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Army Boxers prepare for tournament

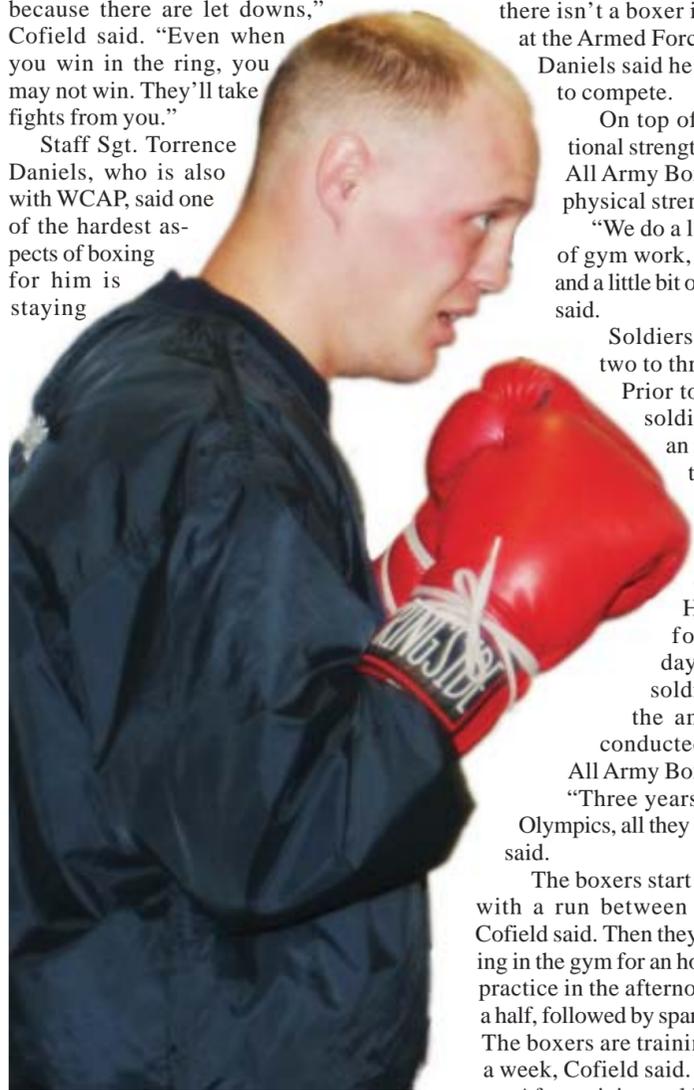
BY SGT. KRISTI T. JAEGER
SCOUT STAFF

What does it take to become an All Army Boxer?

There are both physical and emotional demands to participate in the program, according to Staff Sgt. George Cofield, All Army Boxing assistant coach with the Army World Class Athlete Program in Fort Carson, Colo.

"You have to be mentally strong because there are let downs," Cofield said. "Even when you win in the ring, you may not win. They'll take fights from you."

Staff Sgt. Torrence Daniels, who is also with WCAP, said one of the hardest aspects of boxing for him is staying



Photos by Spc. Matther Chlosta

motivated. Being in a smaller weight class (119 pounds), Daniels, who has been boxing for 20 years, said he isn't always able to compete.

"It's frustrating to go places and not be able to compete because there's no one in that weight class," said Daniels, who will be going for his fifth win this year.

During the All Army Boxing tournament, Daniels will have to compete with a boxer from the 125-pound weight class, he said. If there isn't a boxer in his weight class at the Armed Forces Championship, Daniels said he would not be able to compete.

On top of mental and emotional strength, being part of the All Army Boxing team requires physical strength as well.

"We do a lot of running, a lot of gym work, a lot of technique, and a little bit of sparring," Cofield said.

Soldiers train in camp for two to three weeks, he said. Prior to coming to camp, soldiers may train with an installation boxing team.

"Some boxers may only train [at their installation] one hour a day. Here it's three to four hours every day," he said. These soldiers must adjust to the amount of training conducted while part of the All Army Boxing team.

"Three years leading up to the Olympics, all they do is train," Cofield said.

The boxers start off every morning with a run between 7 and 8:30 a.m., Cofield said. Then they have weight training in the gym for an hour and a half. They practice in the afternoon for an hour and a half, followed by sparring in the evening. The boxers are training four to six days a week, Cofield said.

After training, soldiers compete in the

All Army Boxing Tournament. After the All Army Boxing Tournament, those who win will advance to the Armed Forces Championship the first and second week of December at Camp Lejeune, N.C., Cofield said. These soldiers will compete against boxers from the Navy, Marines and Air Force.

"The winners of the Armed Forces Championship will go on to the Olympic trials to qualify," Cofield said. The Olympic trials will be held Feb. 16-21, 2004.

Staff Sgt. Julius Fogle, a seven-time All Army and Armed Forces champion with WCAP, is confident he will be qualifying for the Olympic trials.

"I'm going for my eighth win," said Fogle, who has been boxing for 11 years. Staff Sgt. DeAndrey Abron, a five-time All Army and Armed Forces champion with WCAP, has already qualified for the Olympic trials, he said.

"It's exciting, but it's depressing," said Abron, who has been boxing since 1997. "Boxing is an individual sport, but it is important for the team to be there with me."

Abron said he would not have had the opportunity without the support of his chain of command and the support of WCAP.

With the busy schedule members of the All Army Boxing team follow on a daily basis, soldiers might experience stress throughout their training.

Cofield said the most stressful part of being part of the All Army Boxing team for soldiers with families is the separation during traveling.

For the single soldiers, having a curfew of 10 p.m. during the week and 11:30 p.m.



on the weekends is stressful.

"There are sacrifices you have to go through," Cofield said. Even though the program trains and prepares soldiers to compete, applicants for All Army Boxing must have some experience to be accepted, Cofield said.

"First thing is to learn the basics and be in good shape," said Fogle. "Do a lot of studying with a lot of fights, and just practice, practice, practice."

Soldiers who are interested in joining the team can apply through their installation's sports director, Cofield said. The application is then notarized and sent to the Department of the Army. Between DA and the coaches at WCAP, soldiers are selected to participate on the team.

The All Army Boxing Tournament will begin Wednesday at Barnes Field house. "It's going to be an exciting show," Cofield said.

Students warm hearts of soldiers

BY SPC. LORIE JEWELL
ARMY NEWS SERVICE

Staff Sgt. Norman Murphy listens to a question as he and Spc. John Marshall show second-grade students pictures of their tour in Afghanistan.

When Sterling Memorial School students sat down last winter to write letters to a group of soldiers serving in Afghanistan, reading consultant Jodi Ross wasn't expecting anything more to come of the school-wide project.

Ross, who coordinated the mass mailing with school nurse Cheryl Risavich, thought of it as a one-time patriotic effort to let the troops know the kids were rooting for them. Some of the soldiers thought differently. They wrote back.

The pen-pal relationships that developed during the year culminated Oct. 27 in "Operation Tribute to Freedom Day," an all-day event that brought those soldiers to the tiny eastern Connecticut school to meet the 400-plus students in grades kindergarten through eight.

American flags lined the circular driveway and a sidewalk in front of the school for the arrival of Sgt. Maj. Bertram Vaughn, Staff Sgt. Norman Murphy, Spcs. Michael Holmes and Alex Somosky, and

Pfcs. Robert Green and John Marshall of the Army's 2nd Battalion, 504th Parachute Infantry Regiment, now returned to Fort Bragg, N.C.

The day also included a visit by Staff Sgt. Brian Young, an Oneco native currently deployed in Iraq with his Hartford, Connecticut-based National Guard unit, the 143rd Military Police Company. Young, a bus driver for the Sterling School District in civilian life, was home on family-emergency leave and was invited to the event as a special guest.

In each of the 22 classrooms the soldiers visited, they stressed how much the students' letters, cards and pictures lifted their morale. Murphy was the school's link to the unit; his cousin, Nathaniel Drosch, teaches special education there.

"It was like Christmas, coming back from a mission and finding stacks of letters on our cots," said Somosky. "We just want to thank you for taking the time to do that for us."

It's the soldiers that deserve the thanks, said Ross and other faculty members. Not just because they wrote back — which thrilled the students beyond belief — but for traveling from Fort Bragg, N.C.,

their home station, to spend a day with them. The visit was coordinated through Operation Tribute to Freedom, a Department of Defense initiative that works with community groups and organizations to recognize military members serving in the Global War on Terrorism.

