

# The Scout Time Out



The winding road, see Page B2

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Courtesy photo

## Armed forces honored

The University of Arizona Wildcats were defeated by the University of Oregon Ducks Saturday. Members of the armed forces were in attendance as part of a military appreciation night.

## Softball in Afghanistan

BY SGT. GREG HEATH

SPECIAL TO AMERICAN FORCES PRESS SERVICE

More than 100 soldiers found solace from the daily drag of deployed life on a dusty, improvised softball diamond, where eight teams battled for the top spot in a Morale, Welfare and Recreation softball tournament Sept. 7.

The all-day event featured teams from the air force; army, Marines, and Kellogg, Brown and Root playing in a double-elimination, round-robin tournament. Kellogg, Brown and Root is a company under contract with the Defense Department to provide logistics and support services.

Tech. Sgt. Jason Theriault, a member of Air Force team called "Naturally 'Nawlines,'" wasn't sure if the competitive nature of interservice rivalries would get the best of the teams.

"I didn't know what to expect," said

Theriault. "When you get Air Force, Army and Marines together, it can get pretty competitive, but there was a lot of camaraderie (among) the different services."

For many of the civilians of the Kellogg, Brown and Root team, this was their first day off in recent memory. Along with enjoying their time playing against the service member, they were also pleased with the participants' spirit on and off the softball field.

"There was good sportsmanship all around," said Ivan Jecker, who works in the KBR electrical department. "Originally, we weren't going to play because we didn't have enough equipment for the team, but MWR and the service members were happy to share theirs."

During the tournament, people drifted in and out to root for their teams or grab a bite to eat from the big barbeque thrown in conjunction with the MWR event.

And some service members, like Spc. Paul Schexnayder, a 205th Engineer Battalion "Nasty Guard" team member, chose to lose themselves in the event, staying until the final out of the last game — seven hours after the event started. "It almost feels like being back at home," Schexnayder said.

When the dust finally settled and the sun began to disappear behind the mountain range, the Marine "Dog Pound" team emerged as the champion, finishing the tournament with a perfect 3-0 record. The "Dog Pound" pounded the previously unbeaten "Nasty Guard" 17-7 in the tournament finale.

When darkness required cancellation of a planned consolation game, The "Nasty Guard" and Air Force's "Naturally 'Nawlines'" finished for a tie for second place, each finishing with a 3-1 record.

The first place winners received Operation Enduring Freedom T-shirts, and second place got Operation Enduring Freedom hats, courtesy of MWR. Although not everyone received a hat or T-shirt, John Senatore, MWR program coordinator, said hopes everyone, from the players to the volunteer umpires and cooks, left with at least a little satisfaction from a day well spent.

"I hope everyone had fun," Senatore said. "That was the name of the game."

Cpl. Billy Gaines of Marine Attack Squadron 513, a member of the champion "Dog Pound," said he appreciated the day of friendly competition with the different service members.

"I think everyone out here, whether they won or lost, had a good time," Gaines said. "But it feels good to win."



Photo by Sgt. Greg Heath

Army Staff Sgt. Kim Thompson of the Task Force 44 Medical team, lofts a pitch toward home plate during a Sept. 7 Morale, Welfare and Recreation softball tournament in Bagram, Afghanistan.



Photo by Elizabeth Harlan

## Wettie visits local school

Wettie the Water Drop made a personal appearance at Myer Elementary School last week. Water Wise and Energy Smart made several presentations to kindergartens on post. Children were given advice on how they could save the limited desert water.

## Commissaries nix home-printed coupons

BY RICK BRINK  
DCA PRESS RELEASE

Commissaries are no longer accepting "home-printed" coupons as the grocery industry comes to terms with the fraudulent use of Internet coupons.

"We still gladly accept manufacturers coupons — the kind you clip out of newspapers or magazines or that you receive in the mail. What we're not accepting are coupons that have been downloaded from the Internet and printed with a home computer because it's

too difficult for our cashiers to tell if they are valid," said Bob Vitikacs, the Defense Commissary Agency's director of operations and product support.

The use of fraudulent Internet coupons is growing in the grocery business and many commercial grocers are also declining to accept home-printed coupons. Most coupons are legitimate, but home computers and Internet access have made it easy to alter legitimate coupons for fraudulent use, Vitikacs said.

