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Photo by Elizabeth Harlan

Deck the house

The holiday season brings out creativity in homeowners when they express themselves with lights. Spc. Lew Jordan, of the 18th Military Police Detachment whose brightly colored house is located at 184 Jeffords says that if he irons his uniform, turns on the heat gun to do his boots or tries to vacuum all the fuses blow and the whole house goes dark. Jordan's goal is to have more lights than anyone else. Troy Morris, Chief, Engineering Plans and Services Division of Directorate of Installation Support says "Please remember that Christmas lighting should not be turned on before dusk and must be turned off by 10 p.m. Although there is no limit to lighting we ask that you use discretion with energy conservation in mind."

Band busy 'making spirits bright'

BY KAREN WEIL
THE SCOUT STAFF

If you want the 36th Army Band to play your venue next Christmas season, it might be wise to make a request early in the year.

That's because the band is very, very busy "making spirits bright" this month.

How busy? Well, the weekend before last the band played in Tuba City, Ariz., near the Grand Canyon, at an event for the Fort Huachuca Tour of Homes, during the Sierra Vista Holiday Parade and at an American Legion holiday ball.

"Sometimes, they're spread all over the place," said Chief Warrant Officer Gary W. Dorrell, who acts as the band's commander and bandmaster.

The 38-member band — all of whom are trained musicians — is preparing for its annual holiday concert this Monday at the Buena High School Performing Arts Center.

The holiday season is the band's busiest time (the summer ranks second) for obvious reasons. So far, the band is booked for

20 events.

"We only take two breaks during the year," Dorrell said. "It's a great job." While the 36th Army Band's enlisted members are pros, it still takes lots of work and practice to ensure a great show.

Just last month, Dorrell said, the band was up in Tucson, playing patriotic tunes. "All of a sudden, it's December," he added. "We kind of jump through hoops to get the music prepared. Sometimes, it's on short notice. We have so many things going on, it's hard to [find time] to rehearse.

"My philosophy is that you should be able to prepare a concert in two weeks," he added.

By the time the holiday season is through, most have heard more than their share of tunes. Even some band members can get sick of playing that yuletide staple "Jingle Bells," for instance, one too many times.

Dorrell said, he tries to keep things fresh for both the audience and the 36th Army Band by offering a varied line-up of secular and religious holiday music at concerts.

For example, at Monday's concert, two of the planned songs

are "Rhapsody for Hanukkah," along with "Celtic Carol" and "The Most Wonderful Time of the Year."

"We don't favor one [song] over the another," Dorrell said.

Spc. Stephen Aiton, who plays bass trombone with the band, said one time some band members were out caroling, and because of the types instruments they had, the songs had a Dixieland-style flair to them.

Aiton said that the band offers unusual fare, like Russian Christmas music.

"We always look forward to the more difficult pieces," added Aiton, who has been playing in Army bands for four years.

Dorrell and his colleagues also try to put some pizzazz into how the songs are introduced to an audience.

A few years ago, the band's narrator pretended to be an old-time radio host. Last year, the spouses of band members introduced songs as part of a "mini-play" involving family.

This year's theme is "Holiday Tales and Traditions." Dorrell's wife, Paula, will introduce songs by telling a story about each one.

The band may be working hard this year, but Dorrell said it's hard not to get into the holiday spirit while performing.

Everyday safety stressed at stables during hunting season

BY SGT. KRISTI T. JAEGER
SCOUT STAFF

It's time to break out the camouflage and load the guns. Opening day of hunting season on Fort Huachuca is near.

With hunting season starting Friday, safety while participating in outdoor activities must be stressed. One such place where this is a very important issue to address is the Buffalo Corral Riding Stables.

With hunting season around the corner, the corral takes precautions to prevent incidents occurring while people are out riding.

"We call the sportsman center daily to see what areas are being hunted," said Debra Wilson, animal caretaker at the corral.

The riders are given safety briefings prior to going out on the trails, said Wilson. They are advised to wear bright colors and watch out for hunters, who should

be wearing something bright as well. Riders are also directed to stay out of the areas which are being hunted, she said.

Areas directly behind the corral are not typically hunted, nor areas around the arena, said Wilson. All in all, riders don't usually go into the areas where hunters hunt, she said.

Riders are given a safety briefing prior to going out, to include the nature of the individual horse they will be riding, Wilson said.

The corral, located off Canelo road, offers several varieties of riding. The public can partake in trail rides, open riding, riding lessons, overnight rides, holiday rides and lead rounds. The corral is also available for birthday parties and horse leasing. Prices range for children and adults depending on the individual's choice of riding.

The corral has an average of two to four trail rides per week-

end, Wilson said.

The size of riding groups vary from an average of 15 to 25 horses on the trail rides, said Wilson. They have had as many as 35 out on the trails at one time.

"Riders under 15 must be accompanied by parents or a court appointed guardian, said Wilson. The exception to this rule is on trail rides when staff and corral volunteers are present. Riders over 15 sign a liability release form prior to riding.

Horse patrols go out several times throughout the trail rides to assure no one having problems, said Wilson. The patrols are to ensure riders are following the rules and aren't having difficulties in controlling the horses.

"We try to be as safety conscience as possible," she said.

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



Photo by Elizabeth Harlan

Volunteers and hired "cowboys" help riders of all skill levels. Sgt. Bryan Barrett, with Headquarters and Headquarters Company 111th Military Intelligence Battalion, gives Bones, a 13-year-old Gelding a rest after returning from a patrol to ensure that all riders were safe and following the rules.

Clay time

MWR Arts center offers an array of classes for all ages

BYSGT. KRISTIT. JAEGER
SCOUT STAFF

Little hands making big messes were part of the clay ornament class Saturday at the MWR Arts Center.

Clay ornaments (play with clay) was the fifth of eight art classes in the "Little Hands" children's arts and crafts program.

The program, geared towards children 5 to 12, began Nov. 1 with pottery (coiled clay pots). Watercolor, hand and feet turkey, turkey wreath and leather bracelets are among the classes which have already taken place.

Remaining classes include bead key chain, candle holder and menorah and New Year noisemakers. The price is \$6 per class, \$10 for two classes.

Leather crafts

Beginning January, the arts center will be offering classes in leather tooling in order to create made-to-order leather leashes, harnesses and collars for dogs and cats. Levels taught will be introductory, beginners and advanced. Prices vary from \$25 to \$55 depending on the size of the pet. The classes consist of four sessions from 6 to 8 p.m.

