

The Fort Huachuca **SCOUT** **Prime Out**

Pvt. Murphy's law
By Mark Baker



Vol. 47, NO. 27 Published in the interest of Fort Huachuca personnel and their families July 12, 2001

Scout reports

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website: huachuca-www.army.mil/USAG/PAO

Coaches needed

Do you want an experience that will last a lifetime? We can teach you the basic coaching fundamentals and rules, and you may never be the same!

We are looking for cheerleading, flag and tackle coaches. If you are interested in supporting our community youth, then please pickup a Volunteer Application at the Oscar Yrun Community Center.

Hummingbird Triathlon

Swimming, biking, running—is this your idea of a great athletic event?

Then join us for our annual Hummingbird Triathlon scheduled for 7 a.m., August 18 at Irwin Pool on Fort Huachuca.

This event consists of an 800-yard swim, a 13-mile bike and a 5-kilometer run. Awards will be presented to the top finishers in each category and top two teams.

Team categories are male, coed, and military. Cost is \$25 per individual and \$50 per team. Call 533-3858 for additional information.

Smart Start Sports Camp

The Smart Start Sports Camp for girls and boys, ages 3-5, is schedule to begin at 10 a.m., September 15 at Apache Middle School. This camp offers the participants the opportunity to develop essential motor skills and will help to prepare kids with tools they need for fun and successful experience in an organized program.

At the same time, the camp builds confidence and self-esteem during impressionable years, when children need it the most. Parents are encouraged to get involved in all features of the camp, and to watch their child learn and enjoy sports in a safe and fun environment.

The camp runs from 10-11 a. m. on Saturdays, for eight consecutive weeks with the cost being \$50 per child. Registration begins August 6 at the Oscar Yrun Community Center or online@sportability.com.

Youth Soccer Camp

It's fun, exciting and focuses on developing athletic abilities for youth, ages 5-15. The fee is \$30 per youth and offers eight hours of instruction. The Camp runs 6-8 p.m., Monday-Thursday, August 27-30, at the City's Stone Sports Complex.

Registration is ongoing at the Oscar Yrun Community Center or online@sportability.com. All participants receive a camp t-shirt and excellent instructions.

NFL/Gatorade competition

Come out and show off your skills in the NFL/Gatorade Punt, Pass, & Kick competition at 2 p.m., September 23, on the Pat Arbenz Field (City Sports Complex). The competition is free and open to girls and boys, ages 8 to 15. Age classification is as of December 31. A copy of each participants birth certificate is required.

Registration begins August 6 at the Oscar Yrun Community Center or online@sportability.com. Competition allows youth to showcase their talents in punting, passing and place-kicking with scores based on accuracy and distance.

Who knows, maybe one of our competitors might be seen at the National Football Conference Championship Game.



Photos by Spc. Jessica Espinosa

Headcoaches, Daniel Wright and Virginia Hicks, in center, stretch out the students of the Sierra Vista Swim Team.

Maureen Render, 11, exercises with her teammates every morning for the Sierra Vista Parks and Leisure Swim Team.



Going for a dip

The Sierra Vista Swim team finds it easy to wake up early and practice with all the stretching and cool water to stir their senses. The team meets every Tuesday through Friday from 7-8 a.m. Those wishing to join can show up to practice or enroll at the Oscar Yrun Community Center.



Top, Scott Mayberry, 13, and Mark Tillman, 12, practice thier laps together, while at right, Angela Landiase, 8, takes a breathe.



Safety first

Stormy weather, sticky fingers attack summer

By Spc. Jessica Espinosa
Scout Staff

As the lazy days of summer stretch out before us, many have to come up with new and inventive ways to keep themselves occupied. And for some this means nothing but trouble.

It's that time of year again when "idle hands" are a plenty. With many people vacationing from work or school, criminal activity is on the rise. So for the rest of us — security is key, according to Capt. Vincent Chambers, 18th Military Police Detachment commander and chief of Law Enforcement Operations.

The Fort Huachuca community can keep themselves safe by keeping security in mind.

