

The Scout TimeOut



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Vol. 49, NO. 39 Published in the interest of Fort Huachuca personnel and their families October 2, 2003



Photo by Elizabeth Harlan

Flag football kicks off

Jeffrey Blackwell of Medical Activity Command keeps the ball from teammate William Shield, at practice on Tuesday. The flag football season started on Wednesday; this is a major commander's cup sport. Games will be played at 6, 7 and 8 p.m., Monday through Thursday at Sentinel and Warrior fields.

Strike it rich

Amateur wins Desert Lanes contest

BY KAREN WEIL
SCOUT STAFF

Charles Vass took up bowling six years ago, and it would not be off the mark to say he has got a pro's touch.

He won Desert Lanes' Strike Pot on Sept. 19, and \$4,286 - a feat no one has done in three years, according to the alley manager.

To do that, Vass, a 31-year-old member of Ernie's Pro Shop team, had to get 13 strikes in designated frames. He won the cash in a three game set. His winning score was 800.

"It's pretty nice," Vass said of the cash prize. "It felt great to win it. It's the most money I've won in my life."

Vass, a congenial fellow who works at BJ's Bodyshop, grew up in Sierra Vista. "I've left a couple of times, but I've always come back," he said. When someone told him about Ernie's Pro Shop needing a team member, Vass replied, "Who the hell bowls?"

But Vass found that he was pretty good at the sport and enjoyed the competition.

"In the short time I've been bowling, I've gotten the feel for it, and credit lots of practice for that. Bowling is a lot more technical than people think. A machine puts the shot, and you try to figure out the pattern."

Along the way, he and

friend Pete Prades collected quite a few bowling balls. Between the both of them, they have 45, Vass said.

And Vass certainly puts in the practice time, four days a week to be exact. It has paid off, because Vass has won small tournaments.

"I try to set a goal for myself every year," Vass said of his game.

Although he could try his luck and turn pro, Vass says he prefers amateur status, because prize money is actually better.

Vass is splitting his prize money with Prades, of Sierra Vista. "He's helped me a lot with my bowling," Vass said. "I'm happy to share it."

Randy Carter, Desert Lanes manager, called Vass's accomplishment unusual. "I make the game tough," Carter said. "It's not easy; you've really got to be bowling to win that money, and he was bowling very well."

Along with Prades, Vass thanks friends Lloyd Vincent, Dwight Thurman and Rick Hupp, all three of whom bowl with Vass on Thursday, and girlfriend Monique Elzy for their support.

Talking to Vass, it's not hard to see why he's got game.

"I don't drink or smoke," said Vass, smiling. "I only bowl."

Basketball league for 'not-so-young'

There will be an over-30 basketball recreation league meeting 10 a.m. on Oct. 14 at Barnes Field House.

Games begin on Nov. 3 and will be played Monday - Thursday, at 11 a.m. and noon. The cost is \$100 per team.

For more information, call Michelle Kimsey, 533-3180 or email michelle.kimsey@hua.army.mil.

Big plans in the works; MWR facilities transform

BY SPC. MATTHEWE. CHLOSTA
SCOUT STAFF

If you live on post and wake up early one morning to the loud sounds of beep - beep - beep - beep, don't worry, it might be the sound of a construction truck backing up during the Morale, Welfare and Recreation's transformation process.

Morale, Welfare and Recreation's Directorate of Community Activities is transforming food, beverage and entertainment businesses on post by implementing a long term business strategy that will continue through 2008.

In past years, according to Dan Valle, director, MWR community activities, the push had been by the Department of Defense to open a lot of the military installations, to take the fences down. The gates were wide-open.

"We went from that to force protection delta. That's quite traumatic," he said.

"9-11 comes and changes all the rules," added Valle. "It becomes a new normal for us. Following the events of 9-11, we needed to change the way we did business in MWR and specifically in the food, beverage and entertainment activities.

"We then had the inability to generate the dollars that we needed to not only pay our bills, meet our payroll, but also to generate dollars to

do capital reinvestment," added Valle.

MWR contacted Installation Management Agency's Southwest Region office for help.

"We asked them to send experts, especially in the FB&E area, to make an assessment to see what we could do," said Valle.

"We said, 'We're still not recovering well with this stuff that happened since 9-11,'" said Valle. "We need your help. Send some experts down here, particularly in the food, beverage and entertainment area and see what we can do."

The SWRO FB&E assessment team concluded: the post has too many commercial eating facilities.

"When they said that, it didn't just mean MWR," said Valle. "AAFES [Army and Air Force Exchange Service] plays into this picture.

"There are a limited number of customers, so we are all competing for the same customer," said Valle. "They said, 'You need to start consolidating some of your eating facilities. You need to start looking closely at what you have open and what you need to have open.' It is a complete look at this."

The team's report also stated that the post's FB&E facilities needed major work and they made many recommendations for improvement.

"Now, MWR took a more holistic ap-

proach," said Valle. Before when MWR had problems at a FB&E facility, they would look at that one facility.

"When they came in here they said, 'Let's look at everything you're doing in food, beverage and entertainment,'" said Valle. "Taking that perspective, then they started making recommendations to us."

Valle elaborated on the IMASRO assessment report, the main recommendation by the team was consolidation of the existing FB&E facilities currently on post.

MWR has adopted a strategy that will place any new MWR business construction where it will best serve all the MWR customers both on and off post and ensure their financial prosperity even during heightened security.

The first step in the transformation, to take action to correct immediate problems, began in February and will extend through 2005.

"From where we are now and where we need to be in three years is the transition period," added Valle.

The first actions included the closure of Lil' Skeeters March 29.

The Skeeter's building is being renovated into the "Time Out" Sports Bar and Disco (the disco program is being transplanted permanently from La Hacienda).

"We're going to move the disco in Octo-

ber," said Valle.

The new facility will have televisions, a satellite system, disco area with new dance floor, full service bar, game room with video and pool and a limited item menu.

"It is gonna be an exciting facility," said Valle. "It is going to be high energy."

A football sports television package is in the works for soldiers, who want to watch college and professional football games, added Valle.

"We're going to subscribe for a neat sports package," said Valle, "so that we can get all the NFL games. It is going to be a real dynamic place."

The "Time Out" grand opening is Friday.

