



See The Winding Road, Page B4



Photos by Spc. Matthew E. Chlosta

James Kaelin, Company E, 309th Military Intelligence Battalion, left, strips the ball away from, Michael Laventure, Headquarters and Headquarters Company 111th MI.

Teamwork carries 309th to victory

BY SPC. MATTHEW E. CHLOSTA
SCOUT STAFF

It was bone chillin' cold for the intramural soccer game played between Headquarters and Headquarters Company 111th Military Intelligence Brigade and Company E, 309th MI Battalion at 8 p.m. Feb. 24 at Pauley Field.

"Our plan for tonight's game is to attack, just attack," said Joseph Mutaku, co-captain, HHC 111th MI Bde. as his team tried to get warmed up before the game. "The last two games we played, we lost because we couldn't control the midfield. If we control the midfield, we'll win because we have a good defense."

On the other team's bench, as her team also tried to get the blood flowing in pre-game warm-ups, Shauna Evans, coach, Company E, commented about her team's strategy for defeating HHC 111th MI Bde., she said, "Our goal is to win. This time we're trying to look at who works best together. Our defense has been really strong. We need to work with our strikers up front on controlling the ball and getting more shots on goal. Our captain, [Jedediah] Remy is an outstanding player. I don't think the weather will affect us."

Evan's words would prove to be prophetic.

The first half was a bone crunching midfield rumble as both teams couldn't penetrate each other's air-tight defenses.

Finally, minutes before the halftime whistle, Ross Braun poked in a quick shot to lift Company E, to a 1-0 halftime lead.

During halftime both teams got into tight circles with cold breath floating overhead to try to stay warm.

The second half early on looked like a repeat of the first - a quagmire until Veon Porcha, HHC 111th, made a dash past goalie Ben Miller,



Joseph Mutaku, Headquarters and Headquarters Company 111th Military Intelligence, dribbles the ball past, James Kaelin, Company E, 309th MI Battalion, rear,

Company E, darted in front of the goal and slammed in the tying score, to make it 1-1.

As crunch time came, it seemed that overtime was near, but Evan's prediction became reality as Remy, Company E., banged home the game winning goal after slipping through HHC's defensive wall, with a little more than five minutes to play in the game.

Company E, 309th MI Bn. held on in the game's final minutes, clawing their way toward

See **SOCCER**, Page B7

Storm blows over 'G's'

Undefeated team's victory never in doubt

BY SPC. MATTHEW E. CHLOSTA
SCOUT STAFF

At 8 p.m. on Feb. 25 at Sierra Vista Middle School Desert Storm ravaged the 'Gs' in an intensely played 13-15 Senior Division youth basketball game.

The air was thick with anticipation as the undefeated Desert Storm coach, Mike Grayson talked about his team's pre-game strategies.

"Our goal for tonight's game is good defense, good teamwork, good passing and good ball handling," Grayson said.

"We have all experienced players. Six or seven are on a traveling team that plays in Amateur Athletic Union tournaments, including the upcoming Grand Canyon State Games at ASU [Arizona State University], in Phoenix. Those games are the olympics for Arizona."

The game's first quarter showed the overwhelming match up of the more experienced Desert Storm team.

Desert Storm used a full court press to 'shock and awe' the 'Gs' into quick turnovers, which Desert Storm capitalized on as they raced out to a 9-2 advantage after one quarter of play, led by Fred Livingston's four points.

The second quarter had more of the same, as Desert Storm stretched their lead to 32-8 by the halftime horn, with Desert Storm's Mike Grayson leading all first half scor-

ers with 12 points.

The 'Gs' Steve McNair was their leading scorer at half time with six points.

By the end of the third quarter, the game's outcome wasn't in doubt. The question became not whether or not Desert Storm would win, but by how much.

Desert Storm put on a display throughout the night with crisp, deft passing, shot blocking, defensive steals, and a fast-break transitional offense reminiscent of a good college level basketball team.

By the beginning of the fourth quarter Desert Storm was ahead 46-11 and Grayson emptied his bench to try to get playing time for all of his players.

The slaughter mercifully ended with a final score of 65-19, which for at least another night kept Desert Storm undefeated and able to march on to their next game with their team's season goal well within their grasp.

"Our goal for the season is to remain undefeated," Grayson said, awash in the afterglow of another dominating victory by his team.

On the other side of the court the 'G's' Assistant Coach Casey O' Malley lamented about his team's lack of desire and lackadaisical play.

"Our defense was lousy tonight. We were a little intimidated. We had too many turnovers. We really didn't play a good game at all. I think we need a lot more discipline," he said.

We need to work on defense, because in my opinion, defense wins championships."

See Page B5 for the youth sports schedule.



Photo by Matthew E. Chlosta

Tim White, Desert Storm middle, slices past Armand Reyes, left, and Carlos Turner, both from the 'G's', during youth basketball Feb. 25 at Sierra Vista Middle School.

Kids from Youth Services Center go skiing in White Mountains

BY SPC. MATTHEW E. CHLOSTA
SCOUT STAFF

On Feb. 13 - 15, seven middle school children from the 4-H Club at the post's Youth Services Center went on a skiing trip to the Sunrise Ski Resort in White Mountains, Ariz. along the Arizona-New Mexico border.

This was the first 4-H Club from a military installation to go to a 4-H

sponsored event state function with 4-H representatives from all the counties in Arizona, said Norma Trejo, program assistant, Youth Services Center. It was an event that the 4-H'ers had planned to attend in the recent past, but was cancelled because of snow conditions.

"We went skiing, it was fun," said 4-H Club member, Katherine Smith, eighth grader, Smith Middle School. "It was a reward type of thing for

past service and to meet new people to get ideas. It was really neat."

