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## Mighty Mites have a ball Lakers, Wolves take it to the hoop



Photo by Spc. Matthew Chlosta

Left, Zacchaeus Hill, Wolves, defended against right, Jeric Branch, Lakers in action during a 7-8-year-old youth basketball game, Saturday at the post Youth Center.

BY SPC.

MATTHEWE E. CHLOSTA  
SCOUT STAFF

At 8 a.m. Saturday, the Lakers and the Wolves squared off in a classic divisional match up of two teams in the 7-8-year-old coed Mighty Mites Division of the Youth Basketball League at the Youth Activity Center.

A little more mature than their brethren in the 5-6-year-old division, but just as enthusiastic and once again accomplishing their coaches' main goals of having fun and learning the fundamentals of the game.

When asked why they don't keep score, Meril Branch, head coach, Lakers, said, "They're just learning. They're here for learning and to have fun."

The game was four quarters long, with each period lasting eight minutes.

The players rotated on and off the court frequently to ensure everyone got equal playing time.

There were a lot of fast breaks, some very good zone defense by both teams and a lot of jump shots and layups, as this age group, unlike the Pee Wees, played on regu-

lation nine foot high baskets.

One player from the Lakers, Shaquell Bailey said, "I decided to play basketball because I wanted to. We're out here to have fun."

Thomas Abrouzzo, a player from the Wolves, said, "It's good. Our goal is winning. I think we're kind of losing. Yes, we're having fun."

Abrouzzo also commented on why he played basketball this year, he said, "Because I couldn't get into my other favorite sport, soccer."

After the game ended, both teams lined up for handshakes and then were reunited with family and friends from the stands.

When asked why he liked coaching the Lakers, Branch said, "Just watching them from the beginning to the end, the progression of their skills, watching them grow and seeing them have fun while they're doing it."

Ten minutes after the game everyone went out to the snack area and enjoyed beverages and some well earned breakfast.

You would've been hard pressed to identify who played on what team except by the color of their jerseys.

## Black athletes' achievements celebrated

BY SPC. MATTHEWE E. CHLOSTA  
SCOUT STAFF

(This is the second of a two part series on the celebration of black athletes' achievements.)

Black history month is being celebrated in the United States this month.

Many African-American athletes have led the way over the past century pushing the envelope physically as well as politically for equal rights for minorities to participate equally in all sports based on their athletic skill, not judged by the color of their skin.

All of the following black athletes triumphed in the face of adversity breaking through to the other side and allowing for the athletes of today including Tiger Woods, Venus and Serena Williams, Michael Jordan and others to make a living playing sports with the same equal rights as everyone else.

These are some of the legendary pioneers who cleared the path for today's current black athletes:

### Hank Aaron-

Hammerin' Hank holds major league baseball's all-time homerun record with 755 home runs in his career and is also a black athlete. Aaron broke the record of a white athlete Babe Ruth on April 8, 1974 in spite of racially motivated death

threats on his life.

Aaron grew up playing baseball at a high level from the time I 1952, when he quit high school to play for the Indianapolis Clowns of the Negro American League, until he conquered baseball's once unbreakable record and retirement in 1976.

The homerun chase got white hot in the summer of 1973 as the 39-year-old Aaron playing for the Atlanta Braves peaked during the twilight of his career.

Aaron received so much mail, approximately 3,000 letters a day, more than any American

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## Co. E, 305th MI runs roughshod over NCOA

BY SPC. MATTHEWE E. CHLOSTA  
SCOUT STAFF

The intramural soccer season kicked off with a hard-scrabble game between the non-commissioned officer's academy and Company E, 305th Military Intelligence Battalion at 6 p.m. Tuesday at Pauley Field.

"Our goal is to win," said NCOA coach, Thomas Baker, before the game. "We'll just mix it up on offense with a lot of movement; try to make them run a lot."

Also before the game, Company E, 305th MI Bn. coach Damian Corellas talked about his team's goals for the game and the season. He said, "Our goal for this game is to win. We're going to use a lot of passing. We're going to attack and shutdown their defense."

In comments about his team's chances this season Corellas said, "We have guys that have played junior Olympics, junior college and high school soccer. I definitely think we have a chance to reach the playoffs."

The game consisted of two 20 minute halves.

Joe Ranager, Company E, 305th MI Bn. blasted a goal past goalie Andrew Lunn, NCOA early in the opening 10 minutes of the first half.

The NCOA returned fire a couple of minutes later as Baker, slashed his way through the tough Company E, 305th MI Bn. defense and knocked the ball past goalie Nick Dia-

mond, Company E, 305th MI Bn., knotting the game at 1-1.

After a few more minutes of back and forth runs at each other's goals, Dan McIntyre, Company E, 305th MI Bn. broke through NCOA's stingy defense to score the go ahead goal making the score 2-1 in favor of Company E, 305th MI Bn. at the end of the first half.

During halftime Baker talked about his team's strategy for the second half to come from behind, he said, "We're going to try to push the offense more in this half."

But, the second half was owned by the Company E, 305th MI Bn.'s stonewall goalkeeper Diamond. A virtual wall in the mouth of the goal, Diamond thwarted attack after attack by the NCOA team of lightning fast strikers as the NCOA tried to even the game throughout the early part of the second half.

Ranager punched in an insurance goal in the final moments of the game for Company E, 305th MI Bn.

NCOA never gave up though. They scrambled desperately in the game's final minutes to try to get through the defense of Company E, 305th MI Bn., but the final whistle blew with Company E, 305th MI Bn. on top with a score of 3-1 in the hard fought contest.

After the game, Baker said, "For a first game I thought we played a good game. We're going to work on our communica-

tion. That is the biggest thing for us."

Corellas, awash in his team's triumph afterwards also spoke, he said, "We started off good, but got complacent and sloppy, later. We're still pretty good. I know what

we're missing, now is the time to improve. We're not the biggest team or the best team, but we're the most competitive."

Corellas added that hard practice by his players is what had achieved the night's win.



Photo by Spc. Matthew E. Chlosta

Left, goalkeeper, Nick Diamond, Company E, 305th MI Bn. makes a save by cutting down the angle on fast breaking striker, Eric McCullough, NCOA as he streaks toward the goal in Tuesday night action in intramural soccer at Pauley Field.

# Giddy up

*Troopers demonstrate whos in 'charge'*

By Sgt. Kristi T. Jaeger  
Scout Staff

The only active United States Army Cavalry unit performed a cavalry riding demonstration Saturday at Fort Lowell Park in Tucson for local citizens and those from surrounding communities.

B Troop, 4th United States Cavalry Regiment (memorial) is basically a drill team on horseback, said Juan Villarreal, B Troop first sergeant. Members of the unit demonstrated various types of charges using pistols and sabers, followed by a demonstration of individual skill through an 'obstacle' course.

