



See Winding Road, Page B4

Seniors' game is a clash of the titans



Photo by Spc. Matthew E. Chlosta

Steve Hessil, Left, of the "?"s, wasn't able to fend off Tim White, Desert Storm or his teammates in the "?"s loss in the 13-15 Senior Division Youth Basketball Championship game April 7 at Smith Middle School.

BY SPC.
MATTHEWE CHLOSTA
SCOUT STAFF

The "long and winding road" could've been the theme for the 13-15, Youth Basketball Championship game played at 5:30 p.m., April 7 at Smith Middle School.

Initially the game was supposed to be played at 4 p.m. on April 3, but the referees and players became so fatigued as a result of the numerous games played in one day, that the championship was postponed until April 7.

Desert Storm, who lost one game all season, was supposed to coast to the tournament championship, but the "?"s had all the answers to force a second and final game in the double elimination tournament.

Game 1

Before the first game, both coaches were reasonably optimistic, but cautious, in their pre-game strategies and predictions.

"Our strategy is to run 'em," said Desert Storm coach Mike Grayson. "No press, we're gonna go half-court. I think we'll wear 'em down. I think my team is in better condition. They beat us before. It's gonna be a good game."

"We've got to stop their transition game," said "?" coach Steve Wambach. "We don't worry about what they do. We worry about what we do. Let them worry about us. The rest will definitely help us, I think. We definitely got a shot to win."

The "?"s came out running in the first game. Desert Storm seemed flat and uninspired as the "?"s raced out to an 11-4 first quarter lead.

During the second quarter, the "?"s kept the pressure on the Storm behind a supersonic-speed full-court fast break offense.

The first half ended on a thunderous note for the "?"s as Demetrius Daniel, made a spectacular end-to-end breakaway lay-up as time

expired.

He fouled on the play and converted the foul shot to make it a three-point play that stretched the "?"s' lead to 30-16.

At halftime coach Grayson summed up his team's first half deficit, he said, "We're just not hitting anything. They're [shots] just not falling for us. They're [the "?"s] just hustling, doing what they're supposed to do. If we lose this game, it's got to motivate us for the second game."

The second half mirrored the first, as the Storm, desperate to catch up, came out with a full-court press. But, the "?" duo of Daniel and Steve Hessil kept their pinpoint accurate passing crisp and sharp as they continued, time after time, to break through the pressure to convert buckets.

Desert Storm would close the game to six points but couldn't quite erase the margin.

The game ended with the "?"s comfortably ahead 67-56, forcing the second and deciding game.

The leading scorers for Desert Storm, was Fred Livingston, 15 points. Mike Grayson and Eddie Priest each chipped in 14 points.

The "?"s were lead by their Big Gulp sized center, Hessil, who scored 21 points in a dominating performance from one end of the floor to the other.

Hessil was stuffing and swatting away shots like a professional beach volleyball player the entire game.

Daniel, 20 points, was also outstanding as he flew around the court like a whirlwind using his scissor quick hands to make pickpocket steals and create havoc for the Desert Storm guards.

Justin Newsome, "?"s tossed in 10 points to contribute to the win.

"We played awesome," Wambach said. "We played at our pace. We stopped their transition. We had some players step up and hit some big three pointers."

"We played our game, but everything was off," coach Grayson said. "The shots just weren't falling."

Game 2

Before the second and final game started both coaches watched their worn out teams gather themselves for the final assault and talked about what it would take for their team to win the championship deciding game.

"I think if we control the tempo, we definitely got a chance to win," Wambach said.

"I think they're [Desert Storm] going to get themselves together and come back," coach Grayson said. "I think they're ready to come back and play ball."

Moments before the referees blew the whistle to begin the second game, coach Grayson shouted his final instructions to his team huddled by their bench.

He said, "The name of the game is running. We got to run. This is our game. Leave it all on the court."

And, run they did.

Desert Storm came out firing on all cylinders. All of the seeds of doubt and sleepy play of the first game disappeared as Desert Storm came alive and electrified the crowd with a dazzling display of constant ball movement; a full-court, pressure cooker defense; loose ball hustle; and flamboyant fast breaks.

Lead by Grayson and Tim White, Desert Storm stormed out to a commanding 12-6 first quarter lead and never looked back.

The second quarter was dominated by center Brandon MacLellan, Desert Storm. He cleaned the defensive glass pulling down rebounds like a cookie monster taking cookies from the jar.

Also, MacLellan repeatedly rejected "?"s' shots during a one minute stretch of the second quarter thwarting a fast

See BALL, Page B4

Band's softball instruments way out of tune

86th Signal drums 36th Army Band

BY SPC. MATTHEWE CHLOSTA
SCOUT STAFF

36th Army Band was swamped by Company C, 86th Signal Battalion, in a San Pedro division intramural softball game at April 7 at Pauley Field.

Led by the pitching of Roy Wonsch, and the sticky glove of second baseman Carlos Hernandez on defense and the entire 86th Signal roster on offense, Signal crushed 36th Army Band, 39-17.

Before the game, 86th Signal coach Andre Couture gave his pre-game strategy as he scribbled his starting lineup in the game book.

"No errors; play a basic game," Couture said. "Don't lose to the band. We got people coming back from deployment. Once, we start gelling together we'll be all right."

Our goal is to, "get ten players out here and win," said 36th Army Band coach William Shook before the slaughter began.

First up was 86th Signal as the visiting

squad. They came out locked and loaded as they rushed out to a 7-0 lead with multiple homeruns.