"Because it's hot, many people leave their windows down on their cars. This is dangerous. Windows need to be rolled all the way up, especially when there are valuables in the car," Chambers said. He advises that no valuable should ever be left in plain sight in a vehicle, because this may entice thieves to simply break a window to get a purse or CDs out of a car. And if a vehicle has a car alarm, use it, said Chambers.

Of course, wearing seatbelts, staying away from alcohol and always locking doors remains at the top of the list for vehicle safety. Bruce V. Heran, installation safety manager, also suggests motorists ensure cars are inspected prior to taking road trips and that safety equipment, such as extra water, tools and flares are brought along.

Chambers also wants to remind the community that the Arizona DUI laws have changed and that the penalty is much stiffer, for those who drink and drive. The new law includes an automatic 30-day jail sentence, he said. Plus the extreme DUI has changed from .18 to .15.

When it comes to the housing area on post, Chambers said that many precautions are not taken with personal valuables.

"Many people in [post] housing with bicycles just leave them on their porch or in the backyard, unlocked. This just invites kids to take them on joy rides. Usually the bike is recovered after a kid drove it around a while, then left it wherever when they were done."

Locking all valuables up is key to not becoming a statistic. Everything from front doors, to vehicles and storage areas should

be checked and secured.

Physical security and personal safety go hand-in-hand at Fort Huachuca where Mother Nature plays a major role in safety awareness, sometimes more so than those with sticky fingers.

The monsoon season is well at hand, which means thunder, lightening and torrential down pours. Vehicle accidents are the number one cause of injury on Fort Huachuca, according to Heran. They make up nearly 40 percent of all accidents for the 2000 fiscal year.

"Be alert when it comes to weather changes, especially this time of year. And remember, it doesn't have to be raining where you're at, for washes to be flooded," Heran said.

Chambers agrees with enhanced awareness when it comes to the weather and offers some advice to drivers.

"When it's raining, slow down. During some bad down pours the water is so dense you can't see. Motorists need to slow down if caught driving in bad weather," Chambers said. "Also, there's not always a lot of water in this area, so when it does rain there's a pooling effect, which can cause cars to hydroplane. It's easy to lose control of a car this way. And whenever it starts raining, oil off the road raises and can make the road like ice. The key is to drive very slow and carefully. Especially in washes with running water."

Along with the monsoon season comes the dangers of lightening.

"Take shelter," advises Heran. "The leadership on Fort Huachuca is very conscientious of this. That is the drill sergeants and NCOs are smart about weather and put the soldiers out of harms way as soon as the potential appears."

For those who are out exploring the outdoors alone, Chambers insists that certain precautions are made when it comes to weather.

"For hikers or mountain bikers who are out when a storm comes through, seek shelter, preferably away from trees, as soon as possible. Also, always let someone know where you're going to be hiking at prior to leaving. A cell phone would be handy, as well as plenty of water. And if you are lost or in danger immediately call 911 for help."

Heran urges anyone outdoors to be pre-

pared during this season. "Heat injuries and dehydration are big. People outdoors need to bring food, sunscreen and wear proper clothing," Heran said. "Also, soldiers need to remember their family members. The military is trained to be outdoors, but family members aren't. They always need to be taken into consideration."

When it comes to outdoor recreation, there are certain guidelines and safety precautions that can keep the fun rolling.

Recreational sports makes up 25 percent of the total accidents and injuries to military members on the installation, Heran said.

These injuries can be avoided by simply stretching before a game or running and staying hydrated, Heran said.

Also, wearing helmets, as well as elbow and kneepads, when rollerblading, bicycling or skate boarding is the law on Fort Huachuca, according to Chambers, as well as a safer way to participate in those sports.

Chambers also reminds motorcyclists that it's the law to wear a Department of Transportation certified helmet, a reflective belt or vest, gloves, pants, a long sleeved shirt, eye protection and footwear on post. And prior to hitting the road, motorcyclists must attend a safety course on Fort Huachuca.

Other outdoor activities, such as barbecues and camping, can be just as dangerous, Chambers warned.

When grilling, Chambers suggests no flammables are near by and that propane tanks and hoses are inspected. Also, coals should be properly disposed of.

"Campfires can only be done in certain areas," Chambers said. "The MWR Center has information on where campfires can be built. Questions can be directed to the Environmental Protection Office at 533-3670. And in order to camp, you need a permit, so know before you go."