The former Ozone Club location will become the new location for the AAFES Military Clothing and Sales store. Construction on the Ozone started two weeks ago. Most of the work will be interior construction, with the exception of the new loading dock.

"They are hoping to get that done by December this year," said Valle.

As the Ozone building becomes the new Clothing and Sales building, the old Clothing and Sales site will be reverted back to its original use as a sorely needed second dining facility in Prosser Village.

Another recommendation was to close the

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Photos by Elizabeth Harlan

Chip Hyde, unmanned aerial vehicle instructor on post, and his 4-year-old daughter, Brooke, disassemble the plane after a practice flight on Monday at Bowling Air Field.

UAV instructors flying high

BY KAREN WEIL
THE SCOUT STAFF

Some of Fort Huachuca's unmanned aerial vehicle instructors are daring-do pilots — and they don't even have to get in a plane to prove it.

Chip Hyde, Sean McMurtry, Bill Hempel, Meyer Gutman and Dave Piorkowski are veteran model airplane enthusiasts.

Their abilities can take them to popular shows held all over the world. For example, Hyde just returned from one in Poland.

Hyde and McMurtry have won awards in a highly competitive field. Hyde is ranked No. 1 in the Tournament of Champions division, while McMurtry also has done very well over the years.

Although model airplanes may seem like toys — the average plane has a wingspan of between 4 and 6 feet — operating one takes considerable skill and training.

That's especially true when the planes are in the air, doing graceful dives, gravity-defying loops or flying upside down. An expert flyer, with the help of a remote control radio device, can even choreograph a plane to "dance" to music.

"What we fly is like an Indy car," said Hyde,

a Sierra Vista resident and a certified UAV instructor, also known as an external pilot.

The model planes can also cost thousands of dollars to build and operate; some professional pilots, like Hyde, have corporate sponsors.

Hyde and McMurtry may not be Air Force veterans, but "they are excellent pilots," said Bill Hermes, headquarters commandant for Network Enterprise Technology Command.

"It's awesome the way these UAV pilots fly," added Hermes, who is also president of the Mesquite Modelers, a local model airplane club. "It defies everything; you think, 'These planes don't do that.'"

Meyer Gutman, a Northrup-Grumman contract UAV instructor at Fort Huachuca, said his love of model airplanes is the reason he has a job.

"Almost all the external pilots are model airplane enthusiasts and have flown in competition," said Gutman, a member of Mesquite Modelers and competed in tournaments in the 1980s.

Model airplanes, besides putting on a great show, offer "a chance to build something that no longer exists when you look at some of the models," Gutman said.

They can also mean serious money for those

good enough to win division shows.

Last October, Hyde took first place at the elite Tournament of Champions in Las Vegas, and won \$50,000. It's not surprising that one of his planes — measuring in at 125 inches long, 11 feet by 11 feet — is called the Ultimate.

"It took me six months to build it," said Hyde, who added that luckily the Ultimate has never crashed.

So far, the Tournament of Champions has been his biggest win. "It felt so good, that's for sure," said Hyde, who has been flying model airplanes since he was 4 years old.

He was invited, along with the top 20 model airplane flyers in world, for the five-day contest. McMurtry, also of Sierra Vista, came in seventh place at the prestigious tournament.

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Top, Sean McMurtry is instructed by his father, Mike on the aerobatic sequence for an upcoming competition. Left, Sean McMurtry flies his plane into the sunset on the air field.



FORT 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 paula.german@hua.army.mil or visit us on the Web at mwrhuachuca.com

MWR Box Office



The MWR Box Office has details or tickets for several offers that will give you the opportunity to take advantage of savings, including:

- During the month of October, children, 3 to 11 will be admitted free to the San Diego Zoo. The box office has details on this offer.
- Tickets for events at the Tucson Convention Center, including the Chamber Music Fiesta featuring Jose J. Herring-Colon Oct. 11, and "Dorothy the Dinosaur" on Oct. 17.
- Tickets for the Art Discovery Series Buena Friends Concert Oct. 23 at Buena High School. Prices are \$6 for adults and \$2 for children.
- Tickets for the "Ghost and Gravestones Tour" of San Diego, Calif. The two-hour trip, through the darker side of San Diego's past, includes visits to several "haunted" historic homes, a cemetery and a short walking tour of downtown. It is intended for ages 8 and up.
- Arizona Cardinals football packages for the game against the San Francisco 49ers at 2:05 p.m., Oct. 26 in Phoenix.

Call 533-2404 for more information or drop by the MWR Box Office located in the MWR Plaza, Building 52008 on Arizona Street. They're open Monday through Friday, 9 a.m. to 5 p.m.



Time Out opens Friday

MWR will open a new facility for your enjoyment Friday.

Time Out will be located on Arizona Street, across from Barnes Field House and the Commissary. The location is within walking distance of Thunder Mountain Village, Prosser Village, the NCO Academy, Riley Barracks and other housing areas.

You'll be able to relax and socialize, enjoy items such as burgers, french fries, other finger foods and beverages, watch sports or dance to your favorite sounds. The facility will feature six televisions plus a big screen television with surround sound.

During the NFL season, Time Out will be open the following days and hours: Friday, 4 p.m. to 4 a.m.; Saturday, 5 p.m. to 4 a.m.; and Sunday, 10 a.m. to 5 p.m.

A grand opening celebration for Time Out is set for Oct. 17, 4 to 7 p.m. For more information, call 533-3802.

Half-price paintball at Sportsman's Center

Half-Price Paintball Day is scheduled for 10 a.m. to 4 p.m., Saturday at the Sportsman's Center. \$10 covers the cost of the gun, mask, carbon dioxide, field fee and 100 rounds of ammunition. For more information, call 533-7085.



Hunter safety class starts Monday

The Arizona Game and Fish Department will sponsor a Hunters' Education Safety Course beginning Monday at the Sportsman's Center. The class is designed to teach safe handling of firearms and ammunition in the home and in the field, safe hunting habits, proper outdoor manners, outdoor survival, wildlife management techniques and more.

The class is open to all ages and family participation is encouraged. Cost is \$5. The course is required by law for those who are ages 10 to 14 to hunt big game.

For more information, or to sign up, call 533-7085.

Commander's Cup cross country Saturday

The Fort Huachuca Sports and Fitness Division will conduct a 5.6 mile coed intramural cross country race, beginning at 6 a.m., Saturday. This is a major Commander's Cup Sport.