Some analysts estimate

the loss by coupon fraud to the grocery industry to be millions of dollars. Fraud ultimately costs consumers as manufacturers raise their prices to recoup losses.

To protect against loss, DeCA officials decided to immediately suspend acceptance of home-printed, photocopied or facsimile-generated coupons — color and black-and-white.

"This is an interim measure we've adopted immediately to protect our customers and industry partners," Vitikacs said.

# Time out breifs

## Cars in the park

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

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

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

For further information, visit the club's Web site at [www.sierravistacarclub.org](http://www.sierravistacarclub.org), or phone Leo at 378-3096.

## Golf scramble

The Arizona Silver Chapter of the United States Army Warrant Officers Association is sponsoring a fund-raising four person golf scramble on Saturday to support the David M. Heckman Memorial Scholarship Fund. There is a shotgun start at 8:30 a.m. Prizes include first, second, third place gross and net (last place, longest drive, closest to pin); there will be lots of door prizes drawn



Tournament fees include greens fees, lunch and cart. The tournament is limited to first 100 players registered. Registration is \$45 for non-MVGC members; \$33.50 for MVGC members. For more information, call Chief Warrant Officer Bill Petrak at 538-2829 or 459-2825, or contact him at [billpetrak@msn.com](mailto:billpetrak@msn.com); or contact Jeff Bacskai at [jctbacskai@hotmail.com](mailto:jctbacskai@hotmail.com) or 227-6027 or 458-1815.

## Weight-loss group

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

## Saturday is fee-free day for forest visitors

Saturday is a "fee-free day" for Coronado National Forest visitors.

Forest facilities available at no charge on Saturday include:

- All Coronado National Forest campgrounds (one day only),
- All Coronado National Forest picnic areas (one day only),
- All open Coronado National Forest sites on Mt. Lemmon,
- Sabino Canyon parking lot,
- Madera Canyon Recreation Area sites.

Sabino Canyon Tours, a forest concessionaire, is not included in the free day event and will charge fees for shuttles

rides that day; however, there will be no charge to park in the Sabino Canyon parking lot.

## Bisbee pie social

Southwest Serenade, Bisbee Community Chorus's Annual Pie Social and Variety Show will be on Saturday and Sunday at the First Baptist Church on Highway 92 in Bisbee. There will be Western-inspired music, poetry and comedy, along with some of the best pies this side of the border.

Tickets are \$10 from any chorus member, at the Bisbee Chamber of Commerce or the Bisbee Mining and Historical Museum, or at the Sierra Vista Chamber of Commerce.

Showtimes are 7 p.m. on Saturday and 3 p.m. on Sunday.



## Oktoberfest walk

The Thunder Mountain Trekkers next meeting is September 30th at 7 p.m., Sulphur Springs Valley Electric Cop. conference room, 311 Wilcox Dr. Planning is underway for our internationally sanctioned walking event on Sept. 26 and 27, as part of the annual Elk's Club Oktoberfest. The event start/finish point is the Elk's Club, featuring an evening walk Friday and day walk Saturday. Food, beverages and entertainment will be available both days.

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

## Let a greyhound race into your life

The Greyhound Adoption League of Sierra Vista will host a Greyhound Adoption Day on Sept. 27 for Sierra Vista and the surrounding area. The adoption day will be held from 10 a.m. until 2 p.m. at Ramsey Canyon Feed and Pet Store, 4107 E. Gleen Rd., Sierra Vista.

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

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



This program is also

in need of foster/temporary homes for these beautiful dogs. For more information, contact Dave at 378-1763.

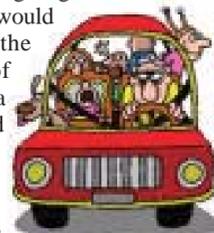
## Madera Canyon renovation

Madera Canyon's popular Left and Right Roundup Picnic Areas are closed for renovation work which began Sept. 8. 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. After renovation is completed in early 2004, the area will be renamed the Mt. Wrightson Picnic Area and Trailhead. For more information about the Mt. 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](http://www.fs.fed.us/r3/coronado).

