

The Scout TimeOut



By Mark Baker
Pvt. Murphy's Law

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SportsSports

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Army Band concerts

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

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

The following concerts are scheduled to play in Sierra Vista:

Sunday – Brass Quintet

Feb. 9 – Saxophone Quartet

March 9 – Dixieland Band

April 6 – Jazz Combo

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

Youth wrestling

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

The Youth Center is located on Cushing Street directly across from Smith Middle School.

Wrestling is for youth ages 6 and up.

The program will be conducted as a club ran by interested volunteers.

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

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

Softball league

The Sierra Vista Ponytail Softball League will start registration for the upcoming season.

Dates are set for Saturday, Feb. 1 and 8 at Target from 10 a.m.-2 p.m.

The league is open to girls, ages 5-18.

For more information, call 378-1643 or 439-4351, or visit the Web site www.svponytail.com.

B SECTION

INSIDE



Clean cut

Dog groomer helps transform shaggy dogs into prize winners.

The Fort Huachuca Veterinary Clinic uses Jenni Swisegood's skills to help get dogs adopted on post, because potential owners are much more likely to buy a pet that looks and smells nice.

Spc. Lenard Brooks practices his jab against Spc. Frank Aylagna during workouts Monday in preparation for the upcoming All Army boxing trials.



Photo by Staff Sgt. Robert Hyatt

Abdullah: 'Expect to see the Army warrior spirit'

Boxers ready to compete, continue tradition of excellence in All Army trials

BY SGT. 1ST CLASS DONALD SPARKS
NCOIC, USAIC&FH PAO

The tradition and legacy of All Army Boxing is considered the best of all the services, according to Staff Sgt. Basheer Abdullah, All Army and Army World Class Athlete Program head boxing coach — and he showed fight fans exactly why during Tuesday's and Wednesday's bouts.

Friday the tradition comes to a culminating point as the championships are decided in the final rounds.

"Fans can expect to see the Army warrior spirit," Abdullah said. "That's what it's all about. It's no different than when a soldier gets into the ring and the spirit he takes on the battlefield."

Athletes from throughout the Army will fight to earn a spot on the All Army Boxing team Tuesday, Wednesday and Friday at Barnes Field House. Abdullah, who has been coaching All Army boxing since 1997, has contributed to the Army's overall success through his expertise and knowledge of the sport.

"It's been my job to take Army boxing to the next level and I think we've done that," said Abdullah who coached two national champions at last year's U.S. Championships. Five of his WCAP athletes made USA Boxing's Elite team.

In preparation for the upcoming fights Abdullah has provided the same training to the newer and inexperienced boxers; they got the same type of training regimen he provides for the elite boxers of the WCAP.

"We focus on preparing the boxers mentally," Abdullah said. "And as far as their technique, we try to stick to the basics of boxing with inexperienced athletes."

"We also stress conditioning. They have to believe in their conditioning, they have to believe that all the work they've put into this program is going to pay off in the end."

"We know they're going to be ready physically, but the mental approach is what we're really focusing on."

Coming to Fort Huachuca, with its higher elevation, provides an added dimension in the cardio workout for the boxers as they condition themselves.

"Without cardio conditioning a boxer will have a rough time in the ring," Abdullah said. "If your cardio