Villarreal, the longest riding member of B Troop, describes the unit's riding as "a unique combination of a soldier understanding how to ride an Army horse without using brute force." The rider controls the horse with the pressure of their legs, he said. Another factor is how the rider sits; if the rider moves left, the horse will move left, he said. If the rider moves right, the horse will move right. Members of B Troop also cut down the spurs on their boots so they won't hurt the horses.

The riders use McClellan saddles, which are the same saddles used around the 1880's.

The saddles are made to provide comfort, for the horse, on long rides, said Villarreal. Every October, members of B Troop ride to Tombstone and spend the night at a horse ranch. A comfortable saddle may improve this trip for both horse and rider.

Among the spectators were two volunteers hard at work replacing balloons, which the riders had to pop with their pistols, picking up fallen sabers and maintaining the obstacle course.

Pfc. Joshua Schuttloffel and Pvt. Stephen Scott, Company C, 305th Military Intelligence Battalion, took B Troop's demonstration as a means to get out and volunteer. Both Soldiers are working towards the requirements for a Military Outstanding Volunteer Service Medal. Volunteering at the demonstration was a change of scenery and gave them a bit of a variety, said Scott.

Members of B Troop are all

volunteers as well. The unit is comprised of an 'all volunteer force.' Membership is open to active duty military, retired military personnel and the Department of Defense civilians.

B Troop's mission is to promote the heritage and traditions of the US Army, military horsemanship, Fort Huachuca and it's hometown of Sierra Vista, said Villarreal.



Staff Sgt. Jerry Jones takes a shot at a balloon while he goes through the obstacle course.



Tech. Sgt. Thomas Hakes uses his saber to remove the rings from the course.



Retired Chief Warrant Officer Jay Hizer shows off his skills to the gathered audience.



Members of B Troop demonstrate a charge using pistols on Feb. 7 at the Fort Lowell park in Tucson, Ariz.

Photos by Elizabeth Harlan



## FORT HUACHUCA DIRECTORATE OF COMMUNITY ACTIVITIES UPDATES

The Directorate of Community Activities is responsible for content appearing on the MWR page in The Fort Huachuca Scout. Questions about this section should be directed to MWR Marketing Director, Paula German at 538-0836 or send an e-mail to [paula.german@hua.army.mil](mailto:paula.german@hua.army.mil) or visit us on the web at [mwrhuachuca.com](http://mwrhuachuca.com)

### Boating safety class set

An eight-hour boating safety course will be held 8 a.m. - 5 p.m. Saturday at the MWR Rents Building 70914, Irwin Street.

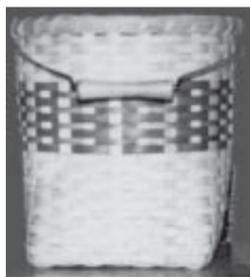
The class is free and open to the public. Completion of a boating safety class is required for anyone who wishes to rent a boat from MWR Rents. A minimum of six students is required for the class to be held.

The certified course covers boat registration requirements, Arizona boating laws, navigation rules, the state waterway marking system and boating accidents.

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

### Basket-making class at arts center

The MWR Arts Center will offer a basket-making class 9 a.m. - noon, Saturday. The class is open to beginners to intermediate students. Students will make an apple bucket basket.



The minimum class size is three students, with a maximum limit of six students. Please register to reserve your place for the class.

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

Each week, participants fabricate a different craft from clay, paper, glass, beads and more. The schedule for the remainder of February is: Saturday, ceramic painting; and Feb. 28, paint with watercolors.

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.

From noon - 2 p.m. every Friday, the arts center offers a program specifically geared toward seniors. The schedule for the remainder of the month is: tomorrow, photography; and Feb. 27, acrylic painting.

Cost of the senior classes is \$15 each and pre-registration and pre-payment are required.

The hours of operation at the MWR Arts Center are: Friday and Saturday, 9 a.m. - 5 p.m. and Tuesday, Wednesday and Thursday, noon - 8 p.m.; Sunday and Monday, closed. Stop by or call 533-2015 for more information or a complete schedule of classes offered.

### Turkey shoot at Sportsman's Center

A turkey shoot will be held starting at 10 a.m. Saturday at the Sportsman's Center. There will be 15 rounds, with 10 shooters per round.

Prizes for the event will be sporting goods and special surprises. For more information, call Mick Gue at 533-7085.

### Golf course needs your input



Mountain View Golf Course invites golfers to stop in and fill out their customer satisfaction survey. The survey is designed to help the facility determine areas that may need improvement.

Don't miss the next Payday Scramble, with a noon shotgun start, set for Feb. 27 at MVGC.

For more information, call 533-7088.

### Right Arm Night at Time Out

Time Out will host the next command generals' Right Arm Night, 4 - 6 p.m. Feb. 27. This a great opportunity to relax and socialize. A pay-as-you-go bar and finger foods will be available.

Time Out is located on Arizona Street, across from Barnes Field House.

### February special at MWR Rents

MWR Rents is offering a "sweetheart special" for the entire month of February. You get \$5 off any rental of \$25 or more.

The facility has boats, grills, sports equipment, lawn and garden items, campers and camping equipment and many other items for rent.

For a complete list of rental items available, or for more information, call David Wall at 533-6707.

### Manhattan Rhythm Kings to perform at BPAC

The Buena Performing Arts Center, Sierra Vista, will present the Manhattan Rhythm Kings at 7 p.m. March 13.

Known for their polished performances of American popular music from the '20s, '30s and '40s, the Manhattan Rhythm Kings, have gained a large and enthusiastic following across the country. While frequently compared with such musical greats as the Mills Brothers and Paul Whiteman's Rhythm Boys, the trio has established a unique character of its own with a combination of close harmony singing, virtuosic instrumental work, and spectacular tap dancing.

Tickets for the Sierra Vista performance are on sale now at the MWR Box Office. The box office also has tickets available for the Metallica concert, 7 p.m. March 3 at the Tucson Convention Center.

Other upcoming events at TCC include: Tuesday, John Mayer; March 8, the Newsboys, Rebecca St. James and Jeremy in concert; and March 19 - 21, a tribute to Buddy Holly. The box office has tickets for all these events. They may be purchased 10 a.m. - 4 p.m., Monday - Friday.



The box office also has tickets for the 16th Annual Arizona Renaissance Festival and Artisan Marketplace, being held weekends, now through Mar. 28, at Apache Junction, Ariz. Gates open at 10 a.m. and close at 6 p.m. Save by purchasing advance tickets for this event at the box office.

Whether it's tickets for that musical or sporting event you've been waiting to see, a reasonably priced hotel room in Tucson or Phoenix, or information on activities that are available in a specific area, the MWR Box Office can help.