## Garden Canyon carpool

Saturday, there will be a carpool going to Garden Canyon on Fort Huachuca. Anyone who would like to go should meet at 8 a.m. at the Target parking lot on the corner of Highway 90 and 92 in Sierra Vista for carpooling. Bring picture ID and vehicle registration and proof of insurance. Dress for the field; wear sturdy shoes and a hat. Do not forget water, close-focus binoculars, sunscreen and lunch. A \$5 donation is requested. For more information, call 803-9700.



## Gardening workshop

The Fort Huachuca PX and Water Wise and Energy Smart are giving a gardening workshop on Oct. 4. The workshop will be held at the Fort Huachuca Garden Shop, bldg. 52048 from noon - 3 p.m. The workshop will teach what plants are available and best for planting in the fall, what types of ground cover are recommended for the desert climate, and which plants are drought tolerant, as well as tips for water usage and conservation. There is no charge for the workshop, and all are invited.

From 6 - 8 p.m. on Oct. 1 at the Ethel Berger center Sierra Vista Parks and Leisure presents Glenn Minuth, who will share his expertise and knowledge about our military history with slides, maps, aerial photos and analysis tools. The cost is \$8 per person. For more information call 417-6980. There will also be two other workshops with Glenn Minuth later in the year. For more information call Patricia Wheeler at 458-5863.

## At the movies

Showing at the Cochise Theater for the next week are:

<b>Today</b>	
American Wedding	7 p.m.
R, 96 min.	
<b>Tomorrow</b>	
Uptown Girls	7 p.m.
PG-13, 93 min.	
<b>Saturday</b>	
Freaky Friday	7 p.m.
PG, 97 min.	
<b>Sunday</b>	
Bend it like Beckham	2 p.m.
PG-13, 112 min.	

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

## Pets of the week



We have two cats, Tuxedo and Sonya that can be yours for \$42. Adoption fees include a neuter/spay, microchip, vaccinations, leukemia test and deworm. Scrappy is a playful dog who would love a home. For more information call 533-2767.

## The winding road

BY TERRALISSA LEE

USAIC & FH PUBLIC AFFAIRS

The Empire Ranch third annual roundup and art sale is being held Saturday, from 10 a.m. - 5:30 p.m., in Sonoita. This year's theme is cowboys, cattle, and chuckwagons, the event will be packed with activities for the whole family.

Activities and demonstrations include authentic chuckwagon cooking, horseshoeing, branding, reata making, rawhide, leather and nylon braiding, horsehair rope making, silver spurs and bits, kids roping, kids' crafts corral, blacksmithing, saddle making, wagon rides, Wilbur-Cruz Spanish colonial horses, livestock exhibit, antique cars and western music provided by the Stingbenders.

There will also be historical tours of the ranch complex and restoration/preservation tours throughout the day. The Empire Ranch began as a 160-acre homestead in 1876 and grew to over one million acres after silver was discovered on the ranch. The Boice family bought the ranch in 1928 and brought their well-known purebred Hereford cattle and continued the Empire's ranching story for another 50 years. In 1977 a group of private citizens formed the Empire Ranch Foundation, a charitable corporation dedicated to preserving the Empire Ranch's historic buildings and surrounding landscape.

The day is packed with special events. B-Troop, from Fort Huachuca will be putting on horsemanship and Cavalry demonstrations at 10:30 a.m. and 2:30 pm. Other demonstrations include trick roping, Mariachi music, Desert Wings present Sonoran hawks in flight, mule packing and more.

Admission is free, but donations are requested. Empire Ranch is located north of Sonoita, on Route 83, between mileposts 40 and 39. For a complete list of activities, tours, special features, exhibits, special events and for more information on the art show and sale, visit <http://www.empireranchfoundation.com>.

The Cowboy Mounted Shooting Association is holding its annual Oktoberfest Shootout - Fest Meets West meet this weekend, Saturday and Sunday, at the Sierra Vista Riding Club.

Mounted shooting is like barrel racing with balloons in between the barrels. The rider shoots black powder blank cartridges from .45 caliber pistols, at balloons, and is scored on accuracy and time.

The riders dress in period clothing from the late 1800s and use .45 caliber single action revolvers like those used in the late 1800s. Single action revolvers must be cocked each time before firing by drawing the hammer back. Blank cartridges loaded with black powder are used and will break a balloon up to about 15 feet. Live rounds are strictly prohibited at competitions.

