



Vol. 47, NO. 29 Published in the interest of Fort Huachuca personnel and their families July 26, 2001

Sports reports

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Steelhead Triathlon 2001

The Steelhead Triathlon is scheduled for 7 a.m., Saturday, beginning at Irwin Pool. Entry forms must be completed with release signed. Prices are \$20 for individual military, \$25 for individual civilian, \$35 for three-member military team, and \$40 for three-member civilian team. Entry fee includes awards, refreshments and a T-shirt. Awards will be given to the top three in each category.

The course will consist of an 800-yard swim; a 13-mile bike course, which is paved; and a 3.1 mile run, which is also paved.

Course maps are available upon request and course pre-rides are allowed.

For information contact Leslie H. Woods at 533-5031 or register online at www.active.com.

Skeet tournament

A skeet tournament is being held at the Sportman's Center Saturday and Sunday starting at 9 a.m. and is open to MWR patron and guests. For more information call 533-7085.

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 from 6-8 p.m., Aug. 27-30, at the City's Stone Sports Complex. Registration is ongoing at the Oscar Yrun Community Center or online at www.sportability.com. All participants receive a camp t-shirt and instructions.

Adult coed volleyball

Can you dig, set and spike? Would you like to learn more about this Olympic Sport and why it's gaining popularity? Start forming your teams and be ready to have a great recreational experience starting Aug. 27.

The cost is \$200 per team with all matches beginning at 5:30 p.m., at the Sierra Vista Middle School. There will be a league organizational meeting at 6:30 p.m., in the Oscar Yrun Community Center, Aug. 15.

Register your team now either at the OYCC, or online at www.sportability.com. League must have a minimum of eight teams in order to be conducted.

Adult flag football

The Adult Flag Football Program is scheduled to kick-off Sept. 22 at the Sierra Vista Middle School. The cost for this gridiron fun is \$400 per team with the league limited to the first 10 teams registered. Registration starts Aug. 16 at the Oscar Yrun Community Center or online at www.sportability.com.

A league organizational meeting will be held at 6:30 p.m., Sept. 12, at the OYCC. Eight Man Flag Rules will be used with rosters not to exceed 16 players. So, if your 18 years of age or older and interested in having some fun, get your winning team together.

Nature conservation

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.

For more information, call Lisa Naas at (520) 378-4952.

Putting around

By Spc. Jessica Espinosa
Scout Staff

Five AA and A league intramural golf teams vied for a spot Monday in the Intramural Golf Tournament coming Aug. 4 and 5.

Matches started at 3 p.m. at the Mountain View Golf Course with A and B golfers hitting the trail before their C and D counterparts took on the course.

All teams played a 9-hole competition, while the tournament will be an 18-hole competition both days, with league players matching up against their respective leagues.

Each team could gain a total of 10 points during the league matches, but this can only be obtained if all four members of the team are present during the match.

Strokes and points are awarded on lowest net score for the team, while the low gross score is also added in.

A handicap, the Scheid Scoring System, is used for the 9-hole league competition.

In the scoring, one hole from either the front or back nine, par 4 or 5, will be drawn daily and will never be deducted during league competition to keep it fair for all participants and teams. Half strokes count as a whole. No holes may be scored more than twice its par. Also, the 17th and 18th holes will never be deducted during tournament play, according to Michelle Kimsey, recreation programmer, Barnes Field House.

"This system is designed to give soldiers

who are interested in the sport an opportunity to win. Golf is a hard sport and if soldiers consistently compete against a good golfer, without this help, it can be frustrating. But with this system of awarding the lowest net points, there is an opportunity to take points," Kimsey said. "It's designed to get people interested, plus the more skilled players are awarded by adding in the low gross score. That way it all kind of evens out."

Monday's match:

— Company B, 304th Military Intelligence Battalion took the match against Company D, 86th Signal Battalion, 10-0

— Headquarters and Headquarters Company, 306th MI Bn. and Company C, 40th Sig. Bn. played a split match with 5-5

— Army Signal Command defeated Company A, 86th Sig. Bn., 6-0

— Company D, 40th Sig. Bn. beat Company A, 306th MI Bn., 6-4

— Company E, 305th MI Bn. took 19th Sig. Bn., 10-0

Top 10 Intramural Golf Standings:

Unit	Points	Matches
IEW Maintenance	119	16
Co. B, 304 th MI Bn.	102	14
Co. A, 306 th MI Bn.	101	15
HHC, 306 th MI Bn.	100	15
Co. C, 40 th Sig. Bn.	76	11
IEWTD	69	15
DOI/NBC	66	14
Co. E, 305 th MI Bn.	66	14
314 th TRS	63	12
ASC	57	15



Photo by Spc. Jessica Espinosa

Andy Cox, Company B, 304th Military Intelligence Battalion, putts his heart out to keep his company in second place.



