS

Army Reserves Maj. David Johnson, a member of the U.S. Army World Class Athlete Program at Fort Carson, Colo., will be the rifle coach for Team USA in the Olympic Games at Athens, Greece, this summer.

Johnson, 40, a native of Mount Holly, N.J., has been a member of the U.S. National Rifle Team for 15 years. He competed in the 1992 Olympic Games at Barcelona, Spain, where he placed 11th and 21st in air rifle and three-position shooting respectively.

Johnson began shooting in 1972 at the Langley Junior Rifle Club in Virginia. A 1982 graduate of Hampton High School, he holds a bachelor's degree in

finance from West Virginia University.

In 2000, after leaving active duty and joining the Army Reserves, he took the job as rifle coach at the University of Alaska Fairbanks and led the Nanooks to three individual and two team NCAA championships.

In June of 2002, he returned to active duty and was assigned to WCAP and selected as rifle coach for the U.S. National Team.

"The World Class Athlete Program is important to me because I will be able to represent the USA in the Olympic Games as a coach," said Johnson, an infantry officer who joined the Army in May of 1986 and was attached to the U.S. Army Marksmanship Unit at Fort Benning, Ga. "I joined the Army because my

dad was in the military and I wanted to serve also."

In previous competitions, Johnson won a silver medal in air rifle at the 2000 National Championships. One year earlier, he took second place in prone competition at nationals.

In the 1995 Hiroshima World Cup, Johnson placed third in the three-position event. He also won a silver medal in three-position in the 1995 Pan American Games at Mar de Plata, Argentina.

Johnson is the third WCAP coach to be selected for the 2004 Summer Games. Staff Sgt. Basheer Abdullah is head coach of the U.S. Olympic boxing team and Staff Sgt. Shon Lewis is one of three Greco-Roman coaches for wrestling.

BOXING, from Page 23

his Soldiers won gold medals in the 2002 U.S. National Boxing Championships at Las Vegas.

Abdullah, 41, a light-wheel vehicle mechanic from St. Louis, Mo., also served as an assistant coach for Team USA during the 2003 Pan American Games at Santo Domingo, Dominican Republic.

"We are excited to have a coach of Basheer's caliber leading our athletes at the 2004 Olympic Games," said USA Boxing Executive Director Eric Parthen. "His experience at the 2000 Olympics and 2003 Pan American Games in addition to his work with the U.S.

Army athletes will be extremely valuable as he attempts to lead our athletes to Olympic gold."

Abdullah began serving as an Army assistant coach in 1993 after retiring from the ring. He became the Army's head coach in 1996 and since has worked several national and international competitions.

Team USA's assistant coaches and manager will be selected this week. The athletes will be chosen at the 2004 Olympic Team Trials in Tunica, Miss., and the Olympic Box-offs in Cleveland, in the spring of 2004.



Photo by Tim Hippi

Girl's soccer

Team tryouts for U-14 girls' competitive soccer team will be from 5 to 6:30 p.m. today. There will also be tryouts Saturday, with the time to be determined. The tryouts will be at Apache Middle School in the fields located behind the school. Girls must not turn 14 prior to Aug. 1 to be eligible to play. For more information, call Stacey Azhar at 417-0012.

Summer youth tennis camp

Parks and Leisure Services will be conducting the 2004 Summer Youth Tennis Camp session II for youth, 6-17. The fee is \$65 per student. The session begins Monday at the King's Court Tennis Center and begins at 8 a.m., Monday through Thursday, for four consecutive weeks in one hour increments. Registration will be taken at the Oscar Yrun Community Center, the Ethel Berger Center or at the Cove. Lessons will be instructed in beginner, intermediate and advanced lesson format. For more information, call 458-7922.

PWOC summer study

The Protestant Women of the Chapel will host two Bible study programs from 9:30 to 11 a.m. each Tuesday, through July 27. Choose NIV Chronological Bible continued from fall and spring or Time Management for Busy Women by Elizabeth George. Watch care is provided for children, 6 months through 5 years. Care for school-age children is also available. For more information, call Christine Henry at 439-9516 or Karol Guthrie at 458-5379.

Hunter classes

The Arizona Hunter Education Course will be held from 6 to 9 p.m. July 20, 22, 27, 29, Aug. 2, 4 and 6 and from 8:30 to noon Aug. 7. Attendance at all eight classes is required. Cost is \$5 per person. Class size is limited and pre-registration is required. For more

information, call 459-0607.