There are more than 50 possible patterns and a competition may consist of three to six patterns a day. Each pattern consists of 10 balloons. There's a men's division, a women's division and a senior's division with five classes in each division. There is also a wrangler class for children 11 and under.

The meet kicks off with the grand entry at 1 p.m. on Saturday and will last until approximately 6 p.m. On Sunday morning there will be cowboy church at 8:30 a.m., followed by the wrangler shoot at 9 a.m. The adult divisions begin at 10 a.m. This event is free to the public.

If you are looking for some great country music this weekend, head on up to the Pima County fair grounds, Saturday, for the KIIM Country Music Fest featuring Brooks & Dunn, Jamie O'Neal, Dierks Bentley, Troy Olsen, and Mindy McCready are also on the bill.

The first concert starts at 4 p.m. and the concerts are expected to run late, so bring warm clothing for the cool evening weather. All seating is general admission; bring a chair or blanket. You are allowed to bring in one unopened bottle of water and flash cameras, but video cameras and umbrellas are prohibited.

Tickets are \$35 at the gate or \$25 at all Tucson Chuy's locations. Tickets can also be purchased online at <http://www.calproductions.org>. MWR patrons may purchase tickets at the MWR box office.



## 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)

# Fun Festival starts Friday, continuous live entertainment daily

The Directorate of Community Activities, Recreation Services Division, will present the annual Fun Festival tomorrow, Saturday and Sunday. The festival will be held at Veterans Memorial Park in Sierra Vista, to insure easy access for all festival-goers. Admission to the Fun Festival is free.

Hours of the festival will be as follows: Friday, 4 p.m. - midnight; Saturday, noon - midnight; and Sunday, noon - 5 p.m.

For your enjoyment, several live bands will perform during the festival. The entertainment schedule will be as follows for Friday: 4 - 7 p.m. - Train Wreck (rock); 7:30 - 8:30 p.m., Monsoon (variety); 9:30 p.m. - midnight, Neon Prophet (reggae music).

Saturday, the schedule will be: 1 - 2:30 p.m., Yellow Dog (rock); 3:30 - 5:30 p.m., Mercedes (rock); 6:30 - 8:30 p.m., Connoisseurs (top 40/R&B); 9:30 p.m. - midnight, Space Fish (rock).

Sunday, the final day of the festival, the schedule will be: noon - 2 p.m., Partners (country); and 3 - 5 p.m., Wells Fargo (country).

Also featured at the festival will be the City of Fun Carnival. Today is the last day to purchase discounted carnival tickets. They are

available at MWR Box Office, Desert Lanes and MWR Rents on Fort Huachuca, and at Sierra Vista Safeway. The price is \$6 for 10 tickets. Beginning tomorrow, the price will be \$8 for 10 tickets.

Make plans now for the entire family to attend this fun-filled event. In addition to the carnival and live bands, some of the other attractions and activities include: moon bouncers, laser tag, face painting and the "Mutt March."

Some of the vendors at the festival will be offering candles, pottery, housewares, crafts, and several different types of ethnic food including German, Korean, Chinese, Navajo and American.

Also, be sure to sign up for giveaways for a Nordic Track courtesy of Sears, and two round-trip airline tickets, courtesy of Carlson Wagonlit Travel and American Airlines. The drawings will be held at 3 p.m. Sunday and you must be present to win.

The coed and men's open softball tournaments that were scheduled during the Fun Fest have been canceled because not enough teams had registered to play.

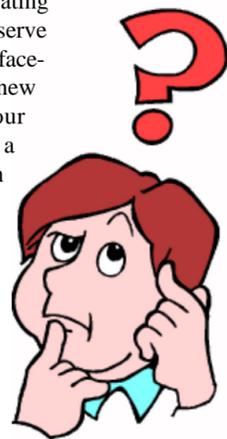


### Help us re-name La Hacienda, win

MWR is in the process of renovating La Hacienda Club in order to better serve you, our customers. Along with the "face-lift," the facility will also receive a new name. That's where we need your assistance. Help us come up with a new, exciting name to go along with the new and improved facility.

Submit your suggestion to [paula.german@hua.army.mil](mailto:paula.german@hua.army.mil). Be sure to include your phone number. Deadline for entries is Sept. 30.

Along with having their entry published in the Scout, the winner will receive a free get-together, including hors d'oeuvres and soft drinks for 20 people, at the newly-remodeled facility. For more information, call 538-0836.