"Some of the people did snowboarding, tubing and skiing," said post 4-H Club member, Emily Jeanise, eighth grader, Smith Middle School. "It was a whole lot of fun. We met a lot of cool people. We even met a Japanese person, who was a four H foreign exchange student."

"Any student from sixth through 12th grade can join the post's Youth

Services Four-H group," Trejo said.

"The Four-H motto is to make the best better," Jeanise said. "The purpose of the Youth Services Four-H group is to do a lot of community service and to just help out."

Two upcoming events planned for the Youth Services 4-H Club are to volunteer and help out at the Special Olympics in March and the Journey of Opportunities for Leaders of Tomorrow Team Camp, which takes

place June 14-18, at Camp Shadow Pines, Heber, Ariz.

Also, the 4-H'ers are planting chilies for this fall to enter in the Cochise County Fair, Trejo added.

"We have a core group of ten to fifteen kids who attend the twice monthly meetings," Trejo said.

During some of the 4-H meetings we have a guest subject matter

See **KIDS**, Page B7

Read I can said a fan dressed in jammies or in cammies

Dr. Seuss' birthday celebrated through his children's books



The day was ended with birthday cake.

BY PFC. JOY PARIANTE
SCOUT STAFF

"You have brains in your head; you have feet in your shoes. You can steer yourself any direction you choose. You're on your own, and you know what you know. And you'll be the guy who'll decide where you'll go. Oh the places you'll go."

Children at the New Beginnings Child Development Center enjoyed cake, pajamas and rhymes in celebration of the National Education Association's Read Across America Day and Dr. Seuss' 100th birthday Tuesday.

Read Across America Day is when "all across the United States, people focus on

literary events to promote the importance of reading," said Heidi Malarchik, center director.

The event usually coincides with Seuss' birthday, and this year was the "Suessennial" celebration, Malarchik said.

Children came to the CDC still in their night clothes and had a pajama parade through the center. Many parade participants also sported red and white striped hats, just like the cat in the hat.

The children came in pajamas, Malarchik explained, because children's earliest association with reading comes from bedtime stories.

"There's a warm, fuzzy, nurturing feeling" that comes with bedtime stories, Malarchik said. She would like children to continue to associate reading throughout life with those same feelings.

Parents and other special visitors stopped in throughout the day to read to the children and the CDC's Parent Advisory Board provided a birthday cake.

Throughout the week, classes will be reading Seuss' books, Malarchik said.

Seuss was born Theodor Geisel in Springfield, Mass., March 2, 1904. After graduating from Dartmouth College in 1925, he went to



Staff Sgt. Meril Branch of Company A, 309th Military Intelligence Battalion reads Green Eggs and Ham to the Multi Age 1 class at the Child Development Center on Tuesday.

Oxford University, intending to acquire a doctorate in literature.

He developed the idea for his first children's book in 1936 while on a vacation cruise. The rhythm of the ship's engine lead to the rhythms of And to Think That I Saw It on Mulberry Street.

