



See The Winding Road, Page B4

## Soldiers qualify for Olympic Boxing

BY TIM HIPPS  
ARMY NEWS SERVICE

Four more Soldiers qualified for the U.S. Olympic Boxing Team Trials by winning their weight divisions in the 2004 Armed Forces Boxing Champion-

ships Dec. 11 at French Creek Recreation Center here.

Staff Sgt. Torrence Daniels (119 pounds), Pfc. Keith Mason (141), 2nd Lt. Boyd Melson (152) and Staff Sgt. Charles Leverette (201) will be boxing at the

Olympic Trials, which are scheduled for Feb. 17-21 at Tunica, Miss.

Staff Sgt. DeAndrey Abron, who qualified for the trials in the Golden Gloves of America National Tournament of Champions in May, won the 178-pound Armed

Forces title after boxing to a 14-14 tie against Marine Lance Cpl. Jacob Garretson. The winner of their rugged, four-round bout was determined by Abron's 67-50 advantage on raw punches.

Brothers Spc. Clarence Joseph (165) and Spc. Ed-

ward Joseph (152) qualified for the trials earlier in the year at the Golden Gloves and Police Athletic League National Championships.

The boxers in the U.S. Army World Class Athlete Program are coached by Staff Sgt. Basheer Abdullah, who will lead Team USA's boxing team into the 2004 Olympic Games at Athens, Greece.

The Army's good news doesn't stop there. Although women's boxing is not an Olympic sport, two female Soldiers won Armed Forces crowns.

Spc. Christine Boilard of Fort Huachuca, Ariz., posted a 35-8 decision over Lance Cpl. Laura Barrow of Twentynine Palms, Calif., in the 119-pound division. Last year, Boilard won the 114-pound division.

Sgt. Jennifer Greb, a native of Baltimore stationed at Schofield Barracks, Hawaii, won a 47-12 decision over Marine Lance Cpl. Amanda Myers of Iwakuni, Japan.

"I thought the women did an excellent job," said Staff Sgt. Fareed Samad, who coaches the Army's female boxers.

Melson, who graduated in May from the U.S. Military Academy at West Point, N.Y., won over a standing-room-only crowd of about

1,500 that chanted "L-T! L-T! L-T!" during his victory over Sr. Airman John Askew. Military police estimated they turned away another 500 folks at the door.

Melson forced Askew to take a standing eight-count in the second round and opened a cut below his left eye in the third. He was leading 16-2 after two rounds and 22-4 after three, during which he twice floored Askew. The referee stopped the contest at 1:36 of the fourth and final round after Askew endured another standing-eight.

"He would've fell three more times if he wouldn't have held onto me with a bear hug," said Melson, 22, of White Plains, N.Y., who dedicated his victory to twin brothers Maj. Christopher Hart and Capt. Gerald Hart the night after their birthday. Christopher, who is deployed in Iraq, coached Melson at West Point. Gerald now coaches the boxing club there.

Daniels, a WCAP boxer at Fort Carson, Colo., got the Army team rolling with a 38-10 victory over Airman 1st Class Carlos Casasola, who opened like gangbusters in the first fight of the night. Daniels backed Casasola

See BOXING Page B5



Photo By Elizabeth Harlan

Christina Boilard, Armed Forces Champion, takes a break after a bout during the All Army Boxing championship on Fort Huachuca.

## Do you want to party? Post offers many options

BY KAREN WEIL  
SCOUT STAFF

Looking for something fun to do this New Year's Eve on Fort Huachuca? You can dance the night away at La Hacienda, bowl your way into 2004 at Desert Lanes or enjoy a special dinner at LakeSide Community Centre.

Those wanting to party all night should check out La Hacienda. From 9 p.m. to 4 a.m., patrons can dance to Latin music, Top 40 tunes and Hip-Hop, and enjoy party fa-

vors. There will also be a Hispanic/Oriental buffet from 10 p.m. to 12:30 a.m. Admission is \$12.50 per person in advance, \$15 at the door or \$5 after 1 a.m. on Jan. 1. For more information, call 533-3802.

Folks who prefer a quieter setting can enjoy a prime rib buffet at LakeSide, from 5:30 to 9:30 p.m. The buffet will also feature seafood, salad and a desert bar. The cost is \$30 per person; reservations are encouraged, along with prepayment before Dec. 26. There will be no refunds after Dec. 29. For more information, call

533-2194.

At Desert Lanes, there will be bowling, as usual, along with cash prizes, door prizes and mini-tournaments, party favors, music and a champagne breakfast. It all happens from 7 p.m. to 1 a.m. at the bowling alley. Admission is \$21 per bowler or \$14 per non-bowler (for tickets in advance); \$26 per bowler or \$19 per non-bowler, at the door and \$45 per bowling couple or \$31 per non-bowling couple. To find out more, call Desert Lanes at 533-2849.

## Santa visits post holiday party

BY CAPT JASON BUSBY  
304TH MILITARY INTELLIGENCE BATTALION

1:30 p.m.: It was a near perfect Saturday afternoon. Snow glistened like sparkling water on the mountaintops and the crisp winter air blew across our faces as we waited for Santa to arrive. However, we were getting nervous...Santa was supposed to meet us at the Johnston Elementary School at 1:30 p.m. and there was no sign of him.

