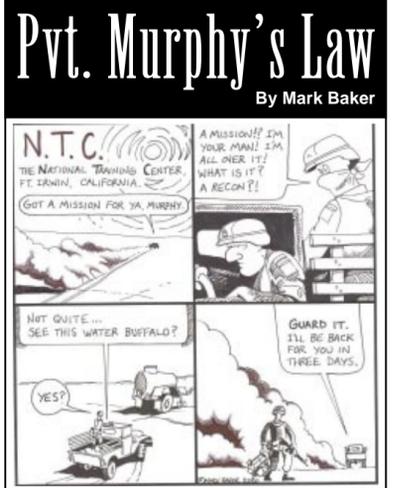


# The Fort Huachuca **SCOUT** Time Out

Vol. 48, NO. 24 Published in the interest of Fort Huachuca personnel and their families June 20, 2002



## Sports shorts

e-mail: [thescout@hua.army.mil](mailto:thescout@hua.army.mil)  
website: [huachuca-www.army.mil/USAG/PAO](http://huachuca-www.army.mil/USAG/PAO)

### Volunteers no longer needed

The Directorate of Community Activities no longer needs any more volunteers for the Miller Genuine Draft Army Concert Tour Saturday. All volunteer slots are filled.

### Swimming lessons

Swimming lessons for youth six months up to 18-years-old will be held at Grierson Pool Wednesday and continuing through June 27 from 9 a.m. to 1 p.m. for \$25.

Register now by calling 533-3858. Future lessons will be held throughout the summer from July 10-25 and another series in August. Register now for the second session. Third session registration begins July 24.

### Sports Physicals

Don't wait for summer to be over and get caught in the rush. Get your sports and school physicals now for all youths 15 and under at Raymond W. Bliss Army Health Center. Call 533-9200 to schedule an appointment today.

### Pet Fair

There will be a Pet Fair at the Vet Clinic at 10 a.m. Saturday. There are multiple categories to enter your pet in for \$5 each. There will also be prizes, popcorn and soda for the kids. For more information or if you would like to register call Spc. Eric Lopez at 533-0481 or 533-2767.

### Basketball camp

Cochise College will have a camp available to junior hoopsters soon. Kids ages 7-18 may sign up now for the Cochise College Fundamentals Basketball Camp set for August 5-9 on the Douglas campus.

Hoopsters will develop their skills through instruction from college coaches and players, guest visitors, competitions and contests.

Hoopsters will be split into age groups. Session A is for 14-18-year-olds and takes place daily from 9-11 a.m.

Session B is for 10-13-year-olds and takes place daily from 11 a.m. to 1 p.m.

Session C is for 7-9-year-olds and takes place from 1-3 p.m.

All sessions are co-ed and take place in the Apache Stronghold Gymnasium.

The \$50 cost of the camp includes a T-shirt.

To sign up, contact Camp Director Jerry Carrillo, head men's basketball coach, at 417-4072 or 459-6638 for an application.

### European adult volleyball

The Goodwill Ambassadors are currently accepting applications for the Adult Volleyball team to Europe for the December 2002 team.

Represent the USA/Goodwill Ambassadors in volleyball tournaments and local competitions in London, Paris, Geneva, Venice and Rome.

Each Goodwill team is limited to eight men and eight women per team.

Players should be of an intermediate level ("BB" USAV rating) or higher skill level.

Come join us playing volleyball in London, England; Paris, France; and Venice, and Rome Italy this Fall.

For additional information call 425-255-8102 or email questions to [info@sportsforyouth.com](mailto:info@sportsforyouth.com).

Also, check out the website [www.volleyballtours.com](http://www.volleyballtours.com) for more information.

## Hot to trot

### Buffalo Corral offers sunset trail rides



Photos by Sgt. Jessica Inigo

By Sgt. Jessica Inigo  
Time Out Editor

Nothing quite compares to the beauty and majesty of a high desert sunset – except maybe watching it from on top of a beautiful steed.

Buffalo Corral is offering weekly sunset trail rides every Thursday from 6-8 p.m.

With the heat scorching down on Arizona throughout the day, the pleasant warmth of dusk is a welcome while outdoors. Riders can enjoy the cooler temperatures while trotting through what nature has to offer during one of the many sunset trail rides offered throughout the summer at the Buffalo Corral.

Riders must meet at the Corral at 5:30 p.m. for sign-in and horse mounting. Amateur guests are taught the basics of riding, while the rest are matched with horses for every riding skill.

Guests quickly learn horses' names and personalities, as many shine through as strong as any human personality.

The trail ride goes through back trails of Fort Huachuca where riders can see everything from mountain tops to racing wildlife.

Horses wind around a mountain range as the sun sets on the indigenous flora and fauna of the southwest.

Riders feel like regulars from the Old West once back at the ranch as they dismount and imagine what life must have been like for Wyatt Earp or Billy the Kid.