Framing, matting

A basic framing and matting class is also being offered at the arts center, materials included. Price for the class is \$50.

Cake decorating

Cake design is another craft being taught at the arts center. Design for beginners will teach students how to prepare and frost a baked cake, make and work with butter cream and royal icing, use different color techniques and make borders, flowers and lettering.

Design is taught for both kids and adults. Students must provide their own cakes, icing and necessary equipment. The arts center will provide those interested with a supply list prior to class.

The Art Center is located at the corner of Hatfield and Arizona in Building 52008. Hours of operation are Tuesday, Wednesday and Thursday from noon to 8 p.m. and Friday and Saturday from 9 a.m. to 5 p.m. The center is closed on Sunday and Monday.

For more information on any of the classes above, call the MWR Arts Center at 533-2015.



Photos by Elizabeth Harlan

Steven Wilson, 5 carefully works on his second ornament in Saturdays class. Children made many different designs to take home and share with family and friends.



Rachel Heineman, 3 inspects all the tools that were used for making the ornaments. Shapes such as trees hearts and stars were popular with the children.



Zachary Ott, 5 makes a jet out of his clay and adds the finishing touch with a few bright colors.



Kelli Heinemann works along side her daughter as the class lets their creativity flow.



Cutting out the shape takes a lot of concentration and a steady hand.



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

Caroling Hay Ride

Come join Buffalo Corral and celebrate the holiday season with a caroling hay ride, 6 - 8 p.m., Dec. 18.

The ride (which is pulled by a truck) will leave from LakeSide Activity Centre and ride through the surrounding housing areas and back to LakeSide. There will be hot cider and soup, after the ride. The ride will last approximately two hours and is open to all ages.

The cost is \$10 per person, 12 and up, and \$7.50 for children, 6 - 11. You can also get a family rate, for two adults and two children, 6 - 15, for \$35.

Reservations must be made by close of business Tuesday. Call 533-5220 for more information or reservations.

Register now for youth basketball, get discount

Registration for the youth sports basketball program is in progress and closes Jan. 3. The program is open to all Child and Youth Services registered youth, 5 - 15.

There will be five coed age divisions, including PeeWee, 5 and 6; Mighty Mite, 7 and 8; Bantam, 9 and 10; Junior, 11 and 12; and Senior, 13-15.

In order to participate in the basketball program, youth must be registered CYS members. For CYS registration information, call 533-0738 or 533-8437.

Cost to register for the basketball program is \$35 for the first child, \$25 for a second child, or \$75 maximum family fee.

Youth Services is offering an "early bird" special. Register before Dec. 24 and receive a \$5 discount on each registration.

A holiday special is also being offered. For all those registering by Jan. 3, payment can be delayed until Feb. 6. (The delayed payment plan doesn't qualify for the early bird registration special.)

For more information, or to register, call Youth Services at 533-3205 or stop by Building 49013 on Cushing Street, across from Smith Middle School.

Volunteer coaches to assist in the Youth Basketball Program are needed. If you are interested in helping, call the Youth Center Sports Office at 533-8168.

Save on merchandise at Sportsman's Center

Looking for a gift for the hunter in your family? The Sportsman's Center can help with that task and save you money at the same time.

Dec. 20, starting at 10 a.m., the Sportsman's Center will hold its annual Christmas Blowout Sale, with many items selling for 10 percent off regular price. Some of the items available include rifle, gun and pistol cases, sportsman game cleaning kits and earmuffs or eye-wear combo packs.

For more information, call 533-7085.

December at Desert Lanes

A Singles Scratch Tournament will be held Saturday, at 1 p.m., at Desert Lanes. Entry fee is \$40 and payout ratio is one to eight.

Kids' Day will be Dec. 22 and 29, noon - 4 p.m. at Desert Lanes. School-age kids can bowl for \$1 per game and \$1 shoe rental. Family Day will be Dec. 26 with bowling for \$1.50 per game and \$1 shoe rental. For more information, call Randy Carter at 533-2849.

Time Out offers NFL Sunday Ticket

Why not stop in this Sunday and enjoy the NFL Sunday Ticket at Time Out? There are six regular TVs plus a big screen, so seven different games can be shown simultaneously. Time Out, located across from Barnes Field House, is open 10 a.m. - 5 p.m. Sundays.

Hunters' Banquet set for Saturday

The Sportsman's Center will host the annual Hunters' Banquet Saturday, with social hour beginning at 6 p.m. and dinner at 7 p.m. Hunter's soup will be provided by the Sportsman's Center and those attending are asked to bring a dish to pass. There will also be a gift exchange, with a \$10 spending limit. The Sportsman's Center is located on Garden Canyon Road. Call 533-7085 for more information.

AFTB Reindeer Stampede Saturday

Fort Huachuca's Army Family Team Building will hold a 10K Race and a 3K Fun Run/Walk Saturday, starting and ending at the Youth Services Building 49013, near the corner of Cushing and Smith Street. The event, which is open to all members of the Army family, is being held to celebrate the 10th birthday of AFTB. There is no cost to participate.

Registration will be held from 6:30 - 8:30 a.m., the day of the event, at the Youth Services building. The 10K Race begins at 9 a.m. and the 3K Walk/Run at 9:15 a.m.

Facilities announce holiday hours closures

Please note: Army Lodging is open 24 hours per day, seven days per week.

Fort Huachuca Schools will be closed for winter break Dec. 19 through Jan. 4.

LakeSide Activity Centre will be closed Dec. 22 - 30.

There will be no buffet at La Hacienda Dec. 22 through Jan. 9. The Youth Center will be closed Dec. 13 for employee Christmas party. DCA-MWR Headquarters Building 22214 will close at 11:30 a.m., Dec. 18 and Barnes Field House will close at 11:30 a.m., Dec. 19. Both will remain closed until end of day for employee Christmas parties.

Dec. 20, 21, 22, 23

Barnes Field House open 8 a.m. - 2 p.m.; all other MWR facilities open regular hours.