1:35 p.m.: No sleigh in sight. Santa is normally pretty darn good about being on time, but he called hours earlier saying he was having serious transportation issues. Santa was visiting some children in Fremont Junction, Utah when his left sleigh rail snapped in two. Unfortunately, some of his elves did not properly Preventive Maintenance Check and Service his sleigh before leaving the North Pole. He did not know if he would make it.

1:45 p.m.: Still nothing...wait...we heard strange sirens and shouts of "Ho, Ho Ho"! As if from nowhere, a bright red fire truck appeared driving towards the school. Yes! It was Santa! With the help of the

Fort Huachuca Fire Department, he had made it. The children cheered and clapped as the fire truck pulled into the parking lot and Santa stepped out wishing us all a Merry Christmas.

Saturday was definitely a day to remember for the families of the 304th Military Intelligence Battalion.

More than 200 adults and children attended the annual holiday party held in the Johnston gymnasium. From noon to 3 p.m., families of the 304th gathered to celebrate this year's holiday season.

Holiday music filled the gym as people feasted on six large tables of food.

The family readiness group cooked up three delicious turkeys and four delectable hams (all donated by the Commissary). Families attending the party provided the rest of the food potluck style.

Children watched Christmas movies, made ornaments, and visited with Santa to make sure he knew exactly what they wanted under their tree this year.

More than 100 door prizes were handed out to both children and adults throughout the event.



Photo by Elizabeth Harlan

### Reindeer games

Paul Polomsky was the first to cross the finish line in the Army Family Team Building Reindeer Stampede Saturday. The 10K race and 3k fun run was held to celebrate the tenth birthday of AFTB. The first male in the 50 plus division was Bobby Widhalm, and in the 40 - 49 male division was Paul Polomsky. In the 40 - 49 female division Nancy Makowski was first, in the 30 - 39 division the first female was Lauren Steiner, who was also first female overall. Nina Proctor came in first in the 17 and under division.

# Holiday houses

## Handcrafted, decorated, edible

BYSGT. KRISTIT. JAEGER  
SCOUT STAFF

Fruit loops, twizzlers, m&m's, chex and icing were all part of the ingredients in the creation of holiday graham cracker houses.

Fourth-grade classes at General Myers elementary school were busy during the morning creating the houses, while snacking on the building materials.

The houses walls were constructed of graham cracker instead of the traditional gingerbread.

Jan Camps, fourth-grade teacher at Myers, said her class has been making the houses around the holidays for the past 15 years.

Other fourth-grade classes, such as Lynn Thompkins' class, have adopted the idea.

A whole variety of candy is used, said Camps. After the children have completed the houses they take them home, she said. (Possibly as an after school snack?)

Thompkins', whose class is participating in the project for the first year, thinks it's fun.

"We have an occasional cave in every now and then," Thompkins said, ironically enough as one of the students in her class was experiencing a disaster of the sort.

To some, gingerbread houses are a sign the holidays are near.

Gingerbread made its way from Northern Europe with settlers who moved to North America, according to The History of Gingerbread at <http://www.geocities.com/GinnysGingerbreadHouse/ghistory.html>.

Whether the gingerbread is light or dark, spicy or sweet, it has been cut into shapes of men, women, stars or animals and colorfully decorated or dusted with white sugar.

According to The History of Gingerbread, elaborate Victorian houses of gingerbread were adorned generously with candies and sugar icicles, much like the fairytale Hansel and Gretel house, they were richly decorated than most children could imagine in their wildest dreams.

According to The History of Gingerbread houses, with the rich choice of ingredients, baking aids and decorative items the imaginative cook can create the most spectacular gingerbread houses.



Photo by Sgt. Kristi T. Jaeger



Photos by Sgt. Kristi T. Jaeger

Hannah Serna, 9, uses various materials to create her holiday graham cracker house. White icing is used as the glue to hold it all together and add lines such as sidewalks, doors and windows.



For Francesca Di Bias, 9, placing decorations around the house is one of the final steps in completing the yummy architecture.



Bryce Jacoby, 9, is precise in outlining his house. A steady hand plays a large role in the process of decorating the houses for the students of Jan Camp's fourth-grade class.



## 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](mailto:paula.german@hua.army.mil) or visit us on the web at [mwrhuachuca.com](http://mwrhuachuca.com)

### Save up to 40 percent on gifts at the Pro Shop



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

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

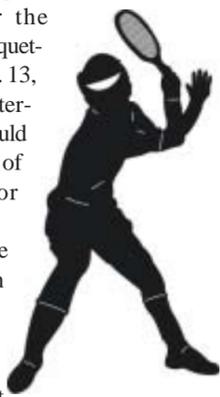
The lessons are being offered at 20 percent below normal price, in either a three-lesson or five-lesson series. This would make a great gift for family members, friends or yourself. Stop at the Pro Shop at MVGC for prices or to purchase a gift certificate. For more information, call 533-7088.

### Racquetball coaches meeting set for January

The coaches' meeting for the Commander's Cup coed intramural racquetball program will be held 10 a.m., Jan. 13, 2004 at Barnes Field House. Units interested in participating in the program should attend this meeting and submit a letter of intent in order to be eligible for Commander's Cup points.

The format for the season will be double elimination tournaments. Match play will begin at 5:30 p.m., Jan. 26 at Barnes Field House. Rosters are due by close of business Jan. 15.