Call 533-2404 for more information 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.

### Thunder Mountain 10K and 5K runs

It's time to get in shape for the Thunder Mountain 10K and 5K competitive runs, scheduled to begin at 7 a.m., March 20. The runs are open to both active duty military and civilians.

Runners will compete in the following categories: active duty military male and female; open division male and female; and master's division male and female (age 40 plus).

If you're not interested in the competitive runs, there will be several other activities in which you can participate, including a 10K bike tour, a leisurely 5K walk/jog, with or without your dog, and a "diaper dash," for toddlers ages three and under.

All races, including the 10K and 5K competitive runs, will begin at Barnes Field House. Entry forms for all events are available at Barnes Field House or Eifler Fitness Center. Entry forms for the competitive runs **only** are also available on the web at <http://active.com>. Visitors and guests to Fort Huachuca are reminded to use the Main Gate, and to allow an extra five minutes for the issue of a pass to enter the fort. For more information, contact race director Michelle Kimsey at 533-5031/533-3246 or e-mail [michelle.kimsey@hua.army.mil](mailto:michelle.kimsey@hua.army.mil)



### Lunch buffet served weekdays at LakeSide

The daily lunch buffet, formerly served at La Hacienda, is now being served at the LakeSide Activity Centre 11 a.m. - 1 p.m. Monday - Friday.

On the buffet, you have your choice of the salad bar, main entree, potatoes, rice, macaroni and cheese, vegetables, pasta, marinara sauce, rolls or corn bread. Cost of the all-you-can-eat buffet is just \$6.50. This price includes your choice of nonalcoholic beverage. The menu varies each day, so try the LakeSide for lunch and enjoy something different every day of the week

For more information, call 533-2193.

### Winter hours at Buffalo Corral

During winter months, Buffalo Corral is open Thursday - Sunday. Trail rides are offered 9 - 11 a.m. and 1 - 3 p.m. Saturdays and Sundays only. The remainder of the time, the corral offers open riding. For more information, call the Buffalo Corral at 533-5220.

# Free movie screenings hosted over weekend

BY SPC. MATTHEW E. CHLOSTA  
SCOUT STAFF

In support of Soldiers and airmen on the "home front", the Army and Air Force Exchange Service Food and Theater Division with Sony Entertainment teamed up to provide free screenings of a Columbia Pictures movie, at 30 selected CONUS and Hawaiian AAFES theaters, including the post's Cochise Theater, at 2 p.m. Saturday and at 11 a.m. Sunday.

The film, "50 First Dates," a romantic comedy, which stars Adam Sandler and Drew Barrymore, was enjoyed by military personnel, friends and family.

Before the show, the lobby of Cochise

Theater buzzed with anticipation and the air was infiltrated by the swirls of freshly popped popcorn.

"I think it's great especially for the new Soldiers," said Pvt. Nathan Feinstein, Company B., 305th Military Intelligence Battalion. "Because we can't go off post in phase four."

Pvt. Ryan Ridgway, Company A., 305th MI Bn., who echoed Feinstein's sentiments, said, "I think it's a good opportunity for the people to spend some time with each other. I'm an Adam Sandler fan. It's a movie I wanted to see."

The PG-13 rated film was AAFES' 33rd free screening of a major motion picture. All of the locations for the screenings were

identified and coordinated through the film distributor.

"Providing entertainment for service-men and women, and their dependants, plays a key roll in maintaining morale," said Richard Sheff, AAFES' vice-president, Restaurant and Theater Division. "Each screening has truly become a community event. Installation commands and participants are equally thankful to distributors for this special service they provide."

"I think it's great," said Joe Crawshaw, manager, Cochise Theater. "All the customers seem to enjoy and really appreciate the fact that they get a free movie."

After the show was over, movie goers milled about, kept up the positive comments and talked about the movie.

"It was really good," said Capt. Jonathan Glenn, Company A., 304th MI Bn. "I liked it. It was nice. A nice free date."

"It was great," said Sarah Liest, "I think the free tickets are awesome." Last year we had five or six free screenings, but this is the first one for this year, Crawshaw said.

"Free screenings are a tremendous quality of life program, providing an entertainment break for those that support the deployed military at the "home front", Sheff said.

## NASCAR salutes National Guardsmen, Reservists in Busch Series

ARMED FORCES NEWS SERVICE

A "dream team" of all-stars will race this year in NASCAR Busch Series salute to supportive employers of National Guardsmen and reservists.

The National Committee for Employer Support of the Guard and Reserve and Richard Childress Racing have teamed up for the effort. The ESGR No. 29 car will display the colors and logos of the seven Reserve components and will feature well-known drivers in the following races:

Bobby Labonte April 3 - Texas Motor Speedway Army National Guard/Air Force Reserve

Tony Stewart May 1 - California Speedway Marine Corps Reserve

Ricky Craven July 10 - Chicagoland Speedway Navy Reserve

Kerry Earnhardt Sept. 25 - Dover Speedway Air National Guard/Air Force Reserve

Kevin Harvick Nov. 20 - Homestead-Miami Speedway Coast Guard Reserve

"The trips I've taken overseas with ESGR to meet with our troops in places like Iraq, Kuwait and Bosnia have made me even more proud of the dedication and patriotism our troops have for our country," said Richard Childress, the racing team's president and chief executive officer. "It's very important for all employers to support their employees who are defending our country in the Guard and Reserve." He noted that he especially appreciated the drivers agreeing to take the wheel of the ESGR No. 29 car.

"We are excited to partner with the RCR team and the five all-star drivers that Richard has recruited to drive for America's outstanding employers," said Bob Hollingsworth, ESGR executive director.

The car will be featured at each selected Busch Series race. A show car, known as "America's Car," will tour the United States, stopping in up to 100 cities, Hollingsworth noted. ESGR, in cooperation with local chambers of commerce, will host a series of educational breakfast forums designed to recognize more than 10,000 employers nationwide, he added.

Local employers will have the opportunity to be photo-

graphed with America's Car and to sign statements pledging their support for National Guard and Reserve member employees.

People who attend can have their pictures taken with America's Car and can show their support for mobilized National Guardsmen and reservists by signing their name to several large banners associated with the show car, Hollingsworth said.

"Our goal is to get one signature of support for every one of the 1.2 million men and women who serve," he added. "Today, in support of the war on terrorism and the ongoing operations in Southwest Asia, an essential alliance has been formed with many of America's employers who have become inextricably linked to the nation's defense by sharing their most precious asset, their employees." Signed banners will be sent to Guard and Reserve units serving overseas.

Also, ESGR officials are arranging leadership symposiums for 15 U.S. cities featuring Defense Department and Homeland Security officials.

