

The Fort Huachuca **SCOUT** Time Out

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Pvt. Murphy's law
By Mark Baker



Sports reports

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Aerobics, strength training classes cancelled

The Barnes Field House Monday and Wednesday aerobic classes and the Tuesday and Thursday strength training classes will not be held starting Monday - Jan. 7. For more information, call 533-2948.

Youth Coed Basketball

Parks and Leisure Services will be conducting their 2002 Youth Coed Basketball League for girls and boys, ages 5-15 years old, beginning Jan. 19, 2002. All divisions will be coed and the cost of registration is \$45 per participant ages 5-8, and \$55 per participant ages 9-15. Registration begins today and runs through January 4. A copy of a birth certificate is required when registering either at the Oscar Yrun Community Center or on-line at sportability.com.

This program is also looking for volunteer coaches who would like to stop jump shots, teach left-handed lay-ups, and pass on their skills and techniques to our community youth. For additional information call 458-7922.

All Army Boxing volunteers needed

Volunteers are needed to support the All Army Boxing Trials, Jan 22-23 and Jan. 25. A variety of assistance is needed, including ticket takers, set up and tear down, and security personnel. Come and be a part of this All Army sporting event. Contact the Installation Volunteer Coordinator Roberta Sipes at 533-4823 or Les Woods, sports director at 533-3180

SV soccer registration

The Sierra Vista Women's Soccer Teams are planning an informational registration Tuesday at Viny's New York Pizza on Fry Boulevard starting at 6:30 p.m. The teams are looking for players 16 years of age or older to participate in the spring league. The teams are looking for players of all skill levels to participate.

For more information, visit www.geocities.com/sv_womens_soccer or call Jen Dorris at 417-1200 or dorrisj@yahoo.com.

Texas magazine subscriptions

Active-duty service members whose home of record is Texas, or those currently stationed in Texas are eligible to receive a subscription to Texas Fish & Game magazine for just a penny. In light of recent national events, the magazine staff has decided to spend well over \$200,000 in support of active-duty military personnel who happen to be from or are stationed in Texas. The magazine is offering 10,000 annual subscriptions for just a penny each. Texas Fish & Game is the largest outdoor magazine in the state of Texas and the second largest regional outdoor magazine in the nation. Individuals can call 1 (800) 725-1134 and customer service representatives can sign people up over the phone or interested people can contact Duane Hruzek, circulation director, directly at dhruzek@fishgame.com.

Coaches needed

The Parks and Leisure Services 2001 Youth Basketball League is looking for a few good male and female volunteers, aged 18 or over, who would like to pass on their basketball knowledge, skills and abilities to our community's youth.

The league divisions are 5 and 6-year-olds; 7 and 8-year-olds; 9 and 10-year-olds; 11 and 12-year-olds; and 13 to 15-year-olds.

Previous coaching experience would be great, but not need. Volunteer applications are available at the Oscar Yrun Community Center. Call 458-7922 for additional information.

Smith Middle School CAL tournament champs



Photo by Sgt. Sharron L. Stewart

Hoop dreams!

Col. Smith Middle School Cougars defeated St. David Unified Schools, 47-31 during the Cochise Athletic League Tournament Dec. 17. Center Tim Boss scored 13 points and Derrick Randolph, point guard scored 11. "It was a dream year. For the last three years we are 34-3," said Coach Joe Patalsky regarding Smith's undefeated season. The Cougars went on to defeat Apache Middle School 58-38 the same night. Tim Boss scored 16 points and Recharde Johnson scored 12.

Exercise, moderation, key to winning 'battle of the bulge'

By Sgt. Sharron L. Stewart
Scout Staff

"I advise people who want to loose weight or who simply want to monitor their weight during the holiday season not to deprive themselves and to eat in moderation," said Kathy Gray, instillation fitness coordinator.

She said those who are going to attend a holiday celebration should drink water or eat a small meal beforehand in order to avoid the temptation to over indulge. "Never deprive yourself of your favorite foods, even the foods that you think are not good for you; the key is moderation," she said.

Those who work out two or three times a day and who aren't eating properly are doing their bodies harm, Gray said. She advised eating five to six small meals a day and taking a look at the activity you will do before and after each meal.