For more information, contact George Thompson at 533-3180 or 533-5031 or e-mail [george.thompson@hua.army.mil](mailto:george.thompson@hua.army.mil).



### MWR Box Office has last-minute gift ideas

The MWR Box Office has the 2004 Tucson Entertainment Book available to purchase. It includes two-for-one offers and discounts up to 50 percent on year-round travel, dining, shopping, movies and more.

Another gift idea could be an NFL Football package, including hotel room, for the Arizona 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 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.

### It's not too late to get youth basketball discount

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

There will be five coed age divisions, including Pee Wee (ages 5 and 6), Mighty Mite (7 and 8), Bantam (9 and 10), Junior (11 and 12), and Senior (13-15).

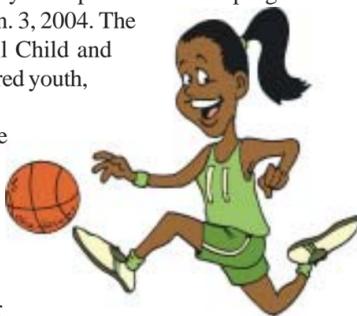
In order to participate in the basketball program, youth must be registered CYS members. For CYS registration information, call 533-0738 or 533-8437.

Cost to register for the basketball program is \$35 for the first child, \$25 for a second child, or \$75 maximum family fee. Youth Services is offering an "early bird" special. Register before Dec. 24 and receive a \$5 discount on each registration.

A holiday special is also being offered. For all those registering by Jan. 3, 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.

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



### Save on merchandise at Sportsman's Center

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

Saturday, starting at 10 a.m., the Sportsman's Center will hold their annual Christmas Blowout Sale, with many items selling for 10 percent off regular price. Some of the items available include rifle, gun and pistol cases, sportsman game cleaning kits and earmuffs or eye-wear combo packs. For more information, call 533-7085.



### Sunday Special and Payday Scramble at MVGC

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

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

### LakeSide Activity Centre, Desert Lanes, La Hacienda offer choices for your New Year's Eve enjoyment

#### Buffet at LakeSide

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

Cost is \$30 per dining guest, and you can guarantee your reservations by prepayment or credit card by Dec. 26. Call 533-2194. (No refunds after Dec. 29).

#### Rock 'n' Bowl at Desert Lanes

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

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

At the door, the cost will be: \$26 per bowler; \$19 for non-bowlers; \$45 per bowling couple and \$31 per non-bowling couple.

Rock and bowl in the New Year at Desert Lanes! Call 533-2849 for more information.

#### La Hacienda New Year's Eve Party

If bowling's not your bag, you might want to dance the night away at La Hacienda. From 9 p.m. - 4 a.m., two DJ's will be playing a variety of music, including Latin sounds, Top 40 and Hip Hop.

The cost is \$12.50 per person in advance and \$15 per person at the door. The price includes an Oriental and Hispanic buffet from 10 p.m. - 12:30 a.m., and party favors.

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

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

#### Winter golf league organizational meeting

The Sports and Fitness Division will conduct a winter golf league starting Jan. 20, 2004. Matches will be played once or twice per week, depending on the number of teams that participate.

Anyone interested in participating in the league should attend the team representative meeting that will be held Jan. 7, 2004, 11 a.m. at Barnes Field House. The format to be used for the league will be determined at that time.

For more information, call Michelle Kimsey at 533-3180 or e-mail [michelle.kimsey@hua.army.mil](mailto:michelle.kimsey@hua.army.mil).

#### New Year's Day bingo at La Hacienda

Here's a chance for you to get out of the house, away from the TV with its overload of football games, and have some fun New Year's Day. La Hacienda will offer bingo starting at 3 p.m. It's open to the public and you have a chance to win cash prizes.

Call 533-3802 for more information.

#### Bingo and lunch buffet to relocate

Beginning Jan. 2, 2004, La Hacienda will be closed for renovations. The facility's popular lunch buffet will be closed



from Dec. 22 - Jan. 9, 2004. Please check the holiday schedule printed on the left for bingo play dates.

The lunch buffet will reopen Jan. 12 at the LakeSide Activity Centre. The buffet will be available Monday - Friday, 11 a.m. - 1 p.m., as it has in the past.

Bingo will also move to the LakeSide and will begin Jan. 15, 2004. Both bingo and the buffet will remain at the LakeSide until the remodeling at La Hacienda is completed. For more information, call 533-3802.

#### Kids' and Family Days at Desert Lanes

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

#### Jeannie's Diner changes Sunday hours

Effective Jan. 4, 2004, Jeannie's Diner will be open 4 p.m. - 8:30 p.m. on Sundays. For more information, call 533-5759.

## Facilities announce holiday hours closures

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

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

LakeSide Activity Centre will be closed Monday through Dec. 30.

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

### Dec. 20, 21, 22, 23

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

### Dec. 24

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

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

### Dec. 25

All MWR facilities will be closed, unless previously noted.

### Dec. 26

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

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

### Dec. 27

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

### Dec. 28

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

### Dec. 29

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

### Dec. 30

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

Other facilities will be open normal operating hours.

### Dec. 31

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

### Jan. 1

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

### Jan. 2

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

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

### Jan. 3

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

### Jan. 4

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

## Time Out briefs

### Basic Hunter Education Class offered

A Basic Hunter Education Class will be held Jan. 6, 7, 8, 14, 15 and 17 at the Sportsman's Center. The class, which is sponsored and taught by the Arizona Game and Fish Department, is open to all ages and family participation is encouraged.