The race will begin and finish at the Sportsman's Center parking lot, on Garden Canyon Road, winding through the desert along the way.

There is no charge for this race. For more information, including eligibility requirements, call 533-5031.

Upcoming tournaments at golf course

The Fort Huachuca Post Championship is scheduled to be held tomorrow and Saturday beginning at 8 a.m. at Mountain View Golf Course.

The Armed Forces Communications Engineering Association Golf Tournament is set to start at 8 a.m., Tuesday.

For more information or to sign up, call 533-7088.

Comedy show set for Oct. 18 at La Hacienda

The 2 Funny Enterprise out of Atlanta will present Def Comedy Jam at 9:30 p.m., Oct. 18 at La Hacienda. The show will feature comedians Smokey Deese, headliner Shaun Jones and will be hosted by "Ice Cream."

Tickets are now on sale at MWR Box Office, Sierra Vista Safeway and La Hacienda. Tickets are \$12 in advance and \$15 at the door. The show features adult entertainment and you must be 18 or older to attend.

Overnight trail ride begins Oct. 18

Saddle up for the annual Helldorado Days overnight trail ride to Tombstone. The ride leaves Buffalo Corral at 6 a.m., Oct. 18. Riders will stay at the Vigilante Hall in Tombstone that night and ride in the Helldorado Days Parade Oct. 19.

The ride is open to intermediate riders 18 and older. Reservations and a \$75 non-refundable deposit are due by close of business Oct. 10, and full payment is due Oct. 16. Deposit should be made in person so that the rider can select a suitable mount and obtain an equipment list.

Cost of the ride is \$175 for authorized MWR patrons and \$195 for civilians. Included in the cost will be two box lunches, a steak dinner and "cowboy" breakfast. Ride is limited to the first 25 people who sign up.

For more information, call the Buffalo Corral at 533-5220.

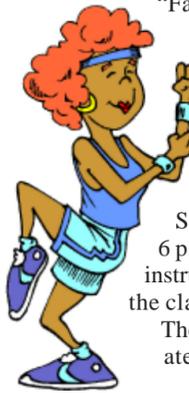
Here's a chance to improve your well-being

The Sports and Fitness branch of MWR offers you the opportunity to burn some calories, improve your physical condition, or just relax and unwind from your day, with the "Fat Burning Workout." But more participants are needed to keep the class going.

The Fat Burning Workout includes Tae-Bo, kickboxing, step/bench, hi-low aerobics and abdominal workout.

The class meets Mondays, Wednesdays and Thursdays in the Stage Room at Barnes Field House, 5 to 6 p.m. Esther Magalong, certified aerobics instructor with 10 years experience, conducts the classes.

The class is taught at beginning, intermediate and advanced levels. Cost is \$36 per month, \$18 for two weeks, or \$5 per class. Everything that you need for the class is provided. You just have to show up. For more details and to register, call Kathy Gray at 533-3180 or 533-503.



Stars of Tomorrow' entertainment contest

The Department of the Army, Community and Family Support Center announces the 2003 "Stars of Tomorrow" entertainment contest. The competition is being co-sponsored by CFSC US Army Entertainment Division and Better Opportunities for Single Soldiers.

This is an individual talent contest for soldiers, to be held Nov. 22 at Wallace Theatre, Fort Belvoir, Va. The contest highlights solo performers and small groups in a competition setting. Eligibility is limited to Active Duty Army personnel only. Exceptions may be granted for members of the Army Reserve or Army National Guard.

Awards will be given to all participants in the contest, plus they will be considered for other USAED programs, including the US Army Soldier Show, USA Express, and BRAVO! Army Theatre Touring Company.

There will be nine categories, including: male vocal solo, female vocal solo, vocal duet, self-accompanied vocal solo, vocal group, instrumental solo, instrumental group, specialty solo and specialty group. The Southwest Region MWR Office may submit two entries in each of the nine competitive categories. Nomination packages need to be forwarded to the SWRO no later than Oct. 20.

For the specifics on the categories, requirements for the packages and more information on the contest in general, call 533-7395.

Tournaments coming up at Desert Lanes

Sign up now for the Nine-Pin No Tap Tournament to be held at 1 p.m., Oct. 11 at Desert Lanes. Entry fee is \$30 per person. Bowl three games on the same lanes. The payout ratio is one to five.

A mixed doubles handicap tournament will be held at 1 p.m., Oct. 18. The entry fee is \$40 per couple. You'll be able to bowl five games across 10 lanes. The payout ratio is one to five for this tournament.

For more information or to sign up for either of these tournaments call Randy Carter at 533-2849.

Lunch buffet at La Hacienda

Every Monday through Friday, 11 a.m. to 1 p.m., La Hacienda offers their lunch buffet, featuring a wide selection of entrees, salad bar and desserts for \$6.50, including beverage.

Be sure to stop in and try the buffet for a quick, delicious lunch.

For more information call 533-7322.

"Lights On Afterschool!" Proclamation

WHEREAS, the citizens of Fort Huachuca stand firmly committed to quality afterschool programs because they:

- Provide a safe, friendly learning environment for our kids that boost their academic achievement;
- Support working families by ensuring that their children are safe and productive after the regular school days ends;
- Build stronger communities by involving our students, parents, business leaders and adult volunteers in the lives of our young people; and
- Encourage families to become more effective partners in their children's education.

WHEREAS, School-Age Services has provided significant leadership in the area of community involvement in the education and well-being of our youth, grounded in the principle that quality afterschool programs are key to helping our children become successful adults; and

WHEREAS, *Lights On Afterschool!*, a national celebration of afterschool programs on October 9, promotes the critical importance of quality afterschool programs in the lives of children, their families and their communities; and

WHEREAS, many afterschool programs across the country are facing funding shortfalls so severe that they are being forced to close their doors and turn off their lights;

THEREFORE BE IT RESOLVED that School-Age Services calls on the citizens of Fort Huachuca on the day of October 9, 2003, to assure that every child has access to a safe, friendly place where the lights are on afterschool; AND BE IT FURTHER RESOLVED that School-Age Services enthusiastically endorses *Lights On Afterschool!* and commits our community to engage in innovative afterschool programs and activities that ensure that the lights stay on and doors stay open after school.