Though night is upon the great outdoors, the

trip will be in the minds of riders for quite some time – or at least until they can wash off the desert dust and stretch out from the bouncy horse ride.

As an extra bonus, Speedy the donkey awaits guests at the Buffalo Corral from their return trip home with a ready smile.

The trail ride is \$12.50 for authorized Morale, Welfare and Recreation patrons and \$18 for all other guests. Payment for the sunset trail ride are due on Wednesdays by close of business.

Along with the Thursday night rides, Buffalo Corral is offering moonlight trail rides during each full moon up until September.

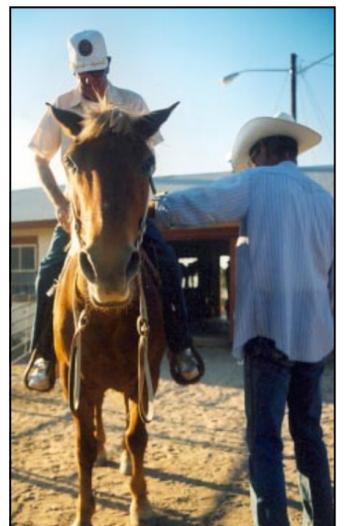
Also, a children's horseback riding camp is available now until July 26. Children 7-17 can register for the weeklong camp, which goes from 8 a.m. to 12 p.m. Mondays through Fridays.

Registration is being taken at the Oscar Yrun Community Center in Sierra Vista. Cost for registration is \$95 and must be made a week in advance.

For further information on the trail ride or camp, or to see what other activities Buffalo Corral offers, call 533-5220.

Ask about what attire to wear for the rides, what types of drinking containers can be brought along on the trail rides and any other restrictions that may be set.

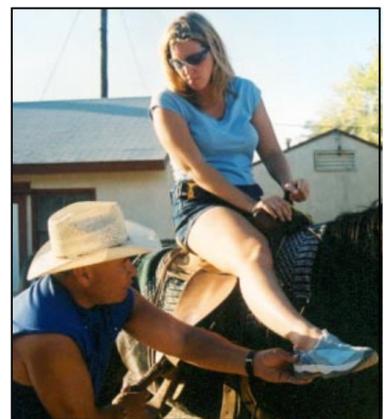
To register your child in the riding camp call the OYCC at 458-7922.



Retired Navy Chief Petty Officer George Marston prepares for the trip on his horse Magic. He watched the sun go down with his granddaughter, Leighanna Hochhalter. Though there was smoke from a fire in the distance, guests could still view the colorful sunset.



Amanda Morse, 8, gets help mounting her horse from Nick Pryor, animal caretaker. She has been riding just over a week at Buffalo Corral.



Staff Sgt. David Gomez, volunteer, helps Jen Raynor fit well on top of Lightning.



Riders look back to get a view of the setting sun. Though horses can get spooked by wild animals they are trained to follow each other through the trail ride and allow for a great show of nature.



## In the Spotlight

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

### Hooah 2-0 bottled water on sale from DCA

The Directorate of Community Activities now has MWR's own brand of bottled water. A 20 oz. bottle of Hooah 2-0 water may be purchased for only \$1. When patrons "re-charge with the spirit of Hooah," they contribute to the MWR fund raising effort in support of all MWR activities and facilities. Hooah 2-0 water may be purchased at Barnes Field House, Ozone, Jeannies's Diner, Lil' Skeeters, Buffalo Corral and the 19th Hole. When you've been all you can be and given all you can give, recharge with the spirit of hooah!



## Only two days left to showtime!

# Hottest entertainment in the desert Saturday at Libby Army Airfield

### MWR release

The annual MGD Army Concert Tour will feature STYX, Evan and Jaron, plus Dishwalla on Saturday at Libby Army Airfield on Fort Huachuca. Admission prices are \$20 in advance or \$30 at the gate. The gates will open at 6:30 p.m. and the concert will begin at 8 p.m. Tickets are available at MWR Box Office, MWR Rents, Desert Lanes and Ozone, and at Cochise County Safeway Stores off post.

STYX is known for offering amazing, energetic, and exciting performances. STYX is a classic rock band with top hit credits from the 70s to the present. STYX hit songs include "Brave New World," "Come Sail Away," "Renegeade," "Blue Collar Man," "Too Much Time on My Hands," "Lady," "Mr. Roboto" and "Babe."

Special guests Evan and Jaron are a laid-back folk-rock duo influenced by Jackson Browne, the Beatles, Elvis Costello and the Everly Brothers. Their hot songs include: "Outer Space," "Ready or Not," "Crazy for This Girl," "Pick Up the Phone," "On the Bus" and "You Don't Know Me."

Also appearing with STYX, is Dishwalla. Dishwalla has a signature sound of swirling blends with softly curved melodies. Dishwalla's song titles include: "Opaline," "Angels or Devils," "Somewhere in the Middle," "Every Little Thing," "Today, To-

night," "Mad Life," "Nashville Skyline," and "Counting Blue Cars."