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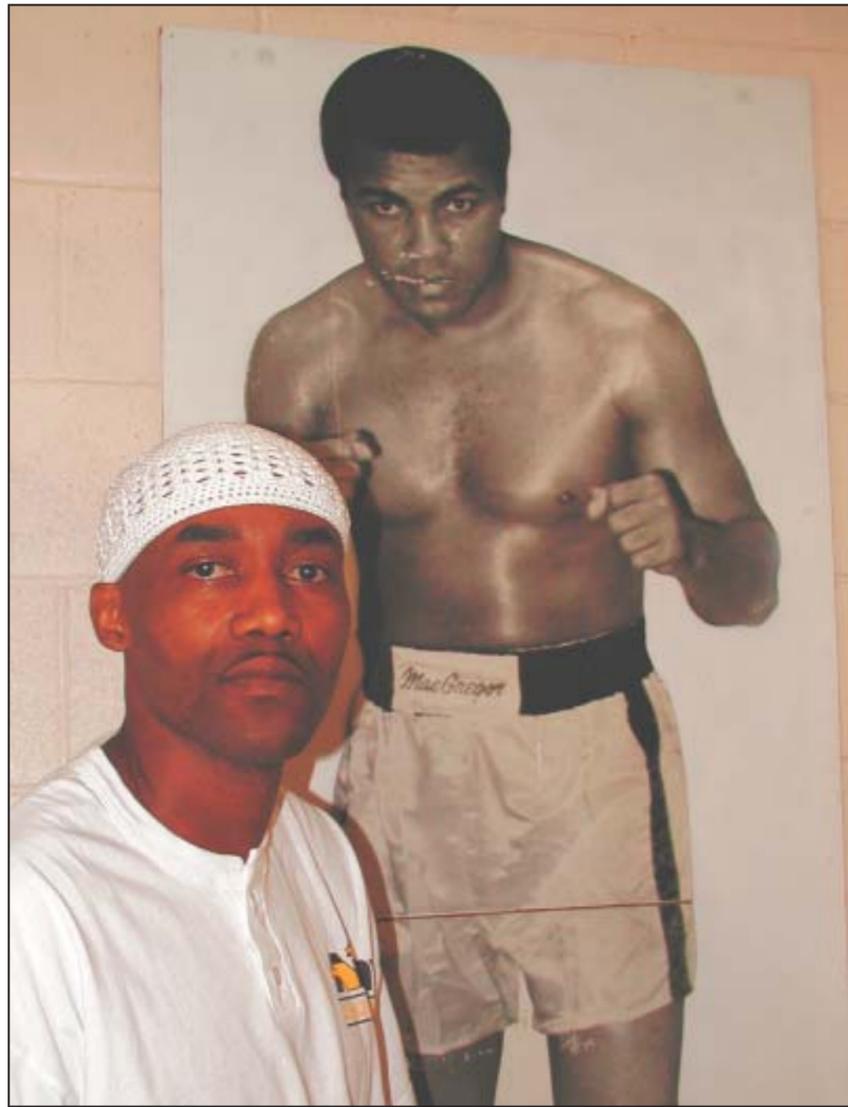


Photo by Sgt. 1st Class Donald Sparks

Staff Sgt. Basheer Abdullah, All Army and Army World Class Athlete Program head boxing coach, stands before a picture of his favorite boxer, Muhammad Ali, inside Barnes Field House. Abdullah has coached All Army boxing since 1997 and is considered one of the top coaches in the sport.

Female pugilists ready to prove skills in ring

BY SGT. 1ST CLASS
DONALD SPARKS
NCOIC, USAIC&FH PAO

with Army boxers winning three of the four medals and capturing the overall title.

Staff Sgt. Lavelle Sims, head coach for the female boxing World Class Athlete Program, has been coaching the female boxers since its inception.

"We had a total of nine females last year, but unfortunately all couldn't fight because of the different weight classes," Sims said.

Sims and Sgt. Del Morales, assistant coach for the female boxing team, hopes to maintain the Army's momentum and edge to keep the title, however he has only six boxers competing in the female division this year. He admitted there have been challenges starting the female boxing program.

"The biggest challenge we have is getting soldiers released from their units to compete because of the ongoing war against terrorism," Sims said. "I was hoping this year to get a bigger turnaround so we could get some of our veteran fighters with our newer fighters so they can spar. I feel if they're

Prior to joining the Army, Spc. Tanisha Moore had more than her share of fights in her hometown of Norfolk, Va. Throughout her years in high school getting into a "throw down" or two was part of the norm for four years.