Photos by Spc. Jessica Espinosa

At left, it's all fun and games for School-Age Services children Ciarra Simpson and Jameca Jackson, as they play "Steal the Bacon." One child tries to take the toy and run out of bounds before the other can catch them. Jackson stole it fair and square this round.

Below, Evan Lake, 10, is the master of the pieces as he spends one summer afternoon putting a puzzle together at the SAS summer program.



Mancala board game players, Angel Campbell, 10, at left, and Wayne Sherrill, 11, at right, are closely watched by Christal Campbell, standing, Kris Battle, 10, center, and Amber Smith, 11, far right.

Life of leisure

The School-Age Services summer program is in full swing with no trouble keeping the children occupied. With a curriculum of sports and fitness, leisure and recreation activities, life skills, citizenship, mentoring and support services for the staff to live up to, what child could go wrong?

Children have the opportunity to learn computer skills, as well as bowling and swimming on post. Plus, local field trips are included to places such as Kartchner Caverns, the post Veterinary Clinic, Old Tucson Studios, and Tombstone.

Openings are available. For information call the SAS at 533-0738.



Waiting patiently for their chance to "Steal the Bacon," children at the School-Age Services have a ball. Many different games are played throughout the day for the students enrolled in the program.



In the Spotlight

See your MWR activity highlighted



AUGUST CLASSES



Summer Fun in the Arts

Any three art classes - only \$100

We offer instruction in the following:

- *Stained Glass
- *Framing
- *Basic Photography
- *Basic Pottery
- *3-D Clay Sculpture
- *Painting Watercolor, Oil, Acrylic
- *Jewelry - Lapidary, Lost Wax Casting

All local Pottery Artists are invited to enter a

POTTERY STONWARE ART SHOW

Applications available at the Art Center. Applications and \$15 entry fee due August 21 through September 24.

Finalists on Display at Arts Center Gallery August 28 through September 24, 2001

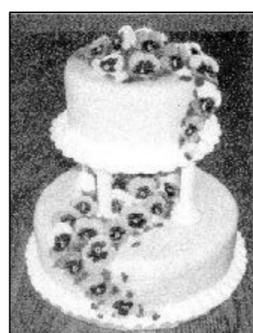
Pottery size must not exceed 20" by 30"

Open 5 days a week - Closed Sunday & Monday
 Tue 12-8 pm, Wed 12-8 pm, Thu 12-8 pm, Fri 9 am-5 pm, Sat 9 am-5 pm
 For more information call 533-2015

The Wilton Method

CAKE DECORATING CLASS

Course I



Dates: **Tuesdays**
August 7, 14, 21, and 28

Time: 6:00 - 8:00pm

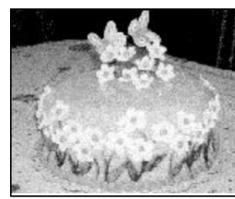
Location:
MWR Art Center
Bldg. 52008

Instructor:
Lora Hendy

Cost: \$50 for four class sessions. Includes supply kit and course book. Students supply cakes and icing for sessions 2 through 4.

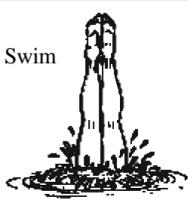
Instructor, Lora Hendy, has 23 years experience as a cake decorator and has taught cake decorating for 13 years, including six years as a Wilton instructor. She is ready to share baking hints such as how to ice a smooth cake, as well as lots of decorating techniques, including the Rose!