"The worse thing you can do is eat a heavy meal and then go to sleep. Your body will store those excess calories. If you are going to eat a heavy meal, then you should incorporate some type of activity afterwards," she said.

"Believe me there are no healthy short-term miracle diets, if there was, I'd have my name on one and be rich," she said laughing. Gray said in order to loose weight, the time-tested principles of reducing calorie intake, incorporating aerobic exercise and increasing lean muscle mass are the only proven ways to long-term weight loss. Gray also said water intake is important and that it should be consumed before, during and after each work out session.



courtesy photo

Gray, who is an amateur body builder, is pictured here with approximately 10 percent body fat.



Photo by Sgt. Sharron L. Stewart

Gray said to loose weight, increasing lean muscle mass, reducing calorie intake and increasing aerobic exercise is a must. Lean muscle mass may weigh more because the tissue is leaner, but it takes up less space.

Before she sets up any one with a work out program, she administers the pinch-test body fat analysis which is 70-80 percent accurate. It measures the body's muscle to fat ratio.

Calipers are used to measure the back of a persons arm, their waist and the top of their thigh. She said unlike the Army's method of body fat analysis, the caliper method doesn't use height or weight variables. She said a healthy body fat ratio for women depending on age is 17-25 percent and for men depending on age, should be between 12-22 percent.

"When I design a program for someone I always emphasize the importance of loosing body fat and not necessarily weight. It's possible to loose 10 pounds and wind up loosing virtually all muscle," Gray said.

She said lean muscle mass may weigh more, but it takes up less space compared to fat. "I don't get on a scale and haven't for years. When you have more fat, it makes your heart work harder," Gray said.

She also said there is no such thing as "spot-reducing," but that lifting weights will give the body a more toned appearance.

Gray, who is a physical fitness specialist, group exercise leader, Step Rebok instructor and fitness trainer is also an amateur body builder, and has won two competitions including the Ms. Arizona Copper Classic.

Before a competition Gray cuts down on carbohydrates and doesn't season her food, but she said that is not healthy for the average athletic person

Gray is a former soldier was an administrative specialist while she on active duty, said she got her start in the fitness arena when she used to teach aerobics to her unit while she was stationed at Fort Hood.

Celebrate 2002 with MWR at LakeSide, La Hacienda or Desert Lanes Bowling Center

Fort Huachuca MWR facilities are busily preparing for one of the biggest nights of the year. Plans are underway for an all out spectacular New Year's Eve 2002.

Dine in the New Year!

The LakeSide Activity Center offers a New Year's multi-course gourmet dinner to be served from 5:30 to 9:30 p.m. The cost is \$30 per person, gratuity not included. The evening will offer Chef Chewy's superb specialties. Guarantee your reservation by credit card or prepayment by Dec. 27. There will be no refunds after Dec. 27.

Come hang out at The House (La Hacienda) for New Year!

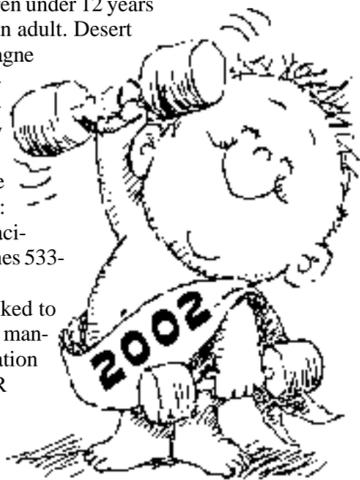
In the La Hacienda Ballroom, join DJ Prescott for a variety of music; Top 40s Hits, Hip Hop and R & B. You may also enjoy great Latino sounds in Pepperoni's. The facilities will be open from 9 p.m. to 4 a.m. Delicious hors d'oeuvres will be served throughout the evening with complimentary champagne at midnight and a great breakfast will be served at 2:30 a.m. Tickets are \$25 per couple and \$15 per person in advance, or \$30 per couple and \$17.50 per person at the door.

Bowl in the New Year at Desert Lanes!

Desert Lanes will host a Rock 300 from 9:30 p.m. to 1 a.m. Glow-in-the-dark bowling, live DJ, door prizes and party favors will make this spot lots of fun. Tickets for bowlers are \$13 per person and \$25 per couple in advance; \$15 per person and \$28 per couple at the door. Tickets are available for non-bowlers for \$8 each. Children under 12 years must be accompanied by an adult. Desert Lanes will offer free champagne at midnight, favors, keep-sakes and a great Continental Breakfast served by Jeannie's Diner.

