

The Scout TimeOut

Vol. 49, NO. 6 Published in the interest of Fort Huachuca personnel and their families February 13, 2003

SportsSports

e-mail: thescout@hua.army.mil

Southeast Arizona Butterfly Association

The Southeast Arizona Butterfly Association will meet Saturday, 9 a.m., at the Catalina State Park, in Tucson near the corner of Oracle and Magee. Dress for the field; wear sturdy shoes, hat, water, close-focus binoculars, sunscreen and bring lunch. A \$5 donation requested. Inclement weather will cancel this trip. For more information, call 520-803-9700 or email hbroadkin@earthlink.net.

Mens, Coed fall softball leagues

Parks and Leisure Services will be conducting the Men's Coed Softball Leagus starting April 14-15. The entry fee for the leage is \$400 per team with a \$20 per player registration fee.

The \$400 league fee is due at the informational meeting March 31, at the Oscar Yrun Community Center. Registration packets will be available March 3, at the OYCC, at the Ethel Berger Center and at the Cove. The \$10 per player fee is due by the second game of the season.

For more information, call 458-7922.

Hummingbird Conservation

Susan Wethington, a research associate at the Arizona Sonora Desert Museum will present a program based on a long-term Hummingbird Conservation Monitoring Project, Feb. 20, at the Sierra Vista Public Library. She will discuss some of the best long-term sites for hummingbirds in the southwestern U.S.

Youth wrestling

The Youth Services sponsored wrestling program practices every Monday and Wednesday at 6 p.m. at the Youth Center.

The Youth Center is located on Cushing Street directly across from Smith Middle School. Wrestling is for youth ages 6 and up. The program will be conducted as a club ran by interested volunteers.

Youth should come in work-out clothes and parents are welcome to attend and get information on the program.

For more information, or to volunteer as a wrestling coach, call Youth Services at 533-3205/3212.

B
SECTION

INSIDE

See page B2 to see how Fort Huachuca Boy Scouts are "doing a good turn" for their community.



Retired Sgt. 1st Class Robert Anderson, piano and Sgt. Terrina Anderson, clarinet performed a duet at the Ethel Berger Center Sunday.

36TH ARMY BAND RELEASE

Members of the 36th Army Band, in cooperation with Sierra Vista Parks and Leisure, will present a series of Sunday afternoon chamber music concerts.

Each one-hour concert will include a variety of chamber music and feature a different small ensemble from the band.

The following concerts are scheduled:

March 9 – Dixieland Band

April 6 – Jazz Combo

Concerts begin at 3 p.m. in the Ethel Berger Center in Sierra Vista. Admission is free and open to the public.



Staff Sgt. Eddy Nubine performed one of his original tunes, Winds of Blessings.

Photos by Staff Sgt. Sharron Stewart



By Mark Baker

Pt. Murphy's Law

An apple a day ... Good nutrition, good eating habits, good health

BY CAPT. CHERITA ECHOLS
RWBACH, NUTRITION CARE

Most Americans are familiar with the term; "An apple a day keeps the doctor away." Surprisingly a lot of people follow this statement very closely.

The premise behind this saying comes from the fact that the apple is a multi-nutrient containing fruit. It contains Vitamins A, C, as well as dietary fiber.

These things are all thought to contribute to the prevention and/or reduction of certain cancer and disease risks. But as we all know, too much of one thing (as beneficial as it may be) can become very boring. In that case there are alternative fruits/vegetables that are just as nutritious.

One such fruit is the tomato (yes I said fruit). Studies have shown that eating tomatoes or tomato products on a regular basis lessens the likelihood that persons will suffer from cancer, coronary heart diseases and other chronic illnesses.

The "secret" ingredient in tomatoes is called lycopene. Lycopene is the substance that gives tomatoes, and other fruits/vegetables their red color.

It is an antioxidant that has been proven to lower the risk of cancer and heart dis-

ease. Antioxidants help prevent and repair the damaged cells. One Harvard study in particular reports up to 34 percent risk reduction of cancer in those subjects who consumed at least one serving of tomato-based product twice a week, as opposed to those who did not consume it at all.