For information 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



CDC Provides Infant and Pre-toddler hourly care

MWR Release

Beginning on August 8th New Beginnings Child Development Center will offer hourly care for children under the age of 18 months. Not since August 1990 has the center been able to offer this much needed service to Fort Huachuca's families. According to Center Director, Heidi Malarchik, "Our families have expressed a need for these services, unfortunately we have been unable to dedicate space for this program in the past. When the Fort Huachuca Accommodation school announced the introduction of full day kindergarten we decided our part day preschool program and before and after kindergarten program could share space. The hourly program is moving to another section of our facility. We are dedicating an entire room to hourly care for children ages 6 weeks through two years." Hourly care is not intended to replace requirements for full day or part day care. Hourly care spaces are intended for families

requiring short term intermittent care of less than 25 hours a week. Reservations are required to ensure cost effective scheduling of personnel. The program is open from 7:30 a.m. to 4:30 p.m. The program is developmentally appropriate, focusing on the ever-changing needs of young children and their families. The program structure is flexible and every attempt is made to reduce separation anxiety. For information on program registration call 533-0738. Reservations can be made up to a month in advance. Same day reservations can be made if space is available. Parents are encouraged to make reservations in advance because demand for care may exceed the number of program slots. The cost for care is \$2.50 per hour with a second child rate of \$2.25. A 2-hour minimum reservation is required. New Beginnings is located in Building 48101, Smith Street on Fort Huachuca. For more information or for reservations please call 533-5209 or 533-7057.

Child Development Center has part day preschool openings

MWR Release

New Beginnings Child Development Center part day preschool program begins on August 16th and 17th. This year the program has expanded to included 30 spaces in both the morning and afternoon classes. The program will follow the Fort Huachuca Accommodation School calendar and will operate during the school year only. The program offers a wide variety of developmental activities designed to help your child prepare for kindergarten. The children will develop social-emotional, cognitive and physical skills in large and small group settings. Fully trained Army caregivers will guide each child to reach their full potential by encouraging and challenging them in a stimulating learning environment. The program fees established by the Department of Defense guidelines are based on a total family income. For registration information and program tours call 533-7057 or 533-5209.

Steelhead Triathlon

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.



BEAT THE HEAT

Tee up with this coupon for only

Price includes greens fee plus half of one power cart rental fee!

\$15

OPEN TO THE PUBLIC

CALL AHEAD FOR TEE TIMES

Coupon good only 10am-5pm, Mon thru Thurs, during Aug and Sept, 2001

For information 533-7088



Mountain View G.C.
Fort Huachuca, Arizona

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.





SIERRA VISTA Parks & Leisure

Sierra Vista Soccer Club

The Sierra Vista Soccer Club is hosting a youth soccer camp August 4 through August 10, for youth ages five years and up. The registration forms will be available at Big 5 Sporting Goods and at the Oscar Yrun Community Center. For more information contact Mr. Don Hann or Jamie Hocken at 439-0628.




MWR Rents Hours of Operation

Sunday	Closed
Monday	10 a.m. to 6 p.m.
Tuesday	10 a.m. to 6 p.m.
Wednesday	Closed
Thursday	10 a.m. to 6 p.m.
Friday	10 a.m. to 6 p.m.
Saturday	10 a.m. to 6 p.m.



Jeannie's Diner Breakfast Club

Come on in, grab a booth and join the Jeannies's Diner breakfast club. You buy five breakfasts and the sixth one is FREE! Jeannie's Diner is located inside Desert Lanes Bowling Center. Call-in orders are welcome, just call 533-5759.



Beat the Heat this Saturday!

Beat the heat Saturday in July 28 at 3 p.m. Join in on the pool tournaments and stay cool at the same time! For more information call Jeannie at 533-0861.



Pop Warner Football

The Sierra Vista Parks and Leisure is hosting Pop Warner events. You must register by August 1. Flag Football ages 5-10 for \$55 per child. Tackle Football ages 9-15 for \$95 per child. Cheerleading ages 5-15 for \$55 per child. You can register at the Yrun Community Center. Call Oscar Yrun Community Center and ask for Jack King at 458-7922.

Do you need to raise money?

Do you need to raise money for your unit? Give MWR Rents a call. They can help you with lots of fundraising ideas. You can rent lazer tag, the dunking tank, jumping castles and more. Please call at 533-6707.

Rent a pontoon from MWR Rents

For only \$110 you can rent a pontoon for the weekend. Call MWR Rents at 533-6707.