Field Trip

The City of Sierra Vista Parks and Leisure Services invite the public to the Catwalk National Recreation Area field trip July 24. Participants will depart from the Ethel Berger Center at 7 a.m. and travel to Whitewater Creek in southwest New Mexico and return to the center at 7 p.m. This trip provides a look at the local mining history, including the pipeline walkway bolted to the steep canyon walls. Also see the historic canyon hideouts of Geronimo and Butch Cassidy. This trip is not for those with a fear of heights. Cost of the trip is \$28 per person. Pre-registration is required by July 16. For more information, call 458-7922 or log onto www.ci.sierra-vista.az.us.

Steelhead Triathlon

The Sports and Fitness branch of MWR will hold the Steelhead Triathlon starting at 6 a.m., July 25 at Irwin Pool. The event is open to anyone who would like to participate, as individuals or as a team.

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

Fall softball league

Parks and Leisure Services will be conducting the Men's and Coed Fall Softball leagues starting Aug. 9 and 10 respectively. Start getting your teams ready for some fun and excitement. Entry fee for either league is \$425 per team and due at the informational meeting 6:30 p.m. July 26 at the Oscar Yrun Community Center. League registration packets will be available at OYCC, Ethel Berger Center and at the Cove on July 14. For more information, call 458-7922.

Database Motherlode

You can access the world's most comprehensive catalog of library materials at the post main library.

If an item has been cataloged by any library in the world, it is in the First Search database. For more information call, the reference librarian at 533-3041 or e-mail Natalie Danforth on MS-Exchange.

Evening Youth Soccer Camp

Youth Services is sponsoring weekday soccer camps for youth, 8-15, Mondays - Fridays through Aug. 2. The camps will focus on soccer fundamentals and teach youth ball handling, turning, control of the ball, shooting and heading skills. The instructor is Barry Morris who was a professional level coach in Great Britain and has extensive experience in coaching and instructing soccer. Cost of the camp is \$25 and each participant receives a soccer ball and a T-shirt.

For more information, call Youth Services at 533-3212.

B Troop seeks volunteers

Fort Huachuca's B Troop, 4th U.S. Cavalry Regiment (Memorial) is looking for volunteers. B Troop participates in various parades and ceremonies both on post and nationally. They've been to the Orange Bowl Parade in Miami and Helldorado Days in Tombstone. Riding experience is not necessary and new troopers and ladies auxiliary hopefuls go through a ground and riding school prior to participation with the troop. For more information, call Juan Villarreal at 378-2367.

Trailer rentals in Yellowstone

Mountain Home Air Force Base in Idaho has 13 trailers available for rent at Yellowstone National Park for active duty and retired military, Department of Defense civilians and their families. Trailers are available for between \$60-\$70 a night. For more information, call Mark Lothrop, outdoor recreation manager at (208) 828-6333.

Pets Of The Week



Vanessa is a young shorthaired female gray tabby. She is a gorgeous, sleek and very sweet cat who loves to sleep and play.

Cerveza is a young German Shepherd and Shar-Pei mix. He is very affectionate, loves to play and gets along with everyone and everything.

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

At The Movies

Showing at the Cochise Theater for the next week are:

Today - 7 p.m.
Godsend, PG-13

Friday - 7 p.m.
Raising Helen, PG-13

Saturday - 7 p.m.
The Day After Tomorrow, PG-13

Sunday - 2 p.m.
Shrek 2, PG

Monday - Wednesday
Closed

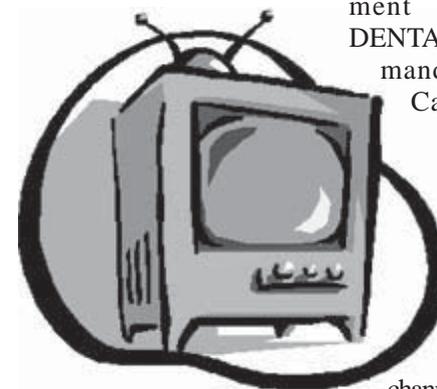
Thursday and Sunday movies are 99 cents. All other showings are \$3 for adults and \$1.50 for children. Cochise theater is located in Building 52026 near Hatfield and Arizona

**Beware of
extreme fire
dangers**

Tune in to CAC

Timely fort news, briefs, goings-on

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



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

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

The lineup for the Commander's Fort Report includes: Fourth of July ceremony, day activities, concert and fireworks, Col. Susan Browning's retirement ceremony and DENTAC change of command; and the Army Campaigning Plan airing at 7 a.m., noon and 7 p.m. daily until July 15.