Dec. 24

Barnes Field House will be open 9 a.m. - 1 p.m.; Barnes Pool will close at 12:30 p.m.; 19th Hole Clubhouse will be open 10 a.m. - 2 p.m.; Mountain View Golf Course will close at 2 p.m.; Jeannie's Diner will be open 10:30 a.m. - 2 p.m.; Desert Lanes will close at 4 p.m.; the Child Development Center will close at 1 p.m.; Child and Youth Services Administrative Office will close at noon; Family Child Care will close at noon; School Age Services will close at 1 p.m.

The following facilities will be closed Christmas Eve: Buffalo Corral; Time Out; La Hacienda, including bingo; and MWR Rents. Youth Services will be closed if there is a command closure.

Dec. 25

All MWR facilities will be closed, unless previously noted.

Dec. 26

The following MWR facilities will be closed: DCA-MWR Main Office; MWR Plans and Resources; MWR Information Systems; Barnes Field House; Barnes Pool; MWR Rents; Sportsman's Center; CYS Administrative Offices; Family Child Care; MWR Marketing Services; Youth Services; Army Community Service; and MWR Box Office.

The following facilities will be open special hours: Eifler Fitness Center open 9 a.m. - 8 p.m.; Desert Lanes will open at noon. The following facilities will be open regular hours: Time Out; Mountain View Golf Course; the 19th Hole Clubhouse; Jeannie's Diner and Buffalo Corral.

Dec. 27

Barnes Pool and MWR Rents will be closed. The following facilities will be open special hours: Youth Services open 1 - 6 p.m.; Barnes Field House open 8 a.m. - 2 p.m.; La Hacienda open for bingo only. Other facilities will be open normal operating hours.

The 3K Run/Walk consists of one open division. All participants will be awarded finishing ribbons highlighting AFTB Day.

The 10K Race will be divided by age groups. There will be first, second and third place medals awarded in each group. The courses are not certified and may not be a full 10K or 3K.

The intent is to get the Army family out to enjoy AFTB Day.

For more information, contact Shirley Pettaway at 533-5719 or e-mail Shirley.pettaway@hua.army.mil, or Pamela Allen at 533-5919.

Sunday Special and Payday Scramble at MVGC

Dec. 14, 21 and 28, Mountain View Golf Course will offer a Sunday holiday special. You'll be able to play 18 holes of golf, including use of a cart, for the reduced price of \$20 per person.

And don't forget to come out for the next Payday Scramble, set for Dec. 26, with a noon shotgun start. Call 533-7088 for more information.

Spend New Year's Eve with MWR

LakeSide Activity Centre, Desert Lanes and La Hacienda offer a variety of entertainment choices for New Year's Eve.

From 5:30 - 9:30 p.m., the LakeSide will offer a gourmet buffet, featuring prime rib, shrimp, fettuccine alfredo, chicken picata, twice-baked and scalloped potatoes, Caesar salad, Capri blend vegetables, eggplant ratatouille and the dessert bar extravaganza.

Cost is \$30 per dining guest, and you can guarantee your reservations by prepayment or credit card by Dec. 26. Refunds will not be available after Dec. 29. For reservations call 533-2194.

If you'd like to enjoy a more active evening, how about bowling in the New Year at Desert Lanes? The party starts at 7 p.m. and continues until 1 a.m. There will be cash prizes, door prizes, mini tournaments, party favors, champagne and break-

Dec. 28

Barnes Field House open 8 a.m. - 2 p.m., Barnes Pool and Time Out will be closed. La Hacienda open for bingo only. Other facilities will be open normal operating hours.

Dec. 29

Barnes Field House will be open 6 a.m. - 3 p.m. Youth Services will be open 6 a.m. - 8 p.m. Barnes Pool, La Hacienda and Time Out will be closed. Other facilities will be open normal operating hours.

Dec. 30

Barnes Field House will be open 6 a.m. - 3 p.m. Youth Services will be open 6 a.m. - 8 p.m. Barnes Pool closed. La Hacienda open for bingo only.

Other facilities will be open normal operating hours.

Dec. 31

Barnes Field House open 9 a.m. - 1 p.m.; Barnes Pool will close at 12:30 p.m.; MWR Rents will close at 1 p.m. Mountain View Golf Course will close at 2 p.m.; 19th Hole Clubhouse open 10 a.m. - 4 p.m.; Youth Services open 6 a.m. - 8 p.m.; Jeannie's Diner open 5 p.m. - 1 a.m.; La Hacienda open for New Years Eve party, 9 p.m. - 4 a.m.; LakeSide Activity Centre open 5:30 p.m. - 9:30 p.m. for New Years Eve buffet; Desert Lanes open 6 p.m. - 1 a.m. for New Years Eve party.

Jan. 1

Mountain View Golf Course and the 19th Hole Clubhouse will be open regular hours. All other facilities closed.

Jan. 2

DCA-MWR Main Office; MWR Plans and Resources; MWR Information Systems; ACS; MWR Marketing Services; La Hacienda; Barnes Field House; Barnes Pool; MWR Rents; CYS Administrative Offices; MWR Box Office and Sportsman's Center.

Youth Services open 6 a.m. - 10 p.m. Eifler Fitness Center open 9 a.m. - 8 p.m. Other facilities open regular hours.

Jan. 3

Barnes Field House will be open 8 a.m. - 2 p.m. Barnes Pool and MWR Rents closed. Other facilities open regular hours.

Jan. 4

Barnes Field House open 8 a.m. - 2 p.m. Barnes Pool and MWR Rents closed. Other facilities open regular hours.

fast. Advance tickets are now on sale at the cost of \$21 per bowler, \$14 for non-bowlers, \$40 per bowling couple and \$26 per non-bowling couple.

At the door, the cost will be \$26 per bowler, \$19 for non-bowlers, \$45 per bowling couple and \$31 per non-bowling couple. Rock and Bowl in the New Year at Desert Lanes! Call 533-2849 for more information.

If bowling's not your bag, you might want to dance the night away at La Hacienda. From 9 p.m. - 4 a.m., two DJs will be playing a variety of music, including Latin sounds, Top 40 and Hip Hop. The cost is \$12.50 per person in advance and \$15 per person at the door. The price includes an Oriental and Hispanic buffet from 10 p.m. - 12:30 a.m. and party favors.

If you choose to attend after 1 a.m., the price is \$5 per person.

You must be 18 or older to attend the New Year's party at La Hacienda. Call 533-3802 for more information.