The will be no live ammunition used in class.

This course is required by law for individuals, 10-14, who wish to hunt big game. Cost is \$5 per participant.

For more information, call the Sportsman's Center at 533-7085.



### Protestant Women of Chapel Spring Semester

"Take a Leap of Faith" will be the theme for the Protestant Women of the Chapel Spring Semester Kick-off. All ladies of the community are invited to attend the special program and pot-luck lunch from 9 a.m. to 12 p.m. on Jan. 6 at the Main

Post Chapel.

Guest speaker will be Lorna Berkley, the pastor's wife from First Baptist Church in Sierra Vista. The program will also include music and the introduction of new Bible studies. Watch care will be provided for children six months up to five.

PWOC meets from 9 to 11:30 a.m. each Tuesday at the Main Post Chapel for worship, fellowship, prayer and small-group Bible studies.

### Art Association monthly membership meeting

The Huachuca Art Association's monthly membership meeting will be held on Saturday, and begins at 11 a.m.

Participants will view the current exhibition, "Inspirations of the Season" featuring fine art by association members. This exhibition will be at the Gallery through Jan. 4. The Gallery is open noon-4 p.m. Thursdays through Sundays. For more information or an appointment, call exhibition coordinator Jan Huthoefer at 803-9657.

The meeting location is the Huachuca Art Association Gallery & Studio at 3816 Astro Street in Hereford (Astro Street is

less than four miles south of Buffalo Soldier Trail off Hwy. 92).

### Fort Huachuca Chapel Teen Groups

The high school teen group meets from 5:30 to 7 p.m. Sundays at the Main Post Chapel. The middle school teen group meets from 4 to 5 p.m. Sundays at the MPC. On Sunday, both middle and high school groups will meet from 4 to 6 p.m. at the MPC for movie night. On New Years Eve, there will be a lock-in at the Murr Center for high school and middle school teens from 7 p.m. to 7 a.m. On Jan. 4, the groups will meet at the regular times at Desert Lanes for bowling. On Jan. 25, the groups will meet at the regular times at Eifler Gym for dodge ball. Both groups will have retreats in January and February. All are welcome. For more information, call Mike DeRienzo at 227-6059



## At the movies

Showing at the Cochise Theater for the next week are:

**Today**  
Scary Movie 3 7 p.m.  
PG-13

**Friday**  
ELF 7 p.m.  
PG

**Saturday**  
The Matrix Revolutions 7 p.m.  
R

**Sunday**  
Runaway Jury 2 p.m.  
PG-13

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

## Pets of the week



*Cleo is my name and I am a beautiful adult lab mix. I am smaller than most labs.*



*I am a loving black and white cat. My name is Sonya.*



*My name is Tommy. I am an orange tabby.*



*My name is Porthos. I am a big shepard mix young dog. I should be in a home with older kids.*

## Walking club

Johnston Elementary School had upsets this week in our walking club in the 2nd and 3rd grades! And Mrs. Janice Benavides's class is working hard to maintain it's lead against Mr. Bill Henry.

Here's the stats:

### First grade:

Janice Benavides—2045 laps  
Bill Henry—1894  
Fran Hebnes—1108  
Jane Boss—951  
Nillie Brant—949

Lisa Graeme—918  
Evelyn Harris—886  
Minday Lee—679  
1st grade total—9430

### Second grade:

Debbie Sherwood—1344  
Misty Escarcega—1333  
Patty Brackin—896  
Pat Glow—777  
Gil Armenta—747  
Georgia Bernheim—480  
Claire Clementa—340  
Larry Peterson—210  
2nd grade total—4927

### Third grade:

Donna Beck—1568  
Ginger Volkman—1506  
Dan Aten—732  
Marie Lee—677  
Brittany Snidar—619  
Jim Wolfe—508  
Kristine Blocker—428  
Suzie Szymeczek—384  
3rd grade total—6422

School total—1732 miles!  
Thanks to all for such outstanding participation!



## The Winding Road

# Arizona has many snow season sports options

BY KAREN WEIL  
THE SCOUT STAFF

During winter time, it's easy to think of snow, even though we in southeastern Arizona don't see much of the white stuff, except when it settles on nearby mountains.

And for people who like to play — or more specifically, ski — on the white stuff, they know they can find lots of great skiing without having to travel to Aspen or Park City, Utah.

Slopes and resorts are just a few hours away, in places like Flagstaff, Williams, Greer and nearby Mount Lemmon. It is advised, however, to call first and see if the slopes are ready.

Flagstaff offers the Arizona Snowbowl, located on Highway 180 and Snowbowl Road.

Snowbowl is located on the San Francisco Peaks, an extinct volcano some three million years old. Flagstaff residents discovered the peaks just a little later, and started skiing on the volcano in 1938. Snowbowl sits on Arizona's highest mountains, with a summit of 12,633 feet.

When it comes to cross country skiing, Snowbowl has 40 kilometers of groomed trails and 15 kilometers of snowshoe trails. Along with skiing, the resort also offers great snowboarding, which includes a terrain park, "spines" and other obstacle challenges. Lessons, clinics and rentals are available.