An assembly kicked the day off with the school's Sing and Sign Choir performing the National Anthem. State and local leaders offered special greetings to the soldiers. Wade Hyslop, deputy speaker of the Connecticut House of Representatives and Vaughn's father, presented the group with an official citation from the state's general assembly commending them for their service.

"We've been working on this for about two months, we're so excited," said Sterling class president Erica Vitale. "It's so amazing that they're here."

The soldiers' visit also drew a small contingent of local media, another amazing aspect of the day, said Vitale and her fellow class officers Sarah Beauchesne, Nicole Dumaine and Dana Bein.

"This is such a small school, this is a pretty big deal," said Bein. "The only time we've been in the news

See STUDENTS, Page B6

Fort consults with four Apache tribes on various projects

BY JOAN VASEY
MEADIA RELATIONS

Fort Huachuca consults with four Apache tribes on a variety of projects that occur on the installation. This background information may help residents of Fort Huachuca and the greater Sierra Vista area gain a greater understanding about the native people with whom the U.S. Army garrison interacts.

In the 1700s and 1800s there were many Apache bands that identified themselves as distinct groups and identified their own territories in southern and central Arizona. The actions of the U.S. Government led to today's Apache reservations and the far-reaching ties of some of its residents.

During the Apache Wars the U.S. Army developed a "peace policy" that called for the collection of all Apaches on reservations. Some reservations have lasted until today, others only a few years.

The San Carlos Apache Reservation and the White Mountain Apache Reservation was originally established in 1870 as one

large area with two units. It was split into separate reservations in 1897 with the northern half being White Mountain and southern half being San Carlos.

Unfortunately the Apache bands on these lands were identified mainly along east/west lines so many groups were also split and separated.

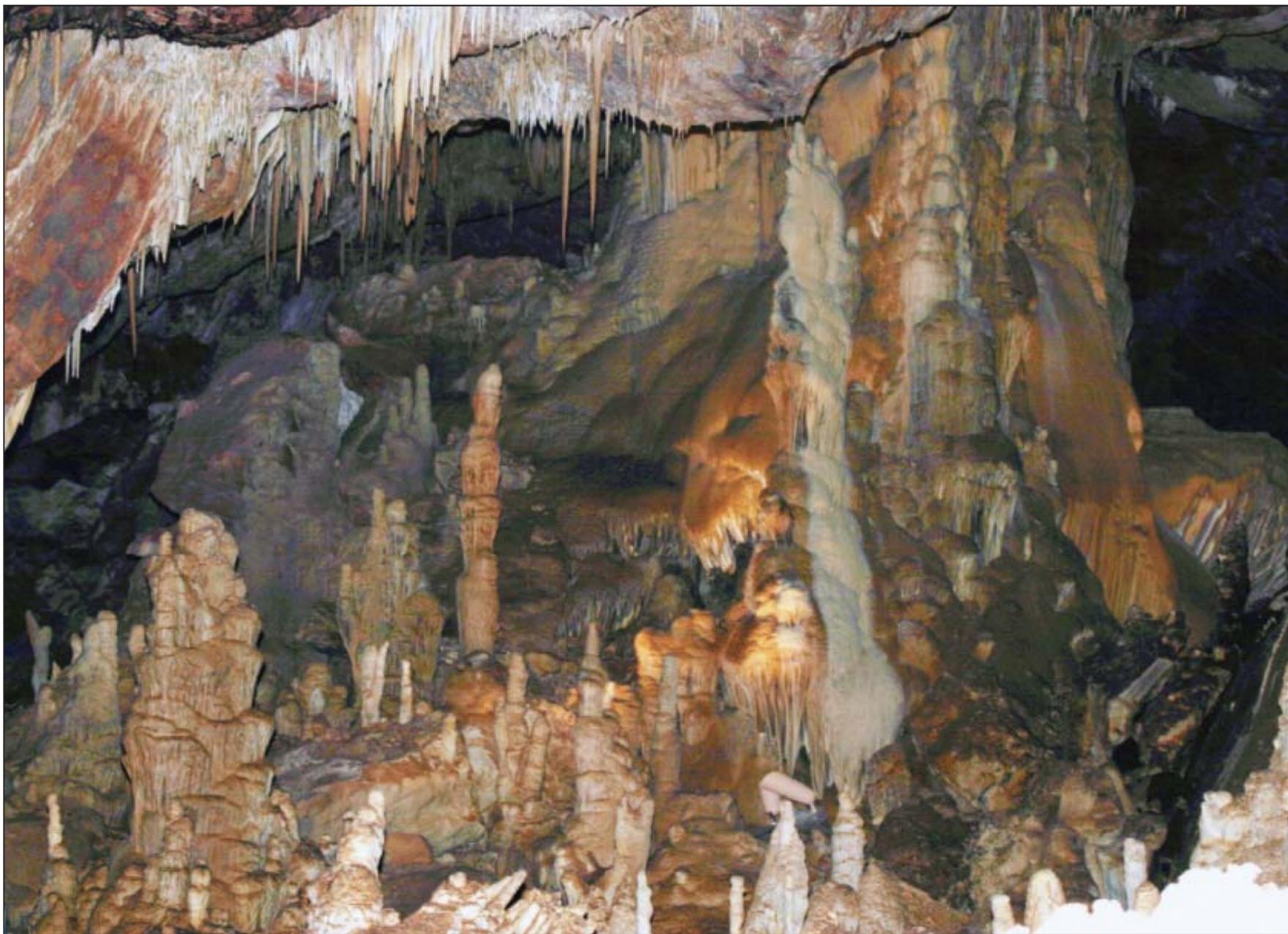
The San Carlos unit included an area extending 15 miles south of the Gila River for a short time during the 1870s so Mountain Graham may have been reservation land then.

Today the San Carlos Reservation includes 1.8 million acres and the White Mountain Reservation includes 1.6 million acres.

The White Mountain and San Carlos Apache provided enlisted scouts during the Apache Campaign and San Carlos Apache scouts were employed in the capture of Geronimo's band in Mexico in 1886.

Many remained U.S. Army Scouts and resided at Fort Huachuca in various camps in Huachuca Canyon and in adobe structures in Apache Flats.

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Photos by Elizabeth Harlan

The Big Room boasts many different colorful formations.

Kartchner Caverns: alive, growing

BY SGT. KRISTI T. JAEGER
SCOUT STAFF

Between 240 and 500 million years ago, seas covered the American Southwest. Once the water retreated, limestone was de-

posited on ancient rocks. This was the very beginning of Kartchner Caverns.

Kartchner Caverns State Park is located in Benson, east of the Whetstone Mountains. It has been open to the public since Nov. 12, 1999. A man named James Kartchner originally owned the land.

In November 1974, the main cave was discovered by Randy Tufts and Gary Tenen. In March 1988, the land was purchased by the Nature Conservancy for \$1.8 million. Once the park was authorized, the Arizona State Parks Board purchased the property for \$1.8 million.

The Rotunda-Throne room, measuring 230 feet long by 120 feet wide, has been open to the public for tours since 1999. The Big room, measuring 400 feet long by 240 feet wide, will open for the first time on Tuesday. Tours of the big room will be available with a price of \$22.95 for adults, and \$12.95 for children. Camping is available at the park for \$22 a night.

Within the Big room are various formations of flowstone, turnip shields, large fried egg stalagmite and brushite moon milk. Tour guides will point out there is a bat skeleton preserved within a soda straw of stalagmite, and explain how air-flow can create cave coral along the wall. While walking along the paths in the cave, one must be careful of

the halecites hanging from the walls. Areas of the cave contain brick coloring, caused by iron. The temperature in the cave stays at an average of 67 degrees, with 99 percent humidity. Air locks are installed on the doors to maintain the climate for the continuing growth of the calcite formations.

The oldest known formation in the Big room is 196,000 years old. It is estimated the cave itself formed within 13,000 years. Tenen doesn't believe humans have a comprehension of how long that really is, he said. If broken or vandalized, the formations in the cave would be damaged forever, Tenen said. Tufts once described the living cave as a place where "the water and stone continue their artistry. Ninety percent of the cave is alive and its formations are still growing."

The caverns are open seven days a week from 7:30 a.m. to 6 p.m. Daily cave tours are scheduled every 20 minutes starting at 8:40 a.m. with the last tour leaving at 4:40 p.m. The park is closed on Christmas with no tours scheduled after noon on Christmas Eve day.

For reservations or more information, call 586-CAVE (2283).



Fried egg formations can be found throughout the cave.