The Band was held to one run in the bottom of the first by 86th Signal's wily bulldog Wonsch with his Popeye-sized forearms.

The top of the second inning was more of the same as Signal flexed their offensive muscle.

Couture and Wonsch both legged out in-the-park homeruns to begin the rampage. By the time Signal's at bats ended in the second, Wonsch had added another legitimate homer and Signal was in command, 18-1.

Signal shut out the Band in the bottom of the second, to maintain their lead, 18-1.

The third inning included a desperate measure by Shook to change the Band's karma and tempo. Shook replaced starting pitcher Paul Beuning, who served up softball after softball to homer hungry Signal, with Julio Delarosa.

"I substituted because the pitcher who



Photo by Spc. Matthew E. Chlosta

Bobby Hanna, Company C, 86th Signal Battalion, left, helped lead his team to a win over Steve Pugh, 36th Army Band, with a triple in the second inning of an intramural softball game April 8 at Pauley Field.

was pitching was throwing all strikes causing same old. By the time the Band came to bat all fly balls," Shook said.

But, it was just more of the same old,

See SOFTBALL, Page B6

Fit For Life

Attaining, maintaining fitness, health

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

Since the first issue of this year, Fit For Life has concentrated on a serious topic: Developing a health and fitness lifestyle. Wellness, physical fitness, nutrition and diet, and stress management were all addressed in recent issues. Now it's time to lighten up a bit and discuss some ways to attain and maintain fitness which will benefit one's health and provide some variety to make life more enjoyable.

I'm going to offer two proven and challenging concepts and programs for developing relative strength, muscular endurance and cardiovascular fitness. Whether you are an airman, Marine, sailor or Soldier, both of these activities will help you to be in top shape for your physical fitness test and assist you for any deployment/combat readiness situation. Obviously they are not a substitute for one's specific military occupational specialty training, but as a supplement can improve strength, muscular endurance, flexibility, CVF and agility. Both are also excellent activities for men, women and children, 12 and up, whether your status is civilian, dependent or retired, and in good health.

Calisthenic exercise is returning from the 1950s and '60s as a training mode. The Army Physical Fitness School is currently incorporating various exercises into the physical training program in order to simulate the Soldier's tasks, reduce training injuries and prepare them for the physical demands of the battlefield.

One great thing about calisthenic exercise is that it can be performed almost anywhere and anytime with no special equipment needed.

The Dynamic Calisthenic Routine is a tried and true system which produces results. Speed hiking can be done as a group activity or performed solitary with minimal equipment.

Dynamic Calisthenic Routine

This program is based upon two factors of progression. The first is that each exercise will be increased as to its number of repetitions and secondly that as this increase occurs, the actual amount of time spent in continuous exercise will also be increased.

The program is begun by performing six repetitions of each four or eight count exercise and twelve repetitions of each two count exercise. This is referred to as six and 12. After about two or three workouts at six and 12 and one feels comfortable in the correct performance of each exercise, begin to increase the workouts by one repetition until a maximum workout of 16 and 32 is reached. To perform 16 and 32, it will take about 20 minutes of continuous exercise depending upon the rate of speed.

It is important not to rest between exercises. Go directly from one to the next pausing only to change to that new starting position. The speed of the routine is not as important as maintaining continuous or sustained movement. There are 12 exercises in the routine and they should be performed in the given order. When one reaches the maximum level of 16 and 32, a high level of muscular endurance will have been reached.

The exercises are as follows:

• High jumper

Starting position: Stand with feet shoulder-width apart, body is bent forward at the waist and knees, and the arms are extended to the rear.

Count:

1. Take a small hop and swing the arms forward.
2. Take a small hop and return to starting position
3. Jump as high in the air as possible and throw the arms overhead as high as possible ---Reach!
4. Return to starting position

• Squat thrust

Starting position: Relaxed position of attention.

Count:

1. Squat down, placing hands between your legs on the floor (frog position.)
2. Extend to a front leaning rest position (push up position).
3. Return to squat position.
4. Return to starting position

• Squat bender



Starting position: Relaxed position of attention.

Count:

1. Do a deep knee bend (parallel squat position) and extend the arms forward.
2. Return to starting position
3. Keeping the knees extended, touch 10 fingers to the floor.
4. Return to starting position
4. Rowing exercise

Starting position: Lie flat on back, arms extended overhead.

Count: 1. Sit up and pull knees to your chest by wrapping arms around the legs.

2. Return to starting position

• Side bender

Starting position: Stand with feet apart, arms extended overhead, hands in a reverse clasp position.

Count:

1. Strike to left and recover.
2. Strike to left and recover.
3. Strike hard to left and
4. Recover...and return to starting position

Note: Alternate exercise each repetition (i.e. 1st left, 2nd right, etc.)

• Four count sit ups

Starting position: Lie flat on back, arms extended overhead.

Count:

1. Sit up, as in rowing exercise # 4.
2. Return to starting position
3. Keeping knees extended, lift legs overhead and touch the floor.
4. Return to starting position, lowering legs slowly.

• Side twister

Starting position: Stand with feet apart, hands clasped behind head.

Count:

1. Strike forward and slightly recover.
2. Strike left elbow to right knee and slightly recover.
3. Strike right elbow to left knee and slightly recover.
4. Return to starting position

• Bank twist

Starting position: Lie flat on back, arms extended to the side, palms down.

Lift legs until body is in an "L" position.