Camping gear available at Rents

MWR Rents can rent you camping gear from tents, lanterns, coolers, tables, chairs, out door games and sports equipment and more for the weekend or for the whole week. Stop by and let us help you make your camping experience more enjoyable.

Desert Lanes Nifty Fifties

Every Sunday stop by Desert Lanes Bowling Center for Nifty Fifties. Enjoy hotdogs, soda, and bowling for fifty cents each.



Sportsman's Center Calendar

- 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
- Aug. 6,7,9,13,16 -Hunters Education
- Aug. 18 -Range Day

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

American Red Cross Blood Drives

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

Never too old to 'kick it'

Special to The Scout

The Sierra Vista Women's Soccer Team has ended their second season with a run at a league championship.

The Sierra Vista Panthers is an 18 and over recreational soccer team which participates in the Tucson Women's Soccer League on Sundays. This season the team finished tops in their division and played in the C Division.

Top scorer for the team during the spring season was Mary Mancini who also played on the All-Army Soccer Team.

The ties to Fort Huachuca are strong with members Melissa Barber, Barbara Chavez, Eileen Coulston, Monica DeGrood, Renate Dimming, Jen Dorris, Giulia Gould, Mary Mancini, Jean Pollmiller, Marissa Quintanilla, Tammy Rodriguez, Christie Rosenwirth, Arlene

Swan and Evie Van de Bogart. The team also benefited from the dedication of Jamie Rodriguez and Donna Stanley.

Members' ages range from mid-20s to 50 and the players consist of a mix of active-duty military, family members, contractors, civil servants and civilians. The fall season begins in September. Practices are continuing through the summer at Village Meadows Elementary on Sundays at 1 p.m. During the season, practices will be Tuesdays at Domingo Paiz Park.

New members are welcome, no experience is necessary. A player registration night will be held at 7 p.m., Aug. 7 at Vinny's New York Pizza on Fry Boulevard.

For more information, call Arlene Swan at 533-4570, or go online at www.geocities.com/sv_panthers.



Photo by Spc. Jessica Espinosa

Tug-O-Day

Soldiers were giving it all they got during a tug-o-war contest Friday. Winners will compete in the Post

Organization Day contest. Winners were Company B, 305th MI Bn.; Co. D, 309th MI Bn.; Co. E, 309th MI Bn.; and 306th MI Bn.

Summer workshops

SICA release

The Southwestern Institute for Culture and Art is hosting several summer workshops at 536 Tombstone Canyon, Bisbee on Saturdays.

Tapestry and beginning weaving with Carmen Bryant will be held 11 a.m.-4 p.m., Aug. 11, Sept. 8 and Oct. 6. Equipment and materials are available. Free demonstrations and gallery tours will be held from 10-11 a.m. those days. Wood Carving with Henry R. Couture will be held 10 a.m.-4 p.m., Aug. 18 and Sept. 1 for beginners. Materials are included. Some tools are required. After School Arts for Kids, ages 8-16, will begin on Sept. 4. Sessions will be held 3:30-6 p.m., Tuesdays and Thursdays; and 1-3:30 p.m., Saturdays. Cost is \$22 per session. Sessions are Sept. 4-19, Oct. 2-27 and Oct. 30-Nov. 29. Some scholarships are available for needy students. The exhibit opens Dec. 8. The After School Arts Program is sponsored in part by the National Endowment for the Arts and the Arizona Commission on the Arts.

The Institute is open daily 10 a.m.-3 p.m. To register for classe or for more information, call 432-4200.

Teen actors to get melodramatic

BRT release

Bisbee Repertory Theatre's talented teen actors will present a classic melodrama, "Streets of New York" for only three performances in August.

In typical melodramatic style, "Streets" actors will portray the innocent despairing young girl, the nefarious evil banker, the strong hero and a host of wonderful supporting characters. Performances will be Aug. 3 and 4 at 7:30 p.m., and Aug. 5 at 3 p.m. Tickets will be only \$5. For more information, call the theater at 432-3786.

Auditions

Warm up your voice and get ready for a full season of open auditions at Bisbee Repertory Theatre.

BRT's first show of its seventh season will be "Dracula Baby" with lyrics by John Jakes, book by Bruce Ronald, music by Claire Strauch. Auditions will be 1 p.m., Aug. 18 and 19 at each day.