If you need somewhere to stay, lodging in within walking distance to the slope, according to one ski Web site. Lift and lodging packages are available

locally. Flagstaff also has the Nordic Center, which offers 25 miles of groomed trails, a ski school and equipment rentals. The Nordic Center, which is located off Highway 180, nine miles past the turnoff to Snowbowl. For more information on the Arizona Snowbowl or the Nordic Center, call (928) 779-1951; for snowfall data, call (928) 779-4577. There is also a Web site: [www.arizonasnowbowl.com](http://www.arizonasnowbowl.com).

The Mormon Lake Ski Center, also located in Flagstaff, provides more than 30 kilometers of groomed trails for novice, intermediate and advanced skiers. Lodging with food is available nearby. To get there from Flagstaff, drive 20 miles south on Lake Mary Road (Forest Road 3), then



head west on Forest Road 90 and follow the signs to the Mormon Lake Village. If you want to know more about the ski center, call (520) 354-2240. For information other recreation opportunities, the Mormon Lake Ranger District is located 4373 S. Lake Mary Road; call (520) 774-1182.

The Wing Mountain Ski Area is about eight miles north of Flagstaff. There are about 17 miles of primitive cross-country ski trails, at not cost to visitors. No snowmobiles are permitted.

Wing Mountain's terrain, described as "gentle and rolling" and its adjacent hill-sides cater to both beginning and advanced skiers. To get there, take U.S. Highway 180 eight miles north, then turn west on Forest Road 228B. For more information, call the Peaks Ranger District (5075 N. Highway 89) at (520) 526-0866.

If skiing isn't your thing, just remember that the Grand Canyon, Meteor Crater, Painted Desert and Petrified Forest Sedonia are not that far from Flagstaff and all make for awesome sight-seeing.

Farther south in Arizona, you'll find Greer, which is home to Sunrise Park, the ski resort owned by the Apache Tribe.

Sunrise Park is located in the White Mountains, not far from Phoenix. It has two beginner ski areas, and lower slopes that are great for newbies.

The experienced skiers might prefer Cyclone Circle, which is considered the steepest terrain. You can also snowboard (all trails are open to boarders, in fact), do a cross country tour, ice fish, take a snowmobile tour, go sledding and hop on a sleigh ride. Sunrise Park also has a 100-room lodge and a recreational vehicle park. For more information, call 1-(800)-

772-SNOW.

Williams, located northwest of Flagstaff, has its own ski area. According to the Yahoo Travel Web site, it's considered "a great stopover if you're heading for a visit to the Grand Canyon, is best for beginners and intermediates looking for a laid-back atmosphere."

Williams offers unlimited ski touring, and has a cross country trail nearby. Sledding, tubing and snowboarding are allowed (you can rent a snowboard, too).

Don't worry about finding a place to stay; the Williams area has no less than 30 lodges and motels. Williams Ski Area is located at 418 W. Franklin. Call (928) 635-9330 for information or snowfall rates.

Despite a fire that raged on Mount Lemmon last summer, the Mount Lemmon Recreation Area and Ski Valley was not affected (although there's not quite enough snow for skiing, yet!).

During summertime, the Catalina Mountains lure tons of folks into the cool forests that surround the highest peak, Mount Lemmon.

As the seasons change, Mount Lemmon turns into a winter playground. Ski Valley has 15 slopes for both the beginner and experienced skier. Snowboarding is allowed, and the resort offers board rentals.

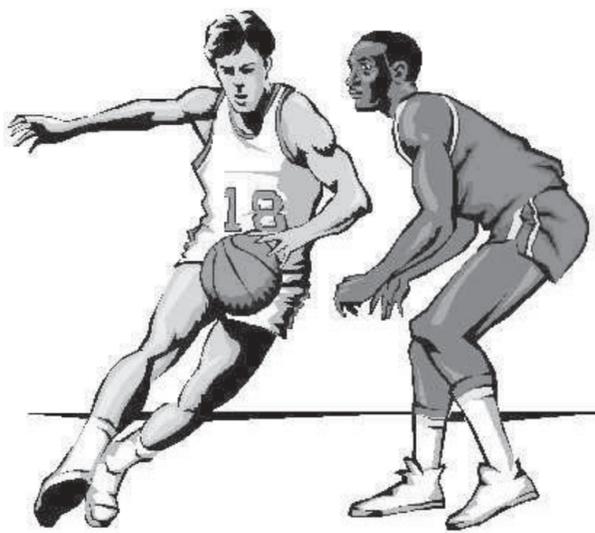
To get there, follow the Catalina Highway to the recreation areas. For more information, call (520) 885-1181.

Have a travel tip for the Winding Road? E-mail us at [thescout@hua.army.mil](mailto:thescout@hua.army.mil). Enjoy your holidays, wherever they take you.