For information on these events, call the facility: LakeSide 533-2193; La Hacienda; 533-3802; Desert Lanes 533-2849.

All party patrons are asked to drink responsibly and to see management for safe transportation home if necessary. MWR wishes everyone a safe and happy holiday.



In the Spotlight

See your MWR activity highlighted in The Fort Huachuca Scout, call 538-0836.



La Hacienda offers variety of food and entertainment!

La Hacienda offers an array of dining and entertainment experiences. There is something here for everyone and La Hacienda is open to all authorized MWR patrons and their guests. A lunch buffet is served Monday through Friday from 11 a.m. to 1 p.m. serving pizza and featuring an assorted menu each day. The buffet is \$5.50. The salad bar is \$4.00, or you can enjoy both for only \$6.50.

La Hacienda offers an exciting Bingo program on Tues., Thurs., and Sat. evenings at 6:45 p.m., and Sunday afternoon at 12:45 p.m. Bingo is open to active and retired military, DOD civilians and their guests 12 years and older. Jackpots and game prizes range from \$50 to \$10,000. A new Bingo menu will be available Jan. 1. Come out and try your luck! Call 533-3802 for information.

Beginning Jan. 7, 2002, La Hacienda will be debuting a brand new menu. This menu offers several new additions to the already varied selections. There is something for everyone's taste.

La Hacienda is always open for music and dancing on the weekends for a small cover charge. Dance down memory lane every Friday night to the rhythms of Old School, played by DJ Prescott in Pepperoni's Lounge from 10 p.m. until 4 a.m. The La Hacienda ballroom is open to the Generation Next Crew for the latest blend of Hip Hop, R & B, Rap and Techno dance music from the top 40 hits with Captain Hollywood on Friday evenings. Saturday nights are spiced up with the pulsating rhythms of Latin sounds.

Throughout the coming year, La Hacienda will bring you a large variety of entertainment opportunities. Comedy shows, fashion shows, special dance events and the big traditional New Year's Eve bash are just a few of the plans in the making for 2002. For information on any of these events, call La Hacienda manager, Robert Shamberger at 533-7322.

Holiday publication schedule

The Fort Huachuca Scout will not be published on Dec. 27 or Jan. 3 in observance of the holiday season. The next issue will be published on Jan. 10.

The Directorate of Morale, Welfare and Recreation wishes to thank you for your patronage and support during the past year and for your understanding during the tumultuous time following the events of Sept. 11. MWR wishes you and your family the happiest of holidays and a prosperous New Year.



Port Huachuca Morale, Welfare & Recreation Recreation Updates

The Directorate of Morale, Welfare & Recreation is responsible for content appearing on 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 germanp@hua.army.mil.



Holiday Hours

Please note: Army Lodging is open 24 hours per day, seven days per week; Fort Huachuca Schools are closed for winter break Dec. 24 through Jan. 4; La Hacienda buffet is currently closed through Jan. 6, however Pepperoni's is open for lunch.

December 20

MWR Arts Center, MWR Box Office, MWR Rents, Sportsman's Center, Apache Flats, Desert Lanes, Barnes Field House and Pool will close at noon today and Jeannie's Diner will close at 1 p.m. for their holiday party. All other MWR facilities open normal hours.

December 21

Barnes Field House open 6 a.m.-3 p.m.; all other MWR facilities open normal hours.

December 22

Barnes Field House open 9 a.m.-6 p.m.; Barnes pool 9 a.m.-4 p.m.; all other MWR facilities open normal hours.

December 23

Barnes Field House open 9 a.m.-6 p.m.; Barnes pool closed; all other MWR facilities open normal hours.

December 24

Barnes Field House and pool are closed. Desert Lanes 11 a.m.-4 p.m.; Jeannie's Diner 9 a.m.-4 p.m.; Eifler Fitness Center, 9 a.m.-8 p.m.; Box Office, Rents, Sportsman's Center, La Hacienda, NAF Human Resources, Lil' Skeeters and Arts Center closed. CYS School Age Services and Part Day Preschool close at 1 p.m.

December 25

All MWR facilities closed.