"Dracula Baby" is musical comedy adaptation of the Bram Stoker novel and will be directed by Douglas Wayman. Seven adult men and three adult women are needed, as well as a chorus of up to ten adult or teen ghouls. Actors should pre-

pare a song with their own accompaniment or sing a capella. "Dracula Baby" will open Oct. 5 and run through Nov. 4.

Auditions for the rest of BRT's season are set and will be held at 1 p.m. on Saturdays and 11 a.m. on Sundays on the scheduled weekends.

"A Christmas Carol" by Charles Dickens and adapted by BRT will run in repertory with the romantic comedy "First Night" by Jack Neary. Auditions for both plays will be held Oct. 6 and 7. The two plays will need a total of 15 actors, including up to seven children and teens. All roles are open.

"Once Upon a Mattress," auditions will be Dec. 1 and 2. Tryouts for BRT's dramatic offering, "Diary of Anne Frank" will be Jan. 26 and 27, 2002.

The season will close with "Ballad of Silver Creek" by Barbara Mauseth of Green Valley. Lots of older character actors are needed for this musical set in a mythical mining town very similar to Bisbee. Mark your calendar for auditions on March 16 and 17, 2002.

All auditions are held at the theater at 94 Main Street in Old Bisbee, and actors should come on time or call for an individual appointment.

For more information, call 432-3786.

Arizona State Parks presents a fascinating way to learn history

Arizona State Parks release

PHOENIX- The Arizona State Parks department, with a grant from the Arizona Humanities Council, has scheduled three new "Chautauqua in the Parks" presentations for this summer and fall at the seven historic State Parks.

The "Chautauqua" was a popular U.S. movement in adult education that flourished during the later 19th and early 20th centuries. It was aimed at educating viewers while entertaining them in tents that moved from community to community. The Chautauqua performers, often scholars, took on the personas of historic figures and interpreted them for the public. The original Chautauqua began after the Civil War as an assembly for the training of Sunday school teachers at Chautauqua Lake in New York. It was later broadened to include a school of theology, a correspondence school and a publishing house. There were more than 400 local assemblies for these lecturers and musicians who traveled from one community to another at the turn of the century. The movement peaked in 1924, and the circuit chautauquas declined.

The three individuals from Arizona's history to be presented by the academicians selected for the Chautauquas are Carl Hayden, Manuel Jose de Sosa, and Teresa Urrea. The presenters have researched these historical figures in detail and will do first person depictions of their lives in Arizona. The three chautauquans will visit Riordan Mansion, Homolovi Ruins, Fort Verde, McFarland, Yuma Crossing, Tubac Presidio, and Tombstone Courthouse Historic State Parks.

Larry Edmonds, a teacher at the Hugh Downs School of Communications at Arizona State University, will portray former Senator

Carl Hayden. Questions from the audience will be answered in first person by Edmonds as if he were Hayden. Hayden was born in 1877, 35 years prior to Arizona's statehood. His family began operating Hayden's Ferry across the Salt River in 1872 and pioneered the present-day city of Tempe in 1880. Hayden began his national political career when he was elected to the U.S. House of Representatives in 1911 to represent the new state when Arizona statehood became official in 1912. He was elected to the U.S. Senate in 1927 and served his home state until 1969.

Hayden fought during his entire political career to see to it that water was fairly distributed and that Arizona received a fair share of water resources in order to sustain agriculture and drinking water for the state's residents. Water rights was a major issue in the territory in the 1800s, and Hayden took the fight for water to Washington, D.C., battling much bigger states such as California, which wanted more of the lower Colorado River water for their area. In 1968, Hayden's fight for water was won when President Lyndon B. Johnson signed into law the Central Arizona Project, which allowed Arizona to receive the water necessary to supply the state's agricultural industry and to provide Arizona with the ability to become competitive in the U.S. agricultural markets.

Chautauquan Don Garate, who is also the Chief of Interpretation at Tumacacori National Historic Park, will portray "Manuel Jose de Sosa." Sosa is considered Arizona's first rancher. In the late 1720s, Sosa managed Guevavi Sicurisuate and Soporí ranches for Juan Bautista de Anza, in present-day Arizona. In 1736, Sosa was Bautista's royal scribe and Anza's ranch foreman. He was responsible for writing dozens of documents concerning the dis-

Dates for summer and fall Chautauqua programs are:

Flagstaff- Riordan Mansion State Historic Park (928) 779-4395: July 28 - Manuel Jose de Sosa; Oct. 6 - Teresa Urrea; Sept. 22 - Carl T. Hayden (all at 7 p.m.)