Count:

1. Lower legs to left and touch floor. Keep feet together and palms down on floor.
2. Return to starting position
3. Lower legs to right and touch floor. Keep feet together and palms down on floor.
4. Return to starting position

Note: For an easier version of the bank twist flex the knees rather than keeping them extended throughout the exercise.

• Wood chopper

Starting position: Relaxed position of attention. Hands clasped

over left shoulder, feet apart.

Count:

1. Swing forward as if chopping wood, keeping body and legs flexible.
2. Return to starting position over right shoulder.
3. Same as #1.
4. Return to starting position

• Squat jumps

Starting position: Hands clasped behind head, trunk erect, left foot slightly ahead of right in a parallel squat position.

Count:

1. Jump as high as possible switching foot position so right foot is ahead of the left.
2. Return to starting position (parallel squat upon landing).

Note: Left and right foot lead alternates with each jump.

• Eight count push ups

Starting position: Relaxed position of attention.

Count:

1. Squat down into frog position with hands out front.
2. Extend into push up position.
3. Down.
4. Push up.
5. Down.
6. Push up.
7. Return to squat position.
8. Return to starting position

12. Side straddle hops (four count jumping jack)

Starting position: Relaxed position of attention.

Count: 1. Jump to side and swing arms overhead.

2. Return to starting position

3. Repeat #1

4. Return to starting position

• If a pull-up bar is available, perform two sets of pull-ups or chin-ups at the end of exercise #12 (side straddle hops). The second set should be to near-exhaustion.

Notes on muscular endurance program

1. The DCR can be performed on a daily basis, but 3-4 times per week is recommended.

2. Begin the program at the lowest level suggested. It is much easier to progress at a steady rate than to overwork and not be able to complete the entire program. It is essential to perform every repetition of each exercise with the proper form and movement. Emphasize form over speed.

3. Muscular endurance training such as this will have a positive effect on cardiovascular fitness due to the continuous movement involved.

4. Crosstrain: Combine running or sprints etc. with the routine even if performed on alternate days.

Speed hiking

Speed hiking is a lifetime sport which incorporates hiking,

See **FITNESS**, Page B6





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

Boating safety class scheduled

MWR Rents will offer a boating safety class 8 a.m. - 5 p.m., Saturday at the MWR Rents Building 70914, Irwin Street. The class is free and open to the public.

Completion of a boating safety class is required to rent a boat from MWR Rents.

For more information, call 533-6707.

Paintball Tournament, Fun Shoot scheduled

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

A Fun Shoot, including a dove walk, a quail walk and an extreme trap shoot, will be held at 10 a.m., April 24 at the Sportsman's Center. The shoot will be followed by a wild game banquet. For more information, call 533-7085.

Coming up at Desert Lanes

There will be a special Rock 300 session from noon to 2 p.m., Sunday, at Desert Lanes. You can bowl for \$6 for two hours and the price includes shoes.

Desert Lanes will host a Singles Handicap Tournament at 1 p.m., April 24. The handicap will be 80 percent of 200. Participants will bowl five games across 10 lanes. Entry fee for the tournament is \$30.

For more information, call 533-2849.

Volunteer recognition ceremonies scheduled

The Fort Huachuca Volunteer Program will present the Volunteer of the Year Ceremony at 6:30 p.m., Monday at LakeSide Activity Centre.

The Volunteer of the 2nd Quarter Recognition Ceremony is scheduled for 4:30 p.m., Wednesday at Murr Community Center. For more information, call the Installation Volunteer Coordinator Kimberlee Bridges at 533-6885.

No bingo Tuesday at LakeSide

Due to a prior commitment, there will be no bingo Tuesday, at the LakeSide Activity Centre. Bingo will resume its regular hours of operation April 22 at 6:45 p.m. For more information, call 533-2193.

Festival of Southwest

The Directorate of Morale, Welfare and Recreation will present the Festival of the Southwest April 30; May 1 and 2 at Veteran's Memorial Park, Sierra Vista. The hours will be: 4 p.m. - midnight, Friday; 11 a.m. - midnight, Saturday; and noon - 6 p.m., Sunday. The festival is open to the public and there is no admission fee.

There will be many family attractions including the City of Fun carnival. Advance carnival tickets are on sale now at MWR Box Office, Desert Lanes, MWR Rents and Sierra Vista Safeway, at the price of \$6 for 10 tickets. During the carnival, the cost will be \$8 for 10 tickets.

Mexico's national holiday, Cinco de Mayo will be celebrated at the festival. All three days will feature continuous, live entertainment. Some of the activities and entertainers will include: the 36th Army Band, Mariachi Ciela de Mexico, the Alma Dolores folklore dance group, the Connoisseurs, a clogging demonstration, the band Train Wreck, the Cochise Children's Choir, a "mutt march," and much more. There will also be numerous food, craft and information booths for your enjoyment.

Beginning at 7 a.m., May 1, you'll have a chance to show off your best friend at the Mutt March. The Mutt March is a 5 kilometer walk on a pavement loop for easy walking for you and your pet.

You can sign up for the walk at The Cove, beginning at 7 a.m. Cost is \$5 and includes a ribbon for completing the course, plus treats for both dogs and humans.

There will also be an opportunity to have your photo taken with your pet. For more information on the Mutt March, call George Thompson at 533-3246.