December 26

Barnes Field House, 6 a.m.-3 p.m.; Desert Lanes, 11 a.m.-6 p.m.; Jeannie's Diner, 9 a.m.-4 p.m.; CYS Family Child Care & Supplemental Services Office, La Hacienda, Pepperoni's closed; all other MWR facilities open normal hours.

December 27

Barnes Field House, 6 a.m.-3 p.m.; Desert Lanes, 1 p.m.-8 p.m.; Jeannie's Diner, 11 a.m.-6 p.m.; all other MWR facilities open normal hours.

December 28

Barnes Field House, 6 a.m.-3 p.m.; Desert Lanes, 4 p.m.-1 a.m.; all other MWR facilities open normal hours.

December 29

Barnes Field House, 9 a.m.-6 p.m.; Barnes pool 9 a.m.-4 p.m.

December 30

Barnes Field House, 9 a.m.-6 p.m.; Barnes pool closed; Desert Lanes, 4 p.m.-9 p.m.; all other MWR facilities open normal hours.

December 31

Desert Lanes, 4 p.m.-1 a.m.; Jeannie's Diner, 9 a.m.-1 a.m.; Barnes Field House, 9 a.m.-3 p.m.; Eifler Fitness Center, 9 a.m.-8 p.m.; Box Office, Rents, Sportsman's Center; NAF Human Resources Lil' Skeeters and Arts Center closed; CYS Family Child Care close at noon.

January 1, 2002

All MWR facilities closed.

January 2

Barnes Field House, 6 a.m.-3 p.m.; all other MWR facilities open normal hours.

January 3

Barnes Field House 6 a.m.-3 p.m.; all other MWR facilities open normal hours.

January 7

La Hacienda resumes daily buffet.

ACAP hosts 5-10K Run

Army Career and Alumni Program is hosting a 5 & 10 K Run on Dec. 15. The race begins at 7 a.m. at La Hacienda at the corner of Irwin and Kelsay. Entries may be picked up at the ACAP office, bldg #22420

or at Barnes Field House. The cost of entry with a t-shirt is \$12 in advance or \$15 on race day. Entry fee is \$5 without a t-shirt. Five person team entry is \$20 with an extra \$7 charge for each t-shirt. Walkers are welcome and the race is open to all MWR patrons and their guests. Call 533-5766 or 533-5031 for race information.



All Army Boxing tickets on sale now

Plans are under way for the arrival of the All Army Boxing contenders. Bouts will begin Tuesday, Jan. 22 at Barnes Field House. Tickets are available at MWR Box Office, Desert Lanes, MWR Rents, Eifler Fitness Center and Barnes Field House on Fort Huachuca. Tickets may be purchased in downtown Sierra Vista at Safeway. The event is open to all MWR authorized patrons and their guests. The ticket prices will be the same as last year: general seating for Jan. 22 and 23, \$5 per person; championship night, \$8 per person; three night ticket package, \$15 per person. Children ten years and under are free.

Volunteers needed for All Army Boxing event

Volunteers are needed to support the All Army Boxing trials on Jan. 22, 23 and 25, 2002. A variety of assistance is needed, including ticket takers, set up and tear down crews and security personnel. Come and be a part of this great sporting event. Contact the Installation Volunteer Coordinator Ms. Roberta Sipes at 533-4823 or Les Woods at 533-3180.



Lil' Skeeters hours

Visit Lil' Skeeters restaurant for great barbeque, located across from Barnes Field House. Hours are Mon. through Thurs. 11 a.m.-1:30 for lunch and 3:30 p.m.-7:30 p.m. for dinner; Fri. 11 a.m.-1:30 p.m. for lunch and 3:30 p.m.-9 p.m. for dinner; Sat. 11 a.m.-9 p.m. for lunch and dinner; closed Sunday. Lil' Skeeters has a "family/party pac" menu for take-out or any holiday party gathering. Call 533-3837 or 533-3876 for more information.



Lifeguard class starts

Barnes Field House pool operations offers a Lifeguarding Class. The cost is \$140 and students will receive three certifications. A pre-test will be held on Fri., Dec. 21 at 3 p.m. For more information or to sign up, contact Ms. Karlie JoHale at 533-3858.