Heran also insists on general awareness while outdoors. "Since this is Arizona, there are plenty of poisonous, venomous creatures. You really need to watch where you're going."

Rational thinking and judgment need to be used for all safety issues, whether it be for personal valuables or concerning the weather.

"Use common sense," Heran advises. "Don't exceed your capabilities and if in doubt don't do it. Whatever it is, just don't."



In the Spotlight
See your MWR activity highlighted

Concert events plus park and ride schedule

By Cheryl Burns

Nomad International Motorcycle Club presents the thirteenth Annual Christmas in July.

This event is open to the public and will take place at the Sierra Vista Mall on July 14. All are welcome regardless of ride or club affiliation.

Some of the events include a chili cook off, weenie-bite, slow drag, balloon toss, five stop local poker run, best bike contest with trophies in all categories.

Also enjoy live music by Private Jones, Mondo Charlie and Train Wreck. There is also a DJ provided by Superior Music Distribution and food and drinks available.

The entry fee of \$10 for singles or \$15 for couples and a \$5 toy will cover all events and music. Why not sign up for the Christmas in July parade which will be held in the Po-folks parking lot from 9:15 to 11:15 a.m.? The parade will start at 11:30 a.m. from Po-folks and end at the Sierra Vista Mall.

All proceeds go to needy families in Cochise County during the upcoming Christmas holidays. For more information call 456-9212 or 439-9049.

Immediately following the Christmas in July events at the mall you can catch the Park and Ride shuttle to the Miller Genuine Draft Army Concert featuring Sugar Ray, Uncle Kracker and theSTART.

Beginning at 5 p.m., buses will make trips at 20 minute intervals from Dillard's to the concert site. At the conclusion of the concert, buses will make return trips at 40 minute intervals from the concert grounds to the Mall. Shuttle stops will be located at the mall in Sierra Vista, near Dillard's. You can have more fun with less hassle!

Buy your tickets at the bus stop near Dillard's. A round trip ticket for adults is only \$4. Tickets for kids 17 and under are only \$2. The scheduled shuttle departures and returns are listed below.

SHUTTLE DEPARTURE'S TO & FROM THE MALL

DILLARD'S	CONCERT GROUNDS
5:00 P.M.	9:00 P.M.
5:40 P.M.	9:40 P.M.
6:20 P.M.	10:20 P.M.
7:00 P.M.	11:00 P.M.
7:40 P.M.	11:40 P.M.

Transportation Express will also have shuttles from Greely Hall to the concert grounds starting at 5 p.m. and return shuttles back to Greely Hall from the concert until 12:30 a.m. The cost will be \$1 per person each way!

For anyone planning on attending the concert you must please remember that the following may not be brought into the concert area: weapons, illegal substances, cameras, video cameras, photography equipment of any kind, coolers, bottles, cans or food. Possession of these items could result in your apprehension, confiscation of the items or eviction from the concert. Arizona Concealed Weapons Permit is not valid on Fort Huachuca.

You may bring lawn chairs and blankets for your personal comfort during the concert. There will be chair rental for \$5 and if you return your chair after the concert you will receive \$2 back.

There will be all types of food vendors at the concert such as: home cooked food and snacks, Thai food, Domino's Pizza, Kettle Korn, Pepperoni's Pizza, LSS Concessions with hot dogs, BBQ beef, nacho's, Wired Coffee Cup, Eggee's icy drinks, cotton candy, kabobs, burritos, tamales, brautwurst, bottled water, Power Aid and more! Let's make this a safe but fun event! Please don't drink and drive!

ARMY ENTERTAINMENT AND FORT HUACHUCA'S MWR PRESENTS...



Sugar Ray
and
theSTART

TICKETS ON SALE NOW!

\$20 ADVANCE
\$30 AT GATE

July 14, 2001
Gates open at 6pm - Show at 7:30pm

For tickets call (520) 633-2404 or 1-800-821-4746

Summer Teen Block Party, July 19 at the Mall

MWR Release

Despite the rain, teens had lots of fun at the first Summer Teen Block Party held at the Mall at Sierra Vista, Thursday, June 21. The next Block Party will be held Thursday, July 19, from 8:30 pm to 10:30 pm. To be sure the monsoons don't rain on our party, this event will be held inside the mall near Turquoise Caverns and Sears.