# Sports standings

SanPedro Division	Won	Loss	PCT.
Company B 305th #1	4	0	1.00
USAG	3	1	.750
Company E, 305th	3	1	.750
Company A, 309th	2	1	.667
Company E, 309th	2	2	.500
HQ 504th Sig.	2	2	.500
JAG Office	1	2	.333
Company C, 304th #2	1	3	.250
Company D, 309th	1	3	.250
JITC	0	4	.000

Pima Division	Won	Loss	PCT.
Company A, 40th Sig.	3	0	1.000
19th Sig. Co	2	0	1.000
Company B, 305th #2	2	0	1.000
MEDDAC	2	1	.667
NETCOM 9th ASC	2	1	.667
HHC 111th MI	1	2	.333
Company C, 304th #1	1	2	.333
Company C, 305th	1	2	.333
HHC 306th MI	0	3	.000
NCOA	0	3	.000



# Sports schedule

## Coed Intramural basketball

Time	Location	Home	Away
<b>San Pedro Division</b>			
Today			
6 p.m.	Barnes Field House 1	19th Sig. Company	NETCOM/9th ASC
7 p.m.	Barnes Field House 2	HHC 306th MI Bn.	Company C, 304th #1
7 p.m.	Barnes Field House 1	NCOA	HHC 111th MI Bde.
8 p.m.	Barnes Field House 2	MEDDAC	Company B, 305th

The following games were scheduled for Dec. 10 and 11, but were rescheduled for the following days:

<b>Jan. 20</b>			
6 p.m.	Barnes Field House 2	NETCOM/9th ASC	Company C, 305th
6 p.m.	Barnes Field House 1	HHC 306th MI Bn.	HHC 111th MI Bde.
7 p.m.	Barnes Field House 1	19th Signal Company	NCOA
<b>Jan. 21</b>			
6 p.m.	Barnes Field House 1	Company A, 309th	JAG Office
6 p.m.	Barnes Field House 2	JITC	Company E, 305th
7 p.m.	Barnes Field House 1	Company D, 309th	Company C 304th #2
7 p.m.	Barnes Field House 2	Company E, 309th	HQ 504th Signal
8 p.m.	Barnes Field House 1	Company A, 40th Signal	Company C, 304th #1

# At the library

## Hardcover fiction

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

## Hardcover nonfiction

1. Who's Looking Out For You?, by Bill O'Reilly
2. Flyboys, by James Bradley
3. Dude, Where's My Country? by Michael Moore
4. Lies, by Al Franken
5. A National Party No More, By Zell Miller

## Paperback fiction

1. Key of Knowledge, by Nora Roberts
2. Key Of Light, by Nora Roberts
3. Angels & Demons, by Dan Brown
4. Prey, by Michael Crichton
5. Hornet Flight, by Ken Follett

## Paperback nonfiction

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

# Happy Hoildays from the Scout

# Religious services

## Protestant Sunday Services

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

## Roman Catholic Worship

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

## Religious Education and Activities

### Youth Ministries

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

### Catholic

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

### Protestant

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

### Jewish Worship

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

### Muslim Prayer

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

### Buddhist Weekly Teaching

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

### Orthodox Divine Liturgy

10 a.m. 2 <sup>nd</sup> Saturday	
Main Post Chapel	

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

# Holiday services

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

## Catholic holiday services

(all of these are at the Main chapel)

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

## Protestant holiday services

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

## Greek Orthodox holiday services

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

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

## BOXING from Page B1

into the ropes in the second round and forced a standing eight-count before the airman was saved by the bell.

Abdullah was relieved to get Daniels qualified for the trials.

"When he's on, he's on," Abdullah said. "He's one of the best 119-pounders in the nation. I feel very good about getting him on the [Olympic] team."

Fort Carson's Mason was pumped up and razor sharp during his 25-4 demolition of Air Force Airman 1st Class Robert Luna Jr. for the 141-pound crown. He knocked Luna down in the second round with an overhand right and landed several crisp combinations to the airman's head, forcing a standing eight-count in the fourth round. Mason also landed several solid right hooks in one of his finest bouts of the year.

"To be qualified for the Olympic Trials is a blessing," said Mason, 21, of Columbus, Ohio.

"I've been thinking about this forever, and I was prepared. I'd already made all my plans for going to the trials. I put the pressure on myself, and I came out and delivered."

Fort Carson's Leverette, 30, of Brent, Ala., won the heavyweight crown with a 13-5 decision over Marine Cpl. Roderick Prevost of Camp Pendleton, Calif.

Two more Soldiers reached the finals but settled for silver medals.

Spc. Mahlon Kerwick of Fort Carson dropped an 18-13 decision to Airman 1st Class Hector Ramos. They were tied 12-12 entering the final round before Ramos' stick-and-move tactics prevailed in the 132-pound finale.

In the final bout of the evening, super heavyweight Sgt. Deutsch Puu of Schofield Barracks, Hawaii, lost a 31-13 decision to Navy Master at Arms 2nd Class Israel Spencer of Seal Beach, Calif.

# Safe driving makes holiday merry

**BY SGT. JAMESA. HOLLY**

OPERATIONS SERGEANT  
DIRECTORATE OF PUBLIC SAFETY

“’Tis the season to-get- in-a car crash... fa-la-la-la-la, la-la-la-la.” While such a tune is surely not going to be at the top of the song list of too many carolers, it rings all too truly this time of year. Car accidents are the number five cause of death in America. And, according to Sgt. Robert L. Hohn with the Arizona Department of Public Safety, most auto accidents that occur throughout the year do so during the holiday season. “In recent years, there has been an increase in rude, obnoxious, self-centered drivers on our roadways,” during the holidays, causing an in-

crease in unnecessary accidents, Hohn said

“In my experience, the holiday season brings, with it, an increase in auto accidents, even on post,” said the Fort Huachuca Provost Sergeant, Master Sgt. Jeffrey Rieg. The Military Police and the Directorate of Public Safety agree and have issued the following safety tips to help get through the holiday season accident free:

- \* Don’t drink and drive.
- \* Obey all posted signs and speed limits.
- \* Look both ways before entering into any flow of traffic.
- \* Always use the proper signaling device(s) when turning or changing lanes.