Intramural racquetball

Intramural Coed Rackquetball program will begin Jan. 21. Units interested in participating need to attend the Coaches' Meeting on Jan. 15 at 10 a.m. at Barnes Field House. Unit teams must submit a letter of intent by COB Jan. 15. This event is a Minor Commander's Cup Sports Program. Eligibility to participate in the racquetball program is as follows: Active Duty military personnel/retirees and their family members 18 years of age or older; Department of Defense (DOD) appropriated and

nonappropriated funds civilian employees (including Air Force and Army Exchange Service), paid employees of the American Red Cross, Post Accommodation School teachers; Department of Defense contractor employees or technical representatives, employees of military banking facilities and credit union working on Fort Huachuca. Call Michelle Kimsey at 533-3180/5031 for information.

YS Coed Basketball

Youth Sports Coed Basketball season begins Saturday, Jan. 19. Skill evaluations are Wed. and Thurs., Jan. 9 and 10 at 6:30 p.m. at Sierra Vista Middle School. The cost is \$45 per child, ages five through eight and \$55 per child, ages nine through 12. Registration is open through Jan. 4, 02. A copy of the child's birth certificate is required at registration. Practices will be held at local gymnasiums. Register now as space is limited. Contact Vickie Bernard at 533-3180 or Jack King at 458-7922.

SPORTSMAN'S CENTER 533-7085

Coming Events

Dec. 29 and Jan. 5 are the future dates for half-price paintball. The Hunter Education Program begins Jan. 14 and is a course designed to teach safe handling of firearms and ammunition in the home and in the field. The fee is \$5. This course is required by law for youth ages 10 to 14 years in order to hunt big game. The course is taught by certified Arizona Game and Fish Department volunteer instructors and is open to all ages. Family participation is encouraged. Call 533-7085 for information or to register.



Coming Events

Desert Lanes Pro Shop is having a Christmas Sale today from 6 p.m. to 10 p.m. Call 533-2849 for information.

The Mid-Winter Classic Singles Tournament is Jan. 26 at 1 p.m. Entry fee is \$30 with a first place guaranteed prize of \$200. Bowl five games across ten lanes. Handicap is 80% of 200. Payout is one to five entries. Call Randy Carter at 533-2849 for information.



January special

The monthly special for January at MWR Rents is \$5 off the price for any 14 foot or 16 foot boat rental. Take the family for a winter weekend outing. Call 533-6707 for information. MWR Rents is open Mon. through Sat. noon until 6 p.m.



Local events to see

MWR Box Office has tickets for the local performances of Dolan Ellis held at the Ramsey Canyon Folklore Preserve. Tickets are currently available for Smokey Joe's Cafe. The performance dates are Jan. 25, 26 and 27 at Tucson Convention Center. Stop by bldg. 52008, Arizona St. or call Brenda at 533-2404 for information.

Military discounts

Universal Studios offers free admission to active duty military and 50% discount on up to five tickets for family and friends during their "Heroes Salute" from Jan. 1 through Apr. 30, 2002. These tickets are available only at the Universal Studios Hollywood ticket booths. This is a great time to take the entire family.

Arizona Game and Fish Department's weekly fishing report

By **Rory Aikens**
Fishing Report Editor

The Arizona Game and Fish Commission approved the "Guidelines and Recommendations for the 2002-2003 Hunting Seasons" Dec. 8. Those recommendations are available on the department's Internet Home Page at www.azgfd.com.

The draft "guidelines and recommendations" for the hunting seasons are used by wildlife managers in the six regions to prepare their annual recommendations for next year's hunts.

The Flagstaff Region is recommending we go to some type of permitting system for the archery hunt north of the Colorado River so that we can better regulate the number of hunters and the deer harvest.

The Kaibab archery hunt is just one of many "recommendations" being put before the public. The guidelines will be distributed at public meetings in January and February at 11 or more locations around the state. More than 500 people attended such meetings last year. Public comments will be accepted by letter and e-mail through March 1, 2002.

The public comments collected during this process will be provided to the department's six regional offices for consideration when they are preparing final hunt recommendation packages. The final recommendations will come before the Game and Fish Commission for consideration at its April 13 meeting in Phoenix.

Saguaro, Lower Salt Getting Bonus Trout

Saguaro Lake and the Lower Salt River are both getting bonus stockings of super-sized rainbow trout this week, announced the Arizona Game and Fish Department.