After enlisting as a cargo specialist, Moore's street roots didn't escape her as she got into a fight while assigned at Fort Eustis, Va., her current duty station. After getting in trouble the sports director suggested she take out her aggression by signing up for the All Army Female Boxing Team tryouts.

"I thought he was joking until he gave me the paperwork," Moore said. "I didn't think I would get picked, but I was contacted to be a part of it and I love it."

The All Army Female Boxing program, now in its second year of competition, stormed the scene at last year's All Armed Forces



Photo by Sgt. 1st Class Donald Sparks

Members of the female boxers competing in the upcoming All Army boxing trials pose with Head Coach Staff Sgt. Lavelle Sims, center. The boxers from left to right are Spc. Christina Boilard, Sgt. Jennifer Grebb, Sgt. Cherie Retamozzo, Spc. Raelina Shinn, Spc. Tanisha Moore and Spc. Jodi Woods.

going to be successful sparring is the key."

Although the new boxers have trained at their home stations, Sims emphasized how important it is for a boxer to overcome their shock of being hit for the first time in the ring.

Competing in her second year, Spc. Raelina Shinn, a flight operations specialist currently assigned in Germany, agreed sparring is important.

She became interested in the sport after being volunteered when she was as-

signed at Fort Carson, Colo.

"I was nervous my first time, but I got an adrenaline rush afterwards," Shinn said. "Getting hit wasn't as bad as I thought it would be and I enjoyed the fighting."

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Photos by Sgt. Jessica Inigo

Jenni Swisegood grooms a 4-month-old Cocker Spaniel, named Vinny, introducing him to his first haircut. Swisegood volunteers her time and talent to dogs at the post Veterinary Clinic, as well as grooms pets at home on the weekend.

Volunteers 'cuts down' dog population at clinic

BY SGT. JESSICA INIGO
TIME OUT EDITOR

With a snip here and a scrub there Jenni Swisegood makes good dogs good looking.

The post Veterinary Clinic boasts Swisegood as a miracle maker when it comes to getting pets a home on Fort Huachuca.

"Sometimes dogs are so matted. Without any grooming they just look terrible. You can't even see their face half the time," Swisegood said. "After I groom them, most dogs are adopted the next day."

Swisegood is currently taking maternity leave as a veterinary technician from the post Veterinary Clinic. Still, even though she has two children to care for at home, she volunteers her time to help give strays a home of their own.

"I hate to see dogs just sitting there neglected. I figure if there is anything I can do to help them get a good home and not come back than I'll do it. Grooming them has worked," she said.

Swisegood said the clinic calls her when needed.

"Having nicely groomed dogs available for adoption definitely helps," said Capt. Nicole Chevalier, Fort Huachuca Veterinary Services Branch chief. She explained that potential owners are much more likely to buy a pet that looks and smells nice, rather than one that has not been kept.

Swisegood started working with animals in 1994 when she worked as a veterinary technician in a hospital in Colorado. She said she wanted more hands on projects with dogs, so began learning to groom in 1996.

Swisegood trained under a groomer for six months who specialized in Schnauzers. Later she spread her wings to all dogs, and even a couple cats, while working as a pet-grooming manager of a



pet store in Colorado.

Now, Swisegood has worked at the Veterinary Clinic for two years and said she enjoys the time she gets with animals.

"I think, no matter what, I'll always be grooming either on the side or full time. I just enjoy it," she said.

Swisegood uses what she calls "the groomer's bible" to help guide her hands correctly on all types of breeds, but also allows room for personal flare.

"Each groomer has their own technique. Of course I can go straight by the book, but I can also accommodate special requests from owners," she said.

Swisegood recently received a permit to groom dogs out of her home. Now she takes advantage of the weekends by grooming local pets in the community.

Groomings can include everything from a bath, nail cutting, ear cleaning, sanitary, and a haircut, depending on what is needed. Small dogs can cost up to \$25, while larger dogs can cost up to \$35.