Many of the stalagmites in the room have several other formations branching off of them.



Above, the Strawberry Room has red coloration in many formations due to the iron deposits. Right, one of the many massive formations visitors will see.





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 facilities announce Thanksgiving hours



The following Morale Welfare and Recreation facilities have announced they will be closed Nov. 27, Thanksgiving Day: Sportsman's Center, Eifler Fitness Center, MWR Box Office, Barnes Pool, Barnes Field House, MWR Rents, La Hacienda, MWR Marketing, Desert Lanes

and Jeannie's Diner.

Mountain View Golf Course will be open Thanksgiving Day, but will close at 2 p.m. The golf course will be open regular hours Nov. 28.

The following facilities will be closed Nov. 28: MWR Box Office, Barnes Pool, MWR Rents, La Hacienda and the Sportsman's Center.

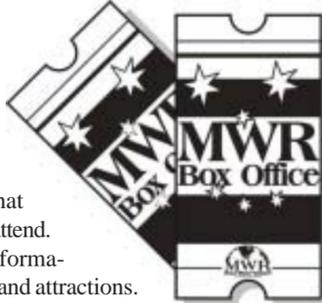
Nov. 28, several facilities will be open special hours, including: Jeannie's Diner, 11 a.m. - 10:30 p.m.; Desert Lanes, opens at noon; Eifler Fitness Center open 9 a.m. - 8 p.m. and Barnes Field House, open 9 a.m. - 1 p.m.

Child and Youth Services has announced its Thanksgiving holiday schedule. Nov. 26, Family Child Care will close at noon. Youth Services will be open 6 a.m. - 10 p.m., Nov. 26.

All of the following CYS facilities will be closed Nov. 27 and 28: Child Development Center, Outreach Services/Registration Office; Family Child Care and School-Age Services. The Youth Center will be closed Nov. 27, but will be open 6 a.m. - 10 p.m., Nov. 28.

The MWR Box Office is here for you

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 week-end getaway or get tickets for that special event you'd like to attend. The box office also has information on many cities, states and attractions. Some of the discounts, deals and tickets that are available include:



- Tickets for events at the Tucson Convention Center, including the Tucson Ice Cats hockey team vs. Western Michigan University Nov. 21 and 22, "The Sound of Music" Nov. 28 - 30 and Gallagher on Dec. 6.

- Details on the Knott's Berry Farms Veteran's Day promotion for active duty military, reservists, retired and veterans who have a DD214 form. Promotion includes two free tickets for each eligible person, plus up to six additional tickets at the reduced price of \$5 each. The offer is available now through Nov. 27.

- Tickets for the San Diego Old Town Trolley city tour. You can hop on and off at any of the eight stops along the way that include Seaport Village, Balboa Park and the San Diego Zoo.
- NFL Football packages, including hotel rooms, for the Arizona Cardinals vs. the Carolina Panthers Dec. 14 and the Cardinals vs. the Minnesota Vikings Dec. 28, in Phoenix.

- 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.

Save 40 percent at the Pro Shop

Nov. 28 and 29, the Pro Shop at Mountain View Golf Course will hold a pre-Christmas blowout sale. Selected items will be marked 40 percent off. Do your Christmas shopping early and take advantage of the savings at the Pro Shop.

Winter hours go into effect Monday at the Pro Shop. They will be open 8 a.m. - 5 p.m., seven days a week. These hours will remain in effect until March 1, 2004.

The JITC Tournament will be held Nov. 21 at MVGC, beginning at 8 a.m. Nov. 23, MVGC will hold a "Turkey Shoot," with an 8:30 a.m. shotgun start.

For more information on any of the above events, call MVGC at 533-7088.

Winter hours at MWR Rents

Effective Saturday, MWR Rents will begin winter hours as follows: Monday, Thursday and Friday, open 9 a.m. - 5 p.m.; and Tuesday and Wednesday, Saturday, Sunday and holidays, closed. Out-processing hours during winter months will be 9 a.m. - 5 p.m., Monday, Thursday and Friday.

For more information, call 533-6707.



All Army Boxing tonight, Championship Night Saturday

All Army Boxing continues tonight, and concludes Saturday with Championship Night at Barnes Field House. Doors open at 6 p.m. and the bouts start at 7 p.m.

The winning contenders from this year's boxing competition will advance to the Armed Forces Championships, and from there to the world military championships, CISM (Conseil de International Sports Militaire), which will be held at Fort Huachuca in October 2004.

Staff Sgt. Basheer Abdullah, coach of the U.S. World Class Athlete Program boxing team, was recently selected by USA Boxing as head coach for Team USA in the 2004 Olympic Games at Athens, Greece.

Tickets for All Army Boxing are available on-post at MWR Box Office, Desert Lanes, MWR Rents and Barnes Field House. Off-post, they are available at Sierra Vista Safeway. Or, you can purchase tickets at the door Wednesday or Saturday night.

General seating tickets are \$5 tonight. For championship night, the cost is \$8. Children 10 and under will be admitted free.

For more general information, call 533-5031. For more ticket information, call 533-2404.



Price reduced on Fat Burning Workout

Do you need to unwind from your day, or do you just want an invigorating workout experience? If so, here's your opportunity to do just that at a reduced price.

The "Fat Burning Workout," including Tae-Bo, kickboxing, step/bench, hi-low aerobics and abdominal workout, meets Mondays, Wednesdays and Thursdays in the Stage Room at Barnes Field House, 5 - 6 p.m. Esther Magalong, certified aerobics instructor with 10 years experience, will conduct the classes.

The class will be taught at beginners, intermediate and advanced level. Everything that you need for the class is provided. You just have to show up.

The cost has been reduced to \$30 per month, \$15 for two weeks, or \$3 per class. Also, if you bring a friend who signs up to participate in the workout, your own fee will be reduced by 50 percent for that month or that two-week time period.

A minimum of four participants are needed for the class to be held. Call Kathy Gray at 533-3180 or 533-5031 for more details or to sign up for the class.



Bag your Thanksgiving bird

Load up for the "Turkey Shoot" set to start at 10 a.m., Nov. 22 at the Sportsman's Center. Cost is \$3 per shot and there will be 10 shooters per round. Prizes include turkeys, hams and sporting goods. Here's a chance to win your Thanksgiving dinner!

For more information, call 533-7085.



Intermediate racquetball lessons

During December, Barnes Field House will offer intermediate personal lessons in playing the sport of racquetball. The course will be offered in four-week blocks, according to levels of experience. The hour-long blocks of instruction will begin at 6:30 p.m. every Tuesday.

Dec. 2, 9, 16 and 23 sessions will include instructions in advanced shot placement and competitive strategy.

The course, which is free to all authorized MWR patrons will be taught by Don Cairns. Cairns has played racquetball for 32 years and has instructed racquetball at Cochise College for six years.

Sign up for the course at the administrative office at Barnes Field House or call George Thompson at 533-5031.

Youth basketball registration starts Saturday

Youth Services announces registration for the youth sports basketball program. Registration begins Saturday and closes Jan. 3, 2004. The program is open to all Child and Youth Services registered youth, ages 5 - 15.

There will be five co-ed age divisions, including Pee Wee (ages 5 and 6), Mighty Mite (7 and 8), Bantam (9 and 10), Junior (11 and 13) and Senior (13-15).

In order to participate in the basketball program, youth must be registered CYS members. Cost for CYS membership is \$15 per youth or \$35 maximum family fee. 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, 2004, payment can be delayed until Feb. 6, 2004. (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.

Take 'Time Out' to enjoy yourself

Featuring six televisions, plus a big screen TV, with the capability of showing



seven different games at any given time, Time Out is the place to be to enjoy your favorite sporting events. The facility has 13 national sports channels, plus the NFL Sunday Ticket available.

In addition to being a great place to enjoy sporting events, on Friday and Saturday nights the Time Out also presents Disc Jockeys playing a variety of music for your listening and dancing enjoyment. Friday, 10 p.m. - 4 a.m. Hip Hop/Top 40 is featured. Saturday is the night for Latin music.

Beverages, burgers, fries and other finger foods are available to satisfy your hunger and thirst.

Time Out is located across from Barnes Field House on Arizona Street. The club's hours are Friday, 4 p.m. - 4 a.m., Saturday, 4 p.m. - 4 a.m. and Sunday, 10 a.m. - 5 p.m.