A special break dancing exhibition will be performed by Anthony Peterson and his dancing group from Douglas, Arizona.

Shuttle will once again be available from Ft. Huachuca Child & Youth Services to the Mall at Sierra Vista.

There is a \$3 admission fee. For more information contact the sponsors of these summer events; Ft. Huachuca Youth Services at 533-3206 or

533-3213, City of Sierra Vista Parks and Leisure Services at 458-7922 or the Mall at Sierra Vista at 452-0011.



Beth Bernhardt, Christian Williams, Brad Nolan and William Williams dance.



The teens strut their stuff at the first Block Party of the summer. Front row: Anthony Williams, Christian Williams, Beth Bernhardt, Brad Nolan, Youth Services Staff, Ken James Back row: Sarah Rhoads, Vovair Verrett

Fort Huachuca Morale, Welfare & Recreation Updates

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 germanp@huachuca-emh1.army.mil.



ARMY CONCERT TOUR

Closures for the Concert

On Saturday, July 14 the following facilities will be closed in support of the MGD Army Concert:

MWR Rents will be open from 8 a.m. to 2 p.m. only. For more information call 533-6707.

Buffalo Corral will close at 1 p.m. For more information call 533-5220.

Barnes Field House will close at 2 p.m. For more information call 533-5031.

Ozone will close all day and evening. For more information call 533-0861.

Sportsman's Center will close at 2 p.m. For more information call 533-7085.

Desert Lanes Bowling Center will be open from 9 a.m. to 4 p.m. only. For more information call 533-2849.

Jeannie's Diner will be open from 9 a.m. to 4 p.m. only. For more information call 533-5759.



2001 Steelhead Triathlon, July 28

The MWR Sports and Fitness Branch will host the Seventh Annual Steelhead Triathlon on Saturday, July 28, beginning at 7 a.m. at Irwin pool.

The event consists of a half mile swim, followed by a 13 mile bike course, and finally a three mile run.

Applicants must predict their finish time for the 800 yard swim in order to be placed in a heat of similar skills.

The event is open to the public and applicants can sign up at the Barnes Field House, building 61701, Monday through Friday during duty hours. The cost is \$20 for military individuals and \$35 for military three person teams, or \$25 for civilian individuals and \$40 for civilian three person team.

For applications see the Barnes Field House or Eifler Fitness Center staff. For map of the course see Barnes Field House. For detailed information contact Leslie H. Woods at extension 533-5031.

American Red Cross Blood Drives

The American Red Cross Blood Drives for July are as follows:

Thursday, July 12

8:30 am-12:30 pm at Murr Community Center

Friday, July 13

8 a.m. to 3:30 p.m. at ISEC Bldg 53301

Friday, July 27

2 - 8 p.m. at Eifler Gym

Please select a time and date that would be most convenient. Remember to drink EXTRA water starting the day before the drive and eat a small low-fat meal or snack 2-4 hours before donating. If you have any questions, please contact the American Red Cross at 1-800-448-3543.

You may also donate at the American Red Cross Center near Donovan Dodge Mondays & Wednesdays from 8 a.m. to 3 p.m. or Tuesdays 11 a.m. to 6 p.m. Call 458-4858 for information. Thank you for being a hero!

Sportsman's Center Calendar

July 13- Night Paintball at 7 p.m.

July 14- Sportsman's Center will close at 2 p.m. There will be no plinker range.

July 21- Half priced Paintball

July 27- Night Paintball at 7 p.m.

July 28- 10% OFF sale on selected items

July 28 & 29- Skeet tournament

For more information call the Sportsman's Center at 533-7085.



MWR ARTS CENTER

Childrens Summer Arts Programs

MWR Arts Center is offering the following art classes from 10 a.m. to noon:

Pottery	July 9 & 16
Pottery	July 10 & 17
Water Color	July 12
Glass Art(8-15yrs)	July 18
Water Color	July 19
Pottery	July 23 & 30
Pottery	July 24 & 31
Pottery	July 25 & Aug. 1
Pottery	July 26

All one day classes are \$7 each. All two day classes are \$12 each. Every class holds a minimum of 5 and a maximum of 12 children. For registration call 533-2015.