"I prefer to do it out of my home because I think it makes it a more pleasant experience for the dog. I can take my time in a more quiet atmosphere," she said.

Swisegood welcomes puppies as well as adults. "I'm patient with puppies that are new to grooming as well as with older dogs who have never experienced grooming," she said.

She even has three dogs of her own, a German Shepherd mix, a Labrador, and a Cocker Spaniel.

For more information, call Swisegood at 417-1682.



Left, Vinny before a grooming and at top, Vinny after. Swisegood said she has patience and understanding for pets new to the grooming experience.

Commissary helps Guard, Reserve members keep resolution to save

DEFENSE COMMISSARY AGENCY RELEASE

Guard and Reserve members are urged to take advantage of their "24 days to save" by adding Commissary shopping to their list of New Year's resolutions.

A family of four shopping regularly in the commissary can save more than \$2,400 in 2003 suggest officials at the Defense Commissary Agency.

Guard and Reserve members and their immediate families are entitled to 24 commissary shopping days, but to take advantage they need valid military ID cards and a current Commissary Privilege Card.

Activated Guard and Reserve personnel and their family members can enjoy unlimited shopping in the commissary by showing their ID card and active duty orders. During active duty periods, they do not need the CPC to shop.

The Commissary Privilege Card (DD Form 2529) is issued annually in December to Guard and Reserve members by their units.

The card contains blocks to record dates of the 24 authorized shopping days during the calendar year.

Commissary personnel date and initial a block on the card for each day.

Personnel who have not received a CPC for their "24 in 2003" should contact their unit immediately. Neither commissaries nor DeCA are responsible for issuing CPCs.

"Gray area" Reserve component personnel — those who have retired from the Guard or Reserve but who are not yet 60 — also need the CPC in order to take advantage of their 24 annual commissary shopping days.

Commissary Privilege Cards for "gray area" personnel are mailed annually from locations where their military personnel records are retained.

For more on the CPC and Guard and Reserve shopping eligibility check the information page at www.commissaries.com/guard_reserve.htm.

A "fact sheet" on commissary savings for Guard and Reserve is located under "What's New" at www.commissaries.com.

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Both Shinn and Moore are currently ranked nationally, eighth and third respectively.

Sims said there are very few "naturals" who start off boxing for the first time, and he constantly encourages the boxers to hone their skills and raw talent.

"They've been very enthused about being here," Sims said. "What helps is that we have a smaller group than the men, which allows the coaches to give them more one-on-one training with the boxers."

"It gives us enough time to fine-tune their mechanics and techniques."

Despite last year's success, Sims is very aware of the mindset of critics and nay Sayers that oppose female boxing, but he is passionate about teaching females the sport.

"Most people don't want to see females fighting, period," Sims said. "The first thing they think of is females scratching, pulling hair and windmill punches. I tell the females from the giddy up, 'when you come to Sergeant Sims' program, you're going to box."

"I don't care if you just throw jabs. If that's all you can do, then that's what you're going to do."

Moore echoes her coach's sentiment.

"I can't worry about what everybody else is saying," Moore said. "I love boxing and the contact. It definitely isn't for everybody. A person's sex should not disqualify a person from the opportunity to compete in a sport."

As the fight nights approaches Sims realizes how important it is for his boxers to show up to compete when the fans come out to watch.

"I remind them that they're a minority," Sims said. "So when they step up in the ring, they need to make a statement. That's the bottom line."

Watch the final night of boxing Friday at 6 p.m. at Barnes Field House and see who comes out a champion.

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isn't up, two minutes can seem like two days when you're getting pounded on."

The highly respected coach once served as the high performance coordinator for the 2000 Olympic Team and is currently the vice-chairman of USA Boxing's international selection committee.

Despite his accolades, his love of Army boxing is something he treasures.

