



See Winding Road, Page B4

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Photo by Spc. Susan Redwine

Catch me if you can

Justin Graham, 11, a fifth grader at Myer Elementary School, placed second in the Cochise County Youth Classic run Saturday at Buena High School with a time of 13 minutes, 22 seconds for the 2-mile. Other first place runners included (top boy and girl): 11-12, 2-mile, Arturo Reyes, Smith Middle School, 12:38, Delia Luch, home schooled, 12:08; 9-10, 2-mile, Peter Ruiz, Myer, 14:17, Aeloleone Bristow, Mountain View Rio Rico Elementary School, 14:56; 6-8, 1-mile, James Reid, First Baptist Christian Academy, 5:50, Katlyn Vass, Carmichael Elementary School, 6:49.

Swing, batter

Downtown teams dominate post pre-season softball

BY SPC. SUSAN REDWINE
SCOUT STAFF

Preseason softball wound up a tournament Sunday with Ideal Cars beating out Furry Chiropractic in the second game of the finals. Ideal came in as favorites and ended up winning soundly with a final score of 29-17.

Softball is a second-cousin to baseball, America's pastime. For generations families have met at the ballpark, picnicked and enjoyed the highs and lows of pitches, swings, misses and homeruns.

The weather was perfect for a Sunday game, the sun was shining, and unprotected skin was getting rosy-red. Ten teams met for the two-day tournament, an appetizer for the Commander's Cup softball season entree.

The tournament was open to downtown teams to help build up the softball program, said Tom Lumley, sports programmer at Barnes Field House. However, downtown teams will not be

allowed in regular Commander's Cup play. Team Furry lead the game solidly with three runs that went unanswered in the first inning.

Ideal didn't stay quiet for long, however, earning most of their runs in the second and fourth innings with eight and 13 runs, in each inning respectively.

The game went into the seventh and final inning, giving Furry a chance to score the 15 runs they needed to have a chance at winning. However, the team only managed two runs, clinching the game.

"We're disappointed but we'll get them next time," said coach Jim Furry. "They're an all-star team. I think we did pretty good."

"It was hard-fought, we're tired, but we came through in the end," said Robert Brown, coach for Ideal.

Eight military teams entered the tournament; the highest ranking at the end of play was Medical Activities Command, which finished third, losing to Team Furry in the loser's bracket.



Photo by Spc Susan Redwine

Arizona National Guardsman Scott Weaver launches a ball into the outfield, lending his hitting ability to the Ideal Cars team, preseason softball tournament champions.

MWR brings 'Drops of Jupiter' to Libby

BY TANJA LINTON
MEDIA RELATIONS OFFICER

The Directorate of Morale, Welfare and Recreation and the Miller Lite Army Concert Tour will present Grammy award-winning group Train, June 26 at Libby Army Airfield, Fort Huachuca.

"We are excited and proud that we've been chosen once again to host the Miller Lite Army Concert Tour," said Dan Valle, director of Morale, Welfare and Recreation. "It's a real thrill to present one of the top recording acts in the nation in a safe, fun, outdoor

venue for our Soldiers and their families as well as our loyal neighbors in Sierra Vista, Cochise County and Tucson," Valle said.

Best known for their mega-hit, "Drops of Jupiter," Train began in 1994 when Pat Monahan, an Erie, Pennsylvania, native living in Los Angeles, met Rob Hotchkiss (who left the band in 2003). After moving to San Francisco and appearing in coffeehouses as an acoustic duo, they added Charlie Colin (bass) and Jimmy Stafford (guitar), who, like Hotchkiss, were veterans of the

Apostles, a Los Angeles band. Scott Underwood came on board as drummer shortly afterward.

In June, Train released a third album "My Private Nation." The first single from the album, "Calling All Angels," spent 85 weeks on the charts. After finishing 2003 with a successful tour of Australia, Train is currently on the road again, back in the United States. Train has been described as a pop/rock group whose music appeals to a diverse audience of all ages.

The Miller Lite Army Concert Tour is an annual

event. Only a select handful of Army installations are chosen to host a concert each year. Posts must not only be able to support a concert logistically, but be able to prove that enough fans will attend the event. Fort Huachuca has consistently hosted an Army concert since 1990. In the past, this old West outpost has hosted such acts as Sugar Ray, Uncle Kracker, Alabama, Lonestar, Foreigner and Earth, Wind and Fire.

Tickets are expected to go on sale May 17. Details will be announced later.



Courtesy photo

Train

304th knows how to score

Undefeated season leads to title



BY SPC. SUSAN REDWINE
SCOUT STAFF

Commander's Cup soccer came to an exciting finish Friday night after a successful season. Company C, 304th Military Intelligence Battalion walked over Headquarters and Headquarters Company, U.S. Army Garrison with a final score of 6-0 to claim the post title and

115 Commander's Cup points.

The USAG team came into the game as underdogs, having tussled their way into the finals from the loser's bracket to play the undefeated MI company team. Having defeated Garrison twice in regular season play, 304th felt confident going into the finals.

However, Garrison meant business and played tough in the first game, serving up a slice of humble pie to 304th in a 2-1 upset. This pushed the finals into a second game and the formerly undefeated team had to take it on the chin and 'Soldier up' in order to come away with the title.

The win by Garrison gave the team confidence going into the second game, but to their detriment antagonized the 304th team to come out

for blood.

"We played aggressive, like we have been doing," said Derrick Watt, team captain for HHC, USAG, after the win and heading into the title game. "We pretty much have them off their game and we need to capitalize."

"When other teams start losing, they fall apart," added James Taylor, of USAG. "When we start losing, we pull together. And we have a fearless goalie."

Going into the second and final game, Jerrod Moreland, team captain for Company C, 304th, said, "Sure I'm disappointed. We're a better team than

the way we played. But we get to play again and make up for the mistakes of the last game."

The momentum from the first game changed direction, and 304th took the title in an easy second game win.

Both teams took the field with renewed vigor and an intensified competitive spirit. Company C took control of the ball early, making a clean shot at USAG's goal that goalie Derrick Watt grabbed out of mid-air.

The 304th team came back with a clean goal a few minutes later by Josh Sharette.

USAG tried and failed

"When other teams start losing, they fall apart, when we start losing, we pull together. And we have a fearless goalie."

James Taylor



Goalie Derrick Watt, Headquarters and Headquarters Company, U.S. Army Garrison, sends the ball downfield and away from USAG's goal.

past the lined-up defenders and slid into the corner of the goal. Bringing the image of world cup soccer to the fort was a deftly head-butted goal by 304th's Juergen Stark.