In addition to that factor, tomatoes are low in fat, calories, cholesterol free, and are a daily source of fiber and vitamin C.

This fact also holds true for tomato products (i.e. juice, sauce, paste, and ketchup). The lycopene contained in tomato products is actually used more efficiently than raw tomatoes by the body.

Because of the temperature changes that occur during processing, the lycopene is converted into a form that is more readily absorbed by the body.

Although there have been no nutritional recommendations made for the amount of lycopene that needs to be consumed, taking in at least two glasses of tomato juice daily greatly increases the amount of lycopene in the body.

Lycopene can also be found in other foods such as pink grapefruits, guava, and watermelon; however, toma-

See **RECIPE**, Page 4B

Troops to Teachers: servicemembers can serve their country with pride again

BY STAFF SGT. SHARRON STEWART
SCOUT NEWS EDITOR

When a soldier, sailor, airman or Marine takes off their uniform for the last time, they may want to consider another way they can impact their nation.

According to Sue Collins, director of Arizona State Troops to Teachers, Arizona Department of Education, servicemembers should continue to consider serving their country again as a teacher, and it is a challenge well worth looking into.

Collins conducted a quarterly TTT briefing at Fort Huachuca at the Army Career Alumni Program, Jan. 30.

Collins, a former 8th grade

Algebra teacher, said not only does First Lady Laura Bush whole-heartedly support Troops to Teachers but the success rate for former veterans has been phenomenal when compared with other professionals who changed careers.

Collins noted 80 percent of veterans still teach five years after earning their certification while only 50 percent of first time teachers are still teaching after five years.

"Over 75 percent of those who have enrolled in TTT have above average evaluations. Veterans have proven themselves to be self-disciplined, to have leadership skills and valu-

able people experience," Collins said.

"Veterans have so much more to offer than a 21 year old kid right out of college," she said.

Collins also pointed out that over 40 percent of veterans teach math, science or special education classes.

To be eligible for TTT, a servicemember should have at least six honorable years of service on or after 1990 before they separate or retire or be currently be in the Army Reserve or National Guard with six or more years of creditable service.

Other requirements include a having bachelors degree or higher from an accredited institution or at least six years of work experience in a vocational or technical field. If veterans meet the requirements they are eligible for a \$5,000 stipend for certification expenses, but in return they must teach for three years in a high-needs area.

They can also be eligible for a \$10,000 stipend if they teach in a school with low-income students.

Since 1994, over 5,000 veterans have been placed through the Troops to Teachers program.

"I enjoyed the briefing so much that I have filled out my paperwork to go into the program. I think it's a good plus for military personnel to transition into the civilian sector," said Staff Sgt. Yvetta McCullum, Com-

pany A, 306th Military Intelligence Battalion, Futures Integration Center.

For more information regarding TTT, call Collins at 1-800-830-2134, or visit www.ade.az.gov/troops2teachers.



Photo by Angelica Pequeño

Sue Collins, director, Arizona Troops to Teachers, Arizona Department of Education, gives Fort Huachuca servicemembers a briefing. Findings show that veterans receive higher ratings than other professionals who switch careers.

All Army racquetball player stationed at Fort Huachuca

BY STAFF SGT. SHARRON STEWART
SCOUT NEWS EDITOR

Master Sgt. Clint Imholte, Company A, 306th Military Intelligence Battalion, has been playing racquetball since 1986 and doesn't plan on slowing down anytime soon.

He played in the All Army racquetball seniors division, (ages 35-39) in 2002 and hopes to do so again if there will be an All Army racquetball team this year.

Last year he was selected by the Department of the Army to compete and was ranked second in the Army Inter-service Championship.

He also recently led Company A, 306th Military Intelligence Battalion to victory during the Commander's Cup racquetball tournament, Jan. 28-31, and won a national championship in Houston during May.