Both fisheries will receive a stocking of 1,000 trout averaging

12-inches long in addition to the bi-weekly

stockings each receives.

The trout will be stocked in the Butcher Jones area of Saguaro, and in the Phon D. Sutton Recreation Area of the Lower Salt River. The Butcher Jones Recreation Area at Saguaro is a large cove that is mostly excluded from boats entering - that means shore anglers have most of it to them selves. There is also a fishing pier there. Try using light tackle with a No. 10 or 12 hook and Power Bait. Try fishing the bottom, or use a small bobber. Small spinners such as Mepps or Yellow Jackets can also work. If you have a two-pole stamp, try both methods at one time. Power Bait is also one of the more popular baits along the Lower Salt River. Night crawlers can also be very effective. Small spinners can work well at times.

An extra stocking at Saguaro is also good news for anglers looking for big bass. Bass anglers should try large trout-imitating lures (often called swim baits) near the stocking areas to catch huge bass. One angler at Saguaro recently reported catching a 14 pounder.

Make trout fishing a yule yide tradition

The shopping malls were packed. The disc jockey talked about what traffic jams to avoid between playing holiday songs on the radio. That brought a smile to our faces as we pulled up to the Phon D. Sutton Recreation Area of the Lower Salt River. We were going fishing for rainbow trout less than an hour from home (the area is getting a bonus stocking this week of super-sized trout).

The yule tide season becomes even more jolly when you can have the fun of catching feisty trout close to home and then have a gourmet holiday meal that doesn't go off the caloric Richter Scale. It's definitely an experience that can make you chuckle ho, ho, ho to yourself the rest of the hectic holiday season.

Plus, you can take your pick of waters to visit. The Arizona Game and Fish Department has an exhaustive winter trout-stocking program in a wide variety of low to mid elevation waters and in the urban lakes. Much of the fishing is close to the greater Phoenix metropolitan area, but there are even trout opportunities along the Colorado River.

Saguaro and Canyon lakes near Phoenix are both stocked with rainbows and offer plenty of shoreline or small boat fishing opportunities.

Saguaro is being stocked this week with 1,000 super-sized rainbow trout in addition to its regular bi-weekly trout stockings.

The Lower Salt River below Saguaro Lake is a popular winter trout fishery for both spin and fly anglers and is just minutes away from much of Mesa and Tempe.

Further afield, the Verde River between Cottonwood and Camp Verde is stocked with trout. Coming home from cutting a Christmas tree recently, we spotted a family coming up from the river in the Camp Verde area and they had a stringer full of good-looking trout.

A scenic place to fish is Oak Creek in Oak Creek Canyon. Rainbow trout are stocked in Oak Creek, and many anglers also go after the elusive brown trout there.

If you are looking for a classic blue ribbon trout fishing experience, head north for Lee's Ferry between Lake Powell and the Grand Canyon. This is the leading edge of the spawn. There are plenty of hike-in opportunities (check with any of the local guide or tackle shops), and a bevy of available guides.

Or you can gamble on catching fish from the Colorado River near Bullhead along what is called "Casino Row."

The Phoenix and Tucson urban lakes are stocked with trout during the winter from November through March.

Winter trout fishing techniques are similar

to those for spring, fall and summer. Light line in the two to six-pound range is a must. Trout are what is called "line sensitive," although it is less of a problem in lower elevation lakes than it is in crystal clear mountain ones. A lightweight or ultra-light rod is preferable. Fishing techniques and baits can be as variable as the fisherman.

Night crawlers, corn, salmon eggs, marshmallows, and mealworms are all good baits to use for trout. Night crawlers and mealworms can also get you other fish species, such as sunfish, catfish and even bass. Prepared trout baits, such as Berkley Power Bait, are preferred by many anglers.

The secret to using Power Bait is keeping in mind that it will float if you let it. Trout often feed a foot or so above the lake bottom. The idea is to get your bait as close as possible to their feeding zone. I like setting up my line with a 14 to 18-inch long leader of two-pound test line, with a small split shot just above the leader and a Number 8 or Number 10 hook. Then I mold the Power Bait around the hook in a small ball, so none of the hook is exposed.

If trout are actively feeding near the surface, using a bobber can be effective no matter what bait you are using. A good idea is to use a slip bobber, which can be set for greater depths without being cumbersome to cast.