James A. Marks
JAMES A. MARKS
Major General, USA
Commanding

Army's Hot Rod racers visit Pentagon

BY PFC. JAMES CORNWELL
ARMY NEWS SERVICE

The Army's National Hot Rod Association drivers took the time to slow down and reflect on their nation's heritage during a visit to the Pentagon and Arlington National Cemetery Sept. 16.

Angelle Savoie and Antron Brown, Army Pro Stock Bike riders, and Tony Schumacher, Army Top Fuel driver, visited the nation's capital in a trip arranged by U.S. Army Recruiting Command, their race team's sponsor.

Savoie also took part in a wreath-laying ceremony at the Tomb of the Unknowns at Arlington National Cemetery.

"When we laid the wreath on the altar, my bottom lip was trembling, but when he (the bugler) started playing that music ("Taps"), I lost it. All I kept thinking was, 'what an honor for me to be able to do this.'" Savoie said.

Schumacher, an NHRA driver since 1988, joined the Army team four years ago. Savoie and Brown joined the team just two months ago. All agree that having the Army for a sponsor is different from any they've had before.

"I don't represent a battery company anymore; I don't represent a tool company; I don't represent a beverage or a beer company. I represent freedom, and how do you beat that? You can't," said Schumacher.

Brown was also adamant about the quality of his sponsor. His father has been in the Army for more than 26 years.

"I talk to people about morals that I was brought up with - my dad's been doing it for over 26 years," he said.

"I always grew up with those same values - loyalty, duty, respect, selfless service, honor, integrity, personal courage — every single one of those is a family value that I grew

up with," said Brown.

"The cool part about it is, I'm not going out trying to sell something to people, I'm trying to give back to people what I got my whole life growing up. They come and they look up to you as a role model. You give them something that they can stand for. It's given me a whole different outlook. When I see them I just want to go up to the service members and thank them all the time. A lot of people take [America] for granted. Every chance I get when I'm at the racetrack and I see young kids come up to me I push the [Army]," Brown said.

Savoie's fan base exemplifies how having the Army as a sponsor is different. "Angelle's

Army" has existed for a large part of her racing career, but now its website includes a message to her sponsor: "To all veterans who served for our country, we thank you for your efforts for ensuring our future and our freedom. We are grateful to have such men and women, dedicated and brave, fighting for our country."

Savoie, who's been racing motorcycles since she was 6, said it feels good to have the support of the service members that come out to the races and know they're proud of what she and her team are doing.

While touring the Pentagon, Brown and Savoie signed the guestbook at the Sept. 11

memorial, which was the most emotional part of the tour for Savoie, she said.

Savoie said she also found the tour educational: "I learned more today than I did throughout my 12 years of schooling. I can't wait to tell my goddaughter about that stuff so that when she goes to school she can tell the teacher the stuff that they never taught us," she said, referring to such tidbits as Thomas Jefferson paying a painter to put his foot on top of John Adams' in one of the paintings featured on the tour.

Savoie and Brown are third and fourth, respectively, in the NHRA Pro Stock Bike points standings, and Schumacher is fourth in the NHRA Top Fuel points race.

Brown has finished in the top four in the points standings for four straight years and has 10 career event wins.

Savoie is the winningest female in NHRA history and won the 2000 and 2001 NHRA Pro Stock Bike World Championships. She also holds the fastest Pro Stock Bike elapsed time record at 7.049 seconds for the quarter mile. She won seven pro stock bike events in 2001 and in 2002 became only the second rider ever to win three straight events. She has won 31 events in her career.

Schumacher, known as "The Sarge" by NHRA fans, set the fastest elapsed time in NHRA Top Fuel history this year with a 4.465-second quarter-mile run. He has nine career event wins and has finished in the top 10 in points three times, including 2002 when he finished third.

You can keep track of the Army's drivers at www.nhra.com.



Photo by Pfc. James Cornwell

Army Top Fuel driver Tony Schumacher and Pro Stock bike riders Antron Brown and Angelle Savoie sign autographs outside the Pentagon after taking a tour of the building Sept. 16.

STRENGTH, from B6

the same exposure to learning and practice.

Strength training needs are basically the same and there is no reason to advocate different training techniques. Research shows that active females possess a better state of health than those who are inactive.

Children, strength training

Children under 12 would be best to use free body exercises and developmental activities to develop strength. The most important type of strength in youth is relative strength; having sufficient strength to efficiently move one's bodyweight.

At about 12, most youth are capable of light to moderate strength training with free weights or machines. Exercises should be taught properly with no emphasis on "how much I can lift."

It is important to use a full range of motion on each exercise to properly move each joint, improve flexibility and develop basic strength. Under no circumstances should heavy weight loads be attempted until physical maturity is reached.

With childhood obesity at near epidemic proportions in this country, teaching our youth the value of physical activity in their lives and having them actively participate can lead to more healthy and productive lifestyles. The best way for parents and adults to get the message across is to lead by example.

Adults, strength training

All adults can benefit from building strength or a strength maintenance program. Individual strength requirements are often based upon one's occupation and recreational pursuits. In other words, they are dictated by need. Adult life rarely calls for the lifting of extremely heavy weight

loads.

A former professional football strength coach states that, in his opinion, the only people who need to lift heavy were athletes still in competition and competitors in weight lifting. He advised players when their careers were over to use light to moderate resistance.

Lifting heavy weights over a prolonged period of time can cause impairment or damage to the joints of the body. Another factor is to perform each exercise at a full range of motion. Doing such helps prevent muscle injury and improves flexibility. Some adults are concerned about becoming "muscle-bound." The term itself denotes a lack of flexibility and functional movement, not overlapping muscles from exercise.

A question often asked is which is better to use, free weights or strength machines. The answer is that both are good and will benefit strength development. Often it is a personal preference and availability.

The difference is that free weights require balance and coordination and utilize more muscle groups in performance known as guiding muscles and stabilizers.

Athletes in training may benefit more from free weights. Military personnel who move and carry heavy loads would also benefit.

For the average adult, strength machines will fit nicely into strength development and maintenance; and don't forget free body exercises such as pull-ups/chin-ups, push-ups and bar dips to round out your exercise program.

Specific strength exercises and various types of training programs will appear in a future article.