"I enjoy racquetball because I enjoy competition and camaraderie," Imholte said.

He is currently recovering from a knee injury he received in November and said he is considering giving lessons.

Imholte noted the professional racquetball season is from October through March. "Some professionals practice eight hours a day, but there is no way I can do that while on active-duty," Imholte said laughing. An issue of concern for him is that the Army needs to recruit younger players.

"Some of our best players are beginning to retire. We need younger players so we can keep our competitive edge," Imholte urged.

He admitted that one his best strategies for winning includes probing his opponent's weaknesses. "For the first five points of the

game, I don't even focus on scoring. I probe for my opponent's weak spots," he said.

His next competition will be during the first week of May in the Arizona state singles championship in Phoenix.

"I'll be competing for the rest of my life. There are guys in their 80s who still compete," he said laughing. "I encourage everybody to play. It's a great cardiovascular workout."

The following is Imholte's list of ten great reasons to play racquetball:

1. Racquetball is the easiest of the racquet sports. It guarantees you a great workout in a short amount of time and it is tough to beat for sheer fun. Its also convenient and you can play it rain or shine.

2. Fulfill your competitive edge- a great thing about racquetball is that anyone at any age or athletic ability can play. If you have the desire and hustle to win you'll find yourself winning more often than losing.

3. Camaraderie – racquetball is played throughout the country and Europe. Every post has a racquetball court and players, its amazing how some people at some point, play the same players as you. It's a great way to meet new friends and stay in shape doing it.

4. In today's Army, we all need a little stress relief. Taking your aggressions out on a little rubber ball that can never get more than 40 feet away from you for an hour or so is a splendid way to relieve tension and stress. (Unlike tennis.)

5. The thrill of winning and having fun at it. Whether you are beating your boss or your

best friend- there is nothing better than winning and letting them know how easy it was to beat them. Especially if they are from the Air Force, Navy or Marines. Of course, that only works if you are winning.

6. You can play teams – doubles is a fun way to play racquetball. Its high- speed racquetball at its best. Just be careful, while a racquetball won't kill you, it will surely provide you with a nice temporary tattoo.

7. Equipment is relatively cheap... a good racquet for less than \$50 and balls are approximately \$1 per ball. However don't forget your eyeguards. The great thing is you can sign out all the equipment needed at the gym at no cost.

8. Racquetball is a vigorous, demanding game with lots of running, turning and twisting. So stretch and strengthen and reduce your own risks, and don't crash into walls or play with crazy people who might hit you with their racquet rather than miss a shot.

9. A good game of racquetball puts all of

your muscle groups to work, building strength and endurance. And you can burn 650-750 calories an hour if you're a fairly skilled player and you play against someone just as good as you at keeping the ball in play.

10. An average racquetball game will take 20 minutes, during which a player will run a distance of approximately 3,650 feet or over two miles in one hour of play.



Photo by Staff Sgt. Sharron Stewart

Master Sgt. Clint Imholte, black T-shirt, hopes to play racquetball for the 2003 All Army racquetball team.

Boy Scouts collect food on post as part of National Scout week

BY STAFF SGT. SHARRON STEWART
SCOUT NEWS EDITOR

As part of National Scout week, Fort Huachuca scouting organizations to include the Girl Scouts, Cub Scouts and Boy Scout Troop 431, held a food drive on post Saturday and collected 1,438 pounds of food.

The drive was sponsored by Troop 431 and all donations were given to a local food bank.

During the morning they placed plastic bags on the doorstep of each residence on post and returned later to collect them.

According to Master Sgt. David Tyler, sergeant major, Installation Electronic Warfare maintenance facility, the Scouts are taught to do a "good turn" on a daily basis.

"As a unit we take this time to do a good turn for our community," Tyler said.

Tyler, who is a former Cub Scout and

whose son has participated in Scout's for nine years, is also Troop 431's assistant Scout master and the unit commissioner.