## Time Out Briefs

### New art classes

The Arts center is offering a variety of new art classes for all age groups.

Seniors art classes are from noon to 2 p.m., every Friday. This week's class is on photography and a class on acrylic painting is scheduled for Feb. 27.

Teen art classes are from 4 to 6 p.m. on Tuesdays. Classes to be offered include photography, computer graphics, bead work, pottery, painting and scrapbooking.

Classes are held in Building 52008. Cost is \$15 per class. Pre-registration is required and payment is due at registration.

For more information, call the MWR Arts Center at 533-2015.

### Field trip to volcanic fields

Sierra Vista Parks and Leisure is offering a field trip from 7 a.m. to 5 p.m. on Feb. 28 to the San Bernadino Volcanic Field.

The cost of the trip is \$28 per person and includes visiting eruption sites and young volcanoes in southeastern Cochise County. Please pre-register by Friday.

For more information, call Jeanette Higgins at 417-6980 or e-mail her at [jhiggins@ci.sierra-vista.az.us](mailto:jhiggins@ci.sierra-vista.az.us).

### Softball pre-season coaches' meeting set

The pre-season coaches' meeting for Commander's Cup co-ed intramural softball program will be held at 10 a.m., March

2 at Barnes Field House. Letters of intent, to include the coach's name, phone number, e-mail address and known military commitments, are due at that time.

Rosters are due by March 26, and the softball season will begin March 29.

For more information, call Tom Lumley at 533-5031/533-3246 or e-mail [thomas.lumley@hua.army.mil](mailto:thomas.lumley@hua.army.mil). This is a major Commander's Cup sport.

### 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 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 commercial 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.

### 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.

Reservations can be made by calling ACS at 533-2330, 8 a.m. - 4:30 p.m., Monday - Friday.

### Trekkers

The Trekkers are an internationally sanctioned non-competitive sports club, sponsoring four weekend walks and eight year round events in Arizona.

The weekend events are normally linked to either local or national events, such as March for Parks, National Trails Day, or Earth Day.

The year round events consist of walks at the Coronado National Memorial; Fort Huachuca; Naco, Ariz. to Naco, Sonora, Mexico; historic Bisbee; Tombstone; Benson; and Sedona.

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

## At The Movies

Showing at the Cochise Theater for the next week are:

<b>Today</b>	
House of Sand and Fog, R	7 p.m.
<b>Friday</b>	
Disney's Teacher's Pet, PG	7 p.m.
<b>Saturday</b>	
Chasing Liberty, PG-13	7 p.m.
<b>Sunday</b>	
Disney's Teacher's Pet, PG	2 p.m.
<b>Monday - Wednesday</b>	
Closed	

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

## Pets Of The Week

Editor's note: For pet adoption, call 533-2767.



Cookie is a dalmatian who is good with children and dogs.



Grunt is looking for a loving family since his family left and couldn't take him along.



Midnight is an affectionate cat who loves attention.



Pharoah is an energetic chow mix who is good with children and other pets.

## Channel 97

### CAC for troop information

Tune in to the Commander's Access Channel (Channel 97) for up-to-date

community news and information from Fort Huachuca and around the military.

For the latest in military news, catch Army News Watch at 2 p.m., Air Force News at 2:30 p.m. and Navy Marine News at 3 p.m. The Fort Report airs at 3:30 p.m.

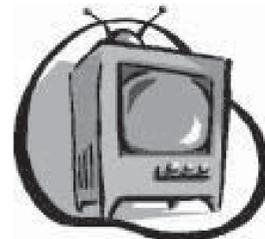
daily with video highlights of local events.

This week, see highlights of the school board meeting, the 50 First Dates movie premier and the welcoming for the reservists on post for military intelligence training.

Don't miss the Army's new War-

rior Ethos commercial and a special song written by one of Fort Huachuca's own family members, Evelyn Dubois.

Stay tuned to Channel 97 for more special programming. To get your message on the Commanders Access Channel, e-mail [channel97@hua.army.mil](mailto:channel97@hua.army.mil).



## Winding Road

# Bonfires, s'mores, camping time nears

BY KAREN WEIL  
THE SCOUT STAFF

Yes, we still have a few months until spring brings those comforting warm days and nights, but it's not too early to start thinking about an activity that nearly everyone can enjoy: camping.

When it comes to camping, Arizona definitely ranks way at the top for aficionados. Campers in this state can explore pine forests or scenic deserts - in some cases, all year-round. There is no shortage of great places to explore.

In northern Arizona, people can explore Havasupie Falls in the Grand Canyon or Sedona's gorgeous red rocks. In Southern Arizona, the possibilities for a grand camping adventure are many. For this week's Winding Road column, we'll focus on camp grounds in our neck of the woods.

Most campgrounds and camping in Arizona are located on public land, so fees are often small. Campers should remember to share the land with hunters, fishers, photographers and other outdoor recreation enthusiasts while and remember to do their part to protect and preserve camping areas for future visitors.

While camping, it's important to have all the necessary gear, including a map and compass, be prepared for inclement weather and take plenty of water and food. It's also vital to remember to respect all rules of a camp ground and leave the area as you found it.

Here's a round-up of a few of the great places to explore in the coming months:

### Parker Lake

Located on a forested hill overlooking the lake, Parker Lake's campsites are spread among oak and juniper trees.

Campers can take a brisk walk to the lakeshore or a short drive to the boat launch ramp, fishing pier, paved parking areas and paved walkways - another plus is that all of these features are accessible to disabled people. The recreation area is open all year.

This beautiful, tranquil lake offers a general store, for those campers who may have forgotten something. And, boat rentals are available, too.

A five-mile trail around the lake offers several viewing areas complete with benches and interpretive signs. A visitor could spot a bald eagle during winter time, osprey, white-tailed deer or scurrying raccoons.

There is a \$10 fee or overnight camping or per vehicle for day use; the campground operates on a first-come, first-serve basis.

One small drawback to Parker Canyon Lake and its lakeside campground is access. One must be prepared for a long drive, and the last four miles of it being over dirt roads. On the upside, that means less crowded campground. There are public toilets, drinking water and garbage bins available. Along with tents, small trailers and motor homes are allowed, but there are no utility hookups. Pets must be on a leash at all times.

To get there, drive south to Sonoita on state Highway 83; from there, it's approximately 25 miles to Parker Canyon Lake. Drivers can also travel through Fort Huachuca's west gate on Cimmarron Road to State Route 83, and then turn south and travel 10 miles to Parker Canyon Lake.

Another route is driving south on State Highway 92 about 14 miles to Coronado Memorial Road, followed by 25 miles over Montezuma Pass, and following Forest Road 48 along the south side of the Huachuca Mountains to Parker Canyon Lake.