All advance ticket holders are invited to a pre-concert party. Patrons who have purchased advance tickets will be allowed entrance to the party zone area on LAAF at 3 p.m. Food and drinks will be available and K101 will offer a live remote from the concert grounds as a warm-up to the hottest entertainment in the desert. Patrons are reminded to bring sunblock and their party attitudes.

Friday, Dishwalla will air a live studio session from KZPT 104.1 "The Point" early morning show and KGUN 9 will be there in promotion of Dishwalla's new CD.

Several MWR facilities will close early Saturday in support of concert set-up. MWR Rents will close at noon. Desert Lanes will close at 3 p.m. and Jeannie's Diner will close at 4 p.m. Buffalo Corral will close at 1 p.m. Eifler Fitness Center will close at 8 p.m. and Barnes Field House will close at 2 p.m.

The route to the concert has been simplified for the public's convenience. Entrance through the East Gate at the intersection of Hwy. 90 and the Hwy. 92 bypass will bring drivers right to the concert gate. Access to the concert will be controlled, but well marked and swift. Patrons are reminded that weapons, pets, videos and audio recorders, photography, coolers or ice chests and cans or glass containers are not allowed on the concert site.



## Port Huachuca Directorate of Community Activities Updates

The Directorate of Community Activities 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@hua.army.mil](mailto:germanp@hua.army.mil).

### Concert site access

Shuttles to the concert site will be available from La Hacienda and Greeley Hall for on post concert attendees. The shuttles begin at 5 p.m. Saturday. Round trip ride is only \$1 per person. On post residents and personnel using private vehicles will need to exit post through the Main Gate in order to enter through the East Gate and access the concert site.

Concert shuttles will also be available at Walmart. Adults may ride round trip for \$2 and children for \$1. Patrons are invited to park and ride in comfort. Call 538-1690 for information.

### Pools offer family nights

Exclusive Army family swim nights are offered one night weekly at Grierson and Irwin Pools. Water games and summer fun is planned for all ages. All active duty family members are invited to join in the fun. Family nights are Thursdays 5-7 p.m. at Grierson Pool and Mondays 5-7 p.m. at Irwin Pool. Adults are \$1 and children ages 3-17 are 50 cents. Summer passes are not redeemable at family nights.

Irwin Pool is closed on Tuesdays and Wednesdays. Their operating hours are 10 a.m.-6 p.m. Thursday through Sunday and 10 a.m.-7 p.m. on Mondays. Grierson Pool is closed on Mondays and Tuesdays. Their operating hours are 9 a.m.-5 p.m. Wednesdays and Fridays; 9 a.m.-7 p.m. on Thursdays; and 10 a.m.-6 p.m. on Saturdays and Sundays.

### Put Prevention into Action class

A Put Prevention into Action class will be offered Wednesday for Family Readiness Groups at Murr Community Center. This class is specifically geared to family members. Since many Fort Huachuca soldiers are deployed, family members are discovering that they may have a need for the "over-the-counter card." By attending this class, family members may obtain the laminated card for over-the-counter medications as well as an excellent self-care book. Due to the nature of the class, children are not allowed. Childcare will not be provided at this event. To register or obtain information, call Army Community Service at 533-2330.

### Choose a trail ride at Buffalo Corral

Buffalo Corral is the place to enjoy horseback riding, scenic trails and beautiful Arizona weather. A variety of regularly scheduled rides are available for beginning and experienced riders. Weekend trail rides are offered on Saturdays and Sundays from 9 to 11 a.m. and 2 to 4 p.m.

Sunset trail rides are available each Thursday through September at 6 p.m. Reservations are required by close of business the Wednesday before the ride.

Moonlight trail rides are offered each full moon through September and begin at 7:30 p.m. All of these trail rides are \$12.50 for authorized MWR patrons and \$18 for civilians. These two-hour rides proceed through the Fort Huachuca foothills and into the beautiful Huachuca Mountains.

Trail rides are open to riders 7 and older. Prepayment is required by close of business the day before the scheduled ride. All rides require a minimum of 15 riders and when filled, second rides are often scheduled. For more information, call 533-5220.

### Desert Lanes events

Desert Lanes is having a summer blow-out sale. All in-stock merchandise at the Pro Shop is offered at great savings. This sale continues only while supplies last.

Desert Lanes hours are now: Sunday noon to 7 p.m.; Monday noon to 9 p.m.; Tuesday 9 a.m.-10 p.m.; Wednesday noon to 10 p.m.; Thursday 4-10 p.m.; Friday noon to 11 p.m.; and Saturday 9 a.m.-11 p.m.

A mixed doubles tournament will be held June 29. There is a shift at noon and another at 3:30 p.m. Bowlers roll five games across ten lanes. The entry for this tournament is \$30. Call 533-2849 for information.

Desert Lanes joins Army bowling centers worldwide, offering a Mystery Bowl Program through August 31. Authorized patrons may obtain an entry form each time they purchase a game of bowling or a snack bar item, buy an item from the Pro Shop or simply request an entry form when they visit the facility. There will be a new drawing each week from the weekly entries. The weekly winner at each location may select one of 12 mystery prize slots and receive the prize uncovered in that slot.