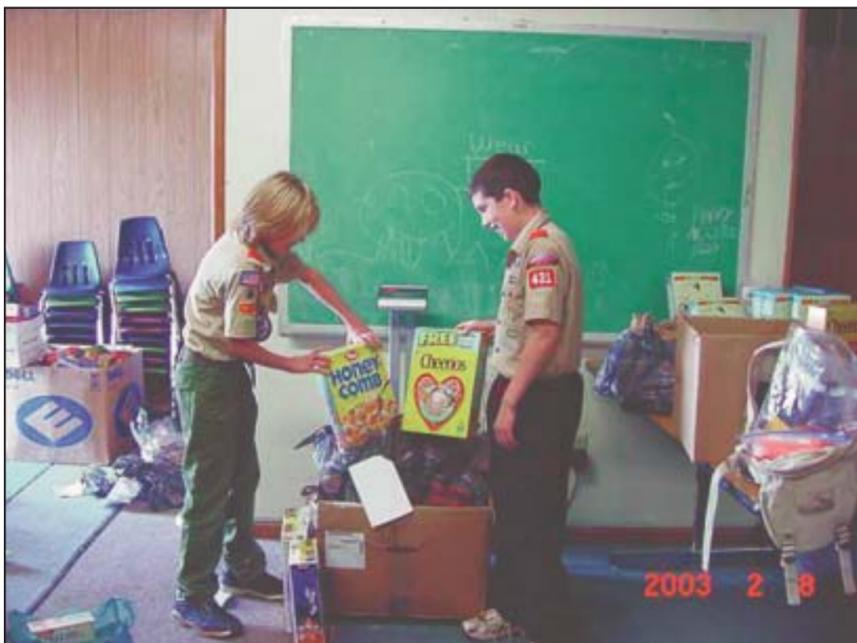
As a parent he enjoys the fact that Scouting keeps children involved in positive activities. "They are able to do a lot of different things in a structured environment and gain a lot of valuable experience," Tyler said. He said Scouts are involved in junior leader training. "Boy Scouts are boy-lead. Adults strictly serve as advisors."

Troop 431 currently has 31 members and plans on participating in the upcoming Bataan Memorial Death March that will be held at White Sands Missile Range in March.

"Slowly over time I got more involved as my son became more involved," Tyler said.

According to the Ultimate Boy Scouts of History site, of the 214 former or present astronauts, 142 have been Boy Scouts. Other Scouts influential in American history include baseball legend, Hank Aaron, former President Gerald Ford, and Bill Gates, founder of Microsoft.

For more information about Fort Huachuca Scouting call Tyler at 533-6603 or to learn more about Scouting history visit www.boyscouts.com/history.htm.



Courtesy photos

Boy Scouts Chris Buck and Tom Shafer weigh food Saturday. The scouting organizations on post collected over 1,000 pounds of food Saturday.



Photo by Staff Sgt. Stewart

'A little bit country'

The Due West Trio, based in Tucson, serenaded the Sierra Vista crowd Saturday at the Buena High School performing Arts Center during the Cochise Country Cowboy Poetry and Music Gathering which was sponsored by the Sierra Vista Unified School District Number 68. Also performing were Dennis Gaines and Belinda Gail. Student winners of the Western Heritage Writing program from several Sierra Vista schools read their winning entries at the event.

Stars and Stripes debut daily e-papers, subscriptions

BY SGT. 1ST CLASS DOUG SAMPLE
AMERICAN FORCES PRESS SERVICE

The Stars and Stripes newspaper has joined the likes of The New York Times, Boston Globe and other big-name counterparts by publishing new full-text electronic versions of itself.

The Stars and Stripes partnered with NewsStand Inc., a worldwide publisher of electronic media, to distribute the online newspapers. Stripes officials said the new format is an effort to reach an expanding global audience.

The daily printed newspapers are distributed overseas to U.S. military personnel and their families in some 50 countries. The European edition now reaches deployed military in the Middle East, Bosnia, Kosovo and Afghanistan.

Readers can buy subscriptions to either the European or Pacific edition or both at www.stripes.com.