For more details, go to the Sierra Vista Ranger District, 5990 S. Highway 92 in Hereford, or call 378-0311.

### Patagonia Lake

At two and a half miles long, Patagonia Lake is popular for water skiing, fishing, camping, picnicking and hiking. Fishing fans will appreciate that the lake, created by the damming of Sonoita Creek, is home to bass, crappie, bluegill and catfish. In the winter, it's stocked with rainbow trout.

Because the lake attracts a multitude of water sports enthusiasts during summer months, water skiing and jet skiing are prohibited on weekends and holidays from May 1 through

Sept. 31.

The park is part of the Sonoita Creek State Natural Area, home to beautiful native plants and trees, and abundant wildlife.

Camping ranges from undeveloped spots to sites with water and electric hookups. Park conveniences include picnic ramadas, a swimming beach and a marina store with boat rentals. Entry to the park is allowed from 4 a.m. until 11 p.m.

There are 72 developed sites, 34 hook-ups, 12 boat access sites, restrooms, showers and a dump station. The recreational vehicle size limit is 35 feet. There are fees, but interested campers will have to call (520) 287-6965 to get the rate.

The park is located at 400 Patagonia Lake Road. To get there, take State Highway 90 north, and then head State Highway 82, towards Patagonia. The park can be found seven miles outside of Patagonia, before Nogales. For more information, check out [www.patagonia-lake.com](http://www.patagonia-lake.com).

### Kartchner Caverns

This national treasure offers spectacular caverns, and so much more. The state park, located 12 miles south of Benson, also has camping, with no reservations needed. There are no less than 60 campsites.

Camping fees are \$22 per night, and features electric/water hookups. If the campground is full, there are a number of campgrounds in Benson and the surrounding area.

The park usually has 100 "walk-up" tickets (for cavern tours) for those arriving at 7:30 a.m. Visitors can camp, hike, check out the Discovery Center and see exhibits, view a hummingbird garden, and enjoy picnic and dining areas.

Kartchner Caverns State Park is open seven days a week from 7:30 a.m. until 6 p.m., while camping is offered year-round.

For more information, contact the Benson San Pedro Valley Chamber of Commerce at 586-2842 or [info@benzonchamberaz.com](mailto:info@benzonchamberaz.com); Arizona State Parks (602) 542-4174 or Arizona National Forests at (800) 280-CAMP.

The Kartchner Caverns State Park recorded information line is 586-4100.

The Winding Road will feature more camp sites in months to come. If you know of a great place, tell us at [thescout@hua.army.mil](mailto:thescout@hua.army.mil).

# Sports Schedules



## Coed Intramural Soccer

Time	Location	Home	Away
<b>Huachuca Division Today</b>			
6 p.m.	Pauley Field	USAG	Co. C, 305th
7 p.m.	Pauley Field	NCOA	Co. B, 305th #2
7 p.m.	Brock Field	USAG	Co. E, 305th
8 p.m.	Pauley Field	Co. C, 305th	HHC 111th MI
8 p.m.	Brock Field	Co. D, 40th Sig.	Co. C, 304th #1

Time	Location	Home	Away
<b>Tuesday</b>			
6 p.m.	Pauley Field	Co. D, 40th Sig.	USAG
7 p.m.	Pauley Field	Co. C, 305th	Co. B, 305th #2
7 p.m.	Brock Field	Co. C, 304th #1	NCOA
8 p.m.	Pauley Field	HHC 111th MI	Co. E, 309th

Time	Location	Home	Away
<b>Cochise Division Monday</b>			
7 p.m.	Pauley Field	Co. D, 309th	DFAC
7 p.m.	Brock Field	JITC	Co. A, 306th
8 p.m.	Pauley Field	NETCOM	MEDDAC
8 p.m.	Brock Field	Co. A, 309th	Co. C, 304th #2

Time	Location	Home	Away
<b>Wednesday</b>			
7 p.m.	Brock Field	Co. A, 309th	JITC
7 p.m.	Pauley Field	Co. C, 304th #2	Co. D, 309th
8 p.m.	Pauley Field	MEDDAC	Co. B, 305th #1
8 p.m.	Brock Field	Co. A, 306th	DFAC

(Note: For more information on scheduling conflicts or questions, call Michelle Kimsey at 533-5031.)

## Youth Basketball



Time	Location	Team 1	Team 2
<b>Pee Wee League, 5-6 Saturday</b>			
8 a.m.	YC	C	2
9 a.m.	HM	3	A
9 a.m.	YC	D	6
10 a.m.	HM	7	B

Time	Location	Team 1	Team 2
<b>Wednesday</b>			
5 p.m.	YC	A	6
6 p.m.	YC	D	7
7 p.m.	YC	B	5

Time	Location	Team 1	Team 2
<b>Mighty Mite League, 7-8 Saturday</b>			
8 a.m.	YC	B	8
9 a.m.	YC	D	E
2 p.m.	HM	6	A

Time	Location	Team 1	Team 2
<b>Wednesday</b>			
5 p.m.	YC	D	2
5:45 p.m.	HM	1	C
6 p.m.	YC	E	3
7 p.m.	YC	B	4

## Bantam League, 9-10

Time	Location	Team 1	Team 2
<b>Saturday</b>			
11 a.m.	AMS	5	D
noon	AMS	6	F
1 p.m.	AMS	8	E
2 p.m.	YC	B	1
3 p.m.	YC	C	2
4 p.m.	YC	A	3

Time	Location	Team 1	Team 2
<b>Wednesday</b>			
6 p.m.	SMS	A	D
7 p.m.	SMS	B	F

## Junior League, 11-12

Time	Location	Team 1	Team 2
<b>Saturday</b>			
9 a.m.	SVMS	A	1
10 a.m.	SMS	B	2
10 a.m.	SVMS	3	5
11 a.m.	SMS	4	C

Time	Location	Team 1	Team 2
<b>Wednesday</b>			
6 p.m.	SVMS	5	6
7 p.m.	SVMS	2	3

## Senior League, 13-15

Time	Location	Team 1	Team 2
<b>Saturday</b>			
11 a.m.	SVMS	2	4
noon	SMS	B	1
1 p.m.	SMS	A	3

Time	Location	Team 1	Team 2
<b>Wednesday</b>			
8 p.m.	SVMS	A	4

### Youth basketball game locations key:

AMS - Apache Middle School (Sierra Vista), HM - Huachuca Mountain (Sierra Vista), YC - Fort Huachuca Youth Center (Fort Huachuca), SVMS - Sierra Vista Middle School (Sierra Vista), SMS - Smith Middle School (Fort Huachuca)