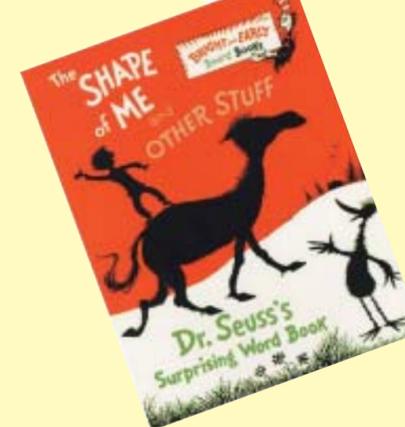
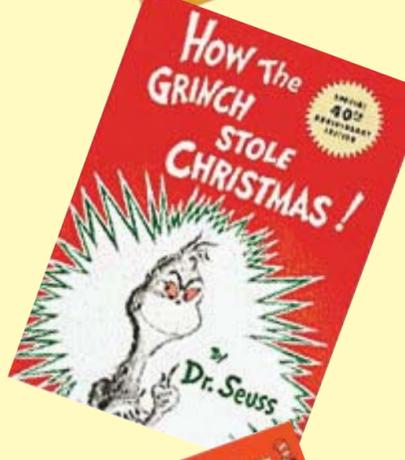
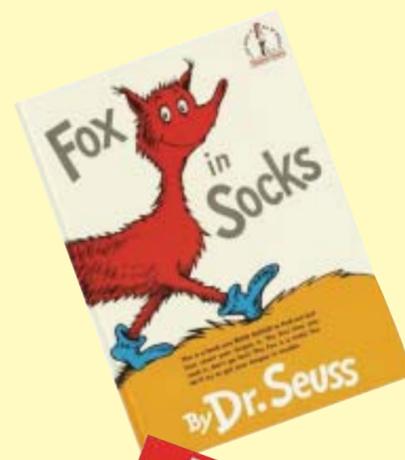
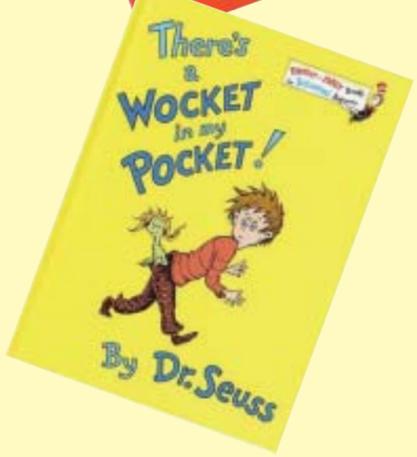
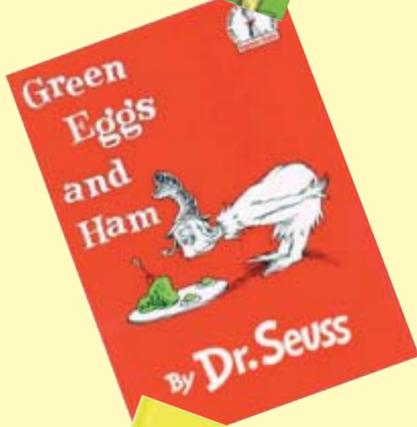
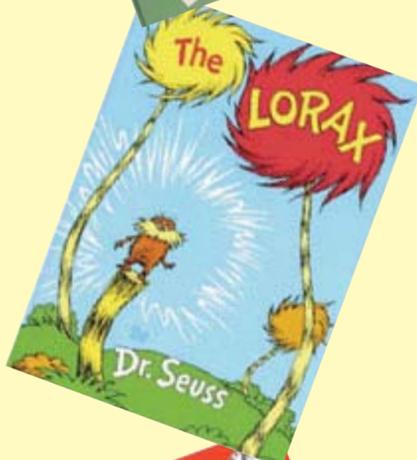
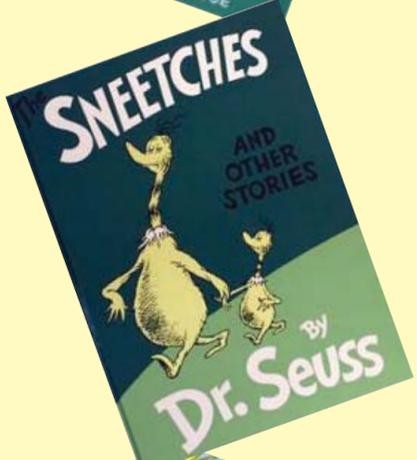
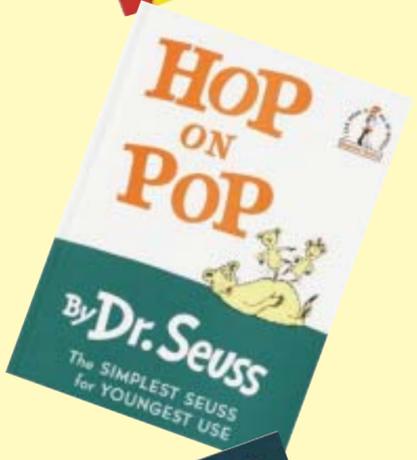
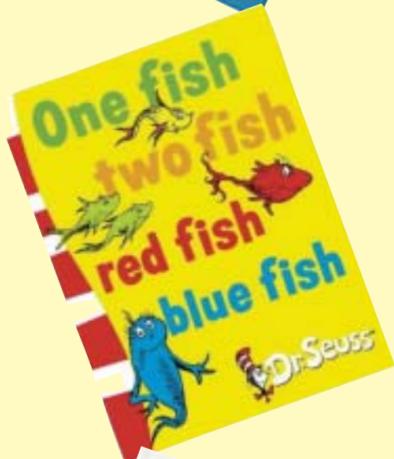
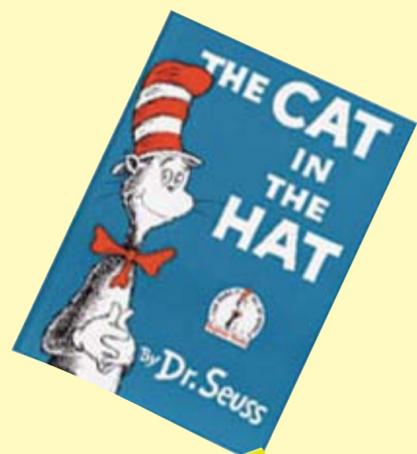
During World War II, he joined the Army and was sent to Hollywood where he wrote documentaries for the military. During this time, he also created a cartoon called Gerald McBoing-Boing which won him an Oscar.

Winner of the Pulitzer Prize in 1984 and three Academy Awards, he authored and illustrated 44 children's books. He died on September 24, 1991.



Photos by Elizabeth Harlan

Laney Corneliuss, 3, looks through a Dr. Seuss book in the Multi Age 3 classroom as part of the celebration of the author's 100th birthday.





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

Thunder Mountain 10K, 5K set



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 all.

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 (40 plus).

Entry fees will be as follows for the 5K run: active duty military, with shirt, \$12; active duty military, without shirt, \$5; civilian, with shirt, \$14; and civilian, without shirt, \$6.

Entry fees for the 10K run will be: active duty military, with shirt, \$15; active duty military, without shirt, \$8; civilian, with shirt, \$20; and civilian, without shirt, \$10.

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 which begins at 6:55 a.m. and consists of a leisurely ride of 6.2 miles, on pavement (helmets required); a leisurely 5K walk/jog, with or without your dog, which begins at 6:58 a.m.; and a "diaper dash," beginning at

7:45 a.m., for toddlers three and under, in which mom or dad guides their future runner from 15 yards out, across the finish line.

Cost of each of these events is \$3 per person, and ribbons will be awarded to all finishers in each of the events.

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 Internet 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 issuance of a pass to enter the fort.

For your enjoyment, the 36th Army Band will provide live music during the event.

For more information, call race director Michelle Kimsey at 533-5031/533-3246 or e-mail michelle.kimsey@hua.army.mil.

A portion of the entry fee is donated to the Cochise County Junior Golf program.

Tournament participants may bring guests to the luau, for the cost of \$5 per guest. Non-participants will be admitted to the luau for \$7.50 per person.

Sign up at the MVGC Pro Shop. For more information, call 533-7088.

Karate classes for all ages

Barnes Field House offers karate classes to students, 5 through adult. Classes for 5 to 7-year-olds are held at 5:30 p.m., and adult classes are at 6:30 and 7:30 p.m. Mondays and Wednesdays. Classes for adults are also offered 9:15 a.m. - noon Saturdays.