2004 Festival of the Southwest entertainment schedule

April 30

- 4 - 5 p.m. - Opening ceremonies, 36th Army Band
- 4 - 9 p.m. - DJ Mike Dague
- 4:30 - 6:30 p.m. - Army Band "Monsoon"
- 6:30 - 8:30 p.m. - Connoisseurs
- 9 p.m. - midnight - Train Wreck

May 1

- 11:30 a.m. - 2 p.m. - Mariachi Cielo de Mexico
- 2 - 3:30 p.m. - Alma Dolores Folklore Dance Group
- 4 - 5:30 p.m. - Artury y Susteclados
- 6 - 7:30 p.m. - Alma Dolores Folklore Dance Group
- 8 p.m. - Midnight - Hollywood Knights

May 2

- Noon - 4 p.m. - DJ Mike Dague
- Noon - 1 p.m. - Jae Kim Martial Arts
- 1 - 1:30 p.m. - Cochise Children's Choir
- 2 - 3 p.m. - Jill Gunsel, Clogging
- 3 - 5 p.m. - Partners

Army Arts, Crafts contest

The MWR Arts Center will hold an arts and crafts contest

Free autograph session 5 - 6 p.m. at PX

Wrestling Saturday on fort

The International Championship Wrestling 'Superstars of Wrestling' will return to Fort Huachuca at 7 p.m., Saturday, at Barnes Field

House. Tickets are on sale at the MWR Box Office, MWR Rents, Desert Lanes and Sierra Vista Safeway through Friday. The advance purchase cost

is \$8 and the price will be \$10 at the door. Children 6 and under will be admitted free.

For more information, call 533-2404.

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, the Honky Tonk Man and Jack Bull.

There will be a free autograph signing session from 5 to 6 p.m., Saturday at the Army & Air Force Exchange.



to select local entries for the 2004 Army Arts and Crafts Contest. Entries must be submitted, along with a completed entry form, by May 7.

The Army Arts and Crafts Contest is an annual, juried competition of two and three dimensional artwork, held in separate groups for novices, accomplished artists and crafts-people. Authorized MWR patrons are eligible to enter, with the exception of employees of the Army Arts and Crafts program.

Artwork must be entered in one of the following categories: ceramics, wood, fibers and textiles, glass, metals and jewelry, mixed media - 3D, drawings, prints, water base painting, oil base painting, or mixed media - 2D.

Local winning entries will be submitted to the regional and Army-wide competition. All submissions must be the original work of the entrant, completed within 24 months of the start of the current contest year.

For more information, call 533-2015. The hours of operation are: 9 a.m. - 5 p.m., Friday and Saturday; noon - 8 p.m.,

Tuesday, Wednesday and Thursday; and closed on Sunday and Monday. For more information, call 533-2015.

Jobs for teens

MWR is looking for teenagers who want to work. Teen recreation aid jobs become available on an "as needed" basis. The positions are flexible (from 0 - 40 hours per week) and may include daytime, evenings, weekends and holidays.

These positions involve working at various locations within the MWR directorate, performing duties such as clearing tables, setting up tables for functions, maintaining cleanliness of assigned work areas, operating a cash register or issuing equipment to patrons.

Applicants must be at least 14, currently attending middle or high school and maintaining a C average or better.

Applications are available at the Non-Appropriated Fund Human Resource Office, Building 22214, Auger Ave. For more information, call 533-5278.

MWR Box Office

Box Office has discounted tickets

The MWR Box Office has the following offers available:

- Tickets available for upcoming events at the Tucson Convention Center including: April 22, Mariachi Showcase; April 23, Mariachi Espectacular; Philharmonic Spring Gala, April 25; The Wiggles in concert, April 30; Boys Pop Chorus, May 2; Capitol Steps, May 3; WWE Smackdown, May 4; the Eagles concert, May 24; and Rod Stewart in concert, Aug. 4. These tickets may be purchased 10 a.m. - 4 p.m., only.
- The Armed Forces Vacation Club 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.

- 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.

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 St. MWR Box Office is open 9 a.m. - 5 p.m., Monday - Friday.



MWR Rents manager, marine tech recognized by Coast Guard Auxiliary

MWR NEWS RELEASE

As part of a Post Marine Safety Rally held April 10, David Wall, manager of MWR Rents, and Chuck Mullens, Fort Huachuca marine tech, were presented certificates of appreciation by the U.S. Coast Guard Auxiliary, Flotilla 10-01 out of Tucson.

The awards were presented to Wall and Mullens for their cooperation and assistance in furthering the purposes and principles of the United States Coast Guard Auxiliary.

The Coast Guard Auxiliary chose to recognize Wall because he has been instrumental in assuring that the users of the post marine equipment have a basic knowledge of water safety and proper boating

techniques, and in making boating safety classes available to Soldiers and civilians alike.

The Coast Guard Auxiliary also credits Mullens, for his efforts to assure that rental boating equipment is always in safe condition, and in making boaters and boat owners aware of the importance of having a safely equipped boat. Mullens has conducted inspections to assure that boat owners have their equipment fitted properly and that it works correctly.

Both these individuals have worked very hard to ensure that the users of the MWR Rents have the opportunity to conduct their marine recreational activities in a safe and expeditious manner, which is the reason the Coast Guard Auxiliary chose to honor them in this manner.



MWR photos

Larry McFall, marine safety officer for the U.S. Coast Guard Flotilla, presents awards to Chuck Mullens (top) and David Walls.



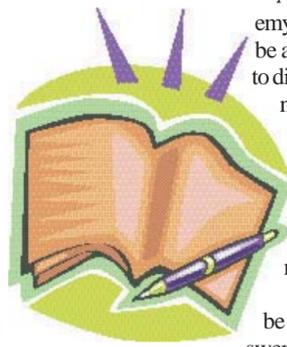
Time Out Briefs

Author visits Sierra Vista library

At 7 p.m. today author and Academy Award winner Michael Blake will be at the Sierra Vista Public Library to discuss his latest book, *Like a Running Dog: Books and Hollywood*. Blake, best known for his novel, *Dances with Wolves*, will give a 35 to 40 minute presentation on his latest work, which explores the link between literature and the movies.