"We took it all the way to the final game of the championship," said James Bean of HHC, USAG. "I'm

real proud of these guys... we gave them [the other team] a good run for their money."

"We played harder," Moreland said. "After the first game, we were a little angry and weren't going to let them take the second game from us."



Photos by Elizabeth Harlan

Joshua Sharette was part of Company C, 304th Military Intelligence Battalion's soccer team, beating out Headquarters and Headquarters Company, U.S. Army Garrison at Brock Field on Friday to win the Commander's Cup soccer title.

to take offensive control of the game; 304th kept the ball dangerously close to Watt and USAG's goal for most of the first half.

Before the half 304th scored another goal, putting them in position to come back onto the field with confidence for the final 20 minutes.

While 304th looked cool and focused during halftime, USAG's players looked tired, foreshadowing what was to come in the second half.

Both teams returned to the field trying to find the strength to bring the game to a strong finish. Medhat Abuhantash of 304th scored the first goal of the second half, sending the ball over Watt's head.

It was downhill after that for Garrison as 304th's tireless offense and superior technical ability outplayed the less experienced team.

Garrison seemed to lose hope for a win and never managed to score, as 304th scored three more times before the game was over. The final game was highlighted by a spectacular penalty kick by David Ellis, 304th, during the middle of the second half that drove straight



Medhat Abuhantash, 304th, scored the first goal of the second half during the championship game Friday.



Andrew Kjolsrud, left, Peter Sinclair, center, and Brandon Elliot coordinate their ball-handling strategy in Friday's Commander's Cup soccer tournament.



FORT HUACHUCA DIRECTORATE OF MORALE, WELFARE & RECREATION

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

Tickets for ICW Superstars now on sale

Tickets for the ICW Superstars of Wrestling are on sale at the MWR Box Office, MWR Rents, Desert Lanes and Sierra Vista Safeway. The Superstars of Wrestling will return to Fort Huachuca 7 p.m., April 17, at Barnes Field House.

Tickets will be \$8 in advance and \$10 at the door, and children 6 and under will be admitted free. Call 533-2404 for ticket information.

The card will feature the following combatants: Rick Steiner, Disco Inferno, Frankie

Kazarian, Kharma, Lady Satan, the Navaho Warrior, G.Q. Gallo, Hawaiian Lion, V. Miz, the Funny Clowns, Mike Knox and Jack Bull.

From 5 to 6 p.m. on April 17 at the Post Exchange, there will be a free autograph session when you'll have a chance to meet the wrestlers, get their autographs and take photos.

Twilight special at MVGC

Mountain View Golf Course now offers special twilight rates for golfers starting at 3 p.m., Monday - Friday. Come enjoy an afternoon of golf.

For more information, call at 533-7088.

Bicycle criterium continues

The Sports and Fitness Branch presents a bicycle criterium race series at 5 p.m. every Thursday, today through April 29 at Brown Parade Field. Everyone from novice class to expert is invited to compete. Only road bikes will be allowed.

For more information, call Les Woods at 533-4823.

Vendor applications available

Vendor applications are now available for the Festival of the Southwest, to be held

April 30, May 1 and 2 at Veterans' Memorial

Park, Sierra Vista. The festival is open to the public and an attendance of approximately 5,000 is anticipated.

Applications can be picked up at Barnes Field House, and must be postmarked before April 15. For more information, call Karlie Jo Hale at 533-3858 or 266-0253.

Arts Center has program for children

The "Little Hands" children's arts and crafts program is offered from 10:30 to 11:30 a.m. or from noon to 1 p.m. Saturdays at the MWR Arts Center. The program is open to children 5 - 12.

Each week, participants fabricate a different craft. The upcoming schedule is: Saturday, handprint lamb (paper craft); April 10, fluffy pinecone chick; April 17, earth light catcher (paper craft); and April 24, leather craft.

Cost of the Little Hands program is \$6 per class or two classes for \$10. Pre-payment is required at the time of registration. You can register your child at the arts center, or call for more information.

The Arts Center will also offer a wide variety of adult classes and workshops in April including framing, ceramics, photography, pottery, oil painting and others.

For a complete class list, stop in at the MWR Arts Center. Their hours of operation are: Friday and Saturday, 9 a.m. - 5 p.m.; Tuesday, Wednesday and Thursday, noon - 8 p.m.; and Sunday and Monday, closed. For more information, call 533-2015.

Summer hours begin today at MWR Rents

The following summer hours go into effect at MWR Rents today: Monday, Tuesday, Thursday, Friday and Saturday, open 9 a.m. - 6 p.m.; and Wednesday and Sunday, closed.

For more information, call 533-6707.

Coming up at Desert Lanes

Desert Lanes is giving you the chance to make some "Easy Money," Fridays starting at 9:30 p.m. Bowlers can compete in a 3-game, colored pin bowling series. By getting strikes or picking up splits when colored pins are set, bowlers can win cash or free games. Entry fee is \$12 per person, but bowlers have the chance to win back their entry fee.

Sign up now for the Mixed Doubles Tournament set for 1 p.m. on April 10 at Desert Lanes. The entry fee is \$40 per couple and the tournament payout ratio is one to five. Bowlers will roll three games across six lanes.

Easter Sunday, April 11, noon - 6 p.m., Desert Lanes will offer the special prices of \$1.50 bowling games and \$1 shoes.

Sunday, April 18, noon - 2 p.m., will be a special Rock 300 session at Desert Lanes. You can bowl for just \$6 for two hours, and the price includes shoes!

For information on any of the Desert Lanes events, call 533-2849.

Paintball at Sportsman's Center

Half-price paintball day is scheduled for 10 a.m. through 4 p.m., Saturday at the Sportsman's Center. \$10 covers the cost of the gun, mask, CO2, field fee and 100 rounds of ammunition. For more information, call 533-7085.

The Sportsman's Center will also hold a 3-person spring paintball tournament starting at 10 a.m., April 18. Entry fee is \$75 and there will be prizes for the top three teams.

For more information on these events, call 533-7085.

Enter to win a trip to NASCAR Brickyard 400

MWR has teamed up with the Miller Brewing Company to bring you the "Brickyard 400 Sweepstakes," where locally at Desert Lanes Bowling Center participants can win one of hundreds of instant-win prizes or enter to win one of four all-expense paid grand prize trips to the Brickyard 400 in Indianapolis.

From April 1 through June 30, patrons can enter by visiting Desert Lanes and making a purchase. Each time a food or beverage purchase is made, a scratch card will be provided, allowing patrons to scratch off and win one of more than a 100 prizes instantly. Customers can also mail in a request for a scratch card.

The scratch card also serves as an entry form for the grand prize drawings. Patrons complete the back of the card and drop it in the entry box provided.