Karate is an excellent way to improve physical condition, balance and self-discipline and to increase self-confidence. Classes include empty hand self-defense, kata, sparring and Okinawan Kobudo weapons.

Classes are \$25 per person, per month, with discounts available for families of three or more members. Classes are taught by Sensei Jeff Hyder, a 7th Degree Black Belt, with more than 20 years of martial arts experience.

Sign up now for classes. Payment is received only at Barnes Field House, 8 a.m. - 4:30 p.m.

For more information, call 533-5031 or stop by Barnes Field House.



Half-price paintball at Sportsman's Center

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



Leather craft workshop at MWR Arts Center

The MWR Arts Center will offer a leather craft workshop that will meet 6 - 8 p.m., Wednesday, March 17, 24, and 31.

The cost of the workshop will be \$60 and includes all materials needed to complete the project. Students will be making a full-size leather belt.

The instructor will be Barbara Schoonover. Schoonover also makes custom leather harnesses for cats and dogs. These can be ordered through the Arts Center.



The hours of operation at the MWR Arts Center are: 9 a.m. - 5 p.m. Friday and Saturday, noon-8 p.m. Tuesday, Wednesday and Thursday; and closed Sunday and Monday.

For more information on the leather craft workshop, custom-made leather pet harnesses, or other classes offered at the arts center, call 533-2015 or stop by Building 52008, Arizona Street.

Junior lifeguard class

The Sports and Fitness branch of MWR will offer a junior lifeguard class for youth 10 - 14, 2:30 - 4:30 p.m. March 15, 17 and 19 at Barnes Indoor Pool.

Cost of the class will be \$20 and includes the necessary book, a shirt and a certificate.

The class is open to the public. Class size will be limited to 10 students, so please sign up early.

For more information or to register, call 533-3858.

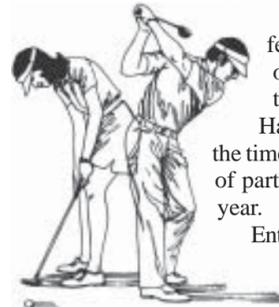


Annual Puka Elaban Open at MVGC

Mountain View Golf Course will host the 4th Annual Puka Elaban Open with an 8:30 a.m. shotgun start March 20. The format will be a 4-person scramble.

This tournament began with a few friends and family members of the late Puka Elaban teeing up the ball and dining on a traditional Hawaiian luau afterwards. During the time since its inception, the number of participants has grown to 124 last year.

Entry fee is \$30 per person for members and \$50 per person for non-members and includes green fees, cart and the luau after play.



Out-processing location for MWR changed

All out-processing for the Directorate of Morale, Welfare and Recreation is now being done in the main MWR Building 22214, located across from Brown Parade Field. Hours will be 8 a.m. - 4 p.m. Out-processing has previously been done at the MWR Rents building.

For more information, call Michelle Claudy at 533-5642.

Win a free lunch buffet

The LaHacienda/LakeSide lunch buffet started a new program Monday. Every time you pay for your buffet lunch, you'll receive a ticket. Just sign your name and phone number on the back of the ticket and drop it in a designated box.

Each Monday, five tickets will be drawn from the box, and each of those patrons will receive a certificate for a free buffet lunch. That's all you have to do to win your free lunch.

For more information, call 533-2193.

March special at MWR Rents

For the month of March, MWR Rents is offering the weekend rental of any camper for \$55.

The facility also has boats, grills, sports equipment, lawn and garden items, 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.



MWR Box Office

Box office has tickets for events at TCC, local venues

The MWR Box Office has tickets available for upcoming events at the Tucson Convention Center including: Friday, Luis Migel in concert; Monday, the Newsboys, Rebecca St. James and Jeremy in concert; March 12 and 13, professional bull riders; March 13, Comedy Fest; 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 Buena Performing Arts Center, Sierra Vista, will present the Manhattan Rhythm Kings at 7 p.m. March 13. Tickets for the performance are on sale now at the box office.

The 16th Annual Arizona Renais-

sance Festival and Artisan Marketplace is being held weekends, now through March 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 MWR 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.

For more information, call 533-2404 or drop by the MWR Box Office located in the MWR Plaza, Building 52008 on Arizona Street. They're open 9 a.m. - 5 p.m. Monday - Friday.



At The Library

Best sellers:

Hardcover fiction

1. The Last Juror, by John Grisham
2. The Da Vinci Code, by Dan Brown
3. The Five People You Meet In Heaven, by Mitch Albom
4. Angels & Demons, by Dan Brown
5. Ain't She Sweet?, by Susan Elizabeth Phillips

Hardcover nonfiction

1. Deliver Us From Evil, by Sean Hannity
2. American Dynasty, by Kevin Phillips
3. The Price Of Loyalty, by Ron Suskind
4. Give Me A Break, by John Stossel
5. The Passion,

Paperback fiction

1. Angels & Demons, by Dan Brown

2. One Hundred Years Of Solitude, by Gabriel García Márquez
3. Dating Game, by Danielle Steel
4. Deception Point, by Dan Brown
5. The Secret Hour, by Luanne Rice

Paperback nonfiction

1. Reading Lolita In Tehran, by Azar Nafisi
2. The Devil In The White City, by Erik Larson
3. Tuesdays With Morrie, by Mitch Albom
4. Touching the Void, by Joe Simpson
5. A Child Called It, Dave Pelzer

Audio books:

The library has a large selection of audio books, both cassette and CD, available for check out. Some of these are:

Title

- Age of Innocence
- Beyond Suspicion
- Daniel Deronda
- Endurance
- Flight Lessons
- Heart of a Soldier
- Invisible Life
- Jerusalem Interlude
- Last Temptation
- Native Son
- Paradise Lost
- Retreat Hell!
- Speckled Band
- Ulysses
- Vienna Prelude
- War and Peace

Author

- Edith Wharton
- James Grippando
- George Eliot
- Caroline Alexander
- Patricia Gaffney
- James B. Stewart
- E. Lynn Harris
- Bodie Thoene
- Val Mc Dermid
- Richard B. Wright
- John Milton
- W.E.B. Griffin
- Sir Arthur Conan Doyle
- James Joyce
- Bodie Thoene
- Leo Tolstoy

Time Out Briefs

Outdoor class offered at Cochise College

A two-hours pond builders basic class will be held from 9:30 to 11:30 a.m. Saturday on the Cochise College Sierra Vista campus.

The cost of this class is \$19 per person and gives students the information needed to construct a pond themselves. For more information or reservation, call 515-5492.



High desert gardening, landscaping

The 11th annual High Desert Gardening & Landscaping Conference happens from 5 - 8 p.m. on March 12 and from 8 a.m. to 6 p.m. on March 13 at Buena High School in Sierra Vista.

The conference is sponsored by the Cochise County Master Gardeners Association in conjunction with the University of Arizona Cooperative Extension Agency. Attendees may choose to participate in several of 16 presentations, visit informative displays, and gather an assortment of materials to help them with plant and landscaping endeavors. For more information, call 458-8278.

Art association offers art scholarship

The Huachuca Art Association, Inc., will award a \$1,000 scholarship to a graduating senior high school student pursuing a visual arts degree such as painting, sculpture, photography, fiber, graphic arts, etc.

The deadline for entries is March 15. This scholarship is open to residents of Cochise County. Applications from senior home school students will also be accepted. Application packages are available through art instructors or

guidance counselors.

For more information or for a scholarship application package, call Jane Pitts at 378-7110.

Journalism scholarship offered

Arizona high school students who wish to study journalism at an Arizona college or university may be eligible for assistance from the Betty Latty-Hurlburt Memorial Journalism Scholarship, sponsored by Arizona Press Women and the Arizona Newspapers Foundation.

Applicants should be graduating high school seniors who intend to major in journalism at an accredited Arizona University or college. Requirements include a letter of recommendation from a high school teacher, a statement of financial need, two writing samples and a one-page letter from the student, stating their background and the reasons they want to pursue a career in journalism.

Application deadline is March 31. The winner will be honored at a luncheon in May. For further information or applications, contact

Arizona Press Women in Phoenix at 602-279-5130; fax 602-274-5171 or email PRStevens@aol.com.

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.

Parent, tot playgroup

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

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

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

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

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

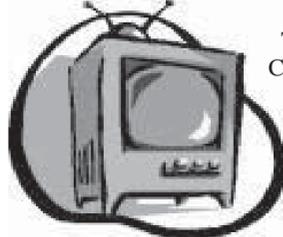
Poets sought

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



Channel 97

Tune into CAC for troop information, late breaking fort news



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 Black History Month Celebration, Youth Basketball League and Kids on the Block

Puppetry.

Don't miss the Army's new Warrior 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.

At The Movies

Showing at the Cochise Theater for the next week are:

Today	
Torque, PG-13	7 p.m.
Friday	
The Butterfly Effect, R	7 p.m.
Saturday	
Cold Mountain, R	7 p.m.
Sunday	
My Baby's Daddy, PG-13	2 p.m.
Monday-Wednesday	
Closed	

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

Pets Of The Week



Buster is a calm Aussie mix that loves to play with other dogs and seems to be good with children.



Grunt is a playful black lab. He is kennel trained and knows how to sit and stay.



Pharoah is a medium sized mixed breed dog who loves children, especially babies.



Sierra is a delightful white and tan pitbull mix who has eight adorable puppies, which should be available any week now.

Editor's note: Animals are available for adoption at the post veterinary clinic. For more information, call the clinic at 533-2767.

Winding Road

Weekend camp spots dot Arizona

BY KAREN WEIL
SCOUT STAFF

The Winding Road recently covered some of the great places to camp near Sierra Vista and Fort Huachuca.

In this week's column, we'll take a look at even more camping spots to discover in Southern Arizona. Remember, it's always best to call ahead, in case fees or hours have changed.

Without further ado, here are some special camping spots that you should check out this spring or summer:

Picacho Peak State Park

Picacho Peak State Park Known for its prominent landmark, Picacho Peak rises 1,500 feet above the Sonoran Desert floor, about 35 miles northwest of Tucson (or, right off Interstate 10). You can hike, camp and picnic there. Hikers may climb to the top of Picacho Peak, or take a stroll along a trail at its base and witness an incredible array of blooming wildflowers, when they are in season.

There are five hiking trails, 31 campsites (19 with water and electric hookups), restroom

facilities and hot showers. Please note that there is a 14-day stay limit.

For more information, call 520-466-3183 or go to www.desertusa.com.

Bog Springs

This area is considered a gateway to the Santa Rita Mountains, and is the only car camping area in Madera Canyon.

The four near-perennial watering holes make Bog Springs an especially good route for observing wildlife.

To get there, take the Continental exit on Interstate Highway 19; drive under the Interstate highway and take the right turn 1.1 miles later. Just after milepost 12, take the left turn and drive 0.5 mile uphill to the Bog Springs Campground.

The trail starts after the third campsite on the right. Day use parking and/or camping costs \$5 which can be paid at the self-registration station. The campground has 13 campsites with table benches and restrooms.