Barnes Field House Pool
M-F 5-8a.m. & 11a.m.-1p.m. Lap Swim
M-F 1-5p.m. Open Swim
T-F 8-11a.m. Swim Lessons
Sat. 10- Noon Lap Swim & Noon-5p.m. Open Swim
Sun. 10-Noon Lap Swim

Adventure racers learn lessons, move smarter into future

By Spc. Jessica Espinosa
Scout Staff

The ultimate in soldier escapades was recently tackled by two locals who took on the Armed Forces Eco-Challenge in Alaska, June 21-26, not only for the thrill of it all but for very personal reasons, as well.

Though Australian Capt. Fleur Keough and Staff Sgt. Donald Kent many not appear to have too much in common, there's more to them than meets the eye.

The two Fort Huachuca soldiers took part in the recent adventure race, which traversed 150-miles over rugged Alaskan terrain, icy rivers and snow laden cliffs.

Though both were on different teams and had different goals in mind, the two prepared and competed to the best of their ability and both were proud of what they accomplished.

Armed Forces Challenge

Keough, who was part of the Team Army CIOR Pentathlon, made it through major hurdles throughout the course, all the while keeping her spirits and her head about her.

"This is the most generous thing I've ever seen in an adventure race," Keough said of an Air Force competitor named Holly Lawson, of Anchorage, Alaska, who volunteered a part of her already broken bike to the team. The derailleur, a part of the bike that keeps the tension on the chain, is the part she donated to Keough's team, which is still within the rules of the Eco-Challenge. Only other competitors are allowed to offer assistance of any kind. "This girl had catastrophic bike failure. She couldn't actually pedal on the bike at all. So she had been pushing the bike the whole way. We got to the transition point and were trying to figure out how we were going to fix it when she arrives and says, 'look there's no point in two teams being disadvantaged by bike failure, so why don't you take my derailleur and make your bike functional.' Because her bike could not be functional and so she just donated it to us."

If it had not been for Lawson, the team would have had to carry the bike for the rest of the 100-miles. Because of her generosity, CIOR Pentathlon booked through the rest of the race, coming in second and being awarded with the opportunity to participate in the actual Eco-Challenge in New Zealand coming in October.

Kent, who also had his hurdles to jump in getting to and through the challenge, used his spirit and strength to keep him going as well, saying this race has proven to him the joys that adventure racing can bring, as this was his first.

"I've been following the Eco-Challenge for years, since '95, when they first started with British Columbia, and I was always intrigued by it. I was constantly looking for something to push myself, to challenge myself. I had



Second places finishers, CIOR Pentathlon arrive mid-morning of day two, 36 hours into the race, from their evening descent from the icy mountain standing behind them. The team is waterproofing their gear and preparing their blow up packrafts for some icy white water river rafting. Capt. Fleur Keough, at right, is an Australian exchange instructor here.

hoped to get a chance to do the Eco-Challenge for years. So when they came out with the Armed Forces Eco-Challenge, where the entry fee was a lot less than the Eco-Challenge and it wasn't as difficult to get a slot, it seemed like the perfect answer," he said. "It was a lot of what I expected. But it wasn't as difficult as I expected it to be. I don't mean that to sound arrogant in any way. I didn't think that because of my situation, with my family and work, that I didn't give it adequate preparation time and I didn't expect to do very well when we went. However, the race was easier than what I expected it to be. It worked out fairly well."

The team, Team American Legion, came in 12th place, out of the 22 teams. "Our team goals were to finish the race, remain friends and have fun."

Working out

And as far as training goes, both athletes find the Fort Huachuca and surrounding communities to be excellent.

"Fort Huachuca is the perfect training ground. The mountain biking is tough. I can get up into the canyons of the Huachuca Mountains. The hiking is outstanding. There's so much variety in the Huachucas. It's enjoyable and the altitude is excellent," Keough said. "I'm training at altitudes so I'm going to have an advantage over other competitors. And the facilities on post are excellent for training. I use the gym and pool a lot."