Intramural basketball standings

These are the post intramural basketball standings as of Monday.

	Wins	Loss	Pct.	Points	Gaveup
1) NETCOM	11	2	.846	633	451
2) 19th Signal	12	2	.857	617	542
3) Company E, 305th MI	11	2	.846	629	479
4) DFAC	12	3	.800	774	544
5) 111th MI	9	4	.692	613	494
6) HQ CO, 306th MI	10	5	.667	756	636
7) Company B, 305th TM#1	9	5	.643	652	540
8) 314th TRS	8	7	.533	586	530
9) Company A, 305th MI	6	9	.400	655	616
10) Company A, 309th MI	6	9	.400	557	365
11) Company D, 309th MI	6	9	.655	616	400
12) USAG	3	7	.300	345	390
13) NCO Academy	5	8	.385	563	582
14) Company C 304th MI	3	9	.250	411	481
15) Company B, 305th MI team two	1	13	.071	377	713
16) 111th team two	0	13	.000	459	768





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.

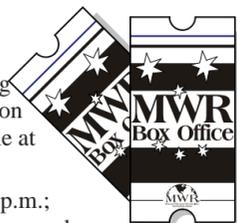


Fort Huachuca Directorate of Community Activities Updates

Tickets Available at MWR Box Office

Tickets for the following shows to be presented at Tucson Convention Center are available at the Box Office:

“Stomp”, presented Feb. 28, 8 p.m.; March 1, 5 p.m. and 9 p.m.; and March 2, 2 p.m. and 7 p.m.; “Cats” presented April 4, 8 p.m.; April 5, 2 p.m. and 8 p.m.; and April 6, 2 p.m. and 7 p.m.



The 15th Annual Renaissance Festival will be held at Apache Junction for eight weekends through March 23, and on President's Day. The box office has tickets for this exciting event.

Let MWR Box Office assist you in getting Tucson Ice Cat tickets. The Ice Cats play at the Tucson Convention Center. The tickets are available to purchase Monday-Friday between the hours of 10 a.m. - 4 p.m.

February 21 and 22, the Cats will host ASU at 7:30 p.m. Tickets for each event are \$9, \$7 or \$6 for adults. Children are \$4 with any adult purchase.

Let the MWR Box Office, assist you in making hotel reservations for the Tucson or Phoenix areas.

The Box Office also has discounted tickets on Southern California attractions. These tickets are discounted for military, DOD and NAF employees at great savings.

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

The Box Office has fax service available.

Applications for Spring Youth Fest now available

The Directorate of Community Activities, Child and Youth Services and Recreation Services Division, will sponsor the annual “Spring Youth Fest” on April 26. Vendor applications for this event are available now through March 20. Applications may be picked up at the Child and Youth Services Registration Office, Murr Community Center. For more information, please call 533-8437.

La Hacienda fun and entertainment

The pulsating rhythms of Latin Sounds have moved to Friday nights at 10. Come move with us.

Saturday nights are back with DJ Mr. Slim. Come out and dance to the various styles of music every Saturday from 10 p.m.-4 a.m.

Armed Services Blood Drive

Armed Services Blood Program will hold a blood drive at Eifler Gym, Wednesday, 10 a.m. - 8 p.m. Call 533-1402 for more information or an appointment.

Barnes Pool offers water aerobic classes

Water aerobic classes are now being offered at Barnes Pool. A session is currently underway, and runs through Feb. 22. Classes are held every Tuesday, Thursday and Saturday from 9-10 a.m. Cost is \$25 for a nine-class session. Or you can pay as you go, which will be \$3 per class. The class is for all ages and open to the public and active duty. For more information, contact Karlie Jo Hale at 533-3858.

Deployments and children workshop

Deployments are difficult for all concerned and can be extremely stressful for our children. Army Community Service (ACS) has designed a workshop to address some of the reactions our children may have and ways to help them cope during these trying times.