### All-day trail ride planned

Buffalo Corral has scheduled the West Gate all-day trail ride for Sunday. The ride will leave the corral at 9 a.m. and follow the trails across Slaughterhouse Canyon, back to the corral around 4 p.m.

Cost of the ride is \$65 for MWR patrons and \$77.50 for civilians. Reservations and prepayment are required by close of business tomorrow. A minimum of 15 riders is needed for the ride to go. For more information, call Buffalo Corral at 533-5220.



### Punt, pass and kick

The City of Sierra Vista Parks and Leisure Services will hold a punt, pass and kick competition for boys and girls, 8 - 15, Sept. 27 from 9 - 11 a.m. The event will be held at Arbenz Field, located in the city sports complex, behind the Oscar Yrun Community Center.

The competition is free to all. Competition will be by age divisions, boys and girls competing separately.

Registration is now in progress at OYCC, the Ethel Berger Center or The Cove, all in Sierra Vista. A valid copy of the competitor's birth certificate will be required at registration.

For more information, call 458-7922, 417-6980 or 417-4800.



### September special at MWR Rents

During the month of September, MWR Rents is offering the rental of any bass boat for \$30 a day. Call 533-6707 for more information.

### Child ID opportunity during Fun Festival

Project Kids' Care will be set up at Veterans Memorial Park for the Fun Festival Friday, Saturday and Sunday. You will be able to have your child's photo taken and placed in a booklet along with their fingerprints, weight and height.

The photo and booklet will be done free of charge, so take advantage of this opportunity to help protect your child.



### Right Arm Night at LakeSide

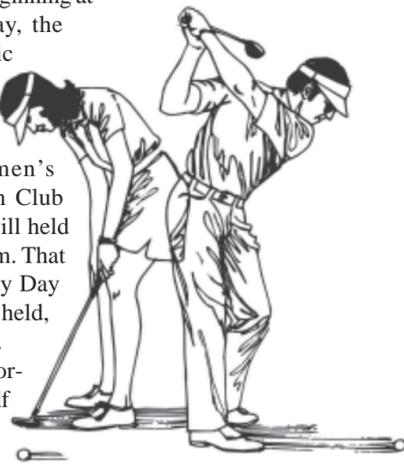
The LakeSide Activity Centre will host the next CGs' Right Arm Night, Sept. 26 at 4 p.m. Karaoke with Ken Edwards and a pay-as-you-go bar make this a lively spot to relax and socialize. Finger foods will be available.

### Upcoming events at Mountain View Golf Course

Monday, the Senior Intel Leaders Conference Tournament will be played, beginning at noon. Wednesday, the Ladies Golf Clinic will be held, beginning at 8 a.m.

Sept. 25, the Huachuca Women's Golf Association Club Championship will held beginning at 8 a.m. That same day, the Pay Day Scramble will be held, beginning at noon.

For more information, call the golf course at 533-7088.



### Mutt March during Fun Festival

Here's your chance to show off your best friend at the "Mutt March." The Mutt March is a 5 kilometer walk that will be held Sunday beginning at 7 a.m. on the final day of the Fun Festival at Veterans Memorial Park, Sierra Vista. The course runs on looped pavement, for easy walking for both you and your pet.

You can sign up in front of The Cove, beginning at 6 a.m. Cost is just \$1 per human and \$1 per dog and includes treats for both master and canine.

New this year will be the opportunity to have your photo taken with your pet. For just \$3 you will receive this unique keepsake at the end of the march.

The Mutt March is presented by MWR Recreation Services Division. For more information, contact Michelle Kimsey at 533-5031.



### New club will open next month

MWR will open a new facility for your enjoyment Oct. 3. "Time Out" will be conveniently located on Arizona Street, across from Barnes Field House and the Commissary. The location is within walking distance of Thunder Mountain Village, the Prosser Village, the NCO Academy, Riley Barracks and other housing areas.

You'll be able to relax and socialize, enjoy good food and beverages, watch sports or dance to your favorite sounds.

Watch future issues of The Scout for more details about the grand opening of "Time Out."

## Connoisseurs to perform at La Hacienda Sept. 27

For your dancing and listening enjoyment, La Hacienda Club will present The Connoisseurs Sept. 27, 9 p.m.