Save up to 40 percent at MVGC Pro Shop

Dec. 20 and 21, the Pro Shop at Mountain View Golf Course will hold a pre-Christmas sale.

Selected clothing and other golf-related items will be marked 40 percent off. Finish your Christmas shopping and take advantage of the savings being offered. The Pro Shop is open 8 a.m. - 5 p.m., seven days a week.

MVGC also has a suggestion for a unique Christmas gift. You can purchase gift certificates for golf lessons, taught by Class A Professional Golf Association pro John Hosterman. Hosterman has 29 years experience teaching golf.

The lessons are being offered at 20 percent below normal price, in either a three-lesson or five-lesson series. This would make a great gift for family members, friends or yourself. Stop at the Pro Shop at MVGC for prices or to purchase a gift certificate.

For more information, call 533-7088.

MWR Box Office



The MWR Box Office is available to help you get the best prices and deals possible for your travel and leisure activities. They can help plan your vacation, a weekend getaway or get tickets for that special event you'd like to attend. Some of the discounts, deals and tickets that are available include:

- Tickets for Mariah Carey concert, Dec. 19, 7:30 p.m. at Tucson Convention Center.
- Disneyland Resort's Armed Forces Salute offers free multi-day admission to Disneyland California and Disney's Califor-

nia Adventure Park, to U.S. military personnel, plus additional special offers for their family members, now through Dec. 19.

- The Best Western, Anaheim, Calif. is offering "buy one night, get one night free," now through Dec. 19, for military and Department of Defense ID card holders.

- An NFL Football package, including hotel room, for the Arizona Cardinals vs. the Minnesota Vikings Dec. 28, in Phoenix.

- The 2004 Tucson Entertainment Book is available for purchase. It includes two-for-one offers and discounts up to 50 per-

cent on year-round travel, dining, shopping, movies and more. This would make a nice gift for someone.

- The Box Office can also assist you in making hotel reservations for Tucson or Phoenix for the upcoming holiday season. They can book rooms at reduced rates that can save you money.

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

Time Out briefs

Volunteers needed

The Nature Conservancy's Patagonia-Sonoita Creek Preserve is looking for new volunteers to join us in preserving the natural beauty and quality of life we enjoy in Southern Arizona. Volunteers will have the opportunity to work in a variety of projects such as visitor services, leading guided walks, restoration and stewardship, trail maintenance and other maintenance projects. Training, which begins in February, will include natural history classes. Patagonia-Sonoita Creek Preserve is located in Patagonia, Ariz.

For more information, please call Carly Voight at 378-4952 or e mail at cvoight@tnc.org.

Hunting season to open

Buffalo Corral wants the public to be aware that deer hunting season is going on Friday - Dec. 30. Please be sure to wear brightly-colored clothing and beware of hunters when riding, hiking or engaging in other outdoor activities.

Art exhibition now open

The Huachuca Art Association's December exhibition, "Inspirations of the Season" is now at the Gallery. Visitors are welcome to this free event.

The exhibition features the art of Jan Huthoefer and includes the work of other association artists. All items are for sale. The exhibition will be at the gallery through Jan. 4.

The gallery is open Thursday through Sunday from noon to 4 p.m., for an appointment call exhibition coordinator Jan Huthoefer at 803-9657. The gallery is located at 3816 Astro Street in Hereford (Astro St. is off Hwy. 92, less than four miles south of Buffalo Soldier Trail). For additional information, call Sue Thatcher at 378-2000, John Marvin 803-6697, Sue Olivo 803-1035, or Wendy Breen 378-1763.

Weight loss group

TOPS AZ 90 (Take Off Pounds Sensibly) meets every Tuesday evening at First Christian Church, 55 Kings Way, Sierra Vista at 6:45 p.m. Come for a visit and to see how "helping hands" from a friendly, caring support group and assistance with a sensible weight loss plan can help you achieve your goal. For more information, call Joan at 803-9556.



December art exhibits

The Huachuca Art Association regularly teams up with businesses around Sierra Vista to display original art created by member artists. We would like to thank the businesses listed below for their participation with us in this year.

In December association artists will display their artwork in these locales: Joyce Geerlings-Griffith — paintings at the Southwest Gas Corp. Jan Huthoefer — paintings at ACE Hardware. Katherine Baccaro and Jim Coleman —

artwork at the Ethel Berger Center. Diane Aye — paintings at the Windemere Hotel. Jane Ballard — oil paintings at the Bella Vista Water Company. Lori Bailey and Sue Olivo — paintings at Fidelity National Title at 2435 E. Fry Blvd. Susan Boyle — drawings at Fidelity National Title at 333 Wilcox Drive.

For more information, call Sue Thatcher at 378-2000, John Marvin 803-6697, Sue Olivo 803-1035, or Wendy Breen 378-1763.

Greyhound adoption day

The Greyhound Adoption League of Sierra Vista hosts a Greyhound adoption day on the last Saturday of each month. The next adoption day for Sierra Vista and the surrounding area is Dec. 27. The adoption days are held from 10 a.m. until 2 p.m. at Ramsey Canyon Feed and Pet Store, 4107 E. Gleen Road, in Sierra Vista.



Retirement is not an end, but a beginning to a new and different way of life. Every year hundreds of young and healthy adult Greyhounds finish their racing careers and are in need of adoption. Calm, gentle and eager to please, these graceful pets are quite comfortable trading their life in the fast lane for a loving forever home.

The available dogs are ex-racers, recently retired from the track, and the Greyhound Adoption League is dedicated to their rescue and placement. Greyhounds make outstanding indoor companions and get along well with children, other dogs and pets. They are quiet, intelligent animals that only want all the love and attention you can give.

This program is also in need of foster/temporary homes for these beautiful dogs.

For more information, call Dave at 378-1763.

Trekkers meeting

The Trekkers are an internationally sanctioned non-competitive sports club, sponsoring four weekend walks and eight Year Round Events in Arizona. The weekend events are normally linked to either local or national events, such as March for Parks, National Trails Day, or Earth Day. The year round events consist of walks at the Coronado National Memorial; Fort Huachuca; Naco, Ariz. to Naco, Sonora, Mexico, historic Bisbee; Tombstone; Benson; and Sedona.

If you have any questions, please feel free to call Wendy or Dave at 378-1763.