# At The Library

### Hardcover fiction

1. The Da Vinci Code, by Dan Brown
2. The Five People You Meet In Heaven, by Mitch Albom
3. Divided In Death, by J. D. Robb
4. The Cat Who Talked Turkey, by Lilian Jackson Braun
5. The Zero Game, by Brad Meltzer

### Hardcover nonfiction

1. The Price Of Loyalty, by Ron Suskind

2. American Dynasty, by Kevin Phillips
3. Give Me A Break, by John Stossel
4. Who's Looking Out For You? by Bill O'Reilly
5. Dude, Where's My Country? by Michael Moore

### Paperback fiction

1. Angels & Demons, by Dan Brown
2. Chesapeake Blue, by Nora Roberts
3. The King Of Torts, by John Grisham

4. One Hundred Years Of Solitude, by Gabriel García Márquez
5. Key Of Valor, by Nora Roberts

### Paperback nonfiction

1. Reading Lolita In Tehran, by Azar Nafisi
2. Tuesdays With Morrie, by Mitch Albom
3. Bringing Down The House, by Ben Mezrich
4. What Should I Do With My Life? by Po Bronson
5. A Child Called "It," by Dave Pelzer

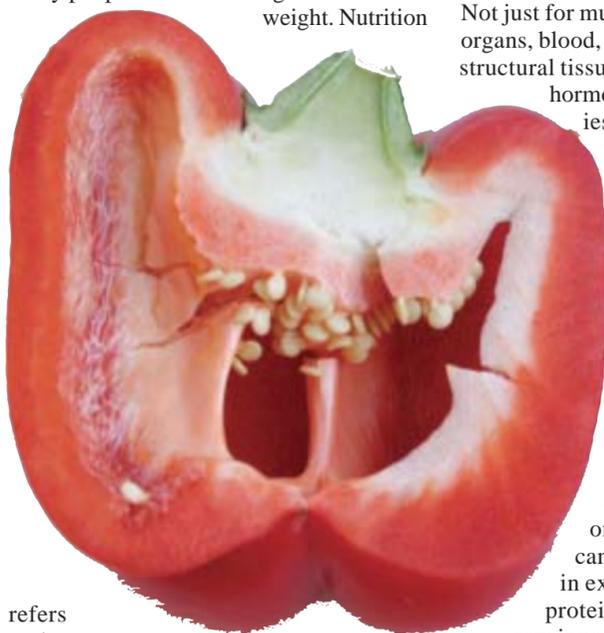
## Fit for life

## Developing a healthful, fit lifestyle

Step three:  
NutritionBY GEORGE R. COLFER, PH.D.  
CONTRIBUTING WRITER

"You are what you eat." This cliché is old, but true. Every part of your body is affected by what you eat. Overweight and obesity are both controlled by nutrition. Humans were meant to eat to sustain life, but now, eating is a pleasure and is centered more on taste than on nutritional value. Our eating habits have changed through time to include more sugar and fat in the diet. Many people are misinformed about calories and food values. We reply on many empty calorie sources such as candies, soda, fatty meats, and even alcoholic beverages for our so-called energy supply. Most people lack an intake of starch and fiber (unrefined or complex carbohydrates), which are essential to body function and may play a role in the prevention of certain chronic diseases. Excessive salt in foods, used for taste, may lead to high blood pressure. Saturated fat from fatty meats and other products increases one type of blood cholesterol (low-density lipoprotein) that has shown to be a risk factor for heart disease. However, the major problem from poor nutrition is obesity. A large percentage of the population is affected by some degree of obesity; thus, we can note the extreme importance of food selection for a health and fitness lifestyle.

There is a wealth of information and misinformation about nutrition and diet. The major emphasis on both terms for many people is how not to gain excessive weight. Nutrition



refers to the foodstuffs that are necessary to nourish the human body. Diet is the regimen or selection of food and drink that one uses for health or other reasons. This also includes the amounts consumed. It's difficult to discuss one term without some relationship to the other. However, the purpose of writing is to focus on what is necessary for human nourishment to reach and maintain a healthy lifestyle.

Food sources are an important consideration for everyone. Carbohydrates, protein and fats are all necessary elements. Proper nutrition should provide food intake adequate to maintain one's ideal body weight and suffice for daily energy needs.

Carbohydrate is the most readily available source of food energy. It cannot be stored in large amounts and is available from two sources; starches (complex) and sugars (simple). Significant sources of starches are grains and grain products (wheat, oats, corn, rice, breads, cereals, pasta), root vegetables, and other vegetable sources such as beans, squash, broccoli, peas, etc.

Sugar sources (sucrose, fructose, glucose, lactose, etc.) are available



in fruits, juices and milk, but also in jellies, cakes, pies, candies, soda and many processed food products. While there is some emphasis currently on low carbohydrate diets for weight loss, the physically active person should never compromise their carbohydrate intake. Sugars, which can provide quick energy, should be secondary to starches for consumption. Starches will provide better for the long-term energy needs. Another benefit of consuming a variety of fruits and vegetables, especially those that are dark green, deep orange or yellow is to insure adequate intakes of micronutrients normally present in this food group.

Whole fruits and vegetables are preferable to juices. Complex carbohydrates provide a good source for dietary fiber. The body's storage form for carbohydrate is glycogen stored in the muscles and liver. Any excess carbohydrate in the diet is converted to and stored as fat in the body.

Protein is needed on a daily basis to maintain growth and promote normal functioning and repair of all body tissues. Not just for muscles alone, but for skin, organs, blood, bones, cartilage and other structural tissues. Protein also produces hormones, enzymes and antibodies that fight infection and regulate neuromuscular functioning. Protein in foods is the body's source of amino acids. Animal source protein provides all the essential amino acids. Vegetable foods are also an important source, but are lacking in certain amino acids. Therefore, a combination of foods from animal and vegetable sources will meet one's protein needs. Americans tend to consume protein in excess of their needs. Extra protein in excess of energy and repair needs is not efficiently

utilized by the body and is converted into fat and stored in the body the same as excess calories from other food elements. The best protein sources are lean cuts of beef, pork tenderloin, skinless chicken or turkey breast, fish, egg whites and lower fat dairy products. Fat is the most concentrated source of energy in the body. One gram of fat contains over twice as many calories as the same quantity of carbohydrate or protein. During physical activity, carbohydrates and fat are the main energy sources. Protein is seldom used. At rest and during light activity or exercise carbohydrate and fat contributes about equally to the energy supply. During moderate intensity activity of a longer duration (45 to 60 minutes plus), fat provides the greater portion of energy. During anaerobic activity (sprints/weight lifting), carbohydrate is the main energy source. Fats provide several functions for the body. They serve as transports for fat-soluble vitamins (A, D, E, and K). They insulate the body and protect internal organs. Fats are the only source of linoleic acid, an essential nutrient the body cannot synthesize. Linoleic acid can be obtained from vegetable oils. We need a certain amount of fat in our diet to maintain health. However, the type of

fat intake become important. It is best to avoid high quantities of saturated fat which raises the LDL cholesterol level as well as trans-fatty acids (hydrogenated and partially hydrogenated fats and oils) used in many processed foods and fried/fast food preparation. The future inclusion of trans-fat content on food labels will aid consumers in making choices. The healthiest sources for the body are unsaturated

fats, either monounsaturated or polyunsaturated. Sources are vegetable oils (olive, canola, corn, safflower, peanut, etc.) fish, vegetables, legumes and nuts.