Winter trout fishing is also a good time to experiment with lures, such as small spinners, Z-rays, Super Dupers, and even small crankbaits. In winter, I like using small Mepps spinners, or Yellow Jackets because it is possible to catch other species such as sunfish and bass. For trout, smaller is usually better.

A good idea is to get a \$4 two-pole stamp, set one pole up with something like Power Bait to fish the bottom, then use the other pole with a small spinner for casting and retrieving a spinner.

2002 flag football champions

Norrise L. Kelley
Special to The Scout

The 2002 Commander's Cup Intramural Flag Football Program's regular season ended with teams battling for seeded positions in the post season tournament. League leaders, Headquarters, 306 Military Intelligence (306 MI) and the 314 Air Force Training Squadron (314 TRS) enjoyed first seed positions. The 306 MI went undefeated and was declared "A" league champions. The 314 TRS was undefeated and was the "AA" league champions.

Other teams were forced to play decisive, regular season games on Friday, 2 November 2001 to determine the final seeds in both "A" and "AA" leagues. Three teams in the "A" league still found themselves with identical records after their games on Friday. Tied after regular season play were: Navy/Marines Detachment, Delta Company; 86 Signal Battalion (D-86), and Delta Company, 40 Signal Battalion (D-40).

The teams' high scores accumulated during the regular season were used to position teams into the seeded position on the tournament bracket. The Navy/Marines Detachment team garnished the second seed position in the tournament behind league champs, 306 MI, with a total of 109 points, D-86 filled

the third seed position with 88 points and set up their tournament game against a tough Navy/Marines squad. The 306 MI was then set up to play against D-40, who gained the fourth and final tournament seed with 64 regular season points.

Another unit involved in the "A" League regular season play was A Company, 86 Signal Battalion, who ended the season with 4 wins and 4 losses. Bravo Company, 86 Signal Battalion went 3-5. Headquarters and Headquarters Company, 11 Signal Battalion and Headquarters and Headquarters Company, 86 Signal ended their season tied with 2 wins and 6 losses. Headquarters and Headquarters Company, 40 Signal Battalion got the last position with a 1-7 record.

The number one "AA" league seed, 314 TRS was seeded against fourth seed Headquarters, USAG in tournament play. Charlie Company, 304 Military Intelligence (C-304) took second place overall as well as the second place tournament seed following their final game on 2 November 2001.

If the Commander's Cup Sports Program had an award for the team that had the most fun playing - winning or losing, it would have to be presented to the Bravo Company, 305 Military Intelligence, who ended the season with a single but joyful win.

Showings

The Cochise Theatre movie prices are \$3 for adults and \$1.50 for children, except on Wednesdays and Thursdays, when all admission is only 99 cents. All movies will be showing at 7 p.m., unless otherwise indicated. For listings after Dec. 28, see the Commanders Access Channel.

Thursday K-Pax

Kevin Spacey, Jeff Bridges - In the aftermath of a mugging at Grand Central Station the police turn Prot over to Dr. Powell, a psychiatrist at the public hospital. Powell has treated plenty of delusionals in his career, and figures it's only a matter of time before he cracks Prot's veneer and gets him to talk about what's really going on. Rated PG-13 (Sequence of violent images and brief language and sensuality) 120 min.

Friday, Wednesday Heist

Gene Hackman, Danny DeVito - Joe has a beautiful young wife, money owed to him and a job he loves, he's a thief. Everything goes

sour when he gets caught on a security camera tape, his fence, Bergman, reneges on the money he's owed and his wife may be betraying him. Who is to be believed, who is to be betrayed? Rated R (Language and strong violence) 110 min.

Saturday-Sunday, Dec. 27 The One

Jet Li, Delroy Lindo - Imagine that you exist in different forms in parallel universes. Your alter egos live out different destinies and follow different paths, both good and evil. Parallel universes collide when a rogue agent assigned to monitor these universes begins eliminating versions of himself in each alternate reality. Assuming more energy and power with each version he destroys, he must finally confront the one man standing between himself and his ultimate goal. Rated PG-13 (Intense action violence and some language) 87 min.

Dec. 28 Life As A House

Kevin Kline, Kristin Scott Thomas, George, has had a lifelong ambition to build his own home. Rated R (Language, sexuality and drug use) 123 min.