\* Come to a complete stop at all stop signs.

\* Ensure that everyone in the vehicle is fastened with a safety belt at all times.

\* Properly utilize required child-restraint systems.

\* During the evening (even if it’s not quite dark yet), always keep headlights on.

\* During snow and rain, keep high-beams off, reducing the risk of glare.

\* During any adverse weather conditions, reduce traveling speed by at least twenty percent.

\* Always check over your shoulder into the “blind spot” when turning or changing lanes.

\* Ensure that all mirrors and windows (especially the windshield) are

clean and free from anything that might impair vision or create another blind spot.

\* Check tire pressure and fluid levels regularly.

\* Change engine oil and filter on time, and be sure to include a brake inspection.

\* Be courteous to other drivers, always practicing defensive driving.

Military Police officer Staff Sgt. Kevin King adds, “It’s not possible to completely eliminate all risks involved with driving a motor vehicle, but we all need to be aware of our surroundings and the dangers of driving, especially during the holiday season.”

The Fort Huachuca Directorate of Public Safety also reminds that the

National Highway Traffic Safety Administration reports that “failure to use seatbelts contributes to more traffic-related fatalities than any other single traffic-related behavior.”

So, the Army has also joined the nationwide “Click it or Ticket” campaign to encourage Army-wide safety practices during the holiday season from Sunday to Jan. 3.

Military Police nationwide have been advised to write tickets for any passenger(s) without a seatbelt properly fastened.

The Military Police also advise that any accidents that do occur this holiday season should be promptly reported to the MP Station in person or by telephone at 533-3000 or 538-COPS (2677).

## Holiday care

### Drinking and driving

Watch out for your guests and other partygoers who might be drinking too much. Offer them food or non-alcoholic drinks. Always make sure all guests have a safe way home.

Your best defense against a drunk driver is to wear your safety belt and be sure children are properly secured in child safety seats.

Never ride in a car with someone who has been drinking – call a cab or ask a friend to drive you home.

Report drunk drivers immediately to area law enforcement with the license plate number, description of the vehicle and the direction in which it was traveling.

### While out shopping...

Be particularly aware of your surroundings while using an ATM. Body language is important. Look confident and aware of your surroundings, as opposed to preoccupied with your head down and overloaded with packages.

Try to park in well-lighted areas as close to the front door of the store as possible. If you are worried about walking to your car alone, ask a security guard or a store employee to accompany you. You should have your keys in your hand before you exit the store.

There are about 25,000 trips to emergency rooms each year due to falls from shopping carts, most of them involving young children. Have your child wear a safety belt in the cart and don’t let children hang on carts.

Carts with infant carriers tend to tip over more often because they are unbalanced.

## Advice for air travel

### Fly on nonstop routings

Most accidents occur during the takeoff, climb, descent, and landing phase of flight so flying nonstop would reduce exposure to these most accident prone phases of flight.

### Choose larger aircrafts

Currently, aircraft with more than 30 passenger seats were all designed and certified under the strictest regulations. Also, in the unlikely event of a serious accident, larger aircraft provide a better opportunity for passenger survival.

### Pay attention to preflight briefing

Although the information seems repetitious, the locations of the closest emergency exits may be different depending on the aircraft that you fly on and seat you are in.

### Keep overhead storage bin free of heavy articles

Overhead storage bins may not be able to hold very heavy objects during turbulence, so if you or another passenger have trouble lifting an article into the bin, have it stored elsewhere.

### Keep your seat belt fastened while you are seated

Keeping the belt on when you are seated provides that extra protection you might need if the plane hits unexpected turbulence.

### Listen to flight attendants

The primary reason flight attendants are on an aircraft is for safety, so if one of them asks you to do something like fasten your seat belts, do it first and ask questions later.

### Don’t bring any hazardous materials

There are rather long lists of hazardous materials that are not allowed, but common sense should tell you that you shouldn’t bring gasoline, corrosives, poisonous gases, and other such items on the aircraft unless they were allowed by the airline and shipped in a proper container.

### Let flight attendant pour your hot drinks

Flight attendants are trained to handle hot drinks like coffee or tea in a crowded aisle on a moving aircraft, so allow them to pour the drink and hand it to you.

### Don’t drink too much

The atmosphere in an airliner cabin is pressurized to about the same altitude as Denver, so any alcohol you consume will affect you more strongly than at sea level. Moderation is a good policy at any altitude.

### Keep your wits about you

In the event that you are involved in an emergency situation such as a precautionary emergency evacuation, follow the directions of the flight attendants and flight crew and exit the aircraft as quickly as possible.



## Toy tips

When selecting a toy for your child, avoid the following:

### \* Toys with small removable parts

The small parts are hazardous and can pose a choking hazard to children under age 3.

Use a small parts tester (which can be purchased at a toy or baby specialty store) to measure the size of the toy or part. If the piece fits entirely inside the tube, then it is considered a choking hazard.

\* **Toys with sharp points or edges**  
Children may unintentionally cut themselves or another person.

### \* Toys that produce loud noises

Toy guns and high-volume portable cassette recorders can permanently impair a child’s hearing.

### \* Propelled toy darts, other projectiles

Propelled toys can cause cuts or serious eye injuries.