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

Junior second baseman becomes first Army honoree in forty years

GOARMY SPORTS RELEASE

On the heels of one of the finest individual performances in Army history, second baseman Nate Stone became the first Black Knight in four decades to be named to one of the American Baseball Coaches Association (ABCA) All-America teams when he was recently selected to the 2004 ABCA/Rawlings NCAA Division I All-America Third Team.

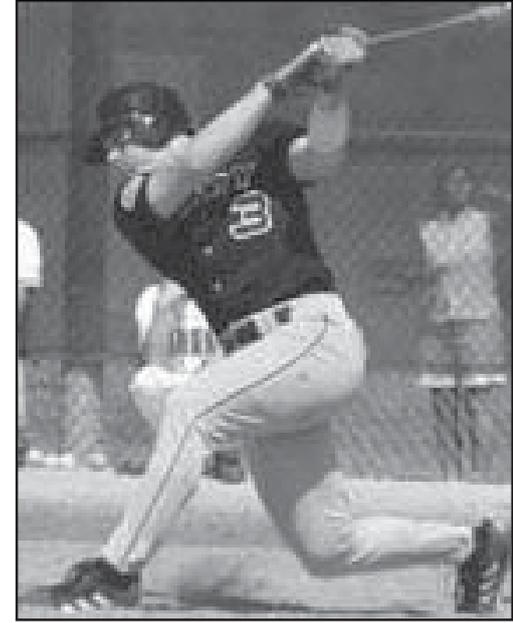
A native of Bellefonte, Pa. (Bellefonte H.S.), Stone enjoyed a "breakout" season for Army this spring. Despite playing his third different position in three years, the junior second-sacker blossomed into one of the East's premier run-producing threats. Stone batted .414 with 18 doubles, six home runs and a team-leading 53 runs batted in. He established new single season school records for base hits (75) and doubles (18).

In addition to topping the Patriot League in batting average (leading the

nearest competitor by 35 percentage points), Stone headed the conference in base hits and ranked second in runs batted in (53) and on-base percentage (.483). He also listed among league leaders in doubles (3rd), total bases (3rd), runs scored (4th), slugging percentage (4th), stolen bases (T6th) and home runs (T7th). Stone recently completed his first season at second base after handling Army's shortstop duties a year ago. He started at third base as a freshman.

Stone becomes only the third Black Knight to be chosen to one of the ABCA's national All-America teams and the first since Barry DeBolt was cited in 1966. Ed Haydash was the only other Army player to earn national recognition by the ABCA, earning similar honors in 1963.

Army closed its most successful season in school history last month, finishing with a 37-15 overall record. The Black Knights captured their third



GoArmy Sports photo

Nate Stone

Patriot League championship and earned the second NCAA Regional berth in school history.

Volleyball standings

League 2

| Team | Win | Loss |
|------------------|-----|------|
| USMC/USN | 2 | 0 |
| ASC | 2 | 0 |
| HHC USAG | 2 | 1 |
| Co. E 309TH MI 1 | 1 | 1 |
| Co. C 86TH SIG 1 | 1 | 1 |
| HQ 306TH | 1 | 1 |
| Co. A 306TH | 0 | 1 |
| ISEC | 2 | 0 |
| Co. C 305TH | 0 | 2 |

Volleyball schedule

League 1

| Time | Home | Away |
|------|------|------|
|------|------|------|

Monday

| | | |
|--------|--------|----------|
| 6 p.m. | JITC | B, 305th |
| 7 p.m. | C, 304 | MEDDAC |
| 8 p.m. | NCOA | TIC |

Wednesday

| | | |
|--------|--------|----------|
| 6 p.m. | NCOA | JITC |
| 7 p.m. | B, 305 | 111th MI |

League 2

Tuesday

| | | |
|--------|-----|------|
| 6 p.m. | ASC | USAG |
|--------|-----|------|

All games are played at Barnes Field House.