The workshop will be held Wednesday, 9 - 11 a.m. and again at 6 - 7:30 p.m. at Murr Community Center. Call ACS at 533-2330 or 533-5919, or email pamelaj.allen@us.army.mil for more information.

Thunder Mountain Marathon cancelled

The 2003 Thunder Mountain Marathon, which had been

set for March 22, has been cancelled. The majority of entrants in this event are soldiers, and, due to the current world situation, many have been deployed. Because of this, the marathon has been cancelled.

Germany orientation set for Feb. 26

Army Community Service is sponsoring an overseas orientation for soldiers and family members preparing for a tour in Germany.

The purpose of this event is to help alleviate some of the initial stressors associated with relocating to Germany.

The orientation will be held Feb. 26, 6 - 8 p.m. at Murr Community Center. Please register no later than Feb. 24 by calling ACS at 533-2330 or 533-5919, or email pamelaj.allen@us.army.mil for more information.

February special at MWR Rents

Take your sweetheart to dine at LaHacienda, LakeSide, Lil' Skeeters or Jeannie's Diner. Bring the receipt to MWR Rents and you'll receive \$5 off any rental of \$25 or more at MWR Rents. Offer good until Feb.28.

Key Caller Training scheduled for Feb. 20

Key Caller Training will be available for Family Readiness Groups on Feb. 20, 9 - 10:30 a.m., and again at 6 - 7:30 p.m. at Murr Community Center.

This training will provide knowledge on how to effectively establish and run phone trees and how to handle all types of calls.

To register, contact Army Community Service (ACS) Pamela Allen at 533-2330 or 533-5919, or email pamelaj.allen@us.army.mil for more information.

Bravo! Army Theatre show time changed

The Bravo Army Theatre group is set to perform at Fort Huachuca March 6 at the Cochise Theater. The time for the early show has been changed. It is now set for 5 p.m. The 2 p.m. show has been cancelled. The 7 p.m. show will be presented as scheduled.

The six-member Bravo Theatre troupe, currently touring the U.S. and overseas, will present a 70-minute show called “Lift Up Your Hearts, America.” Music includes songs by Billy Joel, James Taylor, Carly Simon, Roger Miller, Woody Guthrie and George M. Cohan.

Tickets are on sale now at MWR Box Office, MWR Rents, Desert Lanes and Sierra Vista Safeway for just \$5.

Seating is limited, so get your tickets now. For more information, call 533-2404.

B.O.S.S. to host golf tournament

The Fort Huachuca Better Opportunities for Single Soldiers (B.O.S.S.) will host a golf tournament on April 18, beginning at 8 a.m. This event, which will be held at Mountain View Golf Course, is open to everyone. The entry fee is \$30 per person.

First, Second and Third place prizes will be awarded, as well as prizes for the longest drive, closest to pin and a putting contest. Format is a four-person scramble.

If you don't have a team, you will be placed on one. Sign up early. Slots will be filled on a first come, first served basis.

For more information, contact Spc. Davis at 533-7395.

Youth Services Tae Kwon Do Classes

Youth Services offers Tae Kwon Do classes every Tuesday and Thursday at 6 p.m. at the Youth Center. Ages 4 and up are invited to come to any class and participate. Parents are welcome as well.

ICW Wrestling to return to Fort Huachuca

International Championship Wrestling, Inc. will once again be hosted by the Directorate of Community Activities, Recreation Services Division, April 5 at Barnes Field House. Tickets go on sale tomorrow at MWR Box Office, Desert Lanes, MWR Rents and Sierra Vista Safeway.

The following bouts have been scheduled: Buff Bagwell vs. Norman Smiley; Disco Inferno vs. The Navajo Warrior; Erica vs. Nikki (ladies match); Hollywood vs. The Black Scorpion; and Shane and Shannon Ballard vs. Jason and Johnny Riggs (tag team match).



Watch The Scout for further details.

LakeSide to host gourmet Valentine dinner

You can still make your reservations at LakeSide for tomorrow, Valentine's Day, for a spectacular, six-course gourmet dinner. Dinner will be served from 5:30 - 9:00 p.m.