At the library

Hardcover fiction

1. Bleachers, by John Grisham
2. The Da Vinci Code, by Dan Brown Brooks
3. The Wedding, by Nicholas Sparks
4. Remember When, by Nora Roberts
5. The Teeth Of The Tiger, by Tom Clancy

Hardcover nonfiction

1. Lies, by Al Franken
2. Madam Secretary, by Madeleine Albright
3. The Great Unraveling, by Paul Krugman
4. Benjamin Franklin, by Walter Isaacson
5. Three Weeks In October, by Charles A. Moose

Paperback fiction

1. No One To Trust, by Iris Johansen
2. Imitation In Death, by J. D. Robb
3. The Secret Life Of Bees, by Sue Monk Kidd
4. The Crush, by Sandra Brown
5. Angels & Demons, by Dan Brown

Paperback nonfiction

1. Seabiscuit, by Laura Hillenbrand
2. Under The Tuscan Sun, by Frances Mayes
3. Longitudes And Attitudes, by Thomas L. Friedman
4. Bringing Down The House, by Ben Mezrich
5. Slander, by Ann Coulter

PLANE, from Page B2

Hyde, who is also a consultant to radio control companies and manufacturers, is now on a leave of absence from the Fort Huachuca program, where he has instructed soldiers on the UAV Hunter and the Shadow programs.

He called the Army's UAV program "outstanding."

Successfully getting a UAV airborne, and landing it, is not a skill that everybody can learn, Hyde said.

In fact, he said, it's so difficult that a soldier may opt out of the program, without repercussions.

McMurtry said when it comes to basic flying characteristics, UAV and model airplanes are almost the same, but military UAV procedures are far more structured.

McMurtry, a UAV instructor at Fort Huachuca for almost four years, started flying model airplanes in 1992 — although his love of flying dates back to his boyhood

in Oklahoma.

Like Hyde, he has placed in major shows and has also been a national champion in three different classes of model airplane flying four times during his career.

McMurtry, who now instructs pilots for the Army's Shadow program, first worked on the Pioneer program.

Mark Farrar, director of the UAV training at Fort Huachuca, said his program requires "the best of the best" of model airplane pilots.

"The airplanes they're entrusted with cost \$1 million," Farrar said. "They have to understand exactly how a plane works and aerodynamics."

Anyone who's interested in how model airplanes work can join the Mesquite Modelers club. Members fly on Saturday mornings at Bowlin Air Field, located off Charleston Boulevard.

Starting today, the Tucson Aerobatic Shootout model airplane competition will be held through Sunday at the

Modelplex Park in Tucson.



Photo by Elizabeth Harlan

Hyde watches as his daughter, Tiffany, 5, as she flies a smaller version on his plane.

Time out briefs

Gardening workshop

The Fort Huachuca Post Exchange and Water Wise and Energy Smart are giving a gardening workshop on Saturday. The workshop will be held at the Fort Huachuca Garden Shop, Building 52048 from noon to 3 p.m. The workshop will teach what plants are available and best for planting in the fall, what types of ground cover are recommended for the desert climate, and which plants are drought tolerant, as well as tips for water usage and conservation. There is no charge for the workshop.



New worship service

A new worship service starts Sunday at Prosser Village Chapel at 11 a.m. All the services on Fort Huachuca are contemporary services, but this service is not contemporary. It fits the description "liturgical." Many Protestant denominations understand the word "liturgical" to mean, an old-fashioned service that you might see at a Methodist, Episcopalian, Lutheran or Presbyterian Church.

"Liturgical" really means "a work of the people." Everything we do is liturgical. Following this logic every church service is liturgical. But the service we are beginning is special. We will read four readings from the bible every Sunday. We will sing hymns and carols of the Church Year along with praise songs. We will celebrate the Lord's Supper every week. And we'll get it all done in less than an hour.

Come join in our worship on Sunday.

Graham County Fair

The 77th annual Graham County Fair in Safford will be held Oct. 9 through 12. The fair will take place at the Graham County fairgrounds at 527 E. Armory Rd.

One of the areas biggest events, the fair features a full scale carnival with rides, games, drawings and food along with cash prize contests like a three legged race, a diaper derby, a horseshoe tournament.

For more information about the Graham County Fair of other events in the area call the Graham County Chamber of Commerce at 928-428-2511 or visit the Web site at www.visitgrahamcounty.com.

Gem and Mineral Show

The Huachuca Mineral and Gem Club presents the 29th annual Gem and Mineral Show Oct. 10 through 12. The show will be at the Cochise College campus, 901 N. Colombo, Sierra Vista. Admission and parking are both free. Hours of the show will be noon to 5 p.m. on Friday, 9 a.m. to 6 p.m. on Saturday and 9 a.m. to 4 p.m. on Sunday. For

more information, call Don Thomson, 458-1507.

Cars in the park

The Sierra Vista Car Club is holding its 16th annual Cars in the Park on Oct. 11 at Veteran's Memorial Park. Hundreds of car and truck enthusiasts come from throughout Arizona and surrounding states to participate in this open show.

On Oct. 10th, there will be a cruise with 50's music at The Diner on Highway 92 in Sierra Vista beginning at 5 p.m. All are welcome, and those that have pre-registered their vehicles may pick up their registration packets that night.

Vehicles registered on or before Friday pay a \$20 registration fee. Those that register from Saturday through the day of the show will pay \$30. The fee includes a "goodie bag," an event T-shirt and dash plaque for the first 300 registered vehicles. Registration is from 8 to 10 a.m., with the awards presentation scheduled for 3 p.m. There is no admission fee for spectators.

There will be fun for the whole family, with food and various other vendors, a free model car contest, a live KKYZ radio broadcast, oldies music by DJ John, pin stripping by Andy Loomis of Scottsdale, a 50/50 drawing, and door prizes for registered participants.

For more information, visit the club's Web site at www.sierravistacarclub.org, or phone Leo at 378-3096.

October exhibits at library

Continuing its monthly exhibits of work by local artists, the Fort Huachuca Main Library is displaying the drawings and paintings of Michele Myers during October. Her Native American heritage drew Myers to include drawings of 106 kachina dolls from five different tribes. She does pencil sketches, oil, acrylic and watercolor paintings and also works with charcoal, markers and pen.

The bright colors of some of her works are a major feature of the display. Born and raised in Las Vegas, Nev., she is the fourth of 10 children.

She grew up loving the Southwest. After an accident limited her physical activities, she began her artwork at age 10.