Chances of winning are greater since the drawing is for Army participants only.

For more information, call Randy Carter at 533-2849.

Easter egg hunt

Youth Services will hold an Easter egg hunt from 10 a.m. to noon for children 0 - 2 and 3 - 4, and 2 - 4 p.m. for kindergarten - 5th grade, April 10 on the grounds at the Youth Services Building 49013.

There will be games, prizes and over 10,000 eggs for the youngsters to find. The event is free and open to the public.

You will have the opportunity to have your child's picture taken with the Easter Bunny for \$2.

For more information, call 533-5372.

Marine safety rally, vessel check

MWR and the Fort Huachuca Marine Services are sponsoring a marine safety rally 10 a.m., April 10, at the MWR Rents Building 70914, Irwin Street.

The class is free and open to the public. The Coast Guard Auxiliary Flotilla 10-01 out of Tucson will provide free courtesy vessel safety checks and a marine environmental briefing.

The event is designed to kick off the boating and water sports season, and to help ensure that the military community conducts boating activities safely.

Boat owners are reminded to bring current registration and all safety equipment when they bring their boats for the safety check.

You will also have an opportunity to talk to the Marine Technician Chuck Mullens, about your equipment, and see what equip-

ment and supplies he has on-board. MWR Rents manager David Walls will also be on hand to discuss the availability and requirements for obtaining equipment from that facility.

For more information or to register, call David Wall at 533-6707 or 266-3252.

Scuba class at Barnes Pool

Barnes indoor pool will host a scuba diving class starting April 18. Cost of the class is \$150.

For more information, call Dennis Ballard at 803-0308.



No bingo April 20 at LakeSide

Due to a prior commitment, there will be no bingo Tuesday, April 20 at the LakeSide Activity Centre. Bingo will resume its regular hours of operation 6:45 p.m. April 22.

For more information, call 533-2193.

LakeSide hosts bingo four days per week

Get ready to yell "bingo," as the LakeSide Activity Centre hosts this long-time favorite game every Tuesday, Thursday and Saturday at 6:45 p.m. and Sunday starting at 12:45 p.m.

The LakeSide is a smoke-free facility with a lighted parking area. A snack bar is available, and there's complimentary coffee while you play.

The bingo program offers your choice of paper cards or electronic handsets. First-time bingo players are always welcome.

For more information, call 533-2193.

Cell phone usage restricted in fitness centers

A partial ban on the use of cell phones is now in effect at Barnes Field House and Eifler Fitness Center. Cell phone usage is restricted to open hallways only, according to a decision paper signed by the U.S. Army Garrison Commander, Col. Lawrence Portouw.

With the increasing prevalence of cell phones that function as digital cameras, the ban was put into effect to ensure the the privacy of users of the fitness centers.

For more information, call Leslie Woods at 533-5031.

Try the lunch specials at Jeannie's Diner

Be sure to stop in at Jeannie's Diner and check out their lunch specials, Monday - Friday. There's something different every day. For more information, call 533-5759.

Rollin' Thunder Skate Park now open

Located next to the Youth Center, Rollin' Thunder Skate Park is open to the public the following days and times: 3-7 p.m., Monday - Thursday, for 6th grade and up; 3-9 p.m. Fridays, for teens only; and 1-6 p.m. Saturdays, for all ages.

Child and Youth Service members skate free with identification card. Cost for non-members is \$2 per day.

For CY5 membership card information, call the Central Registration Office at 533-0738.

For more information on Rollin' Thunder Skate Park, call Youth Services at 533-3212.



Take "Time Out" for some fun

For a break from the ordinary, come to Time Out this weekend. The facility is open 4 p.m. - 4 a.m. Fridays and 8 p.m. - 4 a.m. Saturdays.

Time Out offers six 19-inch televisions, plus a big screen television with surround sound. A snack bar is open as well.

Friday nights are "fast and furious." From 10 p.m. - 4 a.m. you can rock and roll to the sounds of Top 40, Hip Hop and Classic R&B, played by Time Out's own disc jockey.

Saturday nights are "caliente," and you can dance the night away from 10 p.m. - 4 a.m., with the pulsating Latin rhythms also provided by Time Out's DJ.

There is a \$4 cover charge Friday and Saturday nights.

Time Out is also available to host upcoming events. For more information, call 533-3837 or 533-2193.

MWR Box Office

The MWR Box Office has the following offers available:

- One-day and four-day discount tickets for Country Thunder USA, April 22 - 25 in Florence, Ariz. A few of the stars appearing at this year's Country Thunder include: Reba McEntire, Travis Tritt, Trick Pony, Gary Allen and Neal McCoy. These tickets are available at the box office **only** through Tuesday.
- Discount tickets for NASCAR races to be held at Tucson Raceway Park.
- Discount tickets for Ball Fore miniature golf course, located at 1950 S. Highway 92, Sierra Vista. Ball Fore is open seven days a week.
- Discount tickets for the Tucson Sidewinders baseball games, on selected dates, April - Sept.
- Discount tickets for Seaworld, hotel reservations and

other attractions in San Diego.

- Buy one day, get a second day free at Universal Studios, Hollywood. The Box Office can also assist you in making reservations at the Sheraton Universal Hotel.
- Discount tickets for "Castles and Coasters" amusement park in Phoenix.
- Tickets available for upcoming events at the Tucson Convention Center including: April 16-18, Saturday Night Fever; April 22, Mariachi Showcase; and April 23, Mariachi Espectacular. These may be purchased 10 a.m. - 4 p.m., only.
- Information on the Armed Forces Vacation Club. AFVC offers a vacation condominium rental program at reduced prices, developed to benefit members and employees of the U.S. Uniformed Services, National Guard and Reserves. Summer is just around the corner. Let the MWR Box

Office help you plan that perfect vacation, and save you some money at the same time.

For more information, call 533-2404 or drop by the MWR Box Office located in the MWR Plaza, Building 52008 on Arizona Street.

They're open 9 a.m. - 5 p.m. Monday - Friday.



Time Out Briefs

Wine, cheese tasting

Fort Huachuca Community Spouses Club is hosting a wine and cheese tasting and art auction featuring local vintners and their wines. There will also be some local artists' works up for auction, along with donated art and pottery/ceramics from local businesses in Sierra Vista, Tubac and Bisbee.



The event will be held at 7 p.m., on Friday at the Windemere Hotel in Sierra Vista. Cost is \$20 per person, and is open to the public.

The Windemere Hotel will be offering a package deal for a room and tickets to the event.

All proceeds benefit the FHCSC scholarship fund.