"I think what's so great about All Army Boxing is that it's not about the coaching and the athletes — it's bigger than that," Abdullah said. "The Army has an excellent sports program period. And the reason I say that is right now we're in a time of war and we still have leadership that allows soldiers to come out and participate in an All Army event."

"That says a lot about our leadership and our program. It says a lot of what sports bring to the Army — it boosts morale and esprit de corps."

Abdullah's face lit up as he spoke about the tradition Army boxers have taken to the professional level in the sport.

"When you say professional boxers who came through All Army, you mention names like Ray Mercer, Anthony Hambrick and Andrew Maynard," Abdullah said. "That was the 1988 class and they took All Army

boxing to the professional level and was very successful."

With the fights just days away, Abdullah mentioned the support the installation has given the boxers and coaching staff.

"Fort Huachuca is the best," Abdullah said. "The support speaks for itself and that's why we continue to come here year after year — not only the fort, but the Sierra Vista community as well. We love it here."



Spc. Frank Aylagna punches the medicine ball as Spc. Lenard Brooks braces the ball during workouts Monday. Boxers will be competing Tuesday, Wednesday and Jan. 24 for a chance to make the All Army boxing team.



Photos by Staff Sgt. Robert Hyatt

Pfc. Robert Watts works on his technique and hand-eye coordination during boxing practice Monday at Barnes Field House.



The Directorate of Community Activities is responsible for content appearing on the MWR page in The Fort Huachuca Scout. Questions about this section should be directed to MWR Marketing Director, Paula German at 538-0836 or send an e-mail to paula.german@hua.army.mil.



Fort Huachuca Directorate of Community Activities Updates

Tickets Available at MWR Box Office

Theater League shows to be presented at Tucson Convention Center include:

"Fame" which will be presented Friday, 8 p.m.; Saturday, 2 p.m. and 8 p.m.; Sunday, 2 p.m. and 7 p.m.

"Stomp," presented Fri., Feb. 28, 8 p.m.; Sat., March 1, 5 p.m. and 9 p.m.; and Sun., March 2, 2 p.m. and 7 p.m.

"Cats" presented Fri., April 4, 8 p.m.; Sat., April 5, 2 p.m. and 8 p.m.; and Sun., April 5, 2 p.m. and 7 p.m.

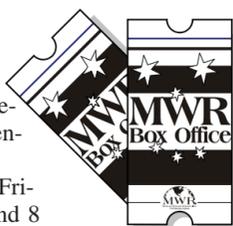
Prices vary. Call 533-2404 for information or drop by the MWR Box Office located in the MWR Plaza, Bldg. 52008 on Arizona Street. MWR Box Office is open Monday - Friday, 9 a.m. - 5 p.m.

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

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

Let the MWR Box Office, assist you in making hotel reservations for the Tucson or Phoenix areas. The Box Office also has discounted tickets on Southern California attractions. These tickets are discounted for military, DOD and NAF employees at great savings. Stop by Monday-Friday, 9 a.m.-5 p.m., or call 533-2404 for more information.

And remember, the Box Office has fax service available. Call or stop by for additional information if you need to send or receive a fax.



All Army Boxing Championship Night is Friday

All Army Boxing bouts began Tuesday at Barnes Field House and will finish on championship night, Friday. Doors open at 6 p.m. and bouts start at 7 p.m.

The winning contenders from this year's boxing competition will advance to the Armed Forces Championships, and from there to the world military championships, CISM (Conseil de International Sports Militaire) which will be held in Italy in 2003. In 2004, the CISM will be held at Fort Huachuca.

This event is open to all MWR authorized patrons and their guests. The ticket prices are \$8 for championship night.

On post, tickets are available at MWR Box Office, MWR Rents, Eifler Fitness Center, Barnes Field House, Desert Lanes. In Sierra Vista they can be purchased at Safeway.



January special at MWR Rents

January is "Family Fit Life Style Month" and to celebrate, MWR Rents will give you \$5 off per day on any camper rental for the entire month. For more information, call 533-6707.