The meal includes a scrumptious salad of citrus and fennel on a bed of mixed greens; New Orleans bisque; risotto cakes; berry sorbet; your choice of one of four entrees, and for dessert, fresh fruit symphony.

The entree choices are: filet mignon with sage demi glace, sweet potato cake and vegetable medley; jumbo shrimp filled with crab, bacon and tomatoes and served with spinach tartlet; grilled porterhouse chop with cranberry fig chutney, whipped chive potatoes and vegetable medley; and wild rice and mushrooms crepes, cheese and roasted chile sauce.

All dinners are served with freshly baked rolls and butter, coffee and tea.

Cost is \$30 per person and reservations are highly recommended at 533-2194.

Boating safety course

MWR Rents will offer an eight-hour boating safety course at Murr Community Center Tuesday and Feb. 20 from 6 p.m. to 10 p.m. (Must attend both nights.) Completion of a boating safety class is necessary to rent boats from MWR Rents. Call 533-7607 for information.

Right Arm Night at LakeSide

The LakeSide Activity Centre will host the next CGs' Right Arm Night Feb. 28 at 4 p.m. Karaoke with Ken Edwards, free food and a pay-as-you-go bar make this a lively spot to relax and socialize.

Activity Day postponed

The Activity Day at the Sportsman's Center that had been scheduled for Saturday has been postponed. Read The Scout for information on when the event will be rescheduled.

Registration for Little League

Fort Huachuca will not have a Little League Baseball Program this season. All youth interested in playing Little League Baseball must register with the Sierra Vista Little League. Registration information is listed below:

Players 5-16 years of age can register for Sierra Vista Little League at Big 5 Sporting Goods Store Feb. 22, 9 a.m.-1 p.m. Opening day will be April 5.

The following ages apply: Tee-Ball, ages 5-6, date of birth August 1996 to July 1998; Coach Pitch, Ages 7-8, DOB August 1994 to July 1996; Minors-Majors, Ages 9-12 DOB August 1990 to July 1994; Junior-Senior, Ages 13-16, DOB August 1986 to July 1990.

Cost for Tee-Ball and Coach Pitch is \$45 per player. For Minors/Majors/Junior/Senior, cost is \$55 per player. For families with more than two players in the league, the cost will be \$25 for each additional player.

Volunteers, coaches, managers and sponsors are needed. For more information, call Mike Dominy at 417-5100.

FRG Training set for March 8

Family Readiness Group Training will be conducted March 8, from 9 a.m. - noon at Murr Community Center. This class will cover the basics of establishing and running a family readiness group, funding issues and managing volunteers. Call Army Community Services at 533-5919 or 533-2330 to register by March 6.

Scouts basketball home games

The Fort Huachuca Scouts basketball team will play their next two home games Saturday, 3 p.m. and Sunday, 1 p.m. against Kirtland Air Force Base at Barnes Field House.

All games are open to the public at no charge. Come out and support your local ARMY team.

Showings

The Cochise Theater movie prices are \$3 for adults and \$1.50 for children, except on Wednesdays and Thursdays, when all admission is only 99 cents. All movies will be showing at 7 p.m., unless otherwise indicated. For more information, call 533-2950 or visit www.aafes.com.

Today at 7 p.m. LORD OF THE RINGS: TWO TOWERS

Elijah Wood, Sean Astin - The second in the Tolkien trilogy. Frodo the hobbit, braves terrible dangers in an attempt to have the evil ring destroyed. Rated *PG-13* (Images of violence). 179 Min.

Friday, Wednesday at 7 p.m. ANTWONE FISHER

Derek Luke, Denzel Washington - Antwone is ordered to see a Navy psychiatrist to learn to control the anger impulses



that cause him to fight with shipmates. His therapy inspires him to seek out the family that abandoned him as a child. Rated *PG-13* (Violence, language and mature thematic material involving abuse). 113 Min.