Winslow- Homolovi Ruins State Park (928) 289-4106: Aug. 16 - Hayden; Sept. 6 - Urrea; Oct. 18 - Sosa (all at 7 p.m.)

Camp Verde- Fort Verde State Historic Park (928) 567-3275: Aug. 25 - Sosa; Sept. 22 - Urrea; Oct. 27 - Hayden (all at 7 p.m.)

Florence- McFarland State Historic Park (520) 868-5216: Sept. 15 - Urrea (7 p.m.); Nov. 1 - Sosa (6:30 p.m.); Nov. 12 - Hayden (7 p.m.)

Tombstone- Tombstone Courthouse State Historic Park (520) 457-3311: July 28 - Urrea; Oct. 6 - Sosa (both at 4 p.m.)

Tubac- Tubac Presidio State Historic Park (520) 398-2252: Sept. 27 - Urrea (3:30 p.m.); Oct. 20 - Sosa (3 p.m.); Oct. 21 - Hayden (3 p.m.)

Yuma- Yuma Crossing State Historic Park (928) 329-0471: Oct. 13 - Urrea (11 a.m.); Oct. 13 - Hayden (1 p.m.); Oct. 13 - Sosa (3 p.m.)

covery, cataloguing, weighing, and impounding of the enormous chunks of silver on Bernardo Urrea's ranch called "Arizona." He also relayed horses from a ranch at present-day Guevavi, Ariz., some 1,300 miles in 26 days to carry all his documentation and samples of the silver to Mexico City to be examined by the Viceroy and his councils. This was called Corriendo la posta or "running the post," where each rider averaged over 50 miles per day, similar to the later mail business called the Pony Express.

The third historic presentation will be of a healer and political figure known as "Teresa Urrea." Urrea was born in Sinaloa, Mexico, in 1873, the illegitimate daughter of Tomas Urrea, a wealthy rancher, and a 14-year-old Tuhueco Indian girl. At about the age of 26, Urrea lapsed into a cataleptic state that lasted over three months. When she awoke, she reported that the Virgin had visited her and told her she must use her special powers to heal by laying her hands on the sick and crippled. Several guer-

rilla armies claimed Urrea as a living saint and an inspiration for revolting against the government. She became a reluctant political leader who Mexico's President Diaz ordered deported for instigating rebellion. The U. S. granted Urrea and her father asylum, and they lived briefly in Nogales, in Solomonville, and finally settled in Clifton, Ariz. Anglos discovered her after a miraculous healing of the son of one of Clifton's wealthy citizens, and she became the darling of some of the most prominent Anglo women. Elena Diaz Bjorkquist will "become" Urrea. She is a former high school history teacher and author who taught her students using a Chautauqua technique of "becoming" Urrea.

Fees vary at different State Parks and reservations are limited, so call the State Park before arriving for the presentation. For more information on this program or other special events in Arizona State Parks, see the web page at www.pr.state.az.us, or telephone (602) 542-4174.

Author helps to raise money for local diabetes charity

Special to The Scout

Dr. Douglas Markham, author of the new book, Total Health Beyond the Zone, will present a free lecture and book signing at 2 p.m., Saturday at the Barnes & Noble Booksellers on Broadway in Tucson.

Markham is donating books to the Tucson Chapter of the American Diabetes Association to be sold at upcoming charity events. Markham travels across America lecturing on health and raising money for local charities. The campaign,

called Total Health For America, is helping to raise money for local charities and to promote awareness of America's adult and childhood obesity epidemic.

The American public is 32 percent fatter than 20 years ago. About one out of three adults and one out of eight children suffer from obesity. Obesity contributes to an estimated 300,000 deaths per year, second only to smoking as a preventable cause of death.

With diabetes, hypertension, and high cholesterol on the

rise, both in children and adults, more than \$100 billion is spent on obesity-related expenses in the United States each year.

According to Markham, the real culprits to weight gain in children and adults are lack of exercise and the high carbohydrate content of the American diet.

The idea behind Markham's Total Health program is that you have the absolute right to health and happiness. He has dedicated his life to educating people on how to take control of their health.