Animal fats provide cholesterol, which is necessary for health, but excess quantities can create a health risk.

Fatty fish (example salmon) and plant oils provide a natural source for omega-3 fatty acid

which along with linoleic acid has demonstrated beneficial effects on lowering cardiovascular disease risks.

The caloric content per gram is carbohydrate (4), protein (4) and fat (9). The recommended ratio for nutritional needs can vary as to one's activity level and bodyweight situation. There is no definite standard or norm. However, a physically active person will need to consume 40 - 60 percent of their daily calories from carbohydrates, especially the complex variety. Protein and fat needs would range from 20 - 30 percent each.

Other food considerations:

Vitamins and mineral supplements have been around for a long time. Some medical experts deem them unnecessary if one eats properly. The consensus would be that there is no harm in adding V & M supplements to your diet as long as it is in moderation and affordable. Information such as the FDA guidelines may prove helpful. Current research is finding that certain V & M may be helpful in disease prevention. The antioxidant group A (as beta-carotene), C and E is associated with healthy aging and decreased cardiovascular disease risks. Similar findings relate to folic acid and B-group vitamin supplements. Very recent findings have associated taking vitamin C (500 mg>) and vitamin E (400 mg>) with a reduced risk of Alzheimer's disease. However, it was noted that these two vitamins have to be taken separately and not as part of a multivitamin tablet.

There is a great abundance of information on vitamins, minerals and herbal supplements as remedies for just about everything. The source of one's information is very important, as much of it is promotional to sell expensive products. Investigate well and remember the saying: "If it sounds too good to be true, it probably is."

Fiber intake is important. The best fiber sources are fiber-rich foods, not supplements. Fiber intake is recommended at 25 - 30 G> per day. Fiber in the body has many uses. It can reduce total cholesterol and LDL cholesterol to some degree, maintain regularity and help control caloric intake and bodyweight by slowing gastric emptying which allows a person to feel more full with less food while satisfying the appetite. Soluble fiber-rich foods include many fruits and vegetables, grain and grain products, soy products, legumes and nuts. Many of these sources are also complex carbohydrates.

Water plays a vital role in the health and performance of an individual. There are some interesting facts regarding water consumption. 1. 75 percent of Americans

are chronically dehydrated. 2.

About one-third of Americans mistake thirst for hunger. 3. A lack of water is the major cause of daytime fatigue. 4. Humans are the only species that will voluntarily restrict fluid intake and not adequately replace water.

Dehydration stresses the heart and blood vessels. When water loss exceeds 2 percent, it can trigger symptoms to include short-term memory loss, apathy, fatigue and the inability to undertake strenuous activity. Sufficient hydration can also cut down on hunger pangs and possibly prevent unnecessary eating. The amount of water recommended is normally 5 to 10 (8 ounce) glasses daily depending upon one's size and activity level. Here's some good 'water' advice. 1. Drink before you become thirsty. 2. Keep water available. 3. Don't underestimate your 'sweat' loss especially in warm climates. 4. Sports beverages, soft drinks, and beer should not be considered as alternatives to water.

Lastly, some general guidelines to summarize nutrition:

- Eat a variety of foods to maintain nourishment.
- Emphasize fresh, unprocessed foods over processed foods.
- Stay hydrated.
- Do not use food supplements as a substitute for real foods.
- The types of foods you eat may be as important as the amount you eat.
- Carbohydrate, protein and fat all have essential roles in nutrition.
- Check food and drink labels for food content and amounts.

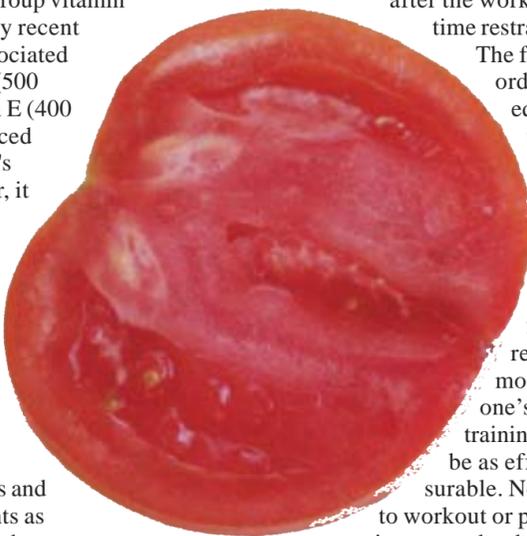
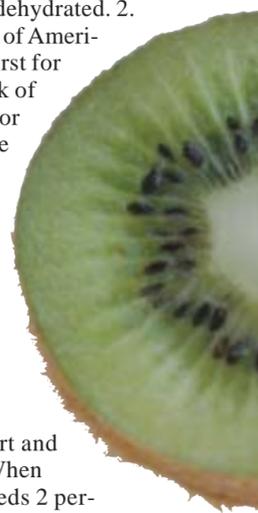
(Next Time: Diets and Dieting)

Footnote:

We commonly take for granted the services and maintenance of the facilities and equipment that we use without acknowledging or giving recognition to those in charge of them. In regard to the physical activity facilities at Fort Huachuca, how many times do we as military personnel, dependents and retirees hustle over to Barnes Field House or the Eifler Fitness Cent to check-in for exercise or sports. Often, this is in the early a.m., at lunch or after the work day with some time restraints involved.

The facilities are in order, clean and the equipment ready to use. The reason for this is the Staff at each facility. Without their efforts to maintain each facility and be ready to accommodate your needs, one's workout or training time would not be as efficient or pleasurable. Next time you go to workout or play sports, make a point to say thank you to those who make this possible. I know they will appreciate it.