After his presentation, Blake will be available for questions and answers and for a book signing.

For more information, call the library at 458-4225.



Greyhound Adoption Day

The Greyhound Adoption League of Sierra Vista hosts a Greyhound Adoption Day on the last Saturday of each month. The next Adoption Day for Sierra Vista and the surrounding area is April 24. The adoption days are held from 10 a.m. until 2 p.m. at Ramsey Canyon Feed and Pet Store, 4107 E. Glenn Road in Sierra Vista.

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.

For more information, call 378-1763.

Huachuca Astronomy Club meeting

On April 24, the Huachuca Astronomy Club will commemorate National Astronomy Day and its fourth annual 'Telescopes For Telethon' by hosting a public astronomical viewing from 3 to 10 p.m. at Howard Field, Veteran's Memorial Park in Sierra Vista. In the afternoon, telescopes will be set up for safe viewing of the sun. In addition, there will be several telescope exhibits and informational handouts about astronomy and space. A highlight of the afternoon events will be a scale model solar system setup within the park. In the evening, weather permitting, more telescopes will be set up in Howard Field. In the event that weather cancels the April 24 activities, it will be rescheduled for May 1st. For more information, call Doug Snyder at either 366-5788 or e-mail hac@palominas.com.

Flutist to perform

Cochise College Cultural Events will present the R. Carlos Nakai trio, featuring the world's foremost Native American flutist, to perform in Sierra Vista at 7 p.m. on April 24 at Buena Performing Arts Center. Tickets are \$15 general admission, \$10 students and

seniors and are available at Safeway, Fry's, Cochise College Business Office, and at the door.

For more information, call Macaela Cashman at 515-5408.

Trekkers meeting

The Thunder Mountain Trekkers meet the last Tuesday of each month. The next meeting is 7 p.m. on April 27 at Sulphur Spring Valley Electric Corp. Conference Room, 311 Wilcox Drive. Planning is underway for our internationally sanctioned walking events to be conducted this year.

For more information, call Wendy or Dave at 378-1763.

Food inspectors to talk with shoppers

From 9 a.m. to 1 p.m. on April 27 military medical food inspectors will host a station in the Fort Huachuca commissary to distribute information on DeCA's multitiered inspection process that safeguards your food. They will also have information on safe food handling and cooking procedures to reduce the risk of food-borne illness.

Law Enforcement Torch Run

On May 1 the Arizona State Prison Complex - Tucson will host its first annual Law Enforcement Torch Run Poker Run for Special Olympics (check in time 7:30 a.m. - 9). The game is seven card showdown. One card will be drawn at pre-registration cost is \$25.00 (includes one score card and one short sleeve t-shirt). Additional T-shirts are \$16 each Raffle tickets will be available for purchase. Anyone with a street legal vehicle is invited to attend. To pre-register, make checks payable to LETR and mail to: Arizona State Prison Complex - Tucson, Attn: CO III Eric Abt, Santa Rita Unit, 10,000 S. Wilmot Road, P.O. Box 24400, Tucson, AZ 85734-4400.



For more information, call Lt. Hayes or Sgt. Clawson at 520-574-0024, extension 5407.

Seeking friendly poets from Fort Huachuca

The Friendly Poets Society is offering a \$1,000 grand prize in their latest poetry competition, free to everyone. There are 50 prizes in all worth almost \$5,000. The contest is seeking poems on any subject, using any style, with a life-affirming inspirational theme.

To enter, send one poem 21 lines or less to: Lavender Augulis, Poetry Contest, 2255 N. University Parkway, Suite 15, # 196, Provo, Utah 84604. Or go to www.friendlypoets.com and enter online.

The deadline for entering is May 8. A winner's list will be sent to all entrants. The editors reserve the right to publish the winning poems online or in a pamphlet.

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 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.

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.

Watch Channel 97

Tune in to the Commander's Access Channel (Channel 97) for up-to-date community news, 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 Passover dinner, Month of the Military Child Awards, Col. Lawrence Portouw, garrison commander's exit interview, UAV testing/exercise, MAC luncheon, IEWD change of command, NETCOM retirement ceremony for Col. Phelps.

Also, watch the Communications Security Logistics Activity coffee table at 8:30 a.m. and 4 p.m. weekdays.

To get your message on the Commanders Access Channel, e-mail channel97@hua.army.mil.

At The Movies

Showing at the Cochise Theater for the next week are:

Today Twisted R	7 p.m.
Friday Hidalgo PG-13	7 p.m.
Saturday Starsky And Hutch PG-13	7 p.m.
Sunday Agent Cody Banks 2 PG	2 p.m.
Monday - Wednesday Closed	

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

Pets Of The Week



Sampson is a mellow black lab who loves to play.



Grunt is a playful pup who needs a good home where he can run and play.



Lala is a sweet cat who needs a good home with calm surroundings.



Jade is the kind of cat who likes to have other friends to play with

Editor's Note : Animals are available for adoption at the post veterinary clinic. In accordance with Fort Huachuca Regulation 40-905, strays will be kept at their facility for a maximum of three working days to locate an owner. At the end of that three days, the post veterinarian will make the determination whether the stray will be put up for adoption or humanely euthanized. The Vet clinic is located in Building 30009, and the hours are 8 a.m. to 4 p.m., Monday through Friday. For more information, call 533-2767.