HooaH₂O on sale from DCA

The Directorate of Community Activities has MWR's own brand of bottled water. A 20 ounce bottle of HooaH₂O may be purchased at the Sportsman's Center, Desert Lanes, Jeannie's Diner, Buffalo Corral, the 19th Hole, La Hacienda or Time Out for \$1 per bottle. HooaH₂O may also be purchased by the case at MWR Rents for \$15.

When patrons purchase HooaH₂O, they contribute to the MWR fund-raising effort in support of all MWR activities and facilities.

Combat cross country coaches' meeting

The team coaches' meeting for Fort Huachuca Combat Cross Country will be held at 10 a.m., Dec. 1 at Barnes Field House. The competition is set to begin at 8 a.m., Dec. 6 at Wrenn Arena, and includes both men's and women's divisions. Runners in each division will compete in different age groups.

Each company-sized unit is authorized to enter one or more company-level team. Each soldier must be assigned or attached to the company they represent. A minimum of five or a maximum of seven runners is required for a team.

There is a \$50 registration fee per team, and a \$10 registration for individual runners who are not competing on a team. Registration deadline is Dec. 1.

For more information, contact Tom Lumley at 533-3180 or 533-3246 or e-mail thomas.lumley@hua.army.mil.

Made-to-order leather pet items at Arts Center

MWR Arts Center is offering you the opportunity to "walk your pet in style." You can purchase made-to-order leather leashes, harnesses and collars for your dog or cat. You have the option to choose either plain or custom-tooled items.

Beginning January 2004, the Arts Center will offer introductory, beginner and advanced classes in leather tooling, taught by professional leather-crafter Barbara Schoonover.

For more information, or to order a custom-made leather item for your pet, call the MWR Arts Center at 533-2015. You can also stop by during their hours of operation, Friday and Saturday, 9 a.m. - 5 p.m. and Tuesday, Wednesday and Thursday, noon - 8 p.m.



Time Out briefs

Holiday parade

Greater Sierra Vista Area Chamber of Commerce is looking for groups that would like to participate in the 45th annual Holiday Parade. The parade will be held on Dec. 6; deadline for entries is Friday. This year's theme is Dr. Doolittle "Talks to the Animals." All entrants are required to do something in keeping with the theme. Entry fees start at \$35. For more information, call the Chamber of Commerce, at 458-6940.

Anniversary celebration

The Friends of the Sierra Vista Public Library will celebrate its 30th Anniversary on Saturday starting at 1:30 p.m. in the Mona Bishop Room of the Sierra Public Library.

The featured speaker will be J.A. Jance, Jance was raised in Bisbee, is a University of Arizona graduate and is a special friend to the area's libraries.

Prior to the celebration, Joe Anton & his Desert Swing band will entertain.

Following the speaker, refreshments will be served and the Cochise Consort will play.

Trekkers meeting

The Thunder Mountain Trekkers meet the last Tuesday of each month at 7 p.m., SSVEC Conference room, 311 Wilcox Drive. Planning is underway for our internationally sanctioned walking event on Dec. 13 in support of the Fort Huachuca chaplain's Helping Hands Program. The event start/finish point is the Main Post Chapel. Donations of canned goods and money for the program will be accepted.

Free soccer clinic

Grab your cleats and get drafted for a weekend of soccer with the U.S. Army and Major League Soccer forward Bobby

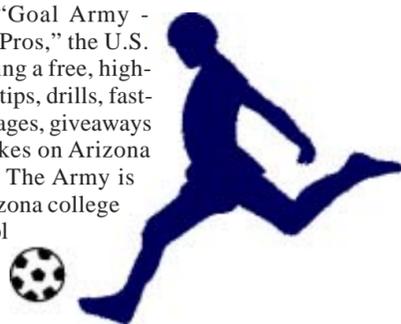
Rhine of the Dallas Burn.

Through "Goal Army - Play with the Pros," the U.S. Army is offering a free, high-energy day of tips, drills, fast-paced scrimmages, giveaways and sweepstakes on Arizona soccer fields. The Army is recruiting Arizona college and high school players of all abilities, races and backgrounds to dribble,

pass, trap and shoot alongside the pros and receive hands-on instruction. Players can choose from three different Arizona clinics Nov. 21-23.

Admission is free for players and visitors. Players can sign up online now at www.GoalArmy.com for the Arizona clinics. Day of event registration is also available. All registrants receive distinctive dog tags.

Players, coaches and fans can choose from three different clinics at Paseo Park, Golf Links Sports Complex and Red Mountain Soccer Complex. The three-hour clinics will be held Nov. 21-23. Registration and information is available at www.GoalArmy.com or call 1-888-543-7223 ext 232.



Dates include:

Nov. 21	3 p.m. - 7 p.m.	Paseo Park
Nov. 22	1 p.m. - 5 p.m.	Golf Links
Sports Complex		
Nov. 23	12 p.m. - 4 p.m.	Red Mountain Soccer Complex

Celestial poets sought in free poetry contest

A \$1,000 grand prize is being offered in a new free poetry contest sponsored by Celestial Arts, free to everyone. Over \$50,000 in cash and prizes will be awarded during the coming year.

"Even if you have never entered a competition before," says Poetry Editor Michael Thomas, "this is your opportunity to win big. Even if you have written only one poem it deserves to be read and appreciated. Beginners are especially welcome."

To enter send one poem, 21 lines or less to Celestial Arts, PO Box 1140, Talent, OR 97540. Or enter online at www.freecontest.com.

Be sure your name and address is on the page with your poem. The deadline for entering is Nov. 29. A winner's list will be sent to all entrants. Winning poems may be posted online.

Let a Greyhound race into your life

The greyhound adoption league of Sierra Vista hosts a greyhound adoption day on the last Saturday of each month. The next adoption day for the Sierra Vista area is Nov. 29. The adoption days are held from 10 a.m. to 2 p.m. at Ramsey Canyon Feed and Pet Store located at 4107 E. Gleen Road in Sierra Vista.



Parent/Tot play group

Army Community Service Family Advocacy Program has a Parent/Tot play group which meets Wednesday mornings, 9:30 - 11:30 a.m. at the new School Age Service Building 52056, off Hatfield Street, across from the Main Post Chapel.

Parents and their children, ages 0 - 5 years, are invited to participate.

This is a volunteer-run program that offers age-appropriate activities, holiday parties and monthly briefings of interest to parents, along with vibrant adult-child interaction.

The size of the group is always increasing, so parents are encouraged to make reservations by calling ACS at 533-2330, 8 a.m. - 4:30 p.m., Monday - Friday. Volunteers are always welcome.

Library closed

The Main Library will be closed the day after Thanksgiving Nov. 28th.

New worship service

A new liturgical worship service starts Sunday at Prosser Village Chapel at 11 a.m..

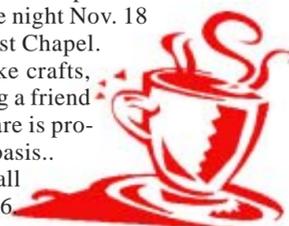
"Liturgical" means "a work of the people." There will be four readings from the bible every Sunday. Hymns and carols of the Church Year will be sung along with praise

songs. There will be a celebration of the Lord's Supper every week.

Christmas craft and coffee night

The Protestant Women of the Chapel will host a Christmas craft and coffee night Nov. 18 at 6:30 p.m. at the Main Post Chapel. There will be make and take crafts, door prizes and more. Bring a friend and receive a gift. Child care is provided on a space available basis..

For more information, call Main Post Chapel at 533-2366.



Madera Canyon renovation

Madera Canyon's popular Left and Right Roundup Picnic Areas are closed for renovation. The temporary closure of the Roundup area will be in effect for six months, according to Stan Helin, Coronado National Forest Recreation Program Leader. Although there will be no public parking at the end of Madera Canyon Road during renovation, visitors will continue to have pedestrian access to the Super and Old Baldy Trails south of the construction site. Signs will direct visitors to temporary trailhead parking areas. The renovation project will connect Left and Right Roundup with a one-way loop road. Other planned construction work includes repaving all roads and parking lots, repairing picnic facilities, providing new accessible picnic sites, replacing the Left Roundup restroom, and improving trailheads. Forest Service deferred maintenance funds will pay for the reconstruction of the recreation site. After renovation is completed in early 2004, the area will be renamed the Mountain Wrightson Picnic Area and Trailhead. For more information about the Mountain Wrightson recreation site project and visitor access in Madera Canyon, contact the Nogales Ranger District office Monday-Friday at 281-2296, or visit the Forest's Web site at www.fs.fed.us/r3/coronado.