Kent also finds the altitude to be a bonus when training. "You're living at 5,000 feet of elevation, which is always a plus. You've got the mountains near by, which makes for great running and biking."

He finds some things more difficult to train for being stationed here, such as white water rafting, pack rafting and mountaineering, which are more prevalent in northern Arizona and Utah.

Different goals

But the two do have their differences.

Like when it comes to taste of competition Keough is all over it, while Kent is more of a lover not a fighter.

Keough, who is a two-year Australian Exchange Officer and an instructor for the Intelligence Support Brigade Operations here, said that this race has proven to her that the last three years she has been doing adventure races has been well worth it.

"We wanted to be the leaders in the race the whole way and we knew we could do that," Keough said. Unfortunately at the 30-mile point is when the derailleur snapped at the team had to push, carry or haul the bike the other 20-miles, which kicked them back into 12th place. "We lost a significant amount of places."

This didn't stop the 29-year-old, hard charger, who met her teammates within a 15-minute period at another race.

She met her them at the Endorphin Fix, Odyssey Adventure Race in West Virginia, where she was the first female to ever finish the race solo.

"They were looking for another teammate to go to the Armed Forces Eco-Challenge," she said of her newfound teammates, Alex. G. Hall, team captain, Jim J. Benning II, and Frank J. McGovern. They only had enough time to "swap some contact details and just enough to know they seemed like pretty de-

cent kind of fellows," she said.

From there, CIOR Pentathlon dedicated the next five weeks preparing and training for the challenge, since that's all they had.

Keough began adventure racing in 1998. She jumped in feet first, when three colleagues from the Australian Army asked if she'd join them in a 10-day race in Morocco.

"I had no idea of what I was getting into. We trained for six months, we were all rookies to adventure racing, but we came in 14th place. And we were the first military team to place in that race. We even beat the French Foreign Legion. That was my first taste and I thought 'Hey, this is pretty cool.'"

From there Keough went on to compete in the Southern Traverse in 1999 and 2000. This is a 6-day race in New Zealand. She had one successful finish her first year, when she placed 7th. The next year's race she didn't finish.

"It was a real blow in 2000. We were a day short of finishing the race. We pulled off the course due to bad weather."

The next race she competed in, to bring in the 2001 New Year, is where she met her present teammates.

Now with only six months at Fort Huachuca, Keough has spent many hours in the great outdoors. CIOR Pentathlon plan to meet up in August for some team bonding and training at the Buffalo Corral to turn amateur horse riders into professionals, in just five days, Keough laughs.

Until then the group will keep in contact through emailing training tips, equipment purchases, sponsorship requests and just tid-bits

See Racers, Page 4

Weekly Fishing Report

SOUTHERN WATERS

TUCSON URBAN — The urban lakes, Silverbell and Kennedy were stocked with channel catfish last week. Due to poor water quality, Lakeside was not stocked. Use worms, chicken liver or prepared catfish bait. The urban lakes also have been stocked with aggressive, fast growing, tasty, hybrid sunfish. Baits for sunfish include worms, mealworms, corn, or bread balls. Use a small hook, size 10 or smaller, under a bobber set at 3 to 5 feet. Buy a two-pole stamp and try different baits to double your chances.

RIGGS FLAT — The gate is open, the lake has been stocked with trout, and the weather is cool. Trout fishing has been good.

CLUFF RANCH — Fair for warm water species (bass, catfish, sunfish and crappie). For lake information call (520) 485-9430.

ROPER LAKE — Slow for all species. For lake information call (520) 428-6760.

DANKWORTH POND — Fishing has been slow for all species. For lake information call (520) 428-6760.

KEARNY LAKE — Fair to good for catfish at night using chicken liver, worms, hotdogs or prepared catfish bait.

ARIVACA — Anglers should be aware that harvest regulations on largemouth bass have been restricted to catch and release only on all largemouth bass caught at this lake. Surveys last week show fair numbers of small bass, but very few fish exceeding 12 inches. Average bass size is seven inches. No other fish stockings are planned until the water quality stabilizes. Due to elevated mercury readings in the warm water species, (bass, sunfish and catfish) it is recommended that these fish not be eaten until further notice. Catch and release should be practiced.