Gallery begins its second year with exhibition

The Huachuca Art Association's Gallery will mark the beginning of its second year in operation with its exhibition, "Impressions of the Southwest," on Friday. A festive artists' reception will be held that evening from 5 - 7 p.m. Visitors are welcome to this free event. This exhibition will feature artist Cindie Blessing and include the work of other association artists. All items will be for sale. The exhibition will be at the gallery through April 25.

The gallery will be open Thursdays through Sundays from noon to 4 p.m. For more information, or an appointment outside these days/hours, call April show coordinator Blessing at 432-6793. The gallery is located at 3816 Astro Street in Hereford (Astro St. is off Hwy. 92, less than four miles south of Buffalo Soldier Trail). For more information, call HAA President, Jim Coleman at 803-0727 or gallery directors, Ethel and Ron Price at 417-9686.

Tennis tournament

The Sports and Fitness Branch will hold a singles tennis tournament starting at 6 p.m., April 12 at Barnes Field House tennis courts. Entry deadline is 4 p.m., Friday at Barnes Field House sports office. The tournament is open to all authorized MWR patrons and entry fee is \$10. The fee will go toward the cost of the awards.

There must be a minimum of 10 participants in order to conduct this tournament. If the total number of entrants is from 10 to 16, a double elimination format will be used. If over 16 individuals participate, a single elimination format will be used. For more information or to obtain an entry form, call George Thompson at 533-3180.

Passover meal

The Fort Huachuca Jewish Community would like to extend a warm welcome to all who would like to join then in the Annual Community Passover. All religious affiliations and the curious are encouraged to attend. The traditional Passover meal will be at 6 p.m. Monday in the Main Post Chapel Activity Room. There will be no charge for families of E-5 and below. For all

others the cost is \$10 for adults; \$5 for children 13 and over (not to exceed \$35 per family). Children 12 and under are free. Single Soldiers and students are encouraged to attend. Reservations are required. For more information or reservations, call 533-6731. The Seder committee is actively seeking volunteers for setup and cleanup. For more information, call 533-6731.

Myer Elementary events

Myer Elementary School is having a book fair. The fair began on March 24 and will run until Wednesday in the Myer library. There are dozens of books to choose from, and children can meet Franklin the turtle. Myer is also having a carnival from 10 a.m. to 2 p.m. on Saturday. Tickets are five for \$1 before the carnival and four for \$1 the day of the carnival. Donations are needed. For more information, call 459-8986.

Combat medic memorial run

The 7th annual combat medic memorial 10K and 2k fun run/walk will be held at 8 a.m. on April 10 at Raymond W. Bliss Army Health Center. Check in and registration will be held between 6:30 and 7:30 a.m. Registration is \$12 the day of the race. For more information or to register, call Staff Sgt. Joshua Baker at 533-5050 or Barbara Chavez at 533-8009 or 803-1526

International students need host families

Pacific Intercultural Exchange is seeking 40 Arizona families to host high school students from various countries for the 2004 - 2005 school year. The students will be arriving in August to attend local high schools. Students are prescreened and speak English. For more information, call 1-800-894-7633.

Art workshops available

The Huachuca Art Association is hosting non-instructional drawing and painting sessions at their gallery and studio at 3816 Astro St. in Hereford.

Open drawing sessions are intended for anyone interested in working from a model or still life. Bring your own drawing materials or paints. The fee is \$5 per session.

Painting sessions are offered from 9 a.m. to 4 p.m. on Thursdays Bring your own equipment/supplies, and lunch. There is no fee. Private lessons are also available from HAA members. For more information, call Sue Thatcher at 378-2000.



Recipes needed

The Military Equal Opportunity Office at Fort Huachuca is soliciting recipes from the community for publication of ethnic cookbooks. The cookbooks will not be for sale. Submissions can be sent via e-mail to Sgt. 1st Class Kenneth Hunter at hunterk1@hua.army.mil or mailed to the Equal Opportunity Office. For more information, call 538-0533 or 533-1717.

Library online

The Fort Huachuca main library is now accessible online at <http://mainlibrary.hua.army.mil>. This user-friendly system is also used by other military libraries. The main library is open 10:30 a.m. - 7:30 p.m. Tuesday through Friday and 8:30 a.m. - 5:30 p.m. on Saturday. For more information, call 533-3041.

Database motherlode

You can access the world's most comprehensive catalog of library materials at the post main library. If an item has been cataloged by any library in the world, it is in the First Search database. For more information call the reference librarian at 533-3041 or e-mail Natalie Danforth on MS-Exchange.

Internet access at Main Post Library

Internet access is now available at the post's main library. Access Army Knowledge Online, use ProQuest and other online library databases along with all other authorized sites. No commer-

cial e-mail is allowed. The library is open 10:30 a.m. - 7:30 p.m. Tuesday through Friday, and 8:30 a.m. - 5:30 p.m. Saturday.

Community involvement needed

Army Community Service's Family Advocacy Program is in need of people to volunteer their time to learn puppetry skills and perform for local children with a troupe of educational puppets. Training can be set up around your scheduled availability.

For more information about the Kids on the Block program or scheduling a training workshop, call Staci Kiefer, ACS FAP Kids of the Block program coordinator, at 533-2993 or 533-2330.



Weight loss group

Take off pounds sensibly Arizona 90 meets at 6:45 p.m. every Tuesday at First Christian Church, 55 Kings Way, Sierra Vista. Come and see how "helping hands" from a friendly, caring support group and a sensible weight loss plan can help you achieve your goal. For information call Joan Basnar at 803-9556.

Parent, tot playgroup

Army Community Service Family Advocacy Program has a Parent/Tot playgroup, which meets 9:30 - 11:30 a.m. on Wednesdays, at the School Age Services Building 52056, off Hatfield Street, across from the Main Post Chapel.

Parents and their children up to 5 are invited to participate.

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

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

Poets sought

Poet enthusiasts are sought for a Fort Huachuca spoken word movement. The organization will offer poets and poetry appreciators the opportunity to exchange verses and thoughts, express themselves through the spoken word or focus their talents. For more information, call Sgt. 1st Class Donald Sparks, 533-2622 or 456-7770.

Channel 97 Tune in to CAC

Tune in to the Commander's Access Channel (Channel 97) for up-to-date community news, the latest in military news and information from Fort Huachuca and around the military. The Fort Report airs at 3:30 p.m. weekdays with video highlights of local events.

This week, see highlights of the JI-CTC opening, JITC conference, MPs on school buses, Waterwise Audit/Waterwise Game and Thunder Mountain races.

At 4 p.m. weekdays, Army Health Watch airs. To get your message on the Commander's Access Channel, e-mail channel197@hua.army.mil.



