

See The Winding Road, Page B4



Photo by Sgt Kristi T. Jaeger

## Take me out to the ball game

The Tucson Sidewinders visited the post for a morning of autographs, batting practice and army chow as part of the 'winter caravan' to promote their upcoming season. Pvt. Joshua Cook, Company A, 309<sup>th</sup> Military Intelligence Battalion, was just one of the Soldiers who 'went up to bat' against one of the Sidewinder's pitchers, Casey Daigel.

## They bite Suspected rabid foxes seen on post

BY JOAN VASEY  
MEDIA RELATIONS SPECIALIST

Two suspected rabid foxes were seen on post approximately two miles apart in the Garden Canyon area within the last few weeks, according to Sheridan Stone, wildlife biologist, Directorate of Installation Support.

On Jan. 3 a visiting federal wildlife biologist saw a dead fox a few hundred yards from the Boy Scout cabin. By the time it was reported on Jan. 13, the fox had been dead too long for valid testing to be conducted to determine whether the fox had rabies.

A hiker reported the second fox the afternoon of Jan. 23, according to Stone. This fox was sighted near the McClure and Garden Canyon Road intersection. It was salivating and appeared to be moving strangely. Environmental protection military police officers and wildlife office personnel were unable to locate the fox after a thorough, 45-minute search of the area.

According to Stone, people can help prevent the spread of rabies on Fort Huachuca.

"The most important thing that pet owners should do is vaccinate all mammals," Stone emphasized.

"Since rabid animals will act abnormally and approach animals, humans and quarters areas, there is potential for a

rabid animal to enter living quarters. Vaccination of all mammals, including indoor pets, prevents the potential for an indoor animal to contract rabies should a rabid animal enter quarters and bite a family pet," Stone said.

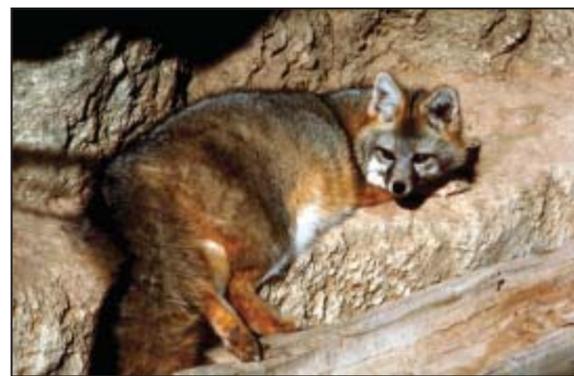
"The second thing people can do is to report any animal acting suspiciously to the MPs. A normally nocturnal animal seen during bright daylight is one example. So is an animal that appears to be lying dead in the middle of the road but does not appear to be hit.

"Don't go near any suspicious animal or let it come near you. Make good notes about its location and report it immediately, or as soon as possible," he said, adding that the MPs will contact wildlife personnel 24 hours a day to assist with capturing the animal for testing.

"There is no reason for people to not hike or have pets, but when outdoors, people need to be aware of their surroundings. And, having pets vaccinated protects them," Stone explained.

Anyone approached by a wild animal that normally would not approach humans should not handle the animal or let it jump in their lap, Stone stated.

Those who sight a suspected rabid animal should call the MP desk at 533-2181.



Courtesy photo

## Company A, 306th MI wins racquetball championship

BY KAREN WEIL  
SCOUT STAFF

Company A, 306th Military Intelligence Battalion is the Commander's Cup racquetball champion.

The team defeated INSCOM Training and Doctrine Support on Friday at Barnes Field House. In the double elimination match, the 306th won the championship in two straight games, 11-7 and 11-9.

ITRADS beat the 306th in one match, which took them to what is known as an "if" match on Jan. 30.

Medical Department Activity's racquetball team earned third place in the Commander's Cup.

Clint Imholte, coach of the 306th team, said it felt great to win the championship trophy.

"The team came together and won when it had to," Imholte said. "We went to the final match of the tournament before we won, and everybody got to play."

Along with Imholte, the 306th team included Keith Gallew, Craig Dallin and Larry Crawler.

"Any match that we had to have a critical point, we seemed to pull it out,"

Imholte said, "Everybody shared in winning." Imholte described MEDDAC, which fielded three teams in the tournament, as an especially tough competitor.

"They had hustlers, and they made you kill the ball," he said. "They made you beat them."