In addition to the weekly drawings, there will be an online promotion to win a mystery trip. With each weekly drawing, a new clue to the trip destination will be revealed and will be posted at Desert Lanes. The same clue will be posted on the website two to three days later. Participants must log on to [www.armymwr.com](http://www.armymwr.com) to enter the mystery trip contest. Patrons will need to enter online to guess the destination. The first patron (worldwide) to correctly guess the destination wins the trip package. Participants must be authorized MWR patrons.

### AFTB classes offered

An Army Family Team Building leadership seminar series will be held Tuesday through June 27 at Murr Community Center from 5:30-9 p.m. Beverages will be provided. This seminar is designed for leaders, organization representatives and anyone desiring to enhance their leadership skills. Subjects cover effective leadership, communication and conflict management. Pre-registration is required. Contact 533-3686 or 533-2330.

### Youth Services Summer Program

Youth Services is taking registrations for the Middle School and Teen Summer Program. This program is designed for youth in grades 6-9 as of school year 2001-02 to participate in recreational and social activities during the summer. This program offers activities including bowling, swimming, arts and crafts, computer lab, and field trips. Cost of the program is \$20 per week. Participants may sign up for as many weeks as desired; however, daily participation is not available.

Hours of operation are 8 a.m.-6 p.m., Monday through Friday. Participants must be registered members of Child & Youth Services and may register through the Central Registration Office by contacting 533-0738. For more information, contact Youth Services at 533-3205.

### Youth Strength/Cardiovascular Training

Barnes Field House offers a free summer Youth Strength and Cardiovascular Training Program beginning Monday. The classes will be held Mondays and Wednesdays from 2:30-4 p.m. This program is open to youth 13-17 years old. The program builds core strength, cardio endurance, increased stamina, agility and overall health. The program includes strength and weight training, circuit training, plyometrics, interval cardio and agility/motor skills training. Youth must have a release of liability statement signed by a parent before entering the program. The sessions are taught by Kathy Gray, certified personal trainer and fitness coordinator. Call 533-3180 or 533-5031 for information.

### First Steps Program seeks volunteers

The First Steps/New Parent Support Program at Army Community Service is looking for volunteers. Volunteers visit new parents in the hospital after the birth, offer parenting information, emotional support and community resources. The training session for new volunteers will be Sunday, noon-5 p.m. at ACS,

Building 50010. Military and their family members are entitled to ten hours of approved childcare per week while volunteering with the First Steps Program. For information, call 533-6877.

First Steps sponsors a Moms Meeting Moms group. This class meets on the first and third Thursdays of each month from 1-2:30 p.m. at the Blake Foundation. The group is open to all first-time mothers. Call 533-6877 or 533-2330 for information on this program or new parent support.

First Steps offers free classes for new parents. The classes are open to all military and civilians in the community. Upcoming classes are: Wednesday- The First Year of Life; July 17- Caring for Your Newborn; and July 31- The First Year of Life. Classes are held at ACS from 6:30-8:30 p.m. For information, call 533-6877.

### Chicken Chipotle Poppers at Lil' Skeeters

A hot blaze of flavor awaits patrons at Lil' Skeeters. Lil' Skeeters is now offering Chicken Chipotle (pronounced chipotle-lee) Poppers. They are fire-roasted red jalapeños stuffed with chicken, Monterey Jack and Mozzarella cheeses, onions, tomatoes, Chipotle Peppers and garlic. These tasty treats are offered for a limited time for only \$4.95. Lunch is served Monday through Friday 11 a.m.-1:30 p.m. Dinner is served Wednesday through Thursday 3:30-7:30 p.m. and Fridays 3:30-8 p.m. Lil' Skeeters is closed Monday and Tuesday evenings, Saturdays, Sundays and holidays. Call 533-3837 or 533-3876 for information.

### Summer swimming lessons schedule

The third session dates for swimming lessons at Grierson Pool have changed. The final swimming session will be from July 31 through August 15. Registrations and \$25 fee must be made on July 26, 29 or 30. Call 533-3858 for information.

### Right Arm Night Friday

The LakeSide Activity Centre will again host the CG's Right Arm Night Friday from 4-6 p.m. Free snacks and music accompany the pay-as-you-go bar. Call 533-2194 for information.

### MWR Rents specials

A free boater safety class is scheduled for July 1-2. This two-day class is from 6-10 p.m. both days. All classes are held in room number seven at the Murr Community Center. Call MWR Rents at 533-6707 for information and reservations. Certification from a safety class is necessary to rent boats from MWR Rents.

MWR Rents is located at the corner of Irwin and Hunter. Drop in or call 533-6707 for information.