The Fort Huachuca Main Library is open from 10:30 a.m. to 6:30 p.m. Monday through Friday. Visitors from off post are welcome to visit the Main Library at the corner of Smith Avenue and Arizona Street, down the street from the Burger King and next to the Main Post Chapel. Visitor passes at the



Main Gate are available with proof of insurance, driver's license and vehicle registration. For more information and directions to the library call 533-3041.

Firewise workshop

Communities throughout Arizona are working together to better defend themselves against wildfires. Learn how to be part of the "Firewise" movement at a day long workshop in Tucson on Oct. 16. The Arizona Firewise Communities 2003 Workshop will take place at the Tucson Convention Center 205 South Church Ave.



The workshop will run from 8 a.m. to 4:45 p.m. It is designed for homeowners associations, city and county planners and building departments, developers, lending institutions, architects, contractors, building material suppliers, landscapers, nursery representatives, realtors, insurance representatives, educators, local fire departments, emergency service providers, and members of the law enforcement community. There will be speakers, exhibits, vendors, giveaways, and much, much more.

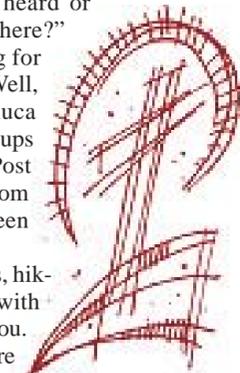
There is no registration fee for this workshop. Registration is limited to 400 participants. To obtain an application over the internet, visit www.firewise.org. Click on "EVENTS," "October" and "Firewise Communities 2003." Click on the link on that site to obtain a printable registration form.

For more information, call Art Elek at (520) 281-2296

Fort Chapel Teen Groups

How many times have you heard or thought, "There's nothing to do here?" How long have you been waiting for something cool to come along? Well, wait no longer. The Fort Huachuca Teen Groups are here. The groups meet on Sundays at the Main Post Chapel; high school teen group from 6-8 p.m., and the middle school teen group from 4-5 p.m.

So, if you like paintball, sports, hiking, fishing and just hanging out with friends, then this is the group for you. Come join us this week. For more information call Mike DeRienzo, director of youth ministry at 227-6059.



At the movies

Showing at the Cochise Theater for the next week are:

Today	
Grind	7 p.m.
PG-13	
Friday	
Freddy vs. Jason	7 p.m.
R	
Saturday	
S.W.A.T	7 p.m.
PG-13	
Sunday	
Open Range	2 p.m.
R	

Thursday movies are 99 cents; all other showings are \$3 for adults, \$1.50 for children

Pets of the week



Diablo is my name, and I hope to show you how much of an angel I can be. If you hurry and adopt me I will show that my name is just a name. I hope to see you soon.



Hi my name is Harley. I am an adult mix breed of nothing but friendship. I would love to come to your house and stay forever. You can make this a reality for \$42. So, come down today.



Oswald is my name, and I think that I have some of the sweetest green-yellow eyes that you will ever see. If you adopt me you can see them everyday. So what is taking you so long?



Cookie is my name, and I am a very rare breed of dog. I am a Mexican hairless. I am a sweet wonderful dog full of great love and devotion just for you and your family.

The winding road

BY TERRALISSA LEE

USAIC & FH PUBLIC AFFAIRS OFFICE

The Sierra Vista Huachuca Art Association is sponsoring the annual Art in the Park this weekend at Veterans' Memorial Park. This two-day event is one of the finest art fairs in the Southwest. More than 200 artists from all over the United States come to Art in the Park to display and sell their wares. It is one of the largest outdoor festivals in southern Arizona and it's estimated that up to 35,000 people visit the event. Admission is free and the festival runs from 9 a.m. to 6 p.m. on Saturday and from 9 a.m. to 4 p.m. on Sunday.

Every application from the artists is screened and juried into the show by a three to five member jury, so you know you're getting the best. This year's fair has 64 new artists along with the traditional favorites that have been setting up at the show for many years.

The booths include paintings, prints, stained glass, gourmet food, jewelry, toys, Christmas ornaments, clothing, and much more. Art in the Park has every type of art you can think of, and then some. Be sure to bring your checkbook. You'll wish you were rich, but there's something for every budget.

This weekend is also the 29th annual gem and mineral show at the Cochise College campus. This year's theme is "a rock rustler's dream" and features gems, jewelry, mineral specimens, books, fossils, equipment, lapidary supplies, field trips, educational displays and live demonstrations.

Admission and parking are free. Hours of operation are noon to 5 p.m. on Friday, 9 a.m. to 6 p.m. on Saturday and 9 a.m. to 4 p.m. on Sunday. For more information, contact Mr. Thomson at 458-1507 or Mr. Anderson at 456-9202.

This year's Bisbee Stair Climb will be held on Oct. 18, and registration forms are due by Oct. 6. For a printable application, go to <http://www.bisbeestairclimb.org>.

The Bisbee Stair Climb challenges participants to run, walk and climb 1,034 stairs on a 5 kilometer course. Proceeds from the race are used to repair stairs and stairways in Old Bisbee, many of which were built around 1900.

The course is tough, but the views of the mountains and historical buildings are excellent. Four music stations, as well as numerous water stations, are set up along the course to inspire the contestants. So register today; it's a great way to spend a Saturday morning and support a wonderful cause.

Rex Allen Days runs today through Sunday Willcox, Ari-

zona. Rex Allen was born and raised in Willcox. Rex left Willcox in the early 1940s and found fame in music, movies and television. He is one of only a few silver screen cowboys who actually came from a cattle ranching background. He learned to ride almost as soon as he could walk and helped with the livestock and ranch chores before and after school. He never forgot his roots and the town never forgot him. Since 1951, Willcox has held an annual Rex Allen Days celebration, with parades, rodeos and stage shows.

During Rex Allen Days in 1989, Willcox opened the Rex Allen Arizona Cowboy Museum. The first half of the museum illustrates the life history of Rex Allen and the second half of the museum contains the Willcox Cowboy Hall of Fame.

Some of Saturday's events include a golf tournament, music and film festival, carnival, softball tournament, country fair, rodeo, turtle race, and dining at the Elk's Lodge followed by dancing to music provided by Sierra Vista's own Cheyenne, playing new and classic country and classic rock and blues.

For more information call the Willcox Chamber of Commerce and Agriculture at 384-2272.