This is a show you don't want to miss. The six-member group performs a wide variety of music, including Top 40, funk, old school, R&B and the great sound of Motown.

Advance tickets are \$6 per person or \$10 per couple. At the door, the cost will be \$8 per person, with no couple price.

There will be free hors d'oeuvres available and after the show, you can stay and enjoy an R&B disc jockey until 4 a.m., if you like.

Advance tickets are available now at MWR Box Office, La Hacienda and Sierra Vista Safeway.

For more information, call 533-3802.





Photos by Elizabeth Harlan

Instructor Bruce W. Katto explains proper cutting technique to Tamela Lyons as Annette Mayes watches. The new culinary lab has a small dishwashing station, where Allison Ames is keeping up with the dishes.

## New school, no can opener

### Cochise Community College gets students cooking

BY NELL DRUMHELLER  
SCOUT STAFF

In an old building near Brown Parade field, a mundane classroom has been transformed into a place where sauces will bubble, soufflés will rise delicately and the wafting flavors of sautéed foods may tempt students down the hall studying political science, cultural differences and the like.

Cochise Community College offers a two-year associates degree program in Hospitality Administration and Tuesday opened their culinary lab in Building 21112.

Prior to the room remodel that turned an ordi-

nary classroom into a kitchen training area, students in the program were shifted from place to place, wherever a stove, sink and counter were available to learn the basics of culinary preparation according to instructor Bruce Katto.

"The program has been around since 1998," he said.

Katto puts more than 20 years of Army cooking to use as he teaches Culinary Prep I and Culinary Prep II to the would be chefs.

Hands on cooking instruction are a slice of the program, which covers a variety of course work from nutrition to hospitality administration.

Tuesday night the students were learning how to prepare a brown sauce under Katto's watchful eye. While

going through the basics of cutting meat from a bone, dicing onions, carrots and celery the students were also learning proper kitchen etiquette, sanitation, organization and the baby steps to working in a commercial kitchen.

As the evening progressed the students enthusiastically attacked their assignments, filling the air with food scents.

"This is the night we've all

been waiting for. We're actually going to do some cooking in this cooking class," exclaimed Katto.

As with anything new, there were glitches - tonight it was in the form of a missing can opener. Katto assures that by the next class the kitchen will be better stocked.

For more information on the program see the complete catalog at [www.cochise.edu](http://www.cochise.edu).



Spc. William P. Harper, III, cuts meat away from the bone in the first steps of preparing a brown sauce.



Left, Harper and Michael Tiller measure ingredients for their brown sauce while Ames and her brother Aaron cut meat. Above, the Ames siblings discuss how to dice an onion. Aaron admits taking the class because his sister talked him into it.

# Fit for life

BY DR. GEORGE COLFER  
CONTRIBUTING WRITER

Cardiovascular fitness, also known as cardiorespiratory fitness, pertains to the effectiveness of the heart, lungs and circulatory system to provide the cells of the body with the necessary substances to perform work or activity for an extended period of time.

Of the five health-related components (cardiovascular fitness, strength, muscular endurance, flexibility and body composition), CVF ranks as the top for a healthy lifestyle.

The term aerobic activity, which means "with oxygen," is the key factor for CVF. One must be able to perform continuous activity at a heart rate which allows you to sustain the activity for its duration without going into "oxygen debt," which is termed anaerobic activity.

Contrasting examples would be running a 5 or 10 kilometer run (aerobic) versus a 100-meter dash (anaerobic), an all-out effort of short duration.

To benefit your heart, lungs and circulatory system, the exercise must involve large muscle groups so that the heart has to pump large quantities of blood. This makes more oxygen available to the muscles during exercise and increases their ability to use oxygen.

Activities such as brisk walking, running, bicycling, swimming, hiking, cross-country skiing, rowing, cardiovascular machines and endurance-type games are the modes of activity to produce CVF.

The basis for cardiovascular training is the frequency, intensity and duration of the activity. The American College of Sports Medicine and Centers for Disease Control and Prevention have established guidelines and recommendations for the quality and quantity of the exercise to develop and maintain CVF.

A summary is as follows:

**A: Physical activity of moderate intensity for at least 30 minutes per day for five days or more per week.** Moder-

ate intensity is considered activity that causes "small or moderate changes in breathing and heart rate."