At The Movies

Showings at the Cochise Theater for the next week are:

Today
Miracle, PG 7 p.m.

Friday
Welcome to Mooseport, PG-13 7 p.m.

Saturday
50 First Dates, PG-13 7 p.m.

Sunday
Welcome to Mooseport, PG-13 7 p.m.

Monday - Wednesday
Closed

Thursday and Sunday movies are 99 cents. All other showings are \$3 for adults and \$1.50 for children.

Winding Road

Silver City is a down to earth alternative

BY KAREN WEIL
THE SCOUT STAFF

Some call it a down-to-earth alternative to Santa Fe, the art-saturated capitol of New Mexico. Or it could be described as the Bisbee of New Mexico. Whatever its labels, Silver City has plenty of charm to rival just about any town.

This fun, offbeat place is just a three-hour drive from Fort Huachuca and worth spending a weekend in. It combines a no-nonsense attitude with artistic flair and scholarly achievement, the latter courtesy of Western New Mexico University.

Nestled in the beautiful Pinos Altos Mountains, 6,142 feet above sea level, Silver City lies just east of the Continental Divide, in southwestern New Mexico.

It is considered a good place to live and retire, because it offers a low-stress climate and fine weather.

Although the mining industry is not as strong as it used to be, the town seems to do just fine with tourism, the university and ranching. It hosts bicycle races, cowboy poetry events and various festivals.

Coming up this month are the Southwest Golf Tournament, on the 17th, the Folk Series at the Opera House on the 23rd and the Annual National Geographic Adventure Tour of the Gila Staged Bicycle Races, from April 28-May 2.

Silver City gets its name from the Mimbres Indian tribe,

which settled in the river valley around 1000 A.D. Noted for their stunning pottery, the Mimbres mysteriously disappeared in the early centuries of the second millennium.

According to the Silver City/Grant County Chamber of Commerce, Silver City as a town started as in 1870.

The discovery of a silver bonanza led to unprecedented growth in just one year, as dozens of buildings sprang up. The good times didn't last long, but many people stayed and helped the town prosper.

The late 1800s in New Mexico marked a time of raids by and battles with American Indian tribes, so life could be a little rough in Silver City. And, one never knew who might show up in this frontier town: Butch Cassidy and his cohorts spent quite a bit of time in Silver City's bars and houses of ill repute.

The most infamous criminal of his era, Billy the Kid grew up in Silver City. His childhood home is now a visitor's center. The town can also claim Gen. "Black Jack" Pershing and Apollo 17 Astronaut (and former U.S. Sen.) Harrison Schmitt.

No matter what the taste, Silver City accommodates it. Like the great outdoors? The Gila National Forest is right there for hiking and mountain climbing. It's easy to explore the City of Rocks State Park, the Catwalk National Recreation Trail and Mimbres River Valley, which offers excellent bird watching.

Plus, there are numerous horseback riding, golf, tennis, motorcycling, biking and fishing opportunities. Silver City is home to three refreshing lakes, including Bear Canyon Reservoir, and the Gila Wilderness has lots of streams just perfect for fishing.

Walking around Silver City is a treat in itself. The town's tree-lined streets feature cozy adobes and gorgeous Victorian homes. Plus, there's a downtown center with great shops.

Culture fits right in with Silver City. Art galleries are plentiful, especially on Yankee Street. There's a gallery to cater to every type of taste, from Western to off-the-wall. Silver City has four impressive museums that highlight the best in art, historical artifacts and the region's colorful past. Be sure to check out both Silver City and WNMU museums, and Fort Cobre. For those looking for some relaxation, Silver City has numerous spas, some with hot springs baths, and more than its share of quality hotels, bed and breakfasts and guest ranches. Restaurants here are pretty darn good, too.

Getting to Silver City is easy: head east into New Mexico on Interstate 10. Take the Lordsburg exit, and continue west on Highway 90, which takes you directly to Silver City.

For more information, call the Silver City/Grant County Chamber of Commerce at 1-800-548-9378 or at info@silvercity.com.

If you have a favorite place that you'd like to share with us, e-mail the Scout at thescout@hua.army.mil.

Sports Schedules, Standings, Scores

Intramural softball schedule

Cochise Division:
Wednesday
 6 p.m. at Smiley, Co. D, 40th Sig. vs. NETCOM
 6 p.m. at Pauley, JITC vs. USMC/USN
 7 p.m. at Pauley, DFAC vs. 19th Sig. Co.
 7 p.m. at Smiley, Co. A, 305th vs. Co. C, 40th Sig.
 8 p.m. at Pauley, Co. B, 305th #2 vs. HHC 111th MI
 8 p.m. at Smiley, Co. D, 309th vs. MEDDAC

San Pedro Division:
Tuesday
 6 p.m. at Pauley, HHC, 11th Sig. vs. 36th Army Band
 6 p.m. at Smiley, Co. C, 305th vs. Co. A, 40th Sig.
 7 p.m. at Pauley, 69th Sig. Co. vs. Co. B, 305th #1
 7 p.m. at Smiley, HHC 306th MI vs. NCOA
 8 p.m. at Smiley, 269th Sig. Co. vs. Co. C, 304th
 8 p.m. at Pauley, Co. A, 304th vs. Co. E, 309th

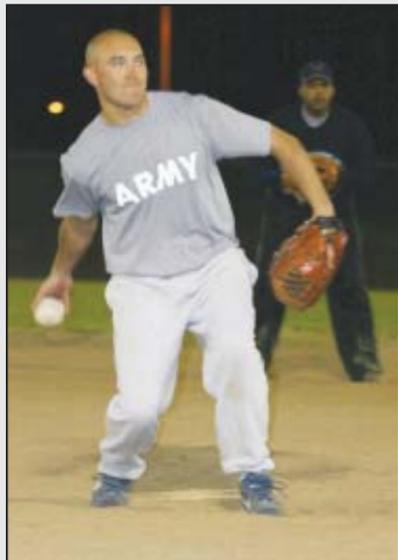


Photo by Spc. Matthew E. Chlosta

Play ball

Pitcher Jade Wilson, Company B, 305th #2 pitched against Company E, 305th during an 8 p.m. Monday intramural softball game at Pauley Field. Softball season began on Monday and runs through the end of May, with the playoffs in June.

Intramural soccer playoff results

March 24

USAG defeated DFAC, 2-1
 USAG defeated Co. E, 305th, 1-0 (Overtime)
 DFAC defeated MEDDAC, 3-2

March 25

Company C, 304th #1 defeated Company B, 305th #1, 4-1
 USAG defeated Company B, 305th #1, 2-1 (On penalty kicks)

March 26 championship results

Congratulations to Company C, 304th #1 as the 2004 Post Intramural Soccer Champions. 6:30 p.m. Friday the Championship game was played between Company C, 304th #1 and USAG. The tournament championship went into the "1st" game after USAG defeated Company C, 304th #1 in the first game, 2-1. Company C, 304th #1 came back and defeated USAG in the "1st" game, 6-0.