George Thomas, a recreation specialist at Fort Huachuca, said the tournament began on Jan. 26, with 22 teams competing - which is a record-breaking number.

"All of the teams were very fine," he added. Imholte said he is organizing a Fort Huachuca team to compete in the state racquetball championships in Phoenix, slated for March 12-14. The state championships are open to all levels of players.

Imholte said he wants to get others involved, and anyone who wants to play may contact him at 533-2158.

## Athletes strut their stuff Service members race walk into spotlight

BY TIM HIPPS  
ARMY NEWS SERVICE

Al Heppner has been on quite a race walk roll this month. Heppner, 29, a member of the U.S. Army World Class Athlete Program from Columbia, Md., won a silver medal in the USA Track and Field 30-kilometer Race Walk Championships Jan. 11 at Chula Vista, Calif.

Heppner's personal-best time of 2 hours, 16 minutes, 52 seconds, was his first personal record at any distance since 2001.

Kevin Eastler won the race in 2:14:44, the second-fastest time ever walked at the U.S. National 30K behind two-time Olympian Allen James' 2:14:31 in 1993. John Nunn, another Army WCAP member, finished fourth in a personal-best 2:19:39.

One week later, Heppner won the

Rose Bowl 10-Miler with a time of 1:13:42 at Pasadena, Calif., where he also earned the event's "best style" award.

Heppner continued his pace in winning the Caltech Track 5,000-meter Race Walk Jan. 24 with a 21:40.51 clocking at Pasadena, where he qualified for the USA Indoor Track & Field Championships Feb. 27-29 at Boston.

Heppner also plans to compete Feb. 15 in the 50-kilometer U.S. Olympic Race Walk Trials at Chula Vista.

Also in track and field, Michael Mai won a silver medal Jan. 9 in the 35-pound weight throw with a personal-best heave of 71 feet, 3 inches in the Kent State Black Squirrel Open at Kent, Ohio.

Lakeisha Backus finished second in the 60-meter dash in the Leonard Milton Memorial Track Meet Jan. 23 at Houston, where she qualified for the indoor nationals.



Photos by Neil Drumheller

Was it hot potato or basketball? With the lead zipping back and forth between Company E, 305th Military Intelligence Battalion and U.S. Army Garrison it was hard to tell who wanted the championship most in Friday night's Commander's Cup Championship play. (L-R) Shawn Owens and Shane Winemiller, USAG; John Lawson, 305th, and Travis Wilson, USAG fight for the ball.

# Sudden death

## Company E, 305th MI robs Garrison of title

BY KAREN WEIL  
SCOUT STAFF

It was no-holds barred basketball Jan. 30 as the U.S. Army Garrison and Co. E., 305th Military Battalion battled it out for the Commander's Cup Championship.

In the end, the 305th would persevere; the final score after overtime was 44-40.

Chris Holderith, head coach for the 305th, attributed the team's win to heart and soul.

"My team is just outstanding, the best I've coached in three years," Holderith said. "All the players did a great job."

Garrison's coach, Oliver Jackson, said his team made "too many mental mistakes."

"We were trying to rush the ball down the court," he said.

Jackson said Garrison and the 305th displayed good sportsmanship. "I'm proud of my guys," said Jackson, who added thanks to Shawn Owens and Travis Wilson for playing an excellent game.

Before the game started, coaches for both teams were confident.

Before the first jump ball, Anniebell Murphy, assistant coach for the 305th, said prospects were good, considering

the team was missing a player, John Porcher, who was on temporary duty.

The 305th had an unbeaten record throughout the playoffs, topping such opponents as Co. B, 305th MI Bn.

Confident before the start of the evening's action, Jackson said his team had been fighting all season, but the championship would be theirs. "We just won a clinch game against NETCOM [Network Enterprise Technology Command]."

Into the first period, Garrison was on a roll, keeping up its lead. It wasn't long before the 305th found its groove, though and scored plenty of points. The teams were tied with four minutes to go, when Garrison took the lead by three points. The period ended 26-23.

The second period saw the 305th make the first basket, but Garrison wasn't about to be left behind, and showed its flair with jump shots. The 305th were rock steady with a tough defense and speed as one way to get to the net.

See BASKETBALL, Page B7



Lawson, 305th, uses defender Owens, USAG, as leverage as he grabs for the ball in the hard fought championship.