Activities such as brisk walking, some types of housework and gardening, and bicycling for transportation may fall into this category. A guide for moderate intensity would be up to 60 percent of one's maximum predicted heart rate.

**B: Physical activity of vigorous intensity for at least 20 minutes per day for three days or more a week.** Vigorous intensity is considered activity that causes "vigorous or large changes in the breathing and heart rate."

Activities such as running, swimming, road or mountain biking, hiking (with climbing) and games like full-court basketball or soccer may fall into this category. A guide for vigorous intensity would be an MPHR of above 60 percent to 80 percent.

To develop CVF, one must be able to sustain the activity for the selected duration. This is referred to as your "Threshold of Training," which involves your Training Heart Rate or the percentage of MPHR at which you need to train. To obtain your MPHR, the simplest way is to take the number 220 minus your age. Then multiply that figure by the desired percentage. The result is your Training Heart Rate. Since it is quite difficult to maintain a single heart rate throughout activity, another way is to establish a Target Zone. This a range of the minimum to maximum for your training session. It is much

easier to stay within a range and still provide the necessary work.

As you continue to improve your CVF, your Training Heart Rate will lower and drop out of your range, even though you are exercising the same. This is a sign that your heart and vascular system have adapted to the exercise and it is now time to increase the intensity, frequency or duration. As an example, you are running three miles at a ten-minute pace, three times weekly at a target heart rate of 70 percent.

When this becomes easy, you could increase the distance, say by one-half mile (duration) or increase the frequency by adding a training day or decrease your pace to nine and one-half minute mile (intensity).

In other words, run faster, run further, or run more days, but do not increase all three at the same time or you may become a victim of fatigue or burnout.

A suggestion is to mix or alternate aerobic activities. As an example, run two days, strength train and use a cardio machine two days and bike or hike on a weekend day.

You are accomplishing your goal with less chance of boredom or burnout. Another factor to mention is that all activities are specific in task.

One may be a highly fit swimmer, but that does not automatically guarantee success in a different activity such as running. One needs to train for those activities that are necessary in your profession. All military services have fitness or readiness test as a requirement. The

army has a two-mile timed run, the Marine Corps, a three-mile timed run. To excel on a task, one must train for that task.

In order to maintain the training effect, exercise must be continued on a regular basis. Significant reductions in fitness levels occur within about two weeks after training stops.

The goals and physiological benefits of aerobic training for CVF are as follows:

- To lower resting heart rate
- To increase stroke volume (amount of blood ejected per contraction by the heart)
- To lower blood pressure
- To lower blood fat levels (cholesterol lower LDL raise HDL)
- To lower bodyfat content (percent of bodyfat versus lean bodyweight)
- To increase caloric expenditure (for weight control)
- To maintain healthy, elastic arteries

#### Some common questions:

**Q: Is Cardiovascular fitness all I need?**

A: Theoretically yes, but it is recommended to perform activities that will benefit strength, muscular endurance and flexibility. A stronger, more flexible body will actually benefit CVF.

**Q: Will walking fulfill my CVF needs?**

A: It may depend upon your age, weight, medical history and present physical condition. Yes, brisk walking can improve and maintain CVF, but the training guidelines still apply. You must be able to elevate your heart rate to your target zone. My opinion is that walking is an excellent mode for older people, those recovering from illness or injury and a good starting mode for the unfit individual. As for a younger, healthy, fit individual such as those in military services, I would recommend a more strenuous activity.

**Q: How can I test or evaluate my level of CVF?**

A: There are several CVF testing modes  
See FIT, Below



Photo by Nell Drunheller

#### FIT from Page B5

ranging from treadmill tests administered by cardiologists to simply self-testing one's resting heart rate. There are also several self tests involving running (12 minute on 1.5 mile run), bicycle ergometer and swim test with published norms for comparison. Military fitness testing falls in this category. To keep track of your resting heart rate, take it on a weekly basis. Seventy-two beats per minute is considered normal, but a highly fit person will usually be 60 BPM or lower. As your resting heart rate lowers, CVF should be improving.