Bicycle race results

The second of six criterium bicycle races was conducted at 5:30 p.m. March 25 at Brown Parade Field. The event drew both military and civilian cyclists from the area. The athletes departed using a mass start and circled the perimeter of Brown Parade Field for 40 minutes. The next event will be conducted at 5:30 p.m. today at Brown Parade Field. All government vehicles are requested to be moved to the back of their respective facilities for the weekly Thursday events during this time frame. The events are open to all levels of cyclists. Below are the top results from March 25:

"A" Group

1. Matt Lorenz, Co. A 306th MI
2. John Guardia, MEDDAC
3. Paul Polinski, Air Force

"B" Group

1. Pete Vanderwal, Retired Air Force
2. Steve Hildreth, Co. B 304th MI
3. Terry Brown, NETCOM

Overall standings:

"A" Group

- Matt Lorenz
- John Guardia
- Doug Owens

"B" Group

- Pete Vanderwal
- Steve Hildreth
- Terry Brown

"A" Female

- Rachel Mokolke-Heinman

Youth basketball playoff schedule

Bantam division, 9-10

East bracket

First round games:

Friday

5:30 p.m. at Apache Middle School, Seed 4 vs. Seed 5

6:30 p.m. at Apache Middle School, Seed 3 vs. Seed 6

7:30 p.m. at Apache Middle School, Seed 2 vs. Seed 7

Seed 1 gets a bye into the second round on Saturday at Apache Middle School
 Championship game will be played at 6:30 p.m. Tuesday at Apache Middle School.

West bracket

First round games:

Friday

5:30 p.m. at Post Youth Center, Seed 4 vs. Seed 5

6:30 p.m. at Post Youth Center, Seed 3 vs. Seed 6

7:30 p.m. at Post Youth Center, Seed 2 vs. Seed 7

Seed 1 gets a bye into second round on Saturday at Post Youth Center.
 Championship game will be played at 6:30 p.m. Tuesday at Post Youth Center.

Junior division, 11-12

First round games:

Friday

5:30 p.m. at Sierra Vista Middle School, Seed 8 vs. Seed 9

Second round games:

Saturday

9 a.m. at Sierra Vista Middle School, Seed 1 vs. winner, Seed 8 vs. Seed 9 (Friday)

10 a.m. at Sierra Vista Middle School, Seed 5 vs. Seed 4

6:30 p.m. at Sierra Vista Middle School, Seed 3 vs. Seed 6

7:30 p.m. at Sierra Vista Middle School, Seed 7 vs. Seed 2

Championship game will be played at 6:30 p.m. Wednesday at Sierra Vista Middle School.

Senior division, 13-15

First round games:

Friday

5:30 p.m. at Smith Middle School, Seed 4 vs. Seed 5

6:30 p.m. at Smith Middle School, Seed 3 vs. Seed 6

Second round games:

Friday

7:30 p.m. at Smith Middle School, Seed 1 vs. winner, Seed 4 vs. Seed 5 (5:30 p.m.)

8:30 p.m. at Smith Middle School, Seed 2 vs. winner, Seed 3 vs. Seed 6 (8:30 p.m.)

Championship game will be played at 4 p.m. Saturday at Smith Middle School.

Read Time Out for coverage of the youth basketball playoffs next week in the Scout.

At The Library

Hardcover fiction

1. The Da Vinci Code, by Dan Brown
2. Third Degree, by James Patterson and Andrew Gross
3. The Last Juror, by John Grisham
4. The Five People You Meet In Heaven, by Mitch Albom
5. Ransom, by Danielle Steel

Hardcover nonfiction

1. Deliver Us From Evil, by Sean Hannity
2. The Passion
3. The Fabric of the Cosmos, by Brian Greene
4. American Dynasty, by Kevin Phillips
5. The Price Of Loyalty, by Ron Suskind

Paperback fiction

1. Angels & Demons, by Dan Brown
2. The Guardian, by Nicholas Sparks
3. Dead Aim, by Iris Johansen
4. Deception Point, by Dan Brown
5. Lost Light, by Michael Connelly

Paperback nonfiction

1. Reading Lolita In Tehran, by Azar Nafisi
2. The Devil In The White City, by Erik Larson
3. Tuesdays With Morrie, by Mitch Albom
4. Holy Blood, Holy Grail, by Michael Baigent, Richard Leigh and Henry Lincoln
5. Touching the Void, by Joe Simpson

Read the Scout on the Web at huachuca-www.army.mil, for all your post news and sports stories.

Get your frame on

MWR offers do-it-yourself frame shop

BY SPC. MATTHEW E. CHLOSTA
SCOUT STAFF

The framing studio at Morale, Welfare and Recreation Arts is a wonderful place to learn the art of taking flags, photos or other important heirlooms and creating a frame for them.

"Framing is a way to enhance you décor, poster, painting or whatever you want to hang on the wall," said Ricardo Alonzo, art specialist, MWR Arts Center. "It enhances the environment where you live because of the color, or mat chosen. Picking the right colors can set a pleasant mood and make someone more comfortable at home."

The studio has more than 500 frames available in many types of wood or metal, said Alonzo. "We



Students can attach new hanging wires to the back of old frames.

carry the largest selection of frames in Cochise County. We have two mat cutters, two frame choppers, two glasscutters, plus eight workstations.

"We do have some frame molding in stock, but we get free delivery once a week and this keeps the cost down to our customers," Alonzo said. "We also carry some mats but not too much. Still, we can order and receive it within a week. This again saves the customer money."

Anyone who has a Department of the Army 3031 qualification card can use the facilities, Alonzo

said. If not, they have classes every Tuesday from 6 to 8 p.m.

"I had taken one [framing class] in Panama in the nineties," said Marian Merz, retired Army, framing class student. "I think it is fantastic. It is something I enjoy."

The classes cost \$15 for a demo class of how everything in the studio works, which is required before artists can use the shop on their own by the hour.

"The demo class is required because of the complexity and safety of the machine usage," Alonzo said.

The cost is \$50 for the class with 'hands on' material and instruction included, Alonzo added.

DA 3031 cardholders can use the shop. The initial cost is \$2 per hour and \$1 for every hour after, Alonzo added.

"We do custom framing if anyone needs this service," Alonzo said.

If you have problems being creative, don't worry.