Winding Road

Beefy collegiate sport can be smelly

BYNELLDRUMHELLER
SCOUT STAFF

Louis L'Amore made his name writing about flea-bitten, misunderstood cowpokes racing their mustangs through deep arroyos, helping defenseless tenderfoots and outrunning outlaws and renegades.

And then television and movie executives distinguished good guys from bad guys by the color of their hats.

Today's cowboys and cowgirls are cut from a different fabric — they start out as tykes with a thirst for adventure riding sheep in pee-wee rodeos, following their parents or older siblings with toddler-sized swaggers, gingerly stepping around piles of manure and

learning what's what behind the chutes.

For a large percentage of young people preparing for college, scholarships and athletics are keys to unlock the fiscal doors of higher education. While basketball, baseball and football are well-known as college sports; in the land of Herefords and Corriente team roping, barrel racing, bronc busting and calf roping are the norm and considered viable routes to a cost-free education.

This Friday and Saturday, more than 125 rodeo competitors from Arizona and New Mexico will dust off their wranglers and ropers and prove their worth at the Cochise Community College sponsored rodeo at the Sierra Vista Riding Club arena.

This is the first intercollegiate rodeo hosted by the college in recent history.

Students will compete in all of the National Intercollegiate Rodeo Association sanctioned events: bareback riding, bull riding, tie-down roping, breakaway roping, team roping, barrel racing, saddle bronc riding, goat tying, and steer wrestling.

Slack starts at 1 p.m. each day, with daily performances beginning at 7 p.m.

Children, 6 and under, get into the rodeo free. Advance tickets cost \$5 and can be purchased at the Sierra Vista and Benson locations of Spur Western Wear, at Bronco Trading Co. in Tombstone, and at Safeway in Sierra Vista. General admission the day of the event costs \$7.

Competitors from the Cochise team are nationally placed. The men's team is in 9th with Shaun Ebert in 17th place in the men's all-around category, Gene Forrest holds 9th place in saddle broncs with Ebert in 17th; Daniel Jay Etsitty holds onto 12th in bareback; and Austin Taylor Beemer is in 18th place in bull riding. While the women's team is not rated in the top 25 nationally, Nicole Renee Welsh is tied for 25th place in barrels, and Megan Renee Corey is in 18th place in goat tying.

Collegiate rodeo has been around for more than 50 years and competitors come from small community colleges to nationally known university such as California Polytechnic State University and the University of Nevada at Las Vegas.

BALL, from Page B1

break by the "??".

The "??" edged closer towards, but the Storm remained in control as the halftime horn exploded, it was Storm 20, "??" 15.

Desert Storm put on a clinic in the second half of how to protect and expand a lead.

The "??" Hessil and Daniel tried

valiantly to mount a charge but the full-court trapping defense by Desert Storm smothered the last remaining coals of a comeback.

The final score was 60-49, with Desert Storm triumphant in taking their adversity from their first game loss and turning it into a powerful energy.

After the game, both teams shook

hands, and the trophies were handed out.

Both teams smiled ear to ear as they could feel good about leaving it all on the court having played a hard fought, fair championship caliber finale.

"I feel great, it was a good hard game both ways," coach Grayson

said. "The shots went in. We fell short of going undefeated but it's better to have good competition."

"I'm proud of the kids," Wambach said. "You always want to win, but I'm so proud of these kids. They played their hearts out."

Commenting on what it means to have youth basketball and youth

sports return to post both coaches gave high marks. Coach Grayson said, "I think the overall season went pretty good. I think it's a real good thing. Kids and parents both get into it. It's really good for the kids."

"I think it's great," Wambach said. "Hopefully next year it will expand."

Sports Schedules, Standings, Scores

Intramural softball schedule

Cochise Division:

Monday

6 p.m. Smiley	NETCOM vs. Co. E, 305th
7 p.m. Smiley	MEDDAC vs. Co. A, 305th
7 p.m. Pauley	19th Sig. Co. vs. Co. B, 305th #2
8 p.m. Smiley	USMC/USN vs. Co. D, 309th
8 p.m. Pauley	DFAC vs. JITC

Wednesday

6 p.m. Smiley	NETCOM vs. 19th Sig. Co.
6 p.m. Pauley	JITC vs. HHC 111th MI
7 p.m. Pauley	Co. B, 305th #2 vs. USMC/USN
7 p.m. Smiley	Co. A, 305th vs. Co. D, 309th
8 p.m. Pauley	MEDDAC vs. Co. E, 305th

San Pedro Division:

Today

6 p.m. Smiley	269th Sig. Co. vs. HHC, 11th Sig.
6 p.m. Pauley	36th Army Band vs. Co. A, 40th Sig.
7 p.m. Pauley	Co. C, 86th Sig. vs. Co. C, 304th
7 p.m. Smiley	314th TRS/CCF vs. NCOA
8 p.m. Pauley	Co. C, 305th vs. Co. E, 309th
8 p.m. Smiley	HHC 306th MI vs. Co. A, 304th

Tuesday

6 p.m. Smiley	NCOA vs. Co. C, 86th Sig.
6 p.m. Pauley	69th Sig. Co. vs. 314th TRS/CCF
7 p.m. Smiley	Co. C, 304th vs. HHC 306th MI
7 p.m. Pauley	Co. B, 305th #1 vs. 36th Army Band
8 p.m. Pauley	Co. E, 309th vs. 269th Sig. Co.
8 p.m. Smiley	Co. A, 304th vs. Co. C, 305th