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 pm. 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



Commissary holiday hours

Holiday hours for the Fort Huachuca Commissary are as follows:

Nov. 24	9 a.m. - 6 p.m.
Nov. 27	closed
Nov. 28	closed
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 will be normal operating hours.

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. Blow Fly, by Patricia Cornwell
4. Sheperds Abiding, by Jan Karon
5. Blood Canticle, by Anne Rice

Hardcover nonfiction

1. A Royal Duty, By paul Burrell
2. Dude, Where's My Country? by Michael Moore
3. Lies, by Al Franken
4. Who's Looking Out For You?, by Bill O'Reilly

5. Bushwhacked, by Molly Ivins

Paperback fiction

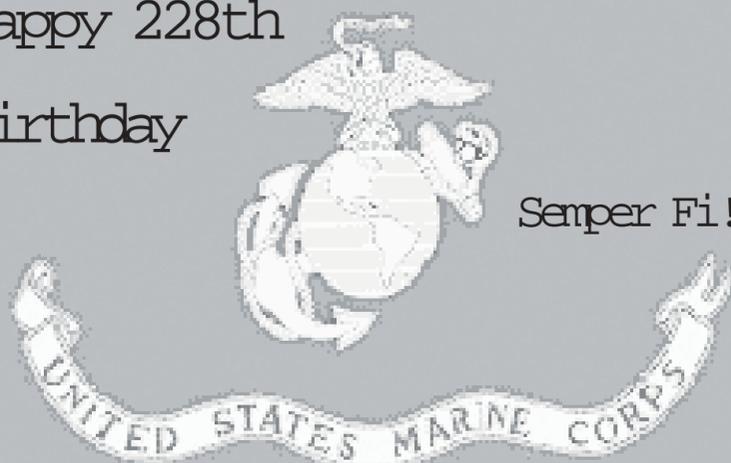
1. Key Of Light, by Mora Roberts
2. Four Blind Mice, by James Patterson
3. Mystic River, By Dennis Lehane
4. Answered Prayers, by Danielle Steel
5. Angels & Demons, by Dan Brown

Paperback nonfiction

1. Portrait Of A Killer, By Patricia Cornwell
2. Under The Tuscan Sun, By Frances Mayes
3. Seabiscuit, by Laura Hillenbrand
4. Bringing Down The House, by Ben Mezrich
5. Tuesdays With Morrie, by Mitch Albom

Happy 228th

Birthday



The winding road

BY KAREN WEIL
THE SCOUT STAFF

As detailed in last week's column, the Scout is letting readers know what's happening around Sierra Vista and surrounding communities for the second half of November. With Christmas and Thanksgiving on the way, it's definitely a busy time of the year. There's nearly something for everyone, from astronomy to Christmas events.

Here's a run down:

- Star gazers can check out the Huachuca Astronomy Public Star Party, starting at 7 p.m. Nov. 15 at the Junk Bond Observatory (yes, that is its name!), 6929 Madera Road. You can bring your own telescope, and are advised to wear a jacket, hat and bring a flashlight. To get there, head south on Highway 92, and then head east

on Ramsey Road. Drive until you get to Monson Road, and make a left; continue onto Madera Road. You'll pass Coronado Elementary School, and a sign saying, "star party" will be posted in front of the observatory entrance.

- In fitting with its reputation as very artful town, Bisbee is the site for an arts and crafts fair, 10 a.m.-5 p.m. Nov. 28, 29 and 30 at the Grassy Park. Vendors will offer hand-made and imported items for sale. There will also food, beverages, "mini" massages, psychic readings and live music.

- Bisbee will really get into a holiday mode with the Festival of Lights, 6 p.m. - 8 p.m., Nov. 28. on Main Street in front of the Copper Queen Library, near the post office. Residents will kick off the holiday season with music and colorful streetlights. There will

be dancers, a performance by the Thunder Mountain Brass Band and Christmas carols. Santa Claus will also make an appearance. For more information, contact Suzanne Drum, sdrum@cityofbisbee.com or at 432-6000.

- Of course, Bisbee is not alone when it comes to early Christmas fun: Sierra Vista's Children's Holiday Party will be held 10 a.m.-3 p.m. Nov. 29 at the Ethel Berger Center, 2950 E. Tacoma St. Children ages 12 and under and their parents are invited to visit the "North Pole," see Rudolf the Red-Nosed Reinbound, play games, enter raffles, watch the Jingle Bell Rock Theatre, check out Santa's Store and eat at the Candy Cane Café. Admission is free, although some activities may require a fee. For more information, call 417-6980.

- For the literary minded, Benson has a

special treat on Nov. 23: Thanksgiving Fiesta of Books, starting at 1 p.m. at the Singing Wind Ranch (and bookshop). It's a free event featuring books on natural history, history, children's literature, essays and popular culture. Scheduled to appear are Keith Lamberton, Jeff Garton, Carolyn Niethammer, Jane Eppinga, Carolyn O'Bagy Davis, Mona Lange McCroskey, John S. Westermorelund, Martha Blue, Lisa Leonard Cook, Tom Miller and Ron Smiley. Visitors can also listen to music by Mike Ronstadt and the Ronstadt Cousins, and enjoy refreshments. The Singing Wind Ranch is located north of Benson, two and a quarter miles north of Interstate 10. Take exit 304 (Ocotillo Road), and then drive a half-mile east on Singing Wind Road. For more information, call (520) 586-2425.

If you know of any events happening in Cochise County during the holiday season, tell us, at thescout@hua.army.mil.

Fit for life

Body Composition

BY GEORGE R. COLFER, PH.D.
CONTRIBUTING WRITER

The remaining component of health-related fitness is body composition, which in recent years has received a good deal of attention.

Body composition refers to the amount of lean body weight that a person possesses including the skeleton, muscles, organs and other tissues, and the amount of body fat, which is the amount of tissue contained or stored in the body as fat. People who are too fat (overfat) have a higher death rate than do lean people and are subject to more health problems such as heart disease, hypertension and diabetes.

The main purpose of measuring body composition is to determine body fat content for health and fitness purposes; however, measurement also makes it possible to determine what one's ideal body weight should be and to estimate caloric needs to gain or lose weight.

A point of clarification should be the differences between the terms overfat, overweight and obesity. Overfat is having an excessive amount of body weight as fatty tissue. The amount of fat considered excessive varies slightly, according to different experts, with the age of the individual being assessed. Generally, the average military-age male, 18-28, should be between 12 percent and 16 percent body fat and the average military female, also 18-28, between 18 and 22 percent body fat.

Overweight is an excessive amount of body weight as compared to standards or norms. These standards are usually specified in tables often compiled and issued by insurance companies that state desirable body weight and various frame sizes for males and females. Being overweight is not necessarily harmful if the body fat content is not excessive. This is often the case in weight-trained athletes who may have excessive body weight but possess a low body fat content.

Obesity is a combination of overfat and overweight, accompanied by a lack of functional movement skills such as bending squatting and the like because of inability to support themselves or because excessive fat impedes various movements.

Eliminating overfat and overweight conditions is a function of weight control and physical activity. The key to overweight is nutrition or the amount of calories consumed along with increased aerobic activity for caloric expenditure. The key to overfat is physical activity. A combination of aerobic activity plus strength training offers the best results to improve one's body composition.

The most practical method for assessment of body composition is skinfold measurements. A skinfold caliper is used to measure the amount of a pinch of skin in various selected sites on

the body. About 50 percent of body fat is just below the skin, which is why the skinfold offers a reasonable assessment.

Body composition equations are based upon age, sex and the number of millimeters read from the selected sites. The most common sites for women are the triceps, thigh and suprailium (above the hip). For men, the chest, thigh and abdomen are commonly used.

The reliability of skinfold testing has some questions. The skill and experience of the tester; the type of caliper used (Lange, Lafayette and

Harpender are highly calibrated instruments); and testing conditions. The subject must have bare and dry skin.

The tester should take at least two measures at each site

for reliability and be trained to separate skin and fat from muscle tissue.

In determining results without a specific age, general estimates for overfat would be 20 percent or more for men and 26 percent or more for women. Obesity would be 24 percent or more for men and 30 percent or more for women.

Some body fat is desirable for energy, insulation and protection. The complete absence of body fat is neither possible nor desirable. Body composition is influenced by heredity and one's activity level. Reducing body fat too severely may affect performance and possibly result in illness. Athletes vary by sport. Long-distance runners may be as low as four percent for men and under 10 percent for women. While these athletes may be fit and healthy, another person may not be at such a low body fat percentage.