Both the defense and offense played aggressively, making it difficult for Eric Gardner of USAG to get past Denton Lytle of the 305th on his trip to the basket.



Emotions ran high on the court and in the stands in Friday's competition. The ball was up for grabs with both Lawson, 305th, and Gardner, USAG, reaching in.



## 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 533-0836 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).

### Valentine giveaway at Jeannie's Diner



Stop in at Jeannie's Diner Feb. 13 and get a ticket for a chance to win a gift for your sweetheart. The drawing will be held at noon, Feb. 13 and you must be present to win.

There will be two separate prizes.

The first will be a Valentine balloon gift package, which includes a teddy bear. The other prize will be a box of chocolates.

Jeannie's Diner is located in Desert Lanes Bowling Center. For more information, call 533-5759.

### Marine safety rally, vessel check on Saturday

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

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

The event is designed to kick off the 2004 boating and water sports season, and to help ensure that the military community conducts boating activities safely.

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



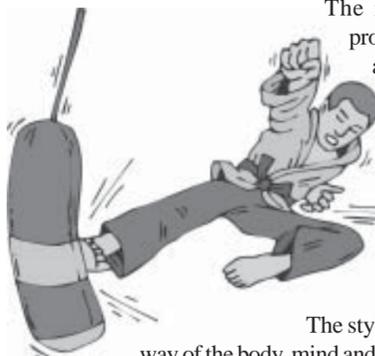
You will also have an opportunity to talk to the Marine Technician, Chuck Mullens about your equipment, and see what equipment and supplies he has on-board.

MWR Rents manager David Walls will also be on hand to discuss the availability and requirements for obtaining equipment from that facility.

For more information or to register, call Walls or Mullens at 533-6707 or 266-3252.

### Karate classes move to Barnes Field House

The American Okinawan Karate Academy has moved from Eifler Gym to the multi-purpose room at Barnes Field House.



The move was made to provide the students with a more intimate training environment and access to portable punching bags. This enhances the training greatly by assisting the students in focusing their mind on their actions.

The style Tai Shin Ki Do (the way of the body, mind and spirit) system is based in the traditional Okinawan Martial Art system known as Isshinryu or the "one heart method". The system also includes self-defense techniques from other traditional systems such as Aikido, Judo, Kempo, and Shaolin Gung Fu.

These techniques have been selected for balance, effectiveness, versatility, speed and power. The system stresses kicks and punches thrown from natural stances, elimination of wasted motion, close-in techniques and proficiency in both hand and foot techniques.

There are three classes offered: little dragons (ages 5 - 7); beginners (ages 8 through adult); and advanced/intermediate. Classes are held Monday and Wednesday evenings and every other Saturday morning.

Join yourself or sign up the entire family. Stop by for an introductory class and meet Sensei Jeff Hyder and Sempai Andre Carter. For more information or to sign up, call Kathy Gray at 533-3180.

### B.O.S.S. Valentine party

Better Opportunities for Single Soldiers will hold a Valentine party 7 p.m. - midnight, Feb. 12 at LakeSide Activity Centre. All single soldiers are invited to attend, and there will be no cover charge.



A DJ will provide the entertainment.

Dance contests for both couples and singles will be held, and prizes will be awarded to the winners in several categories.

There will be beverages available, and a free hors d'oeuvre buffet. A "Valentine Auction" will also be held.

For more information, call Pfc. Diana Zhou at 533-2776 or

Spc. Barbara Gerakis at 533-8386.

### 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. \$10 covers the cost of the gun, mask, CO2, field fee and 100 rounds of ammunition. For more information, call 533-7085.

### MWR Box Office has tickets for many events

The 12th Annual Cochise Cowboy Poetry and Music gathering will be held tomorrow through Sunday at Buena Performing Arts Center, Sierra Vista. Tickets for the event are currently on sale at the MWR Box Office.

The box office also has tickets for the 16th Annual Arizona Renaissance Festival and Artisan Marketplace, to be held eight weekends, now through Mar. 28 and President's Day, Feb. 16, 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, 9 a.m. - 5 p.m., Monday - Friday.

The MWR Box Office has tickets available for several events at the Tucson Convention Center. These tickets may be purchased 10 a.m. - 4 p.m., Monday - Friday, at the box office.

Coming up tomorrow through Sunday at TCC will be the popular Broadway musical "Grease." Check with the box office for times and ticket prices.