PENA BLANCA — Bass fishing is good. With the warm weather, the best fishing is at night. Surveys show a healthy bass population with good numbers of fish in the 15 to 18-inch range. Use artificial worms in rocky areas for largemouth bass. Good for sunfish. Try worms in shady areas. Due to elevated mercury readings in the warm water species (bass, sunfish, crappie and catfish), it is recommended that these fish not be eaten until further notice. Catch-and-release should be practiced. For lake information call (520) 281-2296.

PATAGONIA — Good for warm water species; bass, sunfish and catfish. The best fishing is at night. Artificial worms, spinner baits and crankbaits fished close to structure should get results for bass. Good for flathead catfish, try live sunfish or shad. Also good for channel catfish, try worms,

chicken liver, or prepared catfish bait. Try worms in shady areas for sunfish. For lake information call (520) 287-6063.

PARKER CANYON

— Fishing is slow for warm water species (bass, catfish and sun-

fish). Try artificial worms or night crawlers. The limit on northern pike has been removed and all northern pike that anglers intend to keep must be killed immediately. Anglers are encouraged to try to catch this illegally introduced species. For lake information call (520) 455-5847.

PICACHO RESERVOIR

— The water level is very low, no fishing reports available.

ROSE CANYON LAKE

— Rose Canyon has been stocked with rainbow trout, fishing has been good. Try Power Bait, corn or cheese. Small spinners should also catch trout. For lake and camping information call (520) 749-8700.



Nature Conservancy recruits volunteers

By Lisa Naas
Volunteer Coordinator

HEREFORD, ARIZONA—The Nature Conservancy's Ramsey Canyon Preserve is recruiting and training new volunteers for the next year. Enthusiastic people are needed to assist with interpretation, retail, and restoration programs at the preserve. Interviews for these volunteer positions are scheduled for July and August and training will take place in September. Volunteer training covers a wide array of topics: The Nature Conservancy's mission and local community-based conservation efforts, general

biodiversity of the Huachuca Mountains, avian ecology, creek restoration and fire management, and cultural history of Ramsey Canyon are just some of the classes offered.

The Nature Conservancy is an international, private, nonprofit conservation organization committed to preserving biological diversity. Its mission is to identify and preserve the best remaining examples of plants, animals, and natural communities by protecting the land and water they need to survive.

To learn more about volunteer opportunities at Ramsey Canyon Preserve, please call Lisa Naas at (520) 378-4952.

Xeriscape tour, gardening class

WWES release

Join Fort Huachuca's Water Wise and Energy Smart Program on Saturday for a walking tour of two landscape sites within minutes of the Main Post Exchange to learn about xeriscaping principles and which flowers, shrubs and trees do well in high desert gardens.

Meet at the Main Post Exchange Garden Center at 10 a.m. The tour will finish with a walk-through of the Garden Center. Wear comfortable walking shoes, a hat and bring water for the two-hour tour.

On Aug. 4, from 11:30 a.m. to 12:30 p.m., learn the basics of container gardening including plant selection, potting soils, watering and maintenance. This will be a hands-on demonstration and a lucky participant will win the finished container plant.

Seminar will be held inside the Main Post Exchange Garden Center.

A minimum of five people for each class is required. To register or for more information call Cheri Melton, WWES landscaping and plant technician, at 538-7283.

Racers from Page 3

to try to get to know each other better, which shouldn't be hard for this team.

"One adventure race can seem like a year. The same emotions that go through someone's life in a year - the enormous highs and lows and physical hardships - all happen during an adventure race. Our personalities meshed very nicely. We're all military, which gives us an understanding of team goals. I think that's something that the military instills within individuals," Keough said of their success. "I think the stronger your team is the more physically capable they'll be. However, no matter how strong you are, if you can't get along, you're not going to succeed. We are a wonderful team."

Now the team continues pushing themselves until October, where they will compete in the Eco-Challenge in New Zealand. The prize purse is \$50,000.

For Kent, an Airborne and Air Assault trained, Basic Noncommissioned Officer's Course instructor at the NCO Academy here, the name of the game isn't competition, it's self-gratification.

He began competing in races in 1996, when he was stationed in Hawaii. He ran in the Honolulu Marathon. "I did it just for the experience. I didn't expect to enjoy it, so I was surprised when I did."