Country gospel concert

Platinum award-winning Desert Reign will be at the First Southern Baptist Church, 500 Arizona St. in Bisbee Saturday at 7 pm. The Country Gospel Music Association has honored this group as vocal group and band of the Year

for four consecutive years, and in October they received Platinum Awards in both of these categories. Fantastic country sound with a powerful gospel message is accomplished through original songs like "Subject to change" and "It is the blood", as well as old favorites like "Turn your radio on", complete with awesome harmonies. Beyond the music is their love for people. This is very evident as they share from their hearts and offer hope and encouragement for the hour in which we live. Come and enjoy worship with Desert Reign.

Soccer league registration

The Sierra Vista Soccer League welcomes soccer players of all skill levels to register for the spring 2004 season. Coed games will be played on Sundays in the Sierra Vista area with division player fees set at \$40. The Women's 3v3 and Men's 7v7 Divisions will play on Friday nights with division player fees set \$25. Fees to play in both the coed and a smaller division are \$55. Sign up before Monday to get \$5 off your total player fee. Visit the league Web site at www.svsl.net to download registration paperwork.



Registration deadline is Jan. 11. Please call the league registrar, Sunny Forma at 439-0912 or e-mail at sunnyforma@hotmail.com. The SVSL is an affiliated league of the Arizona State Soccer Association/United States Adult Soccer Association.

Volleyball exchange

The Goodwill Ambassadors are currently accepting applications for High School age volleyball players, in the USA and Canada, to participate in the 2004 Goodwill Ambassadors Volleyball exchange to Europe.

Members of this team will represent, their Country, Community and the Goodwill Ambassadors teams, in volleyball tournaments and local competitions in, London, Paris, Geneva, Venice and Rome. The program is open to all boys and girls, 15-20. For more information, call 425-255-8102 or visit the Web site www.volleyballtours.com

Commissary Holiday Hours:

Dec. 22	9 a.m. - 6 p.m.
Dec. 25	Closed
Dec. 26	Closed
Dec. 29	9 a.m. - 6 p.m.
Jan. 1	Closed

All other days are regular business hours.

On Dec. 22 a \$25 gift certificate will be given away to lucky shoppers every half hour.

At the movies

Showing at the Cochise Theater for the next week are:

Today	
The Texas Chainsaw Massacre R	7 p.m.
Friday	
Mystic River PG-13	7 p.m.
Saturday	
Scary Movie 3 PG-13	7 p.m.
Sunday	
Brother Bear G	2 p.m.

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

Pets of the week



I am a small mixed breed border collie. I hope that you will come down and adopt me today. If you like what you see come down or call and ask for Romeo.



I am another kitten of Sassy. She raised me with lots of love and now I hope that I can also return the favor by giving a family lots of love. Please adopt me.



My name is Tuxedo because I am a large black and white male cat. I am looking for a home, and hopefully you are looking for a cat. If so, adopt me.



Triten is my name, I am a beautiful white and brown pitbull. I am very friendly with people. I do not know about cats though. You can adopt me for \$42

The Winding Road

BY KAREN WEIL
THE SCOUT STAFF

Southeastern Arizona offers so much when it comes to recreation and nature -but, let's face it, those two are not always compatible with summertime or even early fall, because of the heat.

Now, however, is the perfect time to be outside and take advantage of the desert's beauty. One of the best places for those looking for an out-of-town adventure is the Arizona-Sonora Desert Museum, 2021 N. Kinney Road, in Tucson.

Fifty-one years ago William Carr and Arthur Pack, two men with a vision, founded the museum, which today is a private, non-profit organization.

The museum, first opened in 1952, offers visitors an up close and personal look at the wonders of the Sonoran Desert, including live

animals in their natural settings. You can spend several hours or easily all day there learning about why this ecosystem and its inhabitants are so important to us.

The museum's mission, according to its Web site, "is to inspire people to live in harmony with the natural world by fostering love, appreciation and understanding of the Sonoran Desert."

It is committed "to providing educational programming for the community, children and adults; conserving the Sonoran Desert environment and protecting native plants and animals; maintaining and improving the museum's collections of live plants and animals as well as other natural history collections and supporting ongoing research and advancing scientific understanding of the desert and shaping people's sense of stewardship."

This place is no mere zoo. It's also a natu-

ral history museum and botanical garden, offering over 300 animal species and 1,200 kinds of plants. There are almost two miles of paths spread out among 21 acres of desert. It's not surprising that it attracts over half a million visitors every year.

Wildlife lovers won't be disappointed: animals like the American black bear, Mexican wolf, thick-billed parrot, ocelot, margay, mountain line, jaguarondi, desert pupfish, Sonora chub, bonytail chub, razorback sucker, Gila topminnow, Colorado River squawfish, Isla San Esteban chuckwalla and Apache trout all call this museum home.

Plus, there's an incredible variety of native plants to check out. Some of the museum's exhibitions include Earth Sciences, Mountain Woodland, Desert Grassland, Cactus Gardens, the Desert Loop Trail, Cat Canyon, Walk-in Aviary, Riparian Corridor, Desert Garden and the Pollination Gardens.

The museum is open every day of the year, from 8:30 a.m. - 5 p.m. through February. Admission is \$12 for adults, or for \$4 children (free for youngsters under 6).

To get to the museum, from Interstate 10, take the Speedway Boulevard exit and head west. Then, turn right onto Kinney Road. You'll see the museum entrance on your left.

Because most of the museum's exhibitions are outdoors, visitors should wear a hat, sunscreen and comfortable shoes for warmer days, or the appropriate clothing for when things cool down. Drinking fountains and shaded areas are scattered throughout the museum. For more information, contact the museum (520) 883-2702 or info@desertmuseum.org.

If you have a great idea for the Winding Road, contact us at athescout@hua.army.mil.