Body Mass Index

A more recent and simplified measure to determine overfat and obesity is known as body mass index. It provides a ratio between body weight and height and is becoming the standard way to measure obesity for the general public.

BMI is easy to calculate and correlates better with body fat than tables showing desirable body weight alone. BMI has also received a boost from the Centers for Disease Control and Prevention in their advocacy to use BMI to measure relative fatness in children and ado-

lescents for purposes of combating childhood obesity. However, the standards shown here may not apply to children of all ages. The CDC has published growth charts for children's BMI with age percentiles. Several current research studies demonstrate strong correlations between BMI and body fat in children and adults.

Determining Body Mass Index. There are two methods to calculate BMI. They are consistent with each other to less than one tenth of one percent.

Method A

BMI — Body weight in kilograms divided by height in meters squared, or BMI, which equals body weight in pounds divided by height in inches squared, then multiplied by 705.

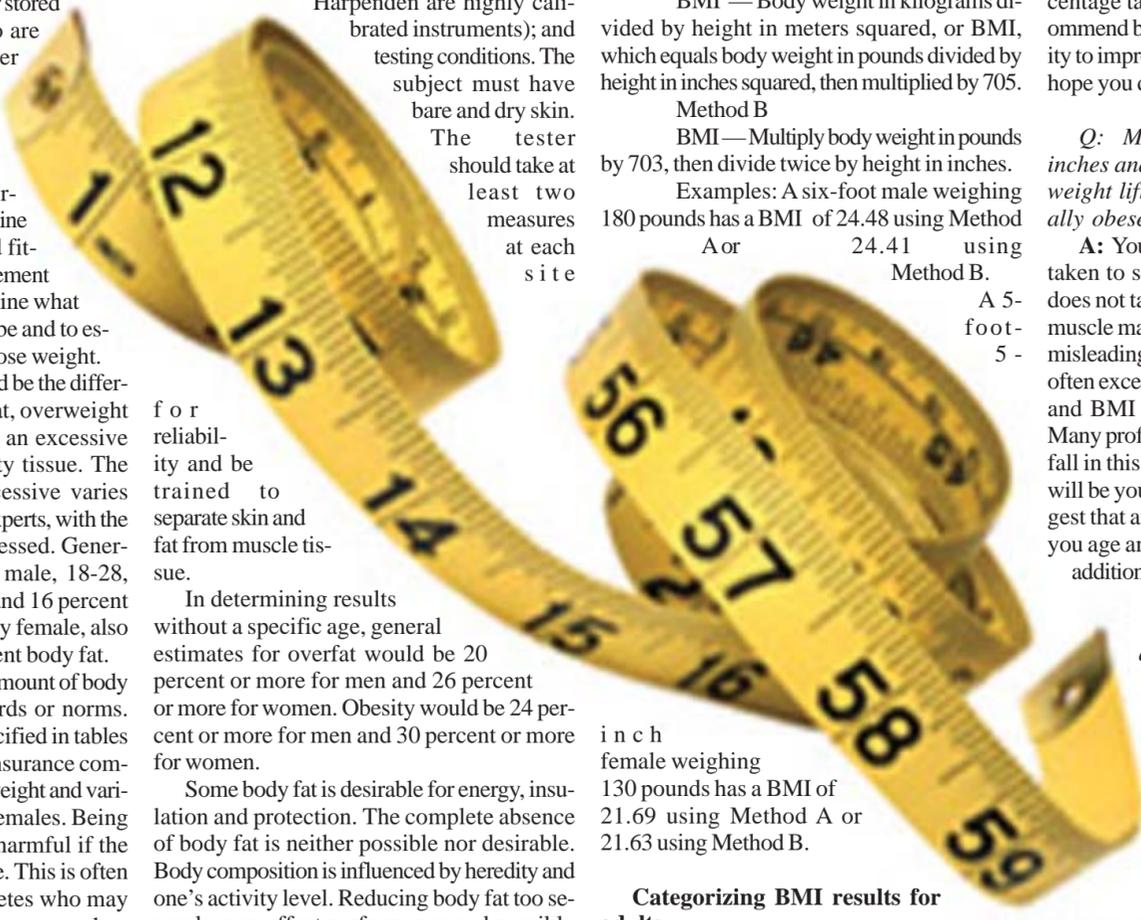
Method B

BMI — Multiply body weight in pounds by 703, then divide twice by height in inches.

Examples: A six-foot male weighing 180 pounds has a BMI of 24.48 using Method

A or 24.41 using Method B.

A 5-foot-5-



inch female weighing 130 pounds has a BMI of 21.69 using Method A or 21.63 using Method B.

Categorizing BMI results for adults.

BMI =	Category
Under 19	Underweight
19-25	Normal weight (25.1-26.9 is considered borderline normal)
27-29.9	Overweight/Overfat
30-39.9	Obesity
Over 40	Extreme obesity

Recommendations

As previously mentioned, diet alone will not significantly reduce body fat. Physical activity is the key factor. The best way to reduce body fat is strength training exercises to increase muscle mass and aerobic activity for increased caloric output. If a person is already moderately active and desires weight loss alone, then a change in diet may suffice as long as activity is continued.

(Editor's note: A future writing will address nutrition and eating habits in more

detail.)

Readers' Questions

Q: What's wrong with insurance company height/weight tables? I'm 45 and retired. I'm underweight by their standards, and I don't exercise at all.

A: Even lean people may have high body fat content, especially if you do not exercise and are inactive. You're fortunate that heredity has treated your body weight well. My suggestion would be to have your body fat percentage taken for health's sake. I would recommend beginning some type of aerobic activity to improve cardiovascular fitness, and I also hope you don't smoke cigarettes.

Q: My BMI is 30.4. I'm 25, 5 foot, 8 inches and 200 pounds. I'm very active with weight lifting, running and sports. Am I really obese?

A: You need to get your body composition taken to see your body fat percentage. BMI does not take in consideration how much lean muscle mass you may have. Your BMI may be misleading. Individuals, both male and female, often exceed standards on height/weight tables and BMI if they have a high muscle mass. Many professional athletes, especially football, fall in this category. Your body fat percentage will be your best indicator. I would like to suggest that at your height and present weight, as you age and/or become less active not to gain additional weight.

Q: My BMI is 18. I'm more fit and active than most of my friends. Why am I considered underweight?

A: Your being considered underweight is not necessarily bad as long as your energy level is high and your health is good. You don't say whether you are male or female, but I would guess you are or were a participant in activities such as cross-country, gymnastics, wrestling or dance. If you are not presently involved in some form of strength training, I would recommend it to increase muscle mass and possibly gain some lean body weight. Your underweight status is not harmful as long as you are fit and healthy. However, people who are underweight by BMI standards are at a greater risk for eating disorders like anorexia and bulimia, which usually occurs more in females than males.

Q: Where can I have my body composition assessed at Fort Huachuca?

A: The Sports Branch located at Barnes Field House (Building 61701) will perform body composition testing. One needs to call Kathy Gray for times and appointments at 533-5031. Barnes Field House also has a well-equipped fitness center with an excellent selection of strength and cardiovascular equipment to meet one's fitness needs.

Chefs start planning Thanksgiving meal in October

BY KAREN WEIL
THE SCOUT STAFF

Think preparing Thanksgiving dinner for a family of four or more is hectic? Try cooking for 1,000.

That's exactly what the staff at the fort's Yardley Dining Facility does every Thanksgiving, but don't worry — they're ready.

The facility serves military intelligence soldiers, and students in initial entry and advanced individual training. This year its kitchen will bustle with activity as its staff plans to cook, among other items, 500 pounds of turkey, between four and six steam ship rounds (weighing up to 76 pounds each), 150 pounds of shrimp and 400 pounds of potatoes.

However, that's not all that will be on the menu. Diners will also enjoy glazed ham, cornbread and savory bread dressing, macaroni and cheese, honey glazed carrots, corn on the cob, turkey gravy, rolls, corn bread, cranberry sauce, salads, pies, cakes, fruit and drinks.

Sylvia Lopez-Smith, assistant manager of the facility, said the staff tries to have a varied menu every Thanksgiving.

"We've also got egg nog," she said. "Basically, there is emphasis on tradition. It's going to be a very good meal, and I hope everyone enjoys it."