Alonzo said the staff will show you how to pick the right color mats to go with your picture and to match your home décor.

The shop is open from 9 a.m. to 5 p.m. Friday and Saturday and from 12 to 8 p.m. Tuesday through Thursday, with the exception of the 6-8 p.m. on Tuesday because of the framing class, Alonzo added.



Sgt. 1st Class Mary Stocker, 36th Army Band, brought a shadow box into her framing class for repair.



Photos by Spc. Matthew E. Chlosta

Chief Warrant Officer Lawrence Cobian, 40th Signal Battalion, learned how to cut glass, pick mat colors and how to build a picture frame in the class at MWR Arts.

Fit For Life

How to develop a healthy, fit lifestyle

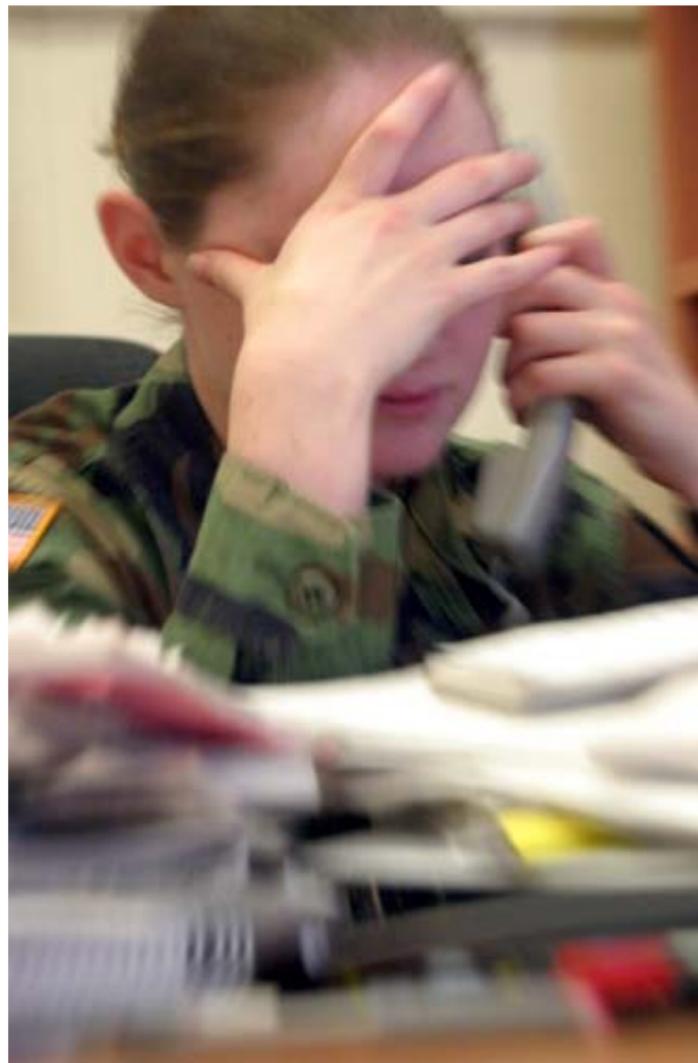


Photo illustrations by Elizabeth Harlan

BY GEORGER COLFER, PH.D.
CONTRIBUTING WRITER

Stress management

The fourth step in developing a health and fitness lifestyle is stress management. Stress is a reality of life. We feel it as pressure, worry, anxiety, fear, anger and depression. Low levels of stress usually motivate us, but high levels for too long can just wear us down. It affects our ability to function well, our health and quality of life. That is why stress management becomes part of the health and fitness lifestyle along with the other factors of wellness, physical fitness and nutrition.

Stress is a state of the body. It is the response of the body to any demands placed upon it. Stress is a major health problem in our society. Stressors, which are anything that produces tension and stress, can be positive or negative, although the effects to the body are about the same. Stress is not the same for everyone; thus, when we study stress, we must look at the individual reaction to stress. Stress situations are necessary to enhance maturity and adaptation. Stress stimulates psychological growth. Just as physical activity is the conditioning process in

adapts better to stress and handles it better. When stressed your body creates extra energy to protect itself. This additional energy cannot be destroyed and if not used, it creates an imbalance in our system. Somehow, this energy must be channeled into responses to regain a balance. This is one reason physical exercise can be so beneficial for stress relief.

Stress is your body's physical and psychological response to anything you perceive as overwhelming. When stress is triggered, it affects the body in many ways. Increased heart rate, blood pressure and breathing along with sweating, high stomach acidity, muscle spasm and even immobility. Sometimes a person will "freeze" and not be able to act. Adrenalin is released into the bloodstream, which causes the body to be on alert.

One explanation of the stress syndrome called "fight or flight" was introduced by Dr. Hans Selye in the 1970s. Simply stated, when the body is alerted by stress, it calls for us to "fight or flee". This may have worked for our early ancestors, but is not always feasible in our modern world. "Fight" means to attack or counter the stress situation whether it is with words or action. "Flight" means to get away from the situation, both of which may not be possible. Thus, the need and

meaning for stress management. A civilized explanation for "fight or flight" offers a sequence. (1) Try to change the situation. (2) You accept the situation. (3) You leave (exit) the situation. Unfortunately this always

can't be done either and this is when stress management begins.

A concept of handling stress is referred to as "action vs. reaction". Action is a remedy or response to a stress situation that has received some thought and you have weighed the options and consequences of this action. The saying goes "think before you act." Reaction is an instantaneous response to a situation, usually without regard to the consequences. Reaction can only be applied successfully when training for that response had preceded it. It has been stated that reaction should be used only for military combat and athletic competition where intense training has prepared the participants to respond or react to a given situation. Reaction is carried out methodically and one's

training will indicate the response. In other aspects of our society, action is normally preferred to reaction as the civilized response.

People who thrive on stress situations obviously handle stress better whether it be in the military, business or athletics. They may or may not be overly competitive, but usually will have realistic and positive expectations. They may or may not seek stressful professions, but will usually be successful because of their ability to handle and adapt to stress.

The effects of negative stress can lead to stomach ulcers, cardiovascular disease, migraine headaches and severe depression, commonly referred to as "doomsday diseases." The causes of stress are varied. The following is a listing of causes. One has to remember what may be a major stressor to one person may be a minor occurrence to another. All stressors are not equal in effect.

- Fear causes stress - physical or psychological.
- Uncertainty causes stress - some examples: weather, politics, world situations, interest rates, stock market, gas prices, etc.
- Attitudes cause stress - positive (leads to motivation and challenge), negative (leads to frustration, anxiety, disappointment).
- Perceptions cause stress - how you perceive probable occurrences; also past experiences and how you handled them. One's perception often can determine if an event is or is not going to be stressful.