Feb. 16, 2 p.m, and 7 p.m. PINOCCHIO

Roberto Benigni, Nicoletta Braschi - Pinocchio the wooden puppet has come to life and wants to become a real boy. Despite guidance from the Blue Fairy and the love of his father Gepetto, his curious spirit leads him into one wild adventure after another. Rated *G* 100 Min.

Feb. 20 at 7 p.m. CATCH ME IF YOU CAN

Leonardo DiCaprio, Tom Hanks - Frank lived a life of crime using his abilities forgery and escape. FBI agent Shaye, respected his abilities so much that he eventually worked out the deal that got him out of prison just after 5 years. Rated *PG-13* (Some sexual content and brief language). 140 Min.

Feb. 21, Feb. 26 at 7 p.m. NATIONAL SECURITY

Martin Lawrence, Steve Zahn - Earl and



Hank have only one thing in common, they're both L.A.P.D. rejects. As lowly security guards they uncover a sophisticated smuggling operation. These two unlikely partners just might save the day. Rated *PG-13* (Violence, language and some sensuality) 90 Min.

Feb. 22, Feb. 23, Feb. 27 at 7p.m. JUST MARRIED

Ashton Kutcher, Brittany Murphy - Two young newlyweds find that their perfect honeymoon in Venice is turning out to be the worst one imaginable.

Can the marriage, which many of their friends and family said was a bad idea survive the celebration? Rated *PG-13* (Sexual content, some crude humor and a brief drug reference). 95 Min.

Commentary

A rock and a hard place

BY STAFF SGT. SHARRON STEWART
SCOUT NEWS EDITOR

During an intramural basketball game Monday night I witnessed an upset basketball player assault a referee.

I'm not passing judgment because as an assistant coach, I've gotten a technical foul called on me and there's even been an exchange of heated words between myself and another player.

My five-year-old daughter was at the game Monday and witnessed much of the

action as did other children.

I joined the Army late in life and it has opened up the world of competitive sports for me.

I've learned lessons that only sports can teach such as diligence, character and perseverance.

I truly understand the passion of the moment where players get fed up with bad calls, I understand the heat of the moment when a coach will voice a few choice words in order to express her ire at a bad call or even a string of them.

I'm not excusing the behavior, I'm just saying I understand it.

I totally understand the warrior spirit and

the win-at-all costs attitude.

But as a parent what do I tell my daughter when she asks, "Why are the big people saying bad words to each other?"

As a parent what do I tell my daughter when she asks me "Why are they fighting?" when she sees grown-ups tussling at a basketball game?

As soldiers we are admittedly far from perfect but as leaders we are held to higher standards.

As soldiers in and out of uniform we have to strive to maintain some form of military bearing because we are setting an example, be it good or bad.

RECIPE from Page B1

atoes have the richest source. One of the highest sources of lycopene in tomato products can be found in spaghetti sauce.

A serving size of a halfcup of spaghetti sauce provides 28.1 milligrams of lycopene.

The following is a recipe for spaghetti sauce that is delicious as well as nutritious:

Chicken spaghetti sauce

Ingredients:

- 1 cup water
- 1 cup chopped onion
- 1 teaspoon sugar
- 3/4 tsp. salt
- 1 tbsp. chopped fresh or 1 tsp. dried oregano
- 2 tsp. chopped fresh or 3/4 tsp. dried basil
- 1 clove crushed garlic
- 1 bay leaf
- 8 oz tomato sauce
- 6 oz tomato paste
- 1 1/2 c cut-up cooked chicken
- 5 c hot cooked spaghetti

Heat water and all ingredients except chicken and spaghetti to boiling in a 10 inch skillet; reduce heat. Cover and simmer 30 minutes, stirring occasionally. Stir in chicken. Cover and simmer 30 minutes longer; stirring occasionally. Remove bay leaf and serve over spaghetti

Nutritional content per serving:
280 calories, 17 grams protein, 4 grams fat, 30 milligrams cholesterol
(Recipe taken from the files of Al Rice, North Pole, Alaska.)