To prepare the feast, which includes cooking all those turkeys, a night crew — three chefs, three dining facility attendants and the manager — works until 2 a.m. on Thanksgiving Day. They arrive the night before to put up decorations and culinary displays.

"We've got a lot of stuff to get together," Lopez-Smith said.

When asked how they would describe the experience, Lopez-Smith, along with chefs Camilio Sanchez and Thomas Smith, had one word: hectic.

Smith said in some ways, the task isn't that hard for him, because he's been doing it for so long. He added that like many of his colleagues, he breathes a sigh of relief when all the cooking is done and everyone has eaten. When asked what he enjoys most about preparing Thanksgiving dinner, Smith said the decorations, even if they are time consuming.

Lopez-Smith said her primary job on that day is making sure everyone shows up for work, and keep everything under control."

Smith said the staff actually starts planning the Thanksgiving menu in October, "to make sure the facility has everything it needs."

Lopez-Smith said soldiers are usually pleased with the Thanksgiving meal at Yardley.

"People say that being away from home, it's the next best thing," she said. "That's our main goal, to make sure they have a home-cooked meal. These cooks, and everybody here, work very hard."

Whatever doesn't get gobbled up that at the dining facility will be turned into leftovers, the staff said.

The Yardley Dining Facility — located in Building 80504, on Bissel and Stein streets — will be open Thanksgiving Day from 11 a.m. to 4 p.m. and 4:30 p.m. to 6.

Admission is \$5.40 for all officers, enlisted members and retired military.

Spouses and other dependents can eat for \$4.60. For those who may want some different chow on Thanksgiving Day, the facility will also have its short-order line open.

For more information, call the dining facility at 533-6657.

Another dining facility, the Thunderbird, will offer Thanksgiving dinner for Headquarters and Headquarters Company 11th Signal Brigade, the 86th Signal Battalion, 40th Signal Battalion and 504th Signal Battalion. Dining hours will be from 11 a.m. to 2 p.m., and there is a serving order, based on organization. For more information, call 533-2005.

Cooking at home this year? Here's a recipe courtesy of the Yardley Dining Facility:

Corn bread dressing (for five servings)

Ingredients:
2 tablespoons of canola oil (shortening or olive oil may also be used)
1/2 cup of dried or dehydrated yellow onions
1/2 quart of fresh celery
4 3/4 ounces of cornbread mix with honey
1/2 teaspoon of poultry seasoning
A pinch of black pepper
Two cups w of white bread, diced
Two teaspoons of chicken soup/gravy base
1 cup of boiling water
1 egg
Use 12 x 20 x 2.5 inch steam table pan

Prepare cornbread mix according to package instructions, and then break cornbread into crumbs. Finely chop

celery and onions, and lightly beat eggs.

Sauté celery and onions in the oil or shortening until they are tender. Combine breads, pepper and poultry seasoning; toss lightly. Pour the sautéed vegetables over the bread mixture, and toss lightly. Reconstitute the soup and gravy base mix to make

stock, and then combine with the eggs. Pour the mix over the bread and vegetable mixture, combining both lightly, but well. Place the mixture in the well-greased pan and then heat in a preheated oven at 350 degrees Fahrenheit, and bake for one hour or until top is lightly brown.



Photo by Elizabeth Harlan

Right, Camilio Sanchez, shift leader and Jacob Bishop prepare food at Yardley Dining Facility.

Annual holiday historic homes tour

BY JOAN VASEY
MEDIA RELATIONS

The public is invited to tour the elegant turn-of-the-century dwellings located in the historic area during the annual Holiday Tour of Historic Homes on Sunday, Dec. 7.

While the public can view the outside of the historic homes at any time, this annual tour allows visitors a peek inside many of these buildings and enjoyment of their holiday decorations.

Tour hours are 1 to 5 p.m. Tickets are \$8, if purchased in advance, or at anytime with a military ID. Purchase tickets from board members of the Fort Huachuca Community Spouses Club, at the MWR Box Office, or at the Fort Huachuca Museum.

Tickets will cost \$10 each on the day of the tour (\$8 for military ID card holders) and may be purchased at the Fort Huachuca Museum.

For safety, no children under 10 may participate. Babies, if carried, are permitted. Due to the need to negotiate stairways and

due to the crowds that participate, carriages and strollers are not allowed. No photos or videos may be taken inside the homes.

All proceeds from the tour go to support schools or community youth and adult group projects and programs, according to Charlotte Portouw, president, FHCSC.

In addition to at least 10 of the traditionally featured homes along the parade field, at least five other homes are open for this year's tour. Two of the duplex quarters along Henry Circle, two of the modern quarters in Cavalry Park, and one of the newly constructed senior noncommissioned officer quarters in the Bonnie Blink are new additions to the traditional tour, according to Jo Richter, home tour publicity chairwoman.

Maps highlighting the featured homes and their locations will be issued at ticket purchase points at time of ticket purchase.

This year, live music and carols will add a new, festive note to the homes tour.

During tour hours, from 1 to 5 p.m., musicians and singers will fill the air with holiday melodies at the upper end of Brown Parade

Field. The gazebo, which will be specially decorated for the holidays, will be the purchase point for libations, including hot cider, coffee and water.

Those who'd like to make a unique holiday purchase featuring Fort Huachuca will have the opportunity to purchase special Fort Huachuca Christmas ornaments for \$10. One ornament features Quarters 1, residence of the commanding general. The second features a cavalry soldier, the gazebo, and flagpole on Brown Parade Field.

Christmas ornaments featuring the White House will be on sale for \$20, according to Richter. Proceeds from the sale of ornaments will also be returned to the community, Richter said.

The old post, a national historic landmark, remains as it was several decades ago. Most of the houses open for the tour are the adobe and stucco homes built at the turn of the century. They are still occupied by senior military officers.

Each featured home is named after a historic figure who played a valuable role in the

development of the Army and Fort Huachuca, such as General of the Armies John J. Pershing, and the Indian Wars leader and one-time commander of the Department of Arizona, Gen. George Crook.

Homes on this year's tour include, but are not limited to: Baldwin House, Morrow House, Winans House, Wilder House, Miles House, Pershing House, Bernard House, Cruse House, and Carleton House.

Fort Huachuca was founded in March 1877 and is still an active-duty Army post. Soldiers staged at Fort Huachuca tracked down the defiant Apache leader "Geronimo" in 1886. The famous 10th Cavalry Buffalo Soldiers called the fort home for 20 years.

The historic homes of Fort Huachuca came into existence after a visit by Gen. William T. Sherman in April 1882. He gave his approval for the construction of a permanent residential facility. After the fort received an allocation of \$57,820 from the War Department on Aug. 17, 1883, foundations for 11 officers quarters were laid during November.

For more information about this year's tour, call Jo Richter at 452-7987.

111th to host annual Military Intelligence Heritage Run Saturday

THE SCOUT REPORTS

The 111th Military Intelligence Brigade will host the 2003 MI Heritage 10K Run and two Mile Fun Run on Nov. 15.

The MI Heritage 10K Run will take place throughout Prosser Village, Heritage Hill and Heritage Park. There will be statues for the overall male and female winners, trophies for seven age categories for both genders, trophies for the top three team finishers, trophies for the top three two-mile finishers, and ribbons for all two-mile Fun Run/Walk participants age 15 and younger.

The 10K Unit Team Race will consist of five members with at least one female. Each member of the team must register and pay an entrance fee. The scoring system on the team event will be along the lines of a cross-country meet. All teams will start the race at the same time and the team members will run individually, and the individual runners receive points based on where they finish. The team's total combined points will be used to determine a winner. In a traditional cross-country scoring system, points are assigned based on an individual's finishing place (e.g. 1st place = 1 point, 2nd place = 2 points, etc.) The team with the lowest score wins.

The 10K Commander's Challenge is a unit formation run. All units stationed on

Fort Huachuca are eligible to compete in the Commander's Challenge event. The unit formation must consist of 20 personnel, and must begin and finish as a unit (without anyone falling out of the formation). A trophy will be presented to the unit with the fastest time.

Units may run the two-mile Fun Run in formation. Soldiers running in unit formations are not required to turn-in a race application form. All units stationed on Fort Huachuca are eligible to compete in the Fun Run. Trophies will be presented to the unit with the best dress and alignment, and best esprit-de-corps.

The race will provide the means for spirited, healthy and challenging competition among all participants in the Fort Huachuca, Sierra Vista and southern Arizona community.

The team competition presents an outstanding opportunity for unit cohesion and esprit-de-corps.