• Change causes stress - marriage, divorce, birth, death, illness/accident, change of job, change of location, work/business changes, social change, financial change, retirement, etc.

How to deal with stress becomes the important part. Different people deal in different ways. Here are some suggestions or guidelines for successful stress management to promote the health and fitness lifestyle.

1. Identify your stressors and see which of them you can reduce, avoid, or eliminate.
2. Become a positive person. Goal-oriented persons who maintain reasonable goals tend to be more successful and happier than those who are not goal oriented.
3. Do not allow decision making to become a chore. Weigh the facts and be decisive. Indecision is the worst decision!
4. Life has many negative stressors. Do not allow them to accumulate; otherwise your health could be damaged.
5. Do not abuse alcohol to relieve stress.
6. Do not use drugs to relieve stress.
7. If possible, avoid medications, unless prescribed by your physician.
8. Do not smoke cigarettes to relieve stress.
9. Do not overeat as a reaction to stress.
10. Positive stress can also be abused. Remember the response of the body is the same regardless of the cause. Do not overdo positive stress situations.
11. Regular physical activity, especially aerobic activity sustained for a sufficient period of time, will alleviate stress. There is scientific basis for the existence of the "runners' or exercise high," which can be obtained through other sustained activities as well.
12. Relaxation techniques can minimize the effects of stress.
13. To avoid negative stressors, seek tasks of work or pleasure that you are capable of doing that you enjoy, that may give you self-esteem and that may esteem you in the opinions of others. Negative stress often occurs when you are pressured into doing something you do not want to do or are incapable of doing.

Ways to manage stress:

- a. Learn to say "no."
- b. Talk about your worries or stressors with someone you respect.
- c. Learn to accept what you cannot change.
- d. Get enough sleep and rest.
- e. Balance work and recreation.
- f. Do something for others.
- g. Take one thing at a time.
- h. Give in once in awhile.
- i. Make yourself available to counter boredom.

Recognize that you are the only one who can control your thoughts. Therefore, in many situations you may have a personal choice to let yourself get upset or not to get upset. If you can avoid stress by changing thoughts, you can avoid negative stress. Think about it this way: "If I allow myself to get stressed out, I'm the one who suffers."

While physical activity is an excellent means of alleviating stress, keep in mind that it is not a "cure" for stress. In fact, over exercise or excessive stressful situations in athletics may cause negative stress.

Stress can be managed in various acceptable ways, but to find a way to prevent the stress of life would be better than finding simply a means to help us fight a hostile world. The problem lies in the lack of a proper code of motivation that gives our lives a purpose which we can respect.

The many faces of stress

Stress comes in many forms. While we all experience stress to some degree, some forms are more severe than others. Generalized anxiety disorder occurs when a person has endured at least six months of being excessively worried or continually being on edge and unable to relax. Post-traumatic



stress disorder happens if a person has been through a serious, life-threatening event and for many months or years afterward may experience severe stress, nightmares, avoidance of similar situations, withdrawal and periods of angry outburst. Phobias are intense fears that develop when a person is exposed to a certain type of situation like the dark, snakes, heights, sight of blood or even a social situation like public speaking. Obsessive-compulsive disorder happens when stress or chaos in one's world causes a person to think and worry constantly about something (called obsessions) or to engage in repetitive behavior (called compulsions) such as constantly washing hands, checking door locks, etc. The most debilitating effect of stress is called the Panic attack which is intense periods (usually a few minutes) where the sufferer experiences a fear of dying or losing self-control and displays physical symptoms such as suffocating, dizziness, numbness, chest pains and nausea. They are triggered by episodes of stress that can reoccur anytime. Those who experience such often live in fear, which may prevent them from leading a normal life.

If one suffers from any one of these five disorders, it may be necessary to seek medical help.

Stress in the military

Some of life's most stressful moments can come from military service. Obviously, the most stressful event would be armed combat. One can only imagine (unless you've been there) the

amount of stress one must have felt in landing at Normandy or Iwo Jima as they came under intense enemy fire, or for that matter participation in any other military action. Some of this stress is absorbed by training and preparation. Still, a question of the unknown exists. retired Col. Reggie Ponsford, USMC of Yucca Valley, Calif., a three tour veteran of Viet Nam states "combat is a combination of physical and mental preparation and I'm not sure which ranks the highest." He further adds "specific training for the mission is essential, so that personnel will react to the situation and rely on their training. There is little time for debate in combat. Stress on the battlefield is inevitable. Preparing the warrior to withstand and function under the stress of armed combat is a major duty of all command personnel, NCOs and Officers alike."

In addition, all military personnel are vulnerable to the same stressors as civilians plus additional ones such as: separation from families, time restraints, fatigue, boredom, foreign cultures, high expectations, extreme climates, hostile environments, hardship living conditions and unknown circumstances.

Post-traumatic stress disorder has a higher incidence rate among combat veterans than civilians. It has occurred throughout history, most notable in World Wars I and II, Korea and Vietnam. Often, it went unrecognized, but since Desert Storm in 1991, the leadership of the armed forces has recognized PTSD as a serious and treatable condition and has taken appropriate steps to help those affected.

Personal fitness

Now that the factors of personal fitness have been basically analyzed and you can assess or evaluate your present lifestyle, the next step is to compare what you are doing now with your projected changes and new practices regarding wellness, nutrition, physical fitness, and stress management. A word of caution is due so that you do not make this an awesome task that has no chance of success: make your changes and additions with moderation. Take one step at a time and be realistic as to what you can accomplish. Short-term goals lead to long-term goals. Motivation probably will not be maintained if your goals are not attainable. Your final step is to "formulate your plan" and set "reasonable goals" that you will utilize to reach a health and fitness lifestyle.

Maintaining a health and fitness lifestyle is a lifelong job. There is really no vacation or retirement from it. If you become bored with various aspects of your health and fitness routine, then make some changes to alleviate the boredom. Get into seasonal activities if you find the change helps. The human being is a creature of habit; thus, once you establish good habits in your lifestyle, you will not be likely to change. The real reward of your lifestyle will be how good you feel!



physiological fitness, stress is the conditioning process for psychological fitness. One's attitude and experiences toward stressors are also important. Some people thrive on stress situations, others abhor them. The key to handling stress is moderation. The middle-of-the-road individual theoretically adapts best. There is an old saying that can be readily applied to some negative stress situations: "Worry is like paying interest on money you never borrowed."

Our ways of dealing with stressful circumstances often become habits, and in spite of the fact that even if they don't work very well, we keep trying to cope with the same thing over and over again. Negative thinking and negative attitudes greatly increase stress. The positive person