For a \$5 fee, campers can take advantage of the free day use parking lot, adjacent to the campground turnoff. For more information, call (520) 281-2296 or go to gorp.away.com

Catalina State Park

Open every day of the year, this scenic park (just a few minutes outside of Tucson) is located in the Coronado National Forest.

Catalina offers camping, hiking, picnicking, bicycling, horseback riding, plant and wildlife viewing, and an archaeological site. The park encompasses 5,493 acres at elevations near 3,000 feet.

If a stunning mountain backdrop isn't enough, there are desert wildflowers, cacti and wildlife to observe. You can explore it all on eight trails

The campground has 48 sites (half with water and electric hook-ups), a gift shop, picnic tables, grills, restrooms with showers and an equestrian center.

Day hours are 5 a.m. - 10 p.m. Checkout time for overnight campers is 2 p.m.; campers can stay for 14 days.

There is a \$25 reservation fee for camping, a \$10 reservation fee for day use, \$12 per vehicle for overnight camping and \$6 per vehicle for day use only.

The park is located on State Hwy. 77 (Oracle Road) at mile marker 81, nine miles north of Tucson and six miles north of Ina Road.

West Turkey Creek

This U.S. Forest Service campground is located 36 miles northeast of Elfrida, in a shady canyon on the western side of Chiricahua Mountains.

West Turkey Creek is small and a little off the beaten path, but a great camping spot nonetheless. Its riparian area is home to Arizona sycamores, along with a nice mix of birds and wildlife. The forest trails show off lovely wildflowers that grow beside the creek. In addition, the forest trails branch off from the road to follow side canyons, and all trails are a short drive from the campground.

You can reach West Turkey Creek from Douglas, by taking U.S. Highway 80 two miles west to U.S. 191. Travel north on 191 for 35 miles to Sunizona, and then take State Route 181 east for 14 miles, to where the road makes a sharp left turn. Continue east on Forest Road 41; from there, it's another eight miles to the campground.

For more information, call (520) 364-3468.

You can find plenty of information about state parks on the official Arizona State Parks Web site at www.pr.state.az.us or tourist offices across the state.

Soccer Schedule

Coed Intramural Soccer

Time	Location	Home	Away	Huachuca Division	Home	Away
Cochise Division						
Monday						
6 p.m.	Brock Field	JITC	NETCOM	Today	NCOA	Co. D., 40 th Sig.
7 p.m.	Pauley Field	Co. B., 305 th #1	Co. C., 304 th #2	6 p.m. Pauley Field	Co. B., 305 th #2	HHC 111 th MI
7 p.m.	Brock Field	DFAC	MEDDAC	7 p.m. Pauley Field	Co. E., 309 th	Co. C., 304 th #1
Wednesday						
7 p.m.	Brock Field	NETCOM	DFAC	Monday	Co. E., 305 th	Co. E., 309 th
7 p.m.	Pauley Field	JITC	Co. B., 305 th #1	8 p.m. Pauley Field		
8 p.m.	Brock Field	Co. C., 304 th #2	MEDDAC	Tuesday	Co. D., 40 th Sig.	Co. E., 305 th
8 p.m.	Pauley Field	Co. A., 309 th	Co. A., 306 th	6 p.m. Pauley Field	USAG	Co. E., 309 th
				7 p.m. Pauley Field	Co. C., 304 th #1	HHC 111 th MI
				8 p.m. Brock Field		

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

Soccer Standings

Cochise Division	Won	Lost	NETCOM	DFAC	Co. C., 304 th #2	Huachuca Division	Won	Lost	Co. E., 305 th	Co. E., 309 th	NCOA	Co. B., 305 th #2	Co. C., 305 th	Co. D., 40 th Sig.	HHC 111 th MI
Co. B., 305 th #	2	0	1	0	0	Co. C., 304 th #1	4	0	0	2	2	1	1	0	0
JITC	3	1	2	2	3	USAG	3	2	2	2	2	2	3	4	4
MEDDAC	2	1	0	2	2				2	2	2	1	1	0	0
Co. A., 309 th	2	1							2	2	2	1	1	0	0
Co. A., 306 th	1	1							2	2	2	2	3	4	4

Youth Basketball Schedule

Youth Basketball

Time	Team 1	Team 2	Location	5 p.m. C	4	YC	10 a.m. C	6	SMS	
Pee Wee League, 5-6										
Saturday										
8 a.m.	1	C	HM	6 p.m. B	5	HM	10 a.m. 3	B	SVMS	
8 a.m.	B	6	YC	7 p.m. A	1	HM	11 a.m. A	2	SMS	
9 a.m.	D	3	YC	Bantam League, 9-10						
10 a.m.	A	2	YC	Saturday						
Wednesday				11 a.m.	6	A	Wednesday			
5 p.m.	C	5	YC	noon	3	B	6 p.m.	2	4	
Mighty Mite League, 7-8				1 p.m.	7	C	7 p.m.	3	6	
Saturday				2 p.m.	D	1	Senior League, 13-15			
8 a.m.	A	8	YC	3 p.m.	E	4	Saturday			
9 a.m.	E	2	YC	4 p.m.	F	5	11 a.m.	2	1	
10 a.m.	B	C	YC	Wednesday						
noon	3	D	HM	6 p.m.	B	E	noon	B	A	
Wednesday				6 p.m.	3	F	noon	4	3	
				7 p.m.	D	2	Wednesday			
				7 p.m.	4	A	8 p.m.	3	1	
				Junior League, 11-12						
				Saturday						
				9 a.m.	1	5	SMS			

(Note: For more information, call Deborah Wambach at 533-5372.)