Right Arm Night at LakeSide

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

Barnes Pool offers water aerobic classes

Water aerobic classes are now being offered at Barnes Pool. The next session will begin Feb. 4 and run through Feb. 22. Classes are held every Tuesday, Thursday and Saturday from 9-10 a.m. Cost of those nine classes will be \$25 and are good for the dates in session one.

Or you can pay as you go, which will be \$3 per class. The class is for ages open to the public and active duty. For more information, call Karlie Jo Hale at 533-3858.

Youth Services Tae Kwon Do Classes

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

Thunder Mountain Marathon 2003

The 2003 Thunder Mountain Marathon and Relays take place March 22. This is a USA Track and Field certified race. Runners from all over Arizona, and many out-of-state participants will again run this fine course. Those planning to take part are encouraged to register and train early for this challenging event.

Outdoor recreation planning meeting

February 4, the Sports Branch of the Community Activities Directorate will hold an open forum to discuss recreational use of installation property.

This includes hunting, birding, biking, hiking and horse-back riding. Please attend this forum to represent your

areas of concern. The data collected will be forwarded for enclosure in a proposed Fort Huachuca Outdoor Recreation Plan. Meeting will be conducted at Barnes Field House Walley Ball Court Building 61701 at 6 p.m.

Scuba classes to be held at BFH

Barnes Pool will be offering a scuba class starting Feb. 9. Classes are held on Sundays from 10 a.m.-2 p.m. at Barnes Indoor Pool.

For more information, call Dennis Ballard at 803-0308 or Barnes Pool at 533-3858. Cost of class is \$150.

Red Cross Blood Drive

The American Red Cross will hold a blood drive today, noon - 8 p.m. at Nicholson Hall, Room 115. Point of contact is Gail Slavin at 417-2252. Be sure to drink extra water and eat a small meal 2-4 hours before donating.

Give the gift of life. Donate blood. 1-800-GIVE-LIFE. (Please note that the blood drive is being held on a different day this month.)

What's goin' on at Lil' Skeeters'?

It was a holiday season to remember, and if you're like many people, the memory lives on smack dab in the middle of your waistline. It's time to lighten up and Lil' Skeeters' has a delicious new salad to help you do just that.

The new caesar salad is a hefty pile of crisp Romaine lettuce tossed in tangy dressing, and sprinkled with freshly shredded parmesan. It's a tasty way to help you keep that noble promise you made to yourself Jan. 1st.

Lil' Skeeters is open for lunch Monday through Friday, 11:00 a.m. - 1:30 p.m. and open for dinner Wednesday and Thursday, 3:30 - 7:30 p.m. and Friday 3:30 - 8 p.m. Call 533-3837 for more information or takeout. Stop by today for a deliciously crisp caesar salad.

Quick Shot Bingo is still going on at Lil' Skeeters. Participants can win up to \$50. Prizes are paid on the spot, in cash. The cost is only \$1 per play.

Drop in at Lil' Skeeters and ask the friendly staff for payout information. Lil' Skeeters invites all to come in, relax and play Bonanza Bingo while you eat.

Carlson Wagonlit Travel®

Alaska Cruise on the New Pacific Princess

Carlson Wagonlit Travel is offering an 11 - day Alaska Cruise, sailing June 9, 2003 from San Francisco on the New Pacific Princess. Fares with private balcony start at \$2,300 per person. Visit exciting ports-of-call. Inside passage: Victoria, B.C., Ketchikan, Juneau, Skagway, Tracy Arm (cruising). Some restrictions apply. Call today for reservations.

Connect to Carlson Wagonlit for cruises, tours, airline tickets and all your travel needs. Carlson Wagonlit is committed to providing outstanding leisure service to the Fort Huachuca community.

Call Carlson Wagonlit Travel today for your reservations at 515-0910. Carlson Wagonlit's operational hours are 8 a.m to 4:30 p.m.