Whatever you choose to do this weekend, have fun! I can be reached by e-mail at terralissa.lee@us.army.mil.

COMMAND INFORMATION SURVEY

The Public Affairs Office wants to know how well you are able to get timely, up-to-date information on events and activities affecting the fort's community. Your assistance is requested to help us with getting the word out on a routine basis by completing the survey below and returning it to the USAG Public Affairs Office, Bldg. 21115, ATZS-PA, no later than Oct. 25.

DIRECTIONS: Unless otherwise instructed, circle the response that best describes your views.

- Please select the answer that best describes your status.
 - Service member
 - Family member
 - Civilian or contract employee
 - Retiree
- If you (or your spouse) are a service member, please help us further identify the demographics of people being surveyed by selecting your pay grade.
 - 04 to 06, or CW4 to CW5
 - 01-03
 - WO1 to CW3
 - E7 to E9
 - E5 to E6
 - E1 to E4
 - Other
- Please select the answer that best describes your (or your spouse's) organization/employment status on Fort Huachuca.
 - Student
 - Instructor/cadre
 - Tenant activity
 - Other (post support, directorate, etc.)

In the past six months, have you used the following sources to obtain information about Fort Huachuca:

- Chain of command, directors, leaders?
 - Yes
 - No
 - Some
- Sierra Vista area radio stations?
 - Yes
 - No
 - Some
 - Cannot get local radio stations where I live
- Local (off-post) newspapers?
 - Yes
 - No
 - Some
- Fort Huachuca Commanders Access Channel (CAC), Cox Cable 97?
 - Yes
 - No
 - Some
 - Cannot get the Commander's Access Channel where I live
- Did you watch the last live town hall meeting (Aug. 27) on the Commander's Access Channel?
 - Don't get the CAC, so didn't watch
 - Do get the CAC, and watched the town hall meeting.
 - Do get the CAC, but didn't watch the town hall, because _____
- The Fort Huachuca Scout?
 - Yes
 - No
 - Some
- The Fort Huachuca Web site (huachuca-www.army.mil)?
 - Yes
 - No
 - Some
- Family Readiness Groups?
 - Yes
 - No
 - Some
- Other sources. Please specify _____
 - Yes
 - No
 - Some
- In the past six months, do you think you have been adequately informed of: force protection measures, post happenings, events affecting Fort Huachuca, etc.?
 - Yes
 - No
 - Some
- Please provide any additional comments you may have about how information is disseminated on Fort Huachuca.

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Return to:
 FORT HUACHUCA PUBLIC AFFAIRS OFFICE
 ATZS-PA
 3015 CARNAHAN STREET, BLDG. 21115
 FORT HUACHUCA, AZ 85613-7027

MWR, from Page B1

1940s era LakeSide Activities Centre, according to Valle.

"We're going to take the operations that we have there, such as catering and move them to La Hacienda," said Valle. "But we are going to renovate La Hacienda before we do that."

"While La Hacienda is undergoing renovations, MWR will relocate the bingo program to the LakeSide ballroom, where it will stay," added Valle.

The changes free La Hacienda for two major missions: continue the lunch program and, it will become the main catering facility for the installation.

MWR had an installation wide contest for the renaming of La Hacienda, which ended Tuesday.

"We don't want it to be the same old La Hacienda," said Valle. "We're looking for people to give us names."

"We're projecting that the renovation at La Hacienda is going to take 60-90 days to complete," said Valle.

"Somewhere after the first of the year, we are going to have a temporary operation going at the LakeSide," said Valle.

"During the renovation of La Hacienda the LakeSide will be open for lunch and will have bingo," said Valle. When the renovation is completed the lunch service will return to La Hacienda. At that time the catering function will move there.

The LakeSide won't close until La Hacienda renovations and renaming is complete.

Valle hopes that by moving all the catering to the newly renovated La Hacienda and closer to the gate MWR can give better assurances to clients hoping to use the facilities,

and that increased force protection won't interfere with access to the club.

LakeSide will be converted into Army Lodging headquarters after early 2004, according to Valle.

MWR will then take the front desk operations from Army Lodging and all their administrative offices and relocate them to the renovated LakeSide facility, said Valle.

"We're going to keep bingo in the ballroom," said Valle. "but the rest of the facility will belong to Army Lodging."

"We're going to try to find a place to put a consolidated fitness room," said Valle.

Currently a significant number of rooms in Army Lodging are occupied as non-useable, non-rentable space, but used for admin offices, said Valle.

With the renovation an additional 20 rooms will be brought online for lodging use, said Valle. This represents about \$300,000 worth of revenue a year that we are losing. So, it's pretty significant."

Across the post at Mountain View Golf Course, MWR is working on renovation of the bathrooms at the 19th hole and expanding the food program.

Right now we just have a cold sandwiches and maybe some hotdogs at the MVGC snack area, said Valle.

"We're going to look at possibly contracting that out to a food vendor and see if we can get a real nice food program down there," said Valle.

Another part of transition in progress is the irrigation system renovation at the MVGC, said Valle. The goals for MVGC are reduce water usage and irrigation, while giving the course a higher-caliber playability as a desert

type golf course.

MWR also opened a new maintenance facility at MVGC in August.

By having a more attractive playing surface at MVGC, we will attract more golfers and enhance revenue, added Valle.

"We're making tremendous progress, we are looking for completion sometime in June, 2004," said Valle.

The main ideas behind the MWR's transformation program are designed to generate more revenue and create the capability for some facilities where we didn't have them before, said Valle.

Congress has mandated MWR food, beverage and entertainment facilities be financially self-supporting.

The next major aspect of the transformation is the proposed development of recreation facilities in the Wilcox Gate area. Before that project can begin an Environmental Assessment must be done according to the National Environmental Policy Act of 1969.

Army Regulation 200-2 (CFR 651), Environmental Effects of Army Actions and 40 CFR 1500-1508 provide guidance on how the Army will comply with this federal law that requires a determination on the potential environmental impacts of a proposed federal action.

NEPA applies, according to Gretchen Kent, installation NEPA coordinator, during the decision-making process, but before the decision is made, on any new action or when planning "major" changes on any existing action, whenever one or more of the following apply: federal funds will be spent; other federal resources will be used; any action is on federal property.