### Family Child Care Providers needed

Fort Huachuca Family Child Care program is currently recruiting new FCC Providers. FCC Providers are authorized to offer quarters-based childcare services. All FCC Providers must attend two weeks of training. The next training is scheduled for July 8-19. This training is free of charge and has limited vacancies. Interested parties should contact the FCC office at 533-2494.

### Ringling Brothers Circus tickets at Box Office

MWR Box Office has tickets available for the Ringling Brothers Circus appearing at the Tucson Convention Center June 27-30. Shows and times vary so stop by the Box Office for information. The Box Office is located in Building 52008, on Arizona Street in the MWR Plaza. Box Office hours are Monday through Friday 9 a.m.-5 p.m. For information, call 533-2404.

# MI Hall of Fame Golf Tournament

*Special to The Scout*

The Huachuca Chapter of the Military Intelligence Corps Association in coordination with the Mountain View Golf Course will host the 2002 Military Intelligence Hall of Fame Golf Tournament June 27.

This four-person scramble event will be the most significant fundraiser of the year for the local chapter, with 100 percent of all corporate sponsorship money raised going to support the MICA Scholarship Fund.



Donovan Dodge will present a brand new car for a hole in one on the picturesque 178 yard, par three, seventh hole.

This year's response has been fantastic with companies and corporations from Sierra Vista, as well as National MICA, supporting the tournament.

Sponsors include Ace Hardware, Arctic Slope Communications, Association of Old Crows, CACI, COX Communications, First Command, Gateway Studio Suites, General Dynamics, Huachuca Federal Credit Union, ILEX, JB&A, L3COM, Scott Nichols' Ford-Lincoln Mercury KIA, Sulphur Springs Valley Electric Cooperative, University of Arizona-Sierra Vista, Veridian, the Windemere Hotel and the local chapter of AUSA.

An extra incentive has been added to this year's format with the ability of each team to purchase four mulligans and six feet of rope.

At the discretion of the team the rope may be cut in length to compensate for near misses of putts or relief from a water hazard or even movement to the fairway. With the mulligans teams will be able to post low scores.

Prizes will be awarded for closest to hole on holes seven and 11, longest drive on holes two and 12, as well as the top teams with the lowest scores.

Call Rob Davies for further information on the 2002 MI Hall of Fame Golf Tournament at 417-9255.



# Many military thanks

*By Sgt. Jessica Inigo  
Time Out Editor*

Tucson Electric Park honored service members with a Military Appreciation Night Friday during a Sidewinder's baseball game against the Salt Lake City Stingers.

Though the Sidewinder's lost 10-8, they put on a good showing for the crowd by making a close come back with five runs in the ninth inning.

The 36th Army Band played the National Anthem, as well as other songs for the crowd. Also the Fort Huachuca Color Guard presented the colors.

All military personnel received free tickets to the game.

Lt. Col. Mark Costello, commander, 306<sup>th</sup> Military Intelligence Battalion, threw out the

first pitch of the game as not only the Army representative, but a representative of Fort Huachuca.

Fireworks were displayed after the game. All services also displayed military booths throughout the stadium.

Pictured at left, 36th Army Band Bandmaster Chief Warrant Officer Gary Dorrel signs autographs for fans in the audience. Pictured Below, far left, the 36th Army Band plays the National Anthem prior to the game. At far right, though the Sidewinder's lost to the Stinger's the military still felt the appreciation. Pictured at bottom, Army Band First Sergeant Cliff Lewis maintains the position of attention while being harrassed by the Sidewinders' mascot.

Because of what all the services do, Tucson Electric Park ensured military members were the stars of the night.



Photos by Sgt. 1st Class Donald Sparks

## Sea Cadets begin training for future of military

By Sgt. Jessica Inigo  
Time Out Editor

In the hopes of sparking interest in the future of military service, the Navy recruit training command, Thunderbird 8, on Fort Huachuca has brought youngsters to the post for some good training.

Known as Sea Cadets, the 151 teenagers, ranging from 13-17-year-olds, will undergo vigorous military training for over a week up until graduation, June 29.

Though they hail from throughout the United States, the purpose is to get them working together for one common goal, according to Lt. Cmdr. Larry Linthecome, executive officer.

"This will be like a boot camp for them with the purpose of recruiting and training so they will become interested in the Navy or any other military service," Linthecome said.

Thunderbird 8 has been on Fort Huachuca for nine years and finds the post to be a great facility to train the Sea Cadets.

"We train here because the Army has been the best host we have found in the last 12 years. The training facilities here and the atmosphere is perfect," he said.

The Sea Cadets will mainly be in their physical training uniform while conducting training on Fort Huachuca.

The first obstacle they tackled was the Leadership Reaction Course.

Upcoming training will be conducted at the confidence course, the swimming pool at Barnes Field House, the gas chamber, and the weaponeer.

"Once the Sea Cadets go through this training they will be as qualified as anyone in the Navy," said Master Chief Joe Holder, command master chief. This training will allow those soldiers who wish to enter any type of military service in the future an easier time during initial training.