From there he continued racing, as well as competing in several triathlons, until he saw his chance to be part of a team, which he found through a message board via the Internet, that was taking on the Armed Forces Eco-Challenge.

"I'll do adventure racing again because I enjoyed. I don't race at a competitive level. I think that would take the fun out of it for me. I'm driven by my own motivation and I wouldn't

be disappointed if I only came in second or third. I'm happy just to be doing it. I race for fun." Kent said. "That doesn't mean that I don't like to do well. In fact, I'm very envious of Capt. Keough getting to go to New Zealand. But it's not a matter of me doing so well. The team did well and we should all be proud of what we did."

For the Connecticut native, racing easily grew on him and raised his spirits, even with a family and job to look after.

In fact, in the middle of training for the Armed Forces Eco-Challenge, Kent became a single father, while his wife, Karen, moved to enhance her career, to Washington.

"My wife is very supportive and I couldn't have done this without her," Kent said of his family support. Karen took two of the four children with her to Washington, while Kent kept the other two.

The children Evan, 9, Andrew, 7, Noah, 5 and Mikaela, 4 took the move and training well, he said, which also helped him.

As a jack-of-all-trades, when it comes to athletics, Kent said the hardest thing in adventure racing was financing. The gear, equipment and training can get quite expensive. But he said he loves competing and going to new places, though he doesn't like the time away from his family.

Keough's future

Now it's back to training for both of them.

For the 130-pound, 5-foot 3-inch Australian, training is already back on track, though she does have some physical limitations of her own that she's managed to break through.

"Being short is a bit of a nuisance in adventure races. There's been times when I was wading through creeks up to my waist with a bike over my head, while there's my teammates wading through it and it goes right below their knees. You get use to it, though," Keough said. "This race is the first race I really loved racing. I've reached a new level. I'm competitive and I want to keep racing with a good team and get results. I'm motivated to race. It's just so personally rewarding. It's like the ultimate team challenge, with physical and mental hardships, and if you can achieve your goal and make it to the end with a cohesive team, than you just achieved the ultimate. It's great."



Capt. Fleur Keough



Staff Sgt. Donald Kent

Some personal pointers Keough has learned through racing is that training must be realistic. "Train like you're going to race. You've got to get out and walk for 24 hours." Also she has learned that sleep is a strategic and critical thing to do in adventure racing.

"I pushed sleep on my team during this last race and used my experience to help my team. I've been in races where we didn't sleep. It's an absolutely strategic choice in a race. In this race we picked up 11 positions as a result of the couple hours rest," Keough said. "The critical thing is to sleep early in the race, so you can maintain your momentum, sleep at points where everyone has a sleeping bag and where ever possible sleep between the hours of two and three in the morning when your body is at its worse."

Kent's future

And for the 6-foot, 180-pound racer, Kent's future plans consist of competing in the Steelhead Triathlon on Fort Huachuca this month and possibly the L.A. City Triathlon and the Madison Iron Man competition, in Wisconsin.

As far as adventure racing, Kent said he enjoyed it, but if he were to compete again, things would have to go differently.

"We didn't know how we were going to do at the Armed Forces Eco-Challenge. We met over the Internet. A couple of my teammates did adventure races before, so that helped. I wanted the experience and just to have fun with it," Kent said. "I'll definitely do more adventure racing, but if I can't find a team where I'm at, to train together, then I'll hold off until I can get a team together. I won't do the Internet thing again. Other than that, I'm going back to do triathlons and marathons."

The Armed Forces challenge proved enlightening for Kent. He learned that adventure racing was all about preparation and team dynamics.

"That's what made it difficult for our team. We couldn't train together because we came from different parts of the country. We only met once to train and everyone was at a different level."

Now as the two soldiers heed their lessons learned, they move to into the future strong and able, ready to take on the next decisive challenge.



Photo by Tommy Baynard

Walking one-by-one, a team competing in the Armed Forces Eco-Challenge keeps on trucking. Air Force Team Speedy Mail took first, while Army Team CIOR Pentathlon, with one teammate being from Fort Huachuca, takes second. Both teams are headed to the real deal in October. The Eco-Challenge will be held in New Zealand.