Sports standings

SanPedro Division

Team	Won	Loss	PCT.
USAG	3	0	1.00
Company B, 305th #1	3	0	1.00
Company A, 309th	2	1	.667
Company E, 305th	2	1	.667
Company E, 309th	2	1	.667
HQ 504th Sig.	1	2	.333
JAG Office	1	2	.333
Company C, 304th #2	1	2	.333
JITC	0	3	.000
Company D, 309th	0	3	.000

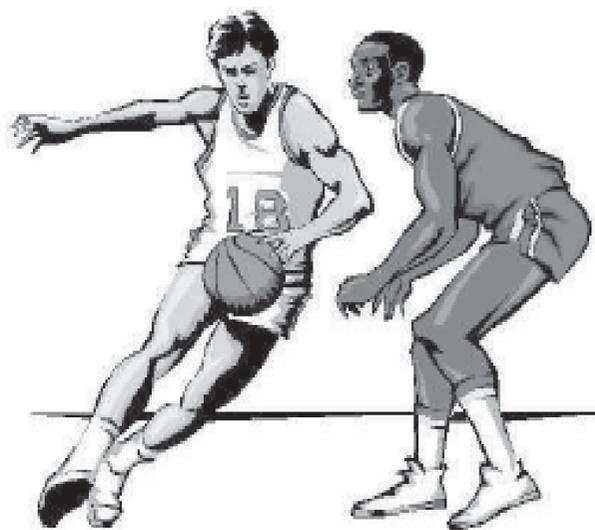
Pima Division

Team	Won	Loss	PCT.
Company A, 40th Sig.	2	0	1.000
19th Sig. Co	2	0	1.000
Company B, 305th #2	2	0	1.000
HHC 111th MI	1	1	.500
MEDDAC	1	1	.500
NETCOM 9th ASC	1	1	.500
Company C, 304th #1	1	1	.500
Company C, 305th	0	2	.000
HHC 306th MI	0	2	.000
NCOA	0	2	.000

Sports schedule

Coed Intamural basketball

Date	Time	Location	Home	Away
Pima Division				
Today	6 p.m.	Barnes Field House 1	HHC 306th MI Bn.	HHC 111th
Today	6 p.m.	Barnes Field House 2	NETCOM	Compnay C, 305th
Today	7 p.m.	Barnes Field House 1	19th Sig.	NCOA
Today	7 p.m.	Barnes Field House 2	Company A, 40 Sig.	Company C, 304th #1
San Pedro Division				
Monday	6 p.m.	Barnes Field House 2	HQ 504th Sig.	JITC
Monday	6 p.m.	Barnes Field House 1	USAG	Company B, 305th
Monday	7 p.m.	Barnes Field House 1	Compnay E, 309th	Compnay D, 309th
Monday	7 p.m.	Barnes Field House 2	Company C, 304th	Company E, 305th
Pima Division				
Tuesday	6 p.m.	Barnes Field House 1	Company C, 305th	HHC 111th
Tuesday	6 p.m.	Barnes Field House 2	NETCOM	Company A, 40th Sig.
Tuesday	7 p.m.	Barnes Field House 1	Company C, 304th	MEDDAC
Tuesday	7 p.m.	Barnes Field House 2	Company B, 305th	19th Sig.
Tuesday	8 p.m.	Barnes Field House 1	NCOA	HHC 306th MI Bn.
San Pedro Division				
Wednesday	6 p.m.	Barnes Field House 1	JAG Office	USAG
Wednesday	6 p.m.	Barnes Field House 2	Compant B, 305th	Company A, 309th
Wednesday	7 p.m.	Barnes Field House 1	Company D, 309th	HQ 504th Sig.
Wednesday	7 p.m.	BarnesField House 2	JITC	Company E, 309th



At the library

Hardcover fiction

1. The Da Vinci Code, by Dan Brown Brooks
2. The Five People You Meet In Heaven, by Mitch Albom
3. The Big Bad Wolf, by James Patterson
4. Trojan Odyssey, by Clive Cussler
5. The Dark Tower: Volumes 1-5, by Steven King

Hardcover nonfiction

1. Dude, Where's My Country? by Michael Moore
2. Lies, by Al Franken
3. Who's Looking Out For You?, by Bill O'Reilly
4. Flyboys, by James Bradley
5. I am A Soldier, Too, by Rick Bragg

Paperback fiction

1. Key of Knowledge, by Nora Roberts
2. Key Of Light, by Mora Roberts
3. Prey, by Michael Crichton
4. Angels & Demons, by Dan Brown
5. By The Light Of The Moon, by Dean Koontz

Paperback nonfiction

1. Portrait Of A Killer, by Patricia Cornwell
2. Without Pity, by Ann Rule
3. Tuesdays With Morrie, by Mitch Albom
4. Seabiscuit, by Laura Hillenbrand
5. Bringing Down The House, by Ben Mezrich

Religious services

Protestant Sunday Services

9:20 a.m.	Gospel - Kino Chapel
9:30 a.m.	Protestant - Prosser Village Annex
10 a.m.	Cross Roads Service - Cochise Theater
11 a.m.	Collective Protestant - Main Post Chapel
11 a.m.	Liturgical Protestant - Prosser Village
1:30 p.m.	Hispanic - Main Post Chapel
5:30 p.m.	ALPHA/Sunday Night Live - Prosser Village

Roman Catholic Worship

Monday-Friday Mass	11:30 a.m. at Main Post Chapel
Saturday Mass	5 p.m. at Main Post Chapel
Sunday Mass	9:30 a.m. at Main Post Chapel
Sunday Mass	11:30 a.m. at Kino Chapel
Confession	4 p.m. at Main Post Chapel (Saturday)

Religious Education and Activities

Youth Ministries

Middle School 4 - 5 p.m. Main Post Chapel	Women's Choir — 2 nd Tuesday at 7 p.m.
High School 5: 30 - 7 p.m. Main Post Chapel	Women's Book Fellowship
	1 st Fridays at 7 p.m.

Jewish Worship

7 p.m. Friday
Main Post Chapel, Room 24

Muslim Prayer

11:30 a.m. Friday
Main Post Chapel, Room 30

Buddhist Weekly Teaching

6:30 p.m. Tuesday
Prosser Village Chapel Annex

Orthodox Divine Liturgy

10 a.m. 2nd Saturday
Main Post Chapel

For more information call:
Main Post Chapel 533-2366
Kino Chapel 533-2388
Prosser Village Annex 533-6731

Catholic

Main Post Chapel
CCD — Sunday 10:45 a.m.
Adult Legion of Mary
Tuesday 1 - 3 p.m.
Choir Practice — Friday at 6:30 p.m.
Korean OCIA – Saturday at 5:30 p.m.
MCCW – 1st Friday 9 a.m.

Protestant

Main Post Chapel
PWOC — Tuesdays at 9 a.m.
Sunday School — Sunday 9:30 a.m.
Kino Chapel
Bible Study/Choir Practice
Thursday at 6 p.m.
Men's Choir Rehearsal —
Tuesdays at 7 p.m.
Youth Fellowship
3rd, 4th Saturdays at 9 a.m.