The 151 volunteers will be photographed throughout their boot camp experience on Fort Huachuca in next week's issue of The Fort Huachuca Scout.



Photo by Master Chief Joe Holder

Staff cadets take on the LRC.



Photo by Sgt. Jessica Inigo

Clint Murphy, 15, of Mesa, Ariz. and Aaron Hablitzel, 14, of Scottsdale, Ariz. help set up the Leadership Reaction Course Monday. These Sea Cadets have already completed boot camp and are called staff cadets.



Photo by Sgt. Jessica Inigo

Staff Sgt. Christopher Chistensen, softball player for Headquarters, 306th Military Intelligence Battalion, practices during a scrimmage Monday evening.

## Standings

### Intramural softball standings as of June 17

#### Cochise League

1.	69 <sup>th</sup> Signal Company	4-0
2.	Company D, 309 <sup>th</sup> Military Battalion	4-0
3.	Company C, 40 <sup>th</sup> Signal Battalion	1-0
4.	Medical Activity	4-1
5.	Company B, 305 <sup>th</sup> MI Bn.	3-1

#### Huachuca League

1.	Headquarters, 306 <sup>th</sup> ML Bn.	5-0
2.	Company D, 40 <sup>th</sup> Signal Battalion	2-0
3.	Noncommissioned Officers Academy	5-1
4.	111 <sup>th</sup> MI Brigade	4-2
5.	U.S. Army Garrison	2-1



Photos by Sgt. Sharron L. Stewart

**It's all fun and games...**

*U.S. Army Garrison units, Headquarters and Headquarters Company, 18th Military Police Detachment and the 2nd Battalion, 180th Field Artillery, Red Legs, National Guard unit, got together to enjoy some summertime fun together Friday. The Organization Day included a barbecue, as well as different sporting events. Pictured to the left, sumo wrestlers bouted to a last man standing match. Sumo suits were so heavy that once competitors were down it was difficult to get back up alone. Pictured above, the Red Legs defeated other Garrison units. The Red Legs received a commandant coin for their achievements.*

# Summer heat prevention tips to avoid illness

**Cochise County Health Department and Arizona Department of Health Services release**

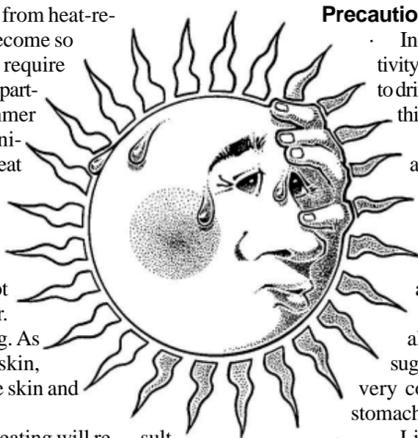
On average, 35 people die every year from heat-related illnesses in Arizona. Many more become so ill from excess exposure to heat that they require hospitalization. Cochise County Health Department Director Diane Carper says, "Summer heat can be deadly serious. You can minimize your chances of getting ill from the heat by taking precautions and by limiting outdoor activity when the sun is most intense—between 11 a.m. and 3 p.m."

When the body's temperature control system is overloaded and the body cannot cool itself, heat-related illness can occur. The body normally cools itself by sweating. As long as blood is flowing properly to the skin, extra heat from the body is pumped to the skin and removed by sweat evaporation.

Under conditions of extreme heat, sweating will result in significant fluid loss and body temperature can rise rapidly.

Some of the symptoms of heat exhaustion are heavy sweating, paleness, headaches, nausea, dizziness, shallow breathing and a rapid but weak pulse. If left untreated, heat exhaustion

can progress to heat stroke, a severe form of heat illness that can result in death, especially in the very young and the elderly.



## Precautions

- Increase fluid intake, regardless of activity level. Don't wait until you are thirsty to drink fluids. Drink more liquid than your thirst indicates.
- Continue to drink fluids even after you have completed strenuous activity. This enables the body to maintain optimum hydration and helps prevent the after effects of heat exposure such as headaches and fatigue.
- Avoid beverages containing alcohol, caffeine or large amounts of sugar as they dehydrate the body. Avoid very cold beverages as they may cause stomach cramps.
- Limit exercise or outdoor activity between the hours of 11 a.m. and 3 p.m., when the sun is at its peak intensity. If you must be active during this time frame, drink a minimum of 16 to 32 ounces of water each hour.
- Be aware that some medications, both prescription and

over the counter, may increase the risk of heat-related illness. If you have questions about your medications and heat contact your primary care provider.

Try escaping from the heat by taking advantage of free air conditioning! Visit a shopping mall, theatre or the library. Remember, never leave infants, children, or pets inside a parked vehicle.

## Outdoor protection

- Wear a sunscreen with a minimum SPF15 any time you go outdoors. Apply it at least 30 minutes prior to going outdoors and re-apply as necessary.
- Rest frequently in shady areas so that the body's temperature has a chance to recover.
- If you are not accustomed to working or exercising outdoors, gradually increase the pace and limit exercise or work time.