Youth basketball game locations key:
 AMS - Apache Middle School (Sierra Vista)
 HM - Huachuca Mountain Elementary School (Sierra Vista)
 YC - Fort Huachuca Youth Center (Fort Huachuca)
 SVMS - Sierra Vista Middle School (Sierra Vista)
 SMS - Smith Middle School (Fort Huachuca)

Fit For Life

Developing a healthful, fit lifestyle

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

Step three continued: Diets, dieting

Diet can be interpreted in two ways. First, it is a nutritional regimen and selection of food and drink used daily for health and other reasons. Second is a restricted or regulated system of feeding as to lose body weight. Losing weight has slowly become the national obsession due to the so-called epidemic of obesity in men, women and children. The question that needs to be addressed is what is causing this excessive weight gain in our society without some restraint? In 99 percent of obesity cases, the cause is eating too much food and no physical activity. Since 1971, the average American female has increased calorie consumption by 22 percent, while the average male rose 7 percent.

For starters

When one realizes that body weight is out of control, the first thing usually is to seek a 'miracle' diet to lose weight without exercise or giving up the foodstuffs that one enjoys. This compares to 'ocean front property in Arizona'. In other words, it doesn't exist. No matter how one survey's the situation, it will always come back to a matter of caloric intake vs. caloric expenditure. In other words, you must use or burn all the calories you consume; otherwise, they will be stored

as fat in the body regardless of whether its food form is carbohydrate, protein or fat.

Dr. Phil McGraw (of television fame) stated in a TV special: "Obesity is a choice. You're fat because you want to be. The only way to lose weight successfully is to adopt a permanent lifestyle change. It's not quick nor easy. If you are overweight or obese, you're using food for something other than nutritional purposes." Harsh, but realistic words. For another opinion, I contacted Dr. Sonia Yevich, LPC, a former colleague at the University of Texas, now in private practice in North Carolina. Yevich restricts her practice to weight and stress management. Her response: "I don't believe in diets. They may work as long as you follow the specific directions exactly, including reading the small print, and exercise if included. Due to the nature of some published diets, you may sometimes lose more than weight such as energy, hair, lean muscle mass, temper, etc. Most people stay on their diet program for a short period of time, then because of many reasons (boredom, hunger, expense, difficulty in following, etc.) they stop and resume their old habits of eating. Usually, they regain any weight lost plus add more pounds. Such is the frustration of dieting. I say this with tongue in cheek; however, I do believe it. If you want to gain weight, go on a diet!"

Atkins or Miami Beach

While not a believer in specific diets, Yevich recommends an eating plan for one's body type, metabolism and activity level. She adds, "If a person needs assistance,

they should consult a nutritionist, dietician or counselor for advice. I believe that modera-

tion is the key, not good or bad foods and that nutrition needs are met. Most people know what is good for them, but don't want to restrict themselves. Physical exercise should be included not only to burn calories, but to develop a sense of accomplishment and self esteem."

Without naming any specific published diets (there are at least twenty plus with books and plans), some of the common criteria are: (1) they restrict foods (2) they require specific foods (3) they lower caloric intake (4) they restrict portions (5) some require purchasing their food products (and can be expensive) (6) some require multiple meals (as many as six) per day and need extensive preparation (7) some require memberships and meetings (8) many have books, videos and programs for sale and (9) all promise weight loss.

The one thing we all know for sure is that all diets work on the basis of lowering caloric intake, eating selected foods and in some cases water loss. Some can have side effects on the body such as weakness, headaches, diarrhea or constipation. Some will advocate exercise (another reason for weight loss). Read each program carefully as all are not long term diets which leaves the question; "what do I do after the time limit is reached?" About 80 percent of people who use published diets quit and return to their old eating habits, often regaining any weight lost. Keep in mind that a long term eating plan plus regular exercise are the key factors in weight control.

Exercise helps too

For the overweight individual, who is physically active, some type of eating plan for calorie reduction should work. You will need energy to continue your activity, so don't stop eating. Reducing portions of food or not going back for seconds can be very effective for the active overweight.

For the obese or overweight person who is physically active or able to begin an exercise program safely, you also must develop an eating plan to maintain proper nutrition, but will need to restrict calories, eat less and change some foods. Take any exercise increase slowly. As weight drops, your energy level will raise. This is when you can make exercise changes in frequency, duration or intensity.

For the obese person who cannot exercise safely in their present condition, some type of eating plan will be your first resource. However, at some point in your weight loss, you will need to begin exercise to gain lean body weight and promote fitness. Make sure you are cleared medically before you start activity.

Why can't I lose weight?

There is no fool proof diet plan to assure one will lose weight or can maintain proper weight. The question remains: If all of these published diets work so well, why is obesity still on the rise? It finally becomes an individual choice. Do you want to lose weight or not? You have to decide. There appears to be three main reasons why people say no. (1) A lack of education and understanding of what nutrition and diet are about (2) a lack of willpower, apathy (i.e. don't care) or low self esteem (3) unwilling to take part in physical activity and regularly scheduled exercise. All of these reasons can be overcome. There are many ways by which one can establish an eating plan or diet for weight loss. Find the best plan that works for you that allow you to be healthy and enjoy life. Accept eating for the purpose of nourishing the body. One can still enjoy life and eat less. Just follow the motto—'eat to live, not live to eat.'

Dietary reminders

Some other thoughts regarding eating and diet

1. Become aware of your eating patterns. When do you tend to overeat: under what circumstances: and for what reasons? Awareness of these factors can help change your eating habits. You still may have to eliminate any foods for which you cannot control the amounts.

2. Watch out for the 'highs and lows' of life. Stressors from either source can present problems for weight control. Learn to manage stress (good or bad) and try to act rather than react to stress situations.