Holiday services

All regular religious services will continue at the on post chapels through December. In addition the following special services are planned for the holidays. For more information call Chaplain (Lt. Col.) Daniel Minjares at 533-4755.

Catholic holiday services

(all of these are at the Main chapel)

Date	Time	Service
Monday	11:30 p.m.	Immaculate Conception Mass
Monday	3 p.m.	Immaculate Conception Mass
Tuesday	7 p.m.	Advent Communal Penance Service
Dec. 24	5 p.m.	Children's Mass
Dec. 24	Midnight	Midnight Mass
Dec. 25	10 .am.	Christmas Day Mass
Dec. 26	5 p.m.	Vigil of Mary
Jan. 1	11:30 a.m.	Solemnity of Mary

Protestant holiday services

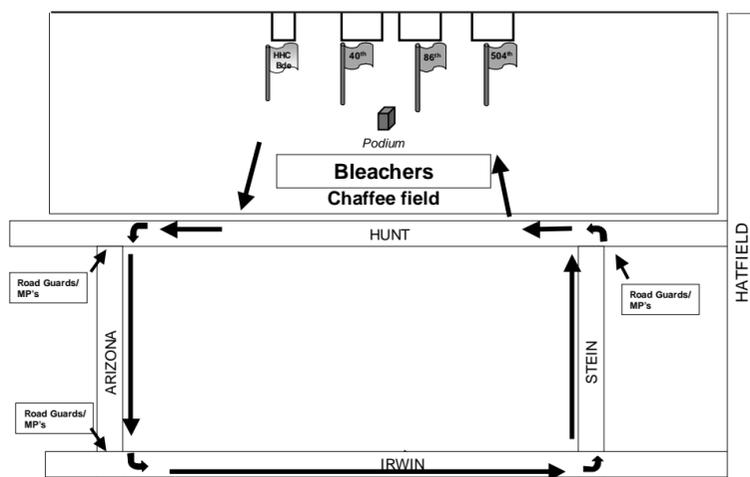
Date	Time	Service	Location
Dec. 24	7 p.m.	Christmas Eve Candlelight service	Main Post Chapel
Dec. 25	10 p.m.	Christmas Day Service (Protestant)	Prosser Village Chapel
Dec. 31	11 p.m.	Watch Night Service	Kino Chapel

Greek Orthodox holiday services

Date	Time	Service	Location
Dec. 20	5 p.m.	Mass, followed by a dinner	Main Post Chapel

Minjares said that there are no special Jewish services during December, however, the December services will focus on Hanukkah.

11th Signal hosts fun run



The run will be held from 7 to 8:30 a.m. on Tuesday. For more information, call Chief Warrant Office Edwin Sugai at 538-6248.

Fit for life

How to begin a running program

BY GEORGE COLFER, PH.D.
CONTRIBUTING WRITER

Of the four major modes to cardiovascular fitness, running or jogging is probably the most feasible and efficient way to obtain your fitness goals.

In exploring the benefits of running on cardiovascular fitness, the evidence is overwhelmingly in favor of positive effects from running. When you think about cardiovascular fitness, the heart, lungs and circulatory system immediately come to mind. The fit body from sustained exercise, as in running, shows an increased capacity to deliver and utilize oxygen and the increased capacity of the heart to pump blood. A conditioned heart will beat at a slower rate with more stroke volume (amount of blood pumped per heart contraction) at rest and during submaximal exercise, which can result in a savings of over 100,000 heartbeats per week. Triglycerides (including cholesterol) in the blood are known to be reduced as a result of sustained running. However, the lipid levels in the human body do not remain reduced without regular training.

Running has shown positive effects in the prevention and treatment of hypertension. Decreases in both the systolic and diastolic blood pressure have occurred as a result of running. Weight control is another factor in which running can play an important role.

Some of the latest research shows running has a therapeutic effect on the mental health of an individual. Running has shown reduced levels of depression and anxiety among participants and studies are investigating its use and effects in higher forms of mental illness.

Where to run

You can run almost anywhere. That's one of the beauties of running. The variety of routes are endless depending on your locale. Roads, parks, woods, forests, beaches, sidewalks, fields and of course the track all provide excellent running areas. Hard running surfaces may sometimes cause complications, but this is rare as long as you are using a well cushioned type of running shoe. Weather conditions such as rain, snow, frozen ground, mud or excessive heat should not hamper your schedule. You can adjust to the situation by having the proper equipment on hand. Regardless of the weather conditions, you can usually manage to run.



When to run

A good statement in reference to this subject is "It is better to run at anytime than not to run at all!" If at all possible, some regularity in the time for training should be planned, whether it be in the morning, afternoon, or evening. Regularity and consistency will become habit forming. The body will perform better when running is done at regular intervals. Some experts feel that the late afternoon is the best time to run. This is based on the concept that most people will be more relaxed when the day's work is done and digestion from the prior meal is completed. Other popular training times are in the early morning and during the noon hour. You should allow about one full hour between the prior meal and running.

In conclusion, it is obvious that regularity is preferred, but consistency in the running program is more important than the time of day you run.

How often should you run?

The number of times per week that you run should be based on the goal or objectives that you have set for yourself. This should be realistic to your needs, ability, fitness level, and the amount of time available to you. Many over zealous would-be runners soon find themselves more tired from the running than before they started. They simply have trained too strenuously to allow the body to fully recover. They soon become discouraged and disappear from the running scene. In order to prevent this, you should start slowly and let your body tell you when to progress. As your condition improves, progression becomes easy. Some suggestions for setting up your weekly running schedule are as follows:

3 day/alternate day M-W-F / Tu-Th-Sat / W-F-Sun

4 day M-Tu-Th-Sat / Tu-Th-Sat-Sun / M-W-F-Sat

5 day M-Tu-W-Th-F / M-Tu-Th-F-Sat / M-W-F-Sat-Sun

6 day M-Tu-W-Th-F-Sat / Tu-W-Th-F-Sat-Sun

7 day daily

A three day running schedule should be the minimum for the program and is a good schedule for the beginner. Once your condition improves, progression to different schedules can take place. Be cautious that you do not adopt too strenuous a schedule too soon.