**Q: How can I monitor or check my heart rate?**

A: The efficient way is to use a heart rate monitor which costs in the range of \$30 to \$200 depending on the number of functions or features it has. They can be used in any non-contact activity. I have personally used one while running, road and mountain biking, and whiking and climbing to see what my heart rate was at various times. If you can't afford such, take your resting heart rate when relaxed and in a quiet environment. You can take the "beats" from your wrist (radial) or carotid (neck) pulse. A 60 second measure is the most efficient or you can use a 30 seconds x 2; 15 second x 4; or 10 second x 6. To measure training heart rate during or at the end of exercise, the best measure is 10 seconds x 6 due to the fact that as you cease activity, your heart rate bins to rapidly decrease.

## Military appreciation night at BHS

BY ELIZABETH HARLAN  
THE SCOUT STAFF

On Friday, Buena High School hosted a military recognition night. Prior to the game there was a free tailgate party for the local community, which included permanent party sol-

diers and advanced individual training students from Fort Huachuca. The tailgate party provided music and food for all that attended provided by the Colt Booster club. A static display of mobile high tech electronic equipment was available for viewing prior to the game.

All military identification card holders were admitted free of charge to the game. The opening ceremony included the presentation of the

colors by Fort Huachuca's Sgt. Audie Murphy Club honor guard and the playing of the National Anthem by the Catalina High School band. The official game ball was presented at center field to the referees by Col. Anthony M. Helm, staff judge advocate.

Just before halftime Buena player Wayne Durham made a record breaking 53 yard field goal, making the score 10-6. Durham's kick was one yard better than Nik Seifter's 52 yard

mark set in 1999.

The halftime show was presented by the Buena Marching Colts, with the presentation of the Garrison flag by Buena High School Junior Reserve Officer Training Corp students, a brief memorial service to those who perished on Sept. 11, as well as patriotic music saluting all members of the military that were in attendance.

Buena defeated Catalina 16 - 13.



Left, Col. Anthony M. Helm waits to deliver the official game ball to center field. Top, Buena plays home opener against Catalina High School.



Photos by Elizabeth Harlan

A look at the mission from the 'view room' the layout was designed by Frank Pinkley who was head of Southwestern Monuments for the National Park Service in 1939.

## Tumacacori: Funny name, great stop

### THE SCOUT REPORTS

Located between Tucson and Nogales, Tumacacori mission offers spectacular views, a remarkable history, and serves as an example of Sonoran Mission architecture 18th and 19th centuries in what is now the Southwestern United States.

Originally established in January 1691, the mission in Tumacacori was the work of Jesuit Eusebio Kino. As were most missions of the time, the Tumacacori Mission served as an outreach of the Spanish Jesuit priests, in an effort to convert the local Indian cultures to Christianity through public service projects, religious education, and church services. The Jesuits are credited with the introduction of Spanish crop cultivation and irrigation techniques, allowing the local Pima Indians to be more productive and establish

a better quality of life. In 1767 the Jesuits are expelled by King Charles of Spain, and Franciscans are assigned to all of the former Jesuit missions in New Spain, and by 1771 Tumacacori is home to a resident priest for

the first time. The Franciscans begin work on the church as it is seen today in 1800, unfortunately, in 1821, Mexican Independence brought the withdraw of Spanish aid to missions, and construction was halted. Through the sale of livestock the mission priests were finally able to secure the funding to complete the church, however, in 1828, Mexico orders all Spanish-born residents to leave the country, and only native Mexican-born priests are left to charge the missions, causing a severe shortage of priest administrators.

The final blow to Tumacacori came in 1848 as war with Mexico cut the supply lines, Apache attacks became more frequent, and the extremely cold winter forced the abandonment of the Tumacacori Mission.

The National Park Service took charge of the mission in 1908, and led construction of the museum and visitors center, completed in 1939, and following in the building style of Sonoran missions in the early 19th century. Frank Pinkley, head of Southwestern Monu-

ments for the National Park Service, played an intricate part of the museum layout, including the 'view room', which lends to a spectacular view of the mission through a large archway crowned with

a vaulted ceiling.

The mission is open to the public from 8 a.m. – 5 p.m. everyday except Thanksgiving and Christmas. Admission is \$3 per person. For more information call 398-2341.



Through the doorway is a small room that was used to store berries and other food.



Top, the view outside looking in, the storage room that was once two floors now has a stairway that leads no where. Right, replicas of pots that were used to prepare food line the storage room.



The inside of the church.