The MI Heritage 10K Run and two-mile Fun Run also provides the opportunity for community involvement in Fort Huachuca activities.

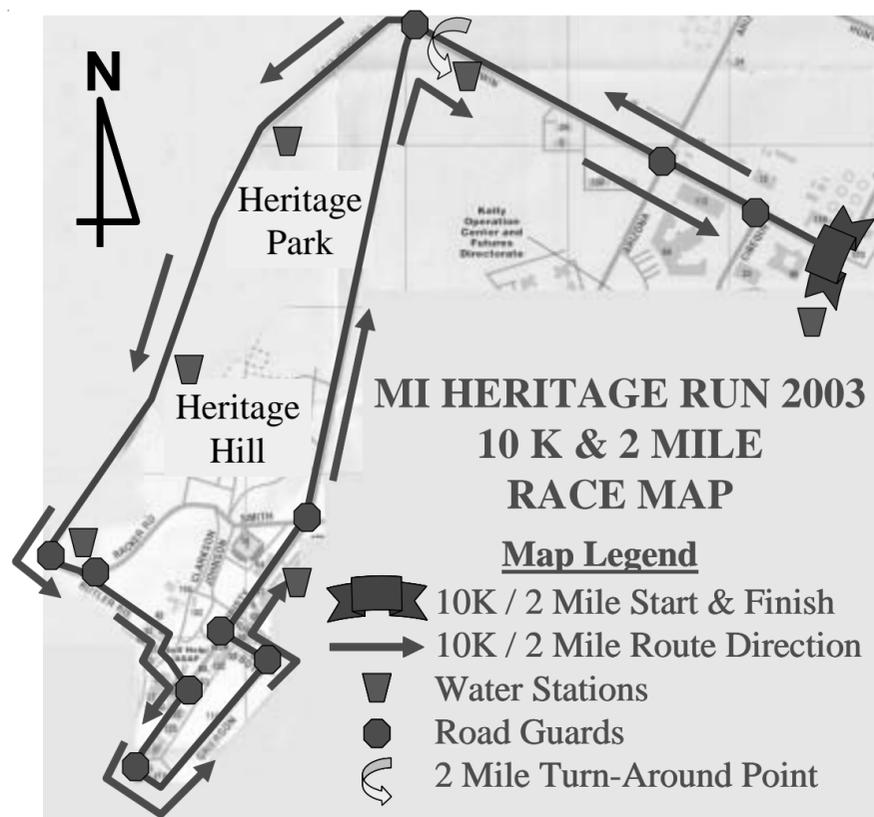
Registration/check-in will be from 6 a.m.-7:45 a.m. at the Ozone, Prosser Village. The start time for the 10K Heritage Run is 8 a.m., and the two-mile Fun Run will start at 9 a.m.

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The U.S. Army Scouts were disbanded in 1947 at Fort Huachuca. They consider Fort Huachuca part of their historic land base since their residence on post as U.S. Army Scouts, and still regularly gather acorns on the fort.

The Mescalero Apache Tribe in New Mexico and the Ft. Sill Apache-Chiricahua-Warm Springs Tribe in Oklahoma have particularly strong ties to Fort Huachuca and southeastern Arizona.

Chiricahua Apache homelands included the mountains of southeastern Arizona, southwestern New Mexico and northern Mexico. They once had strongholds in the Dragoon, Chiricahua, and Huachuca Mountains. Evidence of Apache occupation of this area can be found here in the form of Apache-style pictographs at the Garden Canyon pictograph site,



STUDENTS from Page B1

before was when someone set a Port-A-Potty on fire."

Throughout the day, children peppered the soldiers with a plethora of questions ranging from silly to serious. Some were surprisingly difficult, said Vaughn — like the one about what the flag means to him.

"It really made me stop and think," he said. "I told them it stands for everything I believe in, all of the freedoms we have in this country."

One little boy asked Marshall if he was a natural blonde. When he quit laughing, Marshall assured him he was. A question from a second grade girl put a lump in his throat. She wanted to know why the soldiers risk their lives to help protect her.

"Because you're worth it," said Marshall.

The children's affection and admiration caught the seasoned soldiers by surprise. They left each classroom with handmade trinkets. Students wanted to shake the soldiers' hands, or get their autographs — on paper, shirts, shoes, hats and book bags. During a break, Holmes was talking to a reporter in the gymnasium when a first-grade girl gave his leg an impromptu hug.

"We sometimes forget how much kids look up to us, until today," said Holmes. "It means a lot to see how much people care about what we do."

The visit wasn't just a one-day morale booster, Marshall believes. In the future, when the training gets tough or he's on another deployment, he said he'll just think about the children at Sterling Memorial School.

"Seeing those kids so happy to see us makes you realize why you're doing what you're doing," said Marshall. "It puts a different perspective on things. It'll definitely give me something to look back on later when I'm going through bad times."

USCENT COM mail dates

Each year, a holiday postal plan of support is coordinated between Military Postal Service Agency, United States Postal Service, major Commercial Airlines, Headquarters Department of the Army, US Central Command, 82nd Postal Flight-Single Service Managers. All USCENTCOM service components' postal representatives meet at the annual postal conference with these agencies to discuss this plan and then develop their individual service component execution plan.

The dates are as follows:

Service Type	mail date
First Class Mail Letters/Cards:	Dec. 4
Priority Mail:	Dec. 4
Parcel Airlift Mail (PAL):	Nov. 26
Space Available Mail (SAM):	Nov. 13
Parcel Postal:	Nov. 16

and at the Rappell Cliff Rock Shelter site.

The Chiricahua Apache Reservation was established for them in 1871 including the Dragoon and Chiricahua Mountains and all the land in-between (what is now part of the Coronado National Forest). The reservation closed in 1876 shortly after Cochise died and these Apaches were moved to San Carlos.

When the Chiricahua Apache Chief Geronimo surrendered in 1886, his band, and Chiricahua Apache living on the San Carlos Reservation (nearly 400 people), were put on a train to Florida as prisoners of war. From there they were transferred to Alabama, and finally, in 1894, those who survived were transferred to the Fort Sill Military Reservation in Oklahoma. They remained prisoners of war until 1913 (27 years of captivity). After be-

ing freed, some stayed in Oklahoma and others moved to the Mescalero Apache Reservation where relatives lived.

The Mescalero Apache Reservation today includes almost 500,000 acres. The Fort Sill Chiricahua Apache have only 4 acres in Arizona to call their own — land in East Cochise Stronghold Canyon in the Dragoons that was donated to them by a private landowner. However, their reservation in Apache, Ok. Is composed of 3,568 acres. Both the Mescalero and the Fort Sill Apache consider Fort Huachuca part of their ancestral land base, and acknowledge the Huachuca Mountains as sacred.

More information about other tribes working with Fort Huachuca will appear in next week's Scout.

Interational, military mail Christmas dates

To ensure delivery of Christmas cards and packages by Dec. 25 to APO/FPO address overseas and to international addresses mail should be entered by the recommended dates listed below.

Military addressed to	First Class	Priority	Parcel airlift	Parcel
AE ZIPs 090-099	Dec. 11	Dec. 11	Dec. 4	Nov. 13
AA ZIPs 340	Dec. 11	Dec. 11	Dec. 4	Nov. 13
AP ZIPs 962 - 966	Dec. 11	Dec. 11	Dec. 4	Nov. 13

International addressed to	Air letters	Air parcel	Surface
Africa	Dec. 8	Dec. 8	Oct. 16
Asia/Pacific Rim	Dec. 15	Dec. 15	Oct. 30
Australia/New Zealand	Dec. 15	Dec. 15	Oct. 30
Canada	Dec. 15	Dec. 15	Nov. 21
Caribbean	Dec. 15	Dec. 15	Nov. 7
Central and South America	Dec. 8	Dec. 8	Nov. 1
Mexico	Dec. 15	Dec. 15	Nov. 7
Europe	Dec. 15	Dec. 15	Nov. 7
Middle East	Dec. 15	Dec. 15	Oct. 23



America's veterans honored

SCOUT REPORTS

A parade was held on Tuesday in honor of Veterans Day. The show started at 9 a.m. at the intersection of 7th Street and Fry Boulevard. The pleasant weather and community support was enjoyed by both the audience and over 50 groups that participated in the parade.

Left Caitlin Flynn, 1, watches in awe as the Veterans Day parade comes down Fry Boulevard on Tuesday. Right, David Waldmann shows respect for the flag as it passes by. A veteran smiles at the crowd as he drives down the road.