3. Many people skip breakfast of any type. This could be the most important daily meal to provide energy needs. Formulate a schedule to include a healthy, nutritious breakfast. It may take seven to ten days for your body to adapt to the early meal, but the difference will soon be evident. 25 percent of your daily calories should be at breakfast.

4. Parents with obese children need to take the responsibility for their children's health. The best way to do this is by example, both in diet and physical activity.

5. People who are not currently overweight or obese should also educate themselves about diet and nutrition. This may become important later for the maintenance of body weight as one ages to counter what is known as 'creeping obesity.'

6. One of the worst ways to try to lose weight is to 'crash' diet (stop eating) and increase exercise at the same time. Where will your energy source come from? Reduce portions and control amounts, but don't stop eating. Otherwise your rate of metabolism may decrease slowing any weight loss, while failing to provide the body with its nutritional needs. When one's metabolic rate is reduced through abstinence fewer calories are burned and any excess will be stored as fat. You may actually gain weight from a crash diet.

Military personnel may have problems following published diets due to irregular schedules, tactical situations and deployments. One may not have complete control over their eating habits and diet. Usually the amount of physical work and time at work negates excessive or 'binge' eating. Also, physical fitness requirements demand competency to certain weight and physical performance standards.

At Fort Huachuca, you can obtain information and literature on various diet types at the Health Education Resources Center. Contact Salina Jeanise at 533-5668 or RWBAHC_Library@amedd.army.mil. Also, information and assistance regarding diet and exercise is a service of the Sports and Fitness Branch in Barnes Field House. The Fitness Staff Coordinator, Kathy Gray can be reached at 533-3180/5031 or at grayk@hua.army.mil.

If one puts the principles and guidelines of nutrition and diet together, the result should be a well-fueled body, proper body weight and body composition. Keep in mind that this will need to become a permanent part of one's lifestyle. This is why it is important to start children at an early age. The maintenance of desired body weight and physical fitness is a continuous process for everyone. Success will become your best motivation.

Footnote: Nutrition, diet and exercise is best taught in the home. My son, Air Force Capt. Edward P. Colfer a pilot stationed at RAF Lakenheath in Great Britain will pass on what I taught him to his new son, Colin Parker Colfer born Feb. 25.



Photo by Elizabeth Harlan

AAFES earns seal of approval

Good Housekeeping recognizes quality of Exchange Select products

AAFES NEWS RELEASE

The Army and Air Force Exchange Service has received the prestigious Good Housekeeping Seal of Approval from the Good Housekeeping Institute for Exchange Select storage bags and containers.

Recognized around the world as a symbol of excellence, the seal is awarded to products only after extensive quality testing.

Vice President Hardlines Division Jacqueline Waelde said, "AAFES is very proud of the Exchange Select brand. The varying products marketed under the Exchange Select name continue to be a highly successful and important program. Good Housekeeping and our customers recognize the exceptional quality and value the Exchange Select brand name represents."

Exchange Select is a joint venture between AAFES, Navy, Marine Corps and Coast Guard

exchanges.

It offers a full and competitive line of products in health and beauty care, household supplies, film, office/ mailing tapes, charcoal and lighter fluid categories.

Average savings when compared to equivalent national brands is approximately 48 percent.

Products approved by the Good Housekeeping Institute may be advertised in The Good Housekeeping Magazine and are backed by their consumer's policy, which states that if a product bearing the seal proves to be defective within two years of purchase, Good Housekeeping will replace the product or refund the purchase price.

Exchange Select storage bags and containers will appear in the special overseas military advertising section of the March/April edition of Good Housekeeping Magazine.



Soccer, from Page B1

repeated shots at goalie, Joshua Harrel, HHC 111th, who remained steadfast till the end and the game's final score, 2-1, in favor of Company E, 309th MI Bn. "We're showing a lot of improvement," said Robert Burnett, co-captain, HHC 111th MI. "Teamwork contributed to our

victory," said Chris Torres, Company E, 309th MI Bn., after the game through frosty breath. "We love playing with each other."

"We're a pretty tight company. We have really good communication," Remmey said. "We've been playing pretty good together."

Army dragster wins race

BY CHRIS DORATO
ARMY NEWS SERVICE

Tony "The Sarge" Schumacher captured the K&N Filters Winter Nationals Sunday at Pomona Raceway with a final-round victory over Doug Kalitta.

The driver of the United States Army Top Fuel dragster ran off a string of 4.4-second passes in the opening three round of eliminations before taking out Kalitta after the latter broke at the starting line.

After qualifying second, Schumacher's Army dragster posted

a 4.451-second run in a first-round win over Rhonda Hartman-Smith, then banked a 4.486-second pass in a second-round victory over David Baca.

He followed that performance with a 4.474-second jaunt in a semi-final win over Brandon Bernstein.

Kids, from Page B1

expert speaker come in and talk to the kids about various topics, Trejo added.

"I like seeing the kids happy, working with the families, especially when we do an outing," Trejo said, about why she likes working for the Youth Services Center on post.

"I think it is good to be in four H because of all the good things you do for the community," Smith said.

"It's good to meet new people and to make new friends."

For more information, call Trejo at 533-2037.

Chapel Services

Post schedule of services for Lent

Jewish services

All services are held in the Main Post Chapel unless otherwise noted.

The weekly Friday (Shabbat) service is held at 7 p.m.

For more information, call 533-4755 or 4748.

Lent

Catholic services

"Poor Man's Meal"
Stations of the Cross
"Poor Man's Meal"
Lent Penance Service
For more information,
call 533-4748

Day

Wednesdays in Lent
Thursdays in Lent
Thursdays in Lent
March 23

Time

noon
5 p.m.
6 p.m.
7 p.m.

Location

MPC Activity Room
Main Post Chapel
MPC Activity Room
MPC