## Clothing

- Wear lightweight, loose fitting clothing. Wear sunglasses to protect your eyes, and a wide-brimmed hat to provide shade and keep your head cool.
- Take special precautions with infants and young children. Dress them in loose, cool clothing and shade their heads and faces with hats or an umbrella.

## Of summer and smoke — reasons to finally quite smoking habit

**Smoking Associates release**

In the winter: "It's too cold outside to stop smoking."

In the summer: "It's too warm and wonderful outside to try to stop smoking. I want to enjoy my summer".

No matter what the season, it seems that there is always an excuse to put off the challenge of stopping the tobacco habit.

Lots of people focus on January as the time of resolutions, the time when we can kick off the New Year with an empowering decision to claim a better life. And some smokers look to the time just before Thanksgiving when the

American Cancer Society promotes its annual "Great American Smokeout".

If you want to get tobacco out of your life, summer is a great time to do it. Attitude is what it is all about. Here's some food for thought if you've been on the stop smoking roller coaster, going up and down with your desire to let go of tobacco.

With the warmer weather comes the opportunity to move your body, to burn off the stresses of life in the great outdoors.

Just enjoying the flowers and the new leaves on the trees is a reminder of how we can regenerate ourselves by simply making better decisions about how we take care of ourselves.

If we look to all the way nature renews itself during this time of year, we can remember that we have the power within us to renew ourselves.

Things that grow in the ground renew themselves with water and sunshine. So do we.

Animals that have recently come out of hibernation during the cooler months renew themselves by exercise and stretching, by being very active. We humans can do this, too.

We fertilize our garden flowers so that they will bloom and be strong to handle the stresses of the heat of the day.

If we eat smarter, we give ourselves the strength to withstand the stresses in our lives

and the challenges that come with releasing tobacco. And we fertilize our minds with positive thinking, choosing to know that we can do what is right for ourselves.

If you want to stop smoking, one way of fertilizing your mind is to think this thought: "I wonder how easy it can be to stop smoking."

Wondering how difficult it can be is feeding your mind a poison.

There's no time like the present to start the process of stopping smoking. Build up to it over the course of at least a few weeks as you get more and more consistent at taking care of yourself, of keeping your word to yourself.

Then let it go, and watch yourself blossom.

## Hazardous recall: Graco children's products

DALLAS — The Army and Air Force Exchange Service, along with the U.S. Consumer Product Safety Commission and Graco Children's Products, Inc., of Elverson, Pa., is voluntarily assisting in the recall of toy tracks attached to children's activity centers. The toy track can break, presenting a cut or pinch hazard and the exposed small parts pose a choking hazard to young children.

Graco has received 11 reports of the toy tracks breaking. Four children received minor scratches and one child's finger was pinched.

Consumers should stop using these activity centers with toy tracks immediately, and contact Graco to receive a replacement track. Graco can be contacted at (800) 673-0392 anytime. Consumers can also visit the firm's web site at [www.gracobaby.com](http://www.gracobaby.com) or write to:

Graco Children's Products  
ATTN: Customer Service  
P.O. Box 100  
Elverson, PA 19520

The recalled activity centers include the Tot Wheels V, models 4511 and 4521, and the Convertible Entertainer, models 4652 and 35225. The model numbers are located on the underside of the tray on the activity centers.

The green wavy toy track sits on the tray of the activity center. Five objects slide along the toy track.

AAFES sold the activity centers nationwide from November 2001 through May 2002. AAFES only sold the Tot Wheels V, model 4511.

## Calling all singers, spoken word, musical artists

**A&R Search Talent release**

### Contest — Record label's search for new artists

Bellmore, NY — Bang On Records, LLC is holding an unprecedented Open Call contest for singers, spoken word and musical artists between the ages of 14 and 18. Bang On Records, L.L.C. is seeking amateur aspiring young artists to be featured on their latest commercial project that will offer licensing to VH1 and MTV and more than 100 film and television production companies.

The search officially launched June 18. The official rules and entry form are available on the Bang On Records, L.L.C. web site at [www.bangonrecords.com/artalentsearch.html](http://www.bangonrecords.com/artalentsearch.html).

The label is performing a nationwide search for eight hot, fresh sounds to be featured as guest artists on the project that is already in production.

"We're planning a very cool, modern production of classic Christmas songs. We're on the hunt to discover the unknown Cinderella artists.

This is a golden opportunity for aspiring young talent to be discovered," says Val Thomas, Artist Relations.

"We're taking a fresh and daring approach to discovering new talent. We're specifically looking for artists with a unique sound and an individual style so, entrants should definitely be creative with their entries."

The project is the Bang On Records Christmas album featuring remakes of classic and timeless Christmas songs in a variety of genres including Pop, Rock, Rap, Punk, Latin, Dance, Electronica, Christian, New Age, Jazz, Heavy Metal, and more. All styles are welcome to submit, from Pop Boy Bands, Alternative/Rock Garage Bands, Pop Singers, Rap Artists, or R&B/Blues, Christian or Latin artists or any other genre. Instrumentalists are also welcome.