Intramural softball standings, results

As of Tuesday:

Cochise Division

W	L	PCT.	GB
4	0	1.000	—
4	0	1.000	—
3	1	.750	1
3	1	.750	1
3	1	.750	1
2	1	.667	1 1/2
2	1	.667	1 1/2
1	1	.500	2
1	2	.333	2 1/2
0	3	.000	3 1/2
0	4	.000	4
0	4	.000	4

San Pedro Division

W	L	PCT.	GB
4	0	1.000	—
3	0	1.000	1/2
2	0	1.000	1
3	1	.750	1
3	1	.750	1
2	1	.667	1 1/2
2	1	.667	1 1/2
1	2	.333	2 1/2
1	2	.333	2 1/2
1	3	.250	3
1	3	.250	3
1	4	.200	3 1/2
0	3	.000	4
0	3	.000	4

Game results:

April 8

39	36th Army Band	17
41	Co. C, 305th #1	6
27	Co. A, 304th	11
26	HHC 306th MI	18
25	HHC 11th Sig.	14
32	Co. A, 40th Sig.	7

Monday

25	MEDDAC	9
26	19th Sig. Co.	22
20	NETCOM	19
37	Co. E, 305th	17
22	HHC 111th MI	1
23	Co. D, 309th	20

Tuesday

14	Co. C, 305th	3
24	Co. C, 305th	11
16	Co. A, 304th	14
22	Co. C, 86th Sig.	21
25	Co. E, 309th	8
35	HHC 306th MI	5



Photos by Spc. Matthew E. Chlosta

Company C, 86th Signal Battalion players Roy Wonsch, left and Andre Couture, inset, were big contributors in Signal's softball win April 8.

Youth basketball playoff results

Senior Division, 13-15

Round 1

Rule defeated Fuentes

Fritz defeated Neal

Round 2

Grayson defeated Rule

Wambach defeated Fritz

Round 3

Grayson defeated Wambach

Loser's Bracket

Round 4

Fritz defeated Fuentes

Rule defeated Neal

Round 5

Rule defeated Fritz

Round 6

Wambach defeated Rule

Championship

Wambach defeated Grayson

If necessary final championship

Grayson defeated Wambach

Junior Division, 11-12

Round 1

Daniel defeated Crawford

Round 2

Wambach defeated Daniel

Redmond defeated Gerle

Potucek defeated Spilsbury

Shear defeated Branch

Round 3

Wambach defeated Redmond

Shear defeated Potucek

Spilsbury defeated Crawford

Round 4

Spilsbury defeated Branch

Gerle defeated Daniel

Round 5

Gerle defeated Crawford

Spilsbury defeated Redmond

Wambach defeated Shear

Round 6

Gerle defeated Spilsbury

Round 7

Shear defeated Gerle

Championship

Wambach defeated Shear

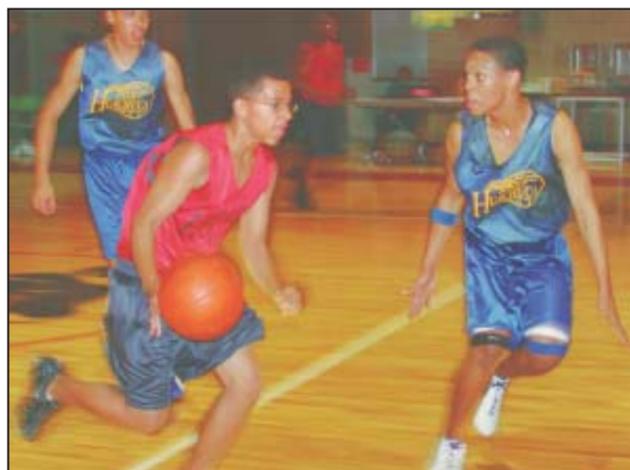


Photo by Spc. Matthew E. Chlosta

Kirk Thomas, "?", left, helped his team win the first game against Fred Livingston, Desert Storm, at 5:30 p.m. April 7 at Smith Middle School in the 13-15, Senior Division Youth Basketball Championship. Desert Storm's only regular season loss was also to the "?". But, in the second and deciding game in the double elimination tournament Desert Storm roared back to take the 13-15, Senior Division Youth Basketball title from the "? by a score of 60-49. Youth baseball will start in May.

Read the Scout on the Web at huachuca-www.army.mil.

Athlete Of The Week



Photos by Spc. Matthew E. Chlosta

Zeke Guillen, stayed hydrated during the 10K race in the Annual Combat Medic Run on Saturday.

Zeke Guillen

Each week the Time Out section will feature one athlete of the week. The Scout will ask various sports related questions of each week's athlete.

This week's athlete of the week is Zeke Guillen, a participant in the Annual Combat Medic run on Saturday.

What is your favorite sport?

"Soccer. I was playing intramurals, we got fourth or fifth."

What does participating in sports bring to your military career?

"Participating in sports maintains my military readiness and fitness. Playing sports keeps me fit."

Cycling results

The third of five criterium bicycle races was held at 5:30 p.m. April 8 at Brown Parade Field. The next event will be conducted at 5:30 p.m. today around Brown Parade Field.