Barnes Field House staff  
Richard Silva - Facility Manager  
Willie Williams Jr. - Supply  
Karlie Hale - Pool Manager  
Tammy Webster - Recreation Assistant  
Cindy Wright - Recreation Assistant  
Lisa Franklin - Recreation Assistant  
Manny Valencia - Lead Custodian  
Eun Cha Morales - Custodian  
Monique Humphrey - Custodian  
Eifler Fitness Center Staff  
Sgt. Jeffery Petroski - NCOIC - 111th MI Bn  
Susan Keltner - Lead Recreation Assistant  
Spc. Jerard Budnick - Shift leader - 111th MI Bn  
Spc. John Jones - Shift Leader - 111th MI Bn  
Pfc. Randy Coroneous - Shift Leader - 111th MI Bn  
Chris Watkins - Custodian



## ATHLETES, from Page 7



Courtesy photo

**Hank Aaron still holds the record for most home runs in Major League Baseball with a total of 755.**

Most of the letters were from racists, saying that they would kill Aaron before he broke the Babe's record, whites were more superior than blacks and hoping Aaron would get sickle cell anemia.

Aaron remained undaunted and used the letters to fuel his desire and keep his perspective about the world outside the diamond.

The letters came from every state and were filled with hate. "This," Aaron said later about

the letters, "changed me."

The summer of '73 ended with Aaron at 713 homers, just one shy of tying Ruth's record of 714.

Aaron homered in his first at-bat in 1974 tying Ruth.

On April 8, 1974, the largest crowd in Braves history (53,775) was on hand to witness Aaron hitting historic, record-breaking homer number 715 over the outfield fence in the fourth inning. He was mobbed at home-plate by his teammates.

Almost 30 years later, Aaron still has the record.

Upon his retirement in 1976, Aaron served as one of the first blacks in Major League Baseball's upper level management as Atlanta's vice president of player development.

Since Dec. 1989, he has been senior vice president and assistant to the president, but is more active for Turner Broadcasting as a corporate vice president of community relations and a member of TBS' board of directors.

**Jack Johnson-**

Who was the first black man to hold the world heavyweight championship? Muhammad Ali? No. It was Jack Johnson in 1908.

Johnson was known as the most dominant boxer of his time, once he won the heavyweight title, he wouldn't relinquish it for more than six years.

Johnson transformed himself from working the docks of his hometown of Galveston, Texas to heavyweight champion and

a celebrity during the early 1900s.

Outside of his boxing career, Johnson was a flamboyant playboy, who dated major movie starlets of the time.

His lifestyle coupled with his skin color, inspired unprecedented controversy and even rioting.

Johnson was also a fugitive for seven years, having been accused of violating a white slavery act with a woman who would become his third wife.

In 1903, Johnson won the "Colored Heavyweight Championship of the World."

A year later he issued a challenge to Jim Jeffries, the current heavyweight champion, but Jeffries wouldn't fight an African-American.

It wouldn't be until Dec. 26, 1908, that Johnson would finally get his shot at the title. Champion Tommy Burns was guaranteed \$30,000 to fight him.

The fight in Sydney, Australia was stopped in the 14th round with Johnson out on his feet, when the police jumped into the ring.

Referee Hugh McIntosh awarded the championship to Johnson.

Johnson finally fought Jeffries on July 4, 1910 for the first "Fight of the Century." The bout matched the outspoken black against "The Great White Hope."

Johnson became the first to floor Jeffries, whose corner gave up in the 15th round.

Johnson fought internationally until his 50th birthday in 1928, including in Cuba, Canada, Mexico and Spain.

Johnson eventually died in the fast lane in an automobile accident in Raleigh, N.C., on June 10, 1946. He was elected to the Boxing Hall of Fame in 1954.

**Wilma Rudolph-**

"Don't blink, you might miss her" was the tag that followed Wilma Rudolph for most of her competitive track and field life.

At the 1960 Rome Olympics, Rudolph became "the fastest woman in the world" and the first American woman, let alone black woman to win three gold medals in one Olympics.

She overcame incredible illnesses and hardship as a sickly prematurely born child, including double pneumonia, scarlet fever and later polio.

She lost the use of her left leg at 6 and was fitted with a

cumbersome metal brace.

After years of successful treatment and determination Rudolph was out of her leg braces by 9 and despite bouts of whooping cough, measles and chicken pox, she became a basketball star.

Her prowess on the court got her noticed by the Tennessee State University track coach, Ed Temple.

Rudolph had natural ability that Temple wanted to tap into, that Rudolph couldn't explain, "I don't know why I run so fast," she said. "I just run."

Almost the entire 1960 Olympic team, coached by Temple, came from his Tennessee State team.

After her record-breaking triumph at Rome, Rudolph insisted that her parade and banquet be integrated events, they were the first ever in her hometown of Clarksville.

After her retirement from competition, Rudolph said her greatest accomplishment was creating the Wilma Rudolph Foundation.

"I tell them that the most important aspect is to be yourself and have confidence in yourself," Rudolph said. "I remind them the triumph can't be had without the struggle."

Rudolph died of brain cancer at 54 on Nov. 12, 1994 in Nashville, Tenn.

"She was beautiful, she was nice and she was the best," said Bill Mulliken, a 1960 Olympics teammate of Rudolph's.

**Jackie Robinson-**

Robinson broke the color barrier in Major League Baseball becoming the first black baseball player to play in the major leagues.

Robinson's debut for the Brooklyn Dodgers in 1947 came a year before President Harry Truman desegregated the military and seven years before the Supreme Court ruled desegregation in public schools was unconstitutional.

Robinson was the target of racial epithets, cleat spiking by opponents, pitchers throwing at his head and legs, catchers spitting on his shoes, hate letters and death threats.

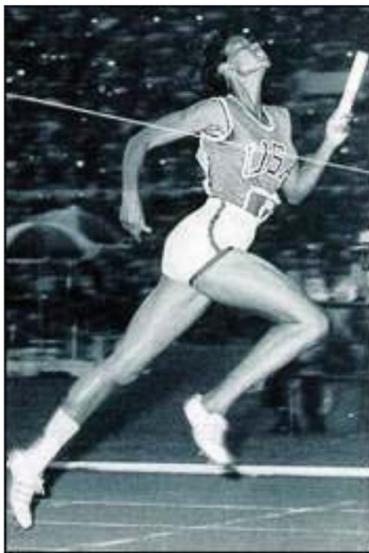
He handled the pressure with ease and grace and channeled his energy into a Hall of Fame career, winning Rookie of the Year and later Most Valuable Player.

He was voted into the Baseball Hall of Fame in his first year of eligibility.

After his retirement from baseball in 1957, Robinson became a vice-president for Chock Full o' Nuts before going into other businesses and politics.

Diabetes and heart disease ravaged his body making him blind by middle age, before he succumbed to a heart attack in Oct. 24, 1972 at 53.

A comment Robinson made to a reporter back during his integration of Major League Baseball was poignant in describing his life philosophy in the face of overwhelming hate and hostility, he said, "We ask for nothing special. We ask only to be permitted to live as you live, and as our nation's Constitution provides."



Courtesy photo

**Wilma Rudolph was the first American woman to win three gold medals in one Olympics.**