### \* Toys with strings, straps or cords longer than seven inches

Long strings and cords could wrap around a child’s neck and unintentionally strangle him or her.

### \* Electrical toys

Electrical toys are a potential burn hazard. Avoid toys with a heating element—batteries, electrical plugs—for children under age 8.

### \* Toys painted with lead paint

Exposure to lead can result in lead poisoning, causing serious damage to a child’s brain, kidneys and nervous system.

### \* Toy cap guns

Paper roll, strip or ring caps can be ignited by the slightest friction and cause serious burns.

## Braving winter winds: snow safety for road

FEDERAL EMERGENCY MANAGEMENT AGENCY

The leading cause of death during winter storms is transportation accidents. Preparing your vehicle for the winter season and knowing how to react if stranded or lost on the road are the keys to safe winter driving.

### Before

Have a mechanic check the following items on your car.

- \* Battery
- \* Antifreeze
- \* Wipers and windshield washer fluid
- \* Ignition system
- \* Thermostat
- \* Lights
- \* Flashing hazard lights
- \* Exhaust system
- \* Heater
- \* Brakes
- \* Defroster

\* Oil level (if necessary, replace existing oil with a winter grade oil or the SAE 10w/30 weight variety)

Install good winter tires. Make sure the tires have adequate tread. All-weather radials are usually adequate for most winter conditions. However, some jurisdictions require that to drive on their roads, vehicles must be equipped with chains or snow tires with studs.

Keep a windshield scraper and

small broom for ice and snow removal.

Maintain at least a half tank of gas during the winter season.

Plan long trips carefully.

Listen to the radio or call the state highway patrol for the latest road conditions. Always travel during daylight and, if possible, take at least one other person.

If you must go out during a winter storm, use public transportation.

Dress warmly.

Wear layers of loose-fitting, layered, lightweight clothing.

Carry food and water.

Store a supply of high energy “munchies” and several bottles of water.

Contact your local emergency management office or American Red Cross chapter for more information on winter driving.

### Winter car kit

Keep these items in your car:

- \* Flashlights with extra batteries
- \* First aid kit with pocket knife
- \* Necessary medications
- \* Several blankets
- \* Sleeping bags
- \* Extra newspapers for insulation
- \* Plastic bags (for sanitation)
- \* Matches
- \* Extra set of mittens, socks, and a wool cap
- \* Rain gear and extra clothes
- \* Small sack of sand for generating traction under wheels

\* Small shovel

\* Small tools (pliers, wrench, screwdriver)

\* Booster cables

\* Set of tire chains or traction mats

\* Cards, games, and puzzles

\* Brightly colored cloth to use as a flag

\* Canned fruit and nuts

\* Nonelectric can opener

\* Bottled water

### During

#### If trapped in a car during a blizzard...

Stay in the car.

Do not leave the car to search for assistance unless help is visible within 100 yards. You may become disoriented and lost if blowing and drifting snow.

Display a trouble sign.

Hang a brightly colored cloth on the radio antenna and raise the hood.

Occasionally run engine to keep warm.

Turn on the car’s engine for about 10 minutes each hour. Run the heater when the car is running. Also, turn on the car’s dome light when the car is running.

Beware of carbon monoxide poisoning. Keep the exhaust pipe clear of snow, and open a downwind window slightly for ventilation.

Watch for signs of frostbite and hypothermia.

Do minor exercises to keep up circulation.

Clap hands and move arms and legs occasionally. Try not to stay in one position for too long. If more than one person is in the car, take turns sleeping.

For warmth, huddle together.

Use newspapers, maps, and even the removable car mats for added insulation.

Avoid overexertion.

Cold weather puts an added strain on the heart. Unaccustomed exercise such as shoveling snow or pushing a car can bring on a heart attack or make other medical conditions worse. Be aware of symptoms of dehydration.

### Wind chill

“Wind chill” is a calculation of how cold it feels outside when the effects of temperature and wind speed are combined. A strong wind combined with a temperature of just below freezing can have the same effect as a still air temperature about 35 degrees colder.

### Winter storm watches, warnings

A winter storm watch indicates that severe winter weather may affect your area. A winter storm warning indicates that severe winter weather conditions are definitely on the way.

A blizzard warning means that large amounts of falling or blowing snow and sustained winds of at least

35 miles per hour are expected for several hours.

### Frostbite and hypothermia

Frostbite is a severe reaction to cold exposure that can permanently damage its victims. A loss of feeling and a white or pale appearance in fingers, toes, or nose and ear lobes are symptoms of frostbite.

Hypothermia is a condition brought on when the body temperature drops to less than 90 degrees Fahrenheit. Symptoms of hypothermia include uncontrollable shivering, slow speech, memory lapses, frequent stumbling, drowsiness, and exhaustion.

If frostbite or hypothermia is suspected, begin warming the person slowly and seek immediate medical assistance. Warm the person’s trunk first. Use your own body heat to help. Arms and legs should be warmed last because stimulation of the limbs can drive cold blood toward the heart and lead to heart failure.

Put the person in dry clothing and wrap their entire body in a blanket.

Never give a frostbite or hypothermia victim something with caffeine in it (like coffee or tea) or alcohol. Caffeine, a stimulant, can cause the heart to beat faster and hasten the effects the cold has on the body. Alcohol, a depressant, can slow the heart and also hasten the ill effects of cold body temperatures.