Race results April 8:

Open Male Division

1. Sean Clawson
2. Doug Owens
3. John Guardia

Overall:

Doug Owens

John Guardia

Matt Lorenz

Clydesdale Division

1. Pete Vanderwal

2. Steve Hildreth
3. Dan Damoth

Overall:

Pete Vanderwal

Steve Hildreth

Nicholas Guardia

Female Division and overall:

1. Rachel Mokolke-Heinman
2. Laura Clawson

Junior Division and overall:

1. Nicholas Guardia

Medic 10k races through post

BY SPC. MATTHEW E. CHLOSTA
SCOUT STAFF

The 7th Annual Combat Medic Memorial 10K run and 2K fun run/walk sponsored by the Sierra Vista Health Center was held on a gorgeous spring day, at 8 a.m. Saturday at the Raymond W. Bliss Army Health Center.

According to Barbara Chavez, assistant race coordinator, the Combat Medic run is put on annually Army wide to recognize the efforts and give appreciation to Combat Medics.

"We started seven years ago," Chavez said. "The first time we did it we had less than one hundred Soldiers. At one point before 9/11, we had over three hundred runners."

There were over 145

runners registered before the race started with a total of 200 expected after walk up registration on race day, added Chavez.

"I think we had a great turnout, more people than I was expecting," said Joshua Baker, race coordinator.

The hilly 10K course started in front of RWBAHC, ran through Heritage Hill, around Brown Parade Field and ended in front of the Runion Dental Clinic.

After the race some runners appeared worn out by the undulating course.

"I feel tired," said Zeke Guillen, Medical Department Activity. "It was great, well prepared. I was motivated by Easter weekend."

"Great race, over two hundred participants," said Col. Thomas Smith, com-

mander, MEDDAC.

"I don't think they give them [Combat Medics] enough recognition," Chavez said. "I always wanted to support the Soldiers. I feel like the Combat Medics are under recognized."

The race is run Army wide, we adopted it from Fort Hood, Texas, seven years ago, Chavez added.

The purpose of the race is, "to memorialize the Combat Medic, show appreciation to them," Baker said.

The benefit of the race is to bring the post and community together, Baker added.

Overall winners: 10K male, Paul Valentin, 40:16, 10K female, Delia Luch, 44:47, 2K male, Prido Polaneu, 8:06, 2K female, Brittany Gouger, 9:47.

Softball, from Page B1

in the bottom of the third, Signal had pummeled their way to a 27-1 lead.

The Band changed their tune and drove nine runs across the plate in their bid to close the gap.

After three innings of play with one more inning to go, the score was Signal 27, Band 10.

Even though the Band was mounting a semblance of a comeback bid, Signal kept the pressure on behind the offensive power of Bobby Hanna, Mike Shepard and Ben Meintel.

The score going into the fourth and final half inning of play was 39-10 in favor of Signal.

Once again the Band came to bat with a 'never say die' attitude.

The Band kept methodically plugging away at Signal's lead. But after chipping the seemingly insurmountable lead from 29 runs to 22 runs, they ran out of gas.

Final score, Signal 39, Band 17.

The Band's goals for the next game are, "to work on our batting and infield catching. Every game you learn from. When you make mistakes you learn from them. That's what we do. You don't give up. You play hard. My motto is 'get'er done' whether you're winning or losing," Shook said.

After the game, Couture said, "The last two innings we gave them way too many runs. We need to make less mental mistakes. They kept fighting, I'll give 'em that. The first three innings we played the way we should, the last two we didn't. I think we started slacking off because we were ahead and made too many mental mistakes."

Fitness, from Page B2

backpacking and some forms of mountaineering into one activity. It is excellent aerobic training for cardiovascular fitness and provides strength, power and muscular endurance for the legs, back and upper body. It combines an outdoor setting with the physical challenge of the individual versus the environment.

Speed hikes can be used as an activity itself or be a training mode for extended hiking and backpacking. It can be competitive, or purely recreational. The benefits of speed hiking can be physiological, psychological and social.

If you like the outdoors and thrive on physical activity, the challenge of speed hiking may be for you!

What you need to get started

- Sturdy, light to mid-weight hiking boots and well-padded hiking socks.
- A comfortable backpack large enough to carry 20 percent of your body weight.
- Clothing suitable for hiking and variable weather conditions.
- Water bottles, canteens or hydration packs, energy snacks, sweat towel, watch, sunglasses.
- An outdoor setting preferably with challenging hills to set up a course.
- An appreciation for the outdoors and physical activity.

How to Get Started

- Set up a course for time, distance or completion.
- Saddle up and go.

- Negotiate (hike) the course as fast as your present physical conditioning level will allow.

- Upon completion, check your time or distance for future comparison.

Guidelines to Follow

1. Do not run. Speed hiking is not trail running nor fastpacking.
2. Challenge yourself. Although speed hikes can be competitive versus time or an opponent, ultimately it is the individual against whatever environment they create.
3. Take short rest breaks when necessary.
4. Hydrate yourself as necessary. Use energy snacks before energy levels subside.
5. Set parameters for your hikes and course(s). Do not always try to better your last hike.
6. Vary your training with your present physical condition and fitness level by changing intensity, duration and terrain.
7. Starting distance (or time) for speed hikes should be consistent with your present physical condition and fitness level.
8. It is recommended to carry 20 percent of your body weight in the backpack for overload benefits. However, in the beginning stages, carry less weight (even an empty backpack) and gradually work up to the 20 percent level.
9. Crosstrain. Speed hiking is compatible with running, cycling, strength training and other forms of aerobic activity.



Courtesy photo

Post celebrates National Library Week

Retired Capt. Dick Schaffert presented an autographed copy of his book, *Loyalty, Betrayal, and Other Contact Sports (The Trilogy)* to the Main Post Library in support of National Library week.