Warming up and cooling down

Warming up and cooling down are essential parts of a running program although they should not be time consuming. The purpose of warming up is to prepare the body for the more strenuous work to follow and as an aid to prevent injury. The cooling down period is needed to allow the body to return to its pre-exercise state. The total time needed for both should not exceed 20 minutes. However, if you desire or need additional time, there appears to be no detrimental factor in exceeding 20 minutes. Neither should take the place of the workout or, as possible in the case of the warm up period., cause fatigue as to affect your training.

Warming up - The best warm up for running is running. By beginning at a slow pace and gradually building up, your normal pace will generally suffice as a warm up for sustained running. If more intensive work, such as interval training, is to be used, the warming up period should be more specific. Exercises are not essential, but can prove beneficial to some individuals prior to running.

Cooling down - The cooling down period is best accomplished by doing a less strenuous form of movement than was used for the workout. Specifically:

1. Fast or intense running should be

followed by a period of slower running or jogging before stopping.

2. Sustained running at a normal pace should be followed by a period of jogging and walking before stopping.

3. Slow jogging should be followed by a walking period before stopping.

Complete relaxation should not immediately follow a period of strenuous or sustained exercise. Cooling down really depends on what type of workout has taken place and the intensity of the running effort. Flexibility exercises are very compatible to the cooling down period and offer an excellent time for increasing flexibility. You should not completely stop activity or movement as a general rule until your heart rate has dropped below 120 beats per minute.

Selection of a starting point

The starting point or distance at which to begin your running program is important. If the distance selected proves too strenuous, you may become fatigued. The results of this condition will be quite obvious. To prevent this from happening, the following method should be used when you are beginning a running program or after a lengthy training layoff. This is known as the Run/Walk/Run method.

1. Use the track or an area where you know the measurement of the distance.

2. Start running at a very comfortable pace. Run until you begin to feel the onset of mild fatigue. This is characterized by a heaviness in the legs, a shortness of breath or forced breathing and possibly an uncoordinated feeling in the running movement. At this point STOP.

3. Make a note of the amount of distance you covered. Walk at a moderate pace until the effects of fatigue have subsided. Again note the amount of distance covered.

4. Begin running again at the same pace and continue until the feeling of fatigue is present again.

5. Stop and note the distance you ran, walked, and ran again. The total distance of the three phases now becomes your first objective for the running program.

Example: You begin running and feel fatigue after 880 yards. Now stop and begin walking. After 220 yards the feeling of fatigue leaves and you begin to run again. After an additional 660 yards, the fatigue returns, and you stop.

1st run - 880 yards
walk - 220 yards

2nd run - 660 yards
TOTAL 1760 yards

This 1780 yards (one mile) now becomes your first goal to complete non-stop. Until you are able to run this distance without stopping, do not add to the mileage.

Your rate of progression

You must progress at your own rate. A running program is an individual program. It is literally impossible to design programs or predict progression rates on a mass basis. If you are sincerely training, then progress will develop at a steady rate. The effects of running or any other form of exercise are not permanent nor lasting. Therefore maintenance of a desired level of fitness demands a continuing effort.

The following goals are to be used in the initial stage of this program.

Goal 1 - After selecting a starting point for the running, cut down your walk interval until you can run the total distance without stopping. Do this using a three day, alternate day, weekly schedule.

Goal 2 - Once you have a set distance and are running non-stop at a comfortable pace, increase the number of workout days to four or five.

Goal 3 - Increase the distance of your daily run until a weekly distance of ten miles is reached.

After these three goals are reached, individual needs and objectives will dictate the program and the rate of progress to follow.

How to change your program

Making changes in your running program will provide the means to progression as well as providing variety in the training. The three variables for change are the amount of weekly mileage, number of training days per week and pace of the running. There is no definite order or progression for change. Combinations other than those given can be used.

However, it is not advisable to change too many variables at one time. Best results are usually obtained by the use of a single change. Table illustrates the methods of changing the running program.

TABLE I

Methods of changing the running program	Weekly Mileage Per Week	Number of Training Days	Pace of Running
Starting Method	Same	Same	Same
1	Same	Increase	Same
2	Increase	Same	Same
3	Same	Same	Increase
4	Increase	Decrease	Same
5	Increase	Same	Decrease
6	Decrease	Same	Increase

Example

Starting Method. A runner is presently training five days per week for a total of ten miles per week at a pace of eight minutes per mile. To plan a change in the workout as progress demands, the runner may use any one of the following methods.

1. Increase the number of training days per week.
2. Increase the weekly mileage.
3. Increase the pace of the running.
4. Increase the weekly mileage while decreasing the number of training days per week.
5. Increase the weekly mileage while decreasing the pace of the running.
6. Decrease the weekly mileage while increasing the pace of the running.

Any program change should be planned with specific objectives in mind. Programs should be planned on no less than a weekly basis and preferable for longer periods of time.

Some hints for motivation

1. Do not leave your program to chance. Make an appointment with yourself and keep it!
2. Wear comfortable clothes and shoes. Clothes which allow freedom of movement and which you'll feel like running in.
3. Be patient and perseverant. Do not expect results too quickly. Remember...it took a long time to get in the shape you're in!
4. Set some attainable goals for yourself. Keep track of your progress.
5. Try to exercise with a group or at least a partner if possible. Often it will make the workout more enjoyable.
6. Increase workloads gradually. If in doubt, check with someone who can advise you.
7. Open an exercise account to yourself - Like a saving account, you can only get as much from it as you invested into it. Follow your schedule: weekends and holidays included.

In conclusion

Running or jogging can be one of the most desirable and efficient ways to fitness whatever your goals may be. It requires less than one hour each day, little equipment, and in some parts of the country is not greatly affected by the weather. It is a fact that most beginning runners must be "educated" before the full benefits of a running program are achieved. Many of the newsletters, journals and books about running address themselves specifically to the highly skilled or marathon runner. Most of the literature presented in this area is accurate and helpful. However, a large proportion of the millions involved in running are not marathoners.

You can attain the majority of the benefits of running with a weekly total of 10 - 15 miles. Anyone training above 30 miles per week has other purposes in mind beyond running for fun and fitness. It would be recommended everyone, regardless of age, especially those who have not been physically active for some time, should have a complete physical examination including a stress electrocardiogram before entering any program of vigorous exercise.