"The proposed Wilcox Gate development, includes planning for and funding a business complex out by the Mountain View Golf Course," said Valle. "We would like to eventually develop a business complex, which would entail some sort of a consolidated community club, and a bowling center."

"We can't get into the actual drawings, the specifics and everything that we're going to develop until we pick the site and conduct an environmental assessment, said Valle.

It is subject to all of that, before we can take step one, the planning process.

"That is our vision," said Valle.

Col. Lawrence Portouw, garrison commander, has approved funding to conduct the EA, added Valle.

"The site we would like is near the Mountain View Golf Course," said Valle. "If the complex does reach the planning and then construction phase, the facility would be accessible by on-and-off post patrons."

"The current parking lot at the golf course would be on-post parking, and people can walk to the new facilities from on post. If we build a complex there, we'll also need a new parking lot for off-post patrons. We would have a wall there to separate the two parking areas so car traffic would not be able to get on post there."

Speaking in general terms about the entire MWR transformation, Valle said, "The end state would be more like five to eight years. It is a minimum of five years to construct something like this."

"Every penny generated by MWR at Fort Huachuca is reinvested into the MWR facilities," said Valle. "Because of that, support of MWR facilities by patrons is critical."

Fit for life

BY GEORGE COLFER
CONTRIBUTING WRITER

Since the existence of mankind, muscular strength has been a valued trait in all aspects of life. Strength is also a very important component of health-related fitness.

It is important to one's structure, posture, movement and injury potential. Strength is basic to athletic skill and also affects any performance involving motor skills. Tasks, including daily functions, become easier to perform and are more efficiently performed with strength.

There are various types of strength: dynamic, enduring and relative are three types that require definition. Strength is a measure of external force exerted by a muscle or group of muscles.

Dynamic refers to the amount of external force that can be exerted maximally during a single contraction.

Enduring refers to repetition of high or low intensity work and is synonymous with muscular endurance.

Relative strength is the amount of strength in relation to one's body weight. The importance of relative strength, in regard to health-related fitness lies not in how much you can "lift," but rather in how efficiently you can move the body weight you are carrying.

To totally separate strength and muscular endurance is difficult. They are closely related and should be approached in that manner.

Muscular endurance, previously defined as enduring strength, is the repetition of high or low intensity work that further involves the capacity of a muscle to continue contracting over a period of time.

Muscular endurance is involved in the repetition of aerobic activities, such as running or bicycling. Without muscular endurance of the legs, it would not be possible to sustain these activities for any length of time.

Training for muscular endurance with weight resistance or free body exercises involves high repetition. In fact, these exercises, like developmental activities, must be sustained to near exhaustion for improvement to occur.

Training for strength improvement or maintenance is accomplished by weight resistance exercises, free body exercises and

developmental activities such as gymnastics or dance.

Weight resistance exercises are probably the most efficient way to train as far as time and development are concerned.

Strength training should be performed at least two to four times weekly on alternate days.

Weight resistance exercises require more recovery time, while free body exercises and developmental activities should be performed to near exhaustion for any strength development and maintenance of muscular endurance.

Three principles, overload, progressive resistance and specificity, must be applied to any type of strength training in order to produce a training effect.

These three principles state that you must overload the muscles, progressively increase the overload, and exercise the specific muscle or muscle group you want to develop in order to increase strength.

Strength will aid in improving motor skills, but will not automatically transfer improvements from one activity to another. Strength training will not effectively produce or maintain a high level of cardiovascular fitness and should not be considered a substitute for such. However, strength training is very compatible with cardiovascular fitness training modes and can easily be integrated to offer a well-rounded fitness program.

Most fitness tests, including those in the mili-

tary such as timed push-ups and sit-ups, test muscular endurance. Pull-ups [U.S. Marine Corps] would be more a measure of relative strength while timed runs would measure cardiovascular fitness and muscular endurance of the lower body (upper and lower leg and hip muscles).

Strength training has its own vocabulary. Knowledge of the following terminology is basic to beginning a strength program.

Isotonic – muscular contraction with force exerted against a movable object.

Concentric contraction – a muscular contraction in which there is a decrease in the length of the muscle fibers involved. It is also referred to as positive work. The muscle fibers move from a lengthened position to a shortened position against the resistance. Most strength training exercises are performed by concentric contraction.

Eccentric contraction – a muscular contraction in which there is an increase in the length of the muscle fibers involved. It is also referred to as negative work. The muscle fibers gradually move from a shortened position to a lengthened position against the resistance. Eccentric contraction has shown benefits in increasing flexibility.

Set – a designated number of repetitions performed consecutively.

Repetition – each complete movement of the designated exercise within a set.

Set system – a training system in which each exercise is performed in consecutive sets to the

completion of the exercise. The number of repetitions within each set as well as the resistance can vary.

Circuit training – a training system in which a combination of exercises are performed consecutively for a designated number of repetitions or length of time. The circuit may be repeated or designed to be a complete workout.

Resistance/weight load – the amount of weight that a person is lifting for each specific exercise.

Rest interval – the amount of time taken between exercises, circuits or sets for recovery purposes.

Starting weight - the weight load or resistance that a person uses in the beginning of an exercise. Experimentation and trial and error are sometimes the best in establishing starting weight. However, as a suggestion for an adult of normal bodyweight in good health, use 40 or 50 percent of bodyweight for large muscles exercises such as bench press, leg press and barbell squat.

For smaller muscles exercises, such as arm curl, seated press and pullover, use 25 to 35 percent of bodyweight. Make adjustments as to your present strength and fitness levels.

Breathing – There is much controversy about how to breathe during strength training. A general rule to follow is to inhale on the pulling phase and exhale on the pushing phase of each repetition of an exercise.

Do not hold your breath during any phase of strength training. Excessive deep breathing and breath holding can cause dizziness, nausea or fainting if hyperventilation occurs.

Example A: Bench press - Exhale as you push the weight up and inhale as you lower (pull) the weight load.

Example B: Seated rowing – Inhale as you pull the weight load to your body and exhale as you return to the starting position (push).

Women, strength training

Strength can be developed in females at the same ratio as males. Females are perfectly capable of performing strenuous activity and there is basically no difference between the genders regarding strength, skill and endurance in proportion to total bodyweight, lean bodyweight and

See **STRENGTH**, Page B4



Photo by Elizabeth Harlan

Brian Makeouich weight trains at Barnes Field House