The contest is open to amateur instrumental, musical and spoken word performers between the ages of 14 and 18. Submissions will be judged based on originality and quality of vocal or instrumental performance, and commercial appeal.

Entrants must be US residents and must have a valid email address.

Eight winners will be selected. Winners will record their final performance at Bang On Records, L.L.C. studios and will be featured on the album along side Bang On Records, LLC's artists.

"We're all very excited about this project", says Dominique Gizelle, Bang On Records artist and partner. "There are so many talented young people out there. Most never discover their full potential. We're anticipating a lot of great music from young artists that we can help to polish and help start their career."

Fifteen honorable mentions will also be selected, whose names will be posted on the Bang On Records, L.L.C. web site and who will receive a downloadable electronic honorable mention award and a hard copy certificate by mail. Honorable mentions will also serve as alternates for any winner who is unable to perform.

Performances must be of the songs from the selected song list. There are sixteen classic tunes to choose from. A full list of songs is available at [www.bangonrecords.com/artalentsearch.html](http://www.bangonrecords.com/artalentsearch.html).

Contestants may submit multiple song entries.

The entry form and Official Rules can be found online at: [www.bangonrecords.com/artalentsearch.html](http://www.bangonrecords.com/artalentsearch.html) or by sending an email request for the entry form with name and mailing address to [val@bangonrecords.com](mailto:val@bangonrecords.com).

Entries received by July 31, 2 will receive a free copy of E-book, "Technology and the Independent Artist."

## Assistance needed in providing water

**Arizona Game and Fish Department release**

The Arizona Game and Fish Department is asking for donations to help provide water for wildlife during the current dry weather spell.

Current drought conditions have resulted in the initiation of a statewide "Drought Response Plan" due to water shortages at wildlife catchments, tanks, and drinkers. Although many large mammals such as deer, elk, antelope and bighorn sheep use these waterholes, all wildlife from amphibians to reptiles to birds benefit from these catchments.

Unfortunately, the anticipated statewide water hauling demand to these water developments appears to be beyond the department's logistical and monetary capabilities.

Recent drought indexes and computerized weather models indicate that there appears to be no immediate relief in sight for Arizona's dry weather conditions.

Consequently, the extremely dry conditions found throughout Arizona are anticipated to extend through the summer "monsoon" months and into the fall and winter of 2002.

Therefore, the department is soliciting funds to help pay for private water hauling and maintenance contractors to assist with the department's water hauling, emergency main-

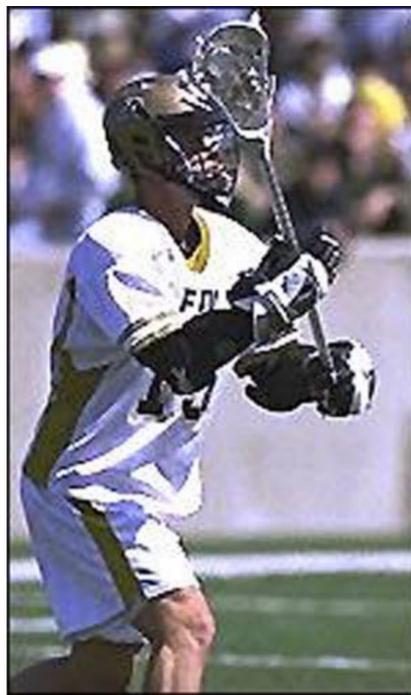
tenance and repair capabilities.

To date, the department has received monetary commitments totaling \$65,000 from groups including the Rocky Mountain Elk Foundation, the Arizona Elk Society, the Arizona Mule Deer Association, the National Wild Turkey Federation, Arizona Bowhunters Association, Yuma Rod and Gun Club, Mule Deer Foundation, Mogollon Sporting Association, and the Wildlife Conservation Council.

The department whole-heartedly thanks these groups for their generous contributions at this time of need. But the work is not yet done.

Game and Fish recognizes that drought conditions are normal in the arid southwest and that indigenous species have evolved the abilities to survive in these unique conditions. However, the current extreme drought conditions may be beyond many wildlife species' ability to survive and propagate. Through cooperatives efforts, the department hopes to alleviate some of the extreme effects of the drought around critically identified waterholes in all areas throughout Arizona.

Individual donations can be made to "Water for Wildlife" Fund, c/o Wildlife for Tomorrow Foundation, 2221 West Greenway Road, Phoenix, AZ 85023.



GoArmy.com photo

## Army's Tim Pearson selected by Long Island in MLL entry draft

**Army senior lacrosse star Tim Pearson began a very memorable Saturday accepting his diploma as a graduate of the U.S. Military Academy, and capped off the day being selected by the Long Island Lizards in the 2002 Major League Lacrosse College Entry Draft held inside Cawley Stadium in Lowell, Mass.**