Upcoming events at TCC for which the box office has tickets include: Tucson Ice Cats (hockey team) vs. Arizona State, Feb. 20 and 21; Feb. 20 "Los Tigres del Norte", Feb. 20 and John Mayer Feb. 24. Metallica, a tribute to Buddy Holly, an evening with Don Rickels and the Broadway musical "Saturday Night Fever" are all scheduled at TCC in the coming months.

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 some 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. The office is open 9 a.m. - 5 p.m. Monday - Friday.

### PBA Tournament at Desert Lanes

A Professional Bowling Association tournament will be held Feb. 13, 14 and 15 at Desert Lanes. This is an opportunity for everyone to come out and watch the pros bowl all day Feb. 14 and 15.

A pro-am tournament will be held at 6 p.m. Feb. 13. You can bowl with the pros and have a chance to win cash prizes and giveaways.

Cost to bowl in the pro-am tournament is as follows: adults, \$30; seniors, \$25; and youth, \$20.

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

### President's Day trail ride scheduled

Buffalo Corral will offer a President's Day trail ride 9 - 11 a.m., Feb. 16. The ride is open to riders age 7 and up. All riders under 18 must have a release of liability signed by a parent or legal guardian.

Cost of the ride is \$13.50 per person for authorized MWR patrons and \$19 for civilians.

Reservations and prepayment are required by close of business Feb. 14. The corral requires at least 15 riders for the ride to go. If not enough riders sign up, the corral will be closed President's Day.

For more information, call the Buffalo Corral at 533-5220.

### Arts Center offers new watercolor class

From 10 a.m. - noon, Feb. 14, 21 and 28, and Mar. 6, the MWR Arts Center will offer a class in basic watercolor techniques. Cost of the watercolor class will be \$50 for the four sessions.

The class will be taught by renowned Cochise County artist Cindy Betka. According to MWR Arts Center manager, Ricardo Alonzo, Betka has a unique, exquisite style. Her work has been shown in numerous locations, including the University of Arizona, the Shriners' Children's Hospital in Chicago, and the far-reaching lands of Africa and the United Kingdom, where it is displayed in an embassy, a castle and a manor home.

Betka will also teach a basic drawing class at the Arts Center. The cost will be \$35. Call for exact dates and times of the drawing class.

Don't miss the opportunity to learn from this talented artist.

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. It is located on the corner of Hatfield and Arizona Streets, in Building 52008. For more information, call 533-2015.

### Turkey shoot at Sportsman's Center

A turkey shoot will be held starting at 10 a.m. Feb. 21 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.

### 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.



Cindy Betka

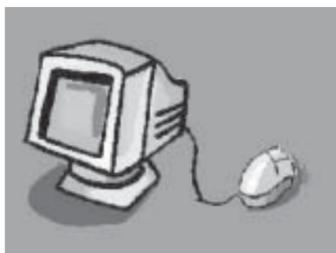
## At The Library

### Just a click away, Main Library now online

Your Fort Huachuca Main Library is now research paper and ace the course. at your fingertips. You'll be plugged into the upgraded version

Just tap out <http://mainlibrary.hua.army.mil> and you're ready to find out if that new best seller is available and what audios and videos are waiting for you to take them home.

You can find out whether the "Art of War" is already checked out, and what's available to help you turn in that



more information, call 533-3041.

#### Hardcover fiction

1. The Da Vinci Code, by Dan Brown
2. The Five People You Meet In Heaven, by Mitch Albom
3. The Zero Game, by Brad Meltzer
4. Absolute Friends, by John le Carré
5. Retreat, Hell! by W. E. B. Griffin

#### Hardcover nonfiction

1. The Price Of Loyalty, by Ron Suskind
2. American Dynasty, by Kevin Phillips
3. My Prison Without Bars, by Pete Rose with Rick Hill
4. Dude, Where's My Country? by Michael Moore
5. Lies, by Al Franken

#### Paperback fiction

1. One Hundred Years Of Solitude, by Gabriel García Márquez
2. Angels & Demons, by Dan Brown
3. The King Of Torts, by John Grisham
4. Key Of Valor, by Nora Roberts
5. Digital Fortress, by Dan Brown

#### Paperback nonfiction

1. Reading Lolita In Tehran, by Azar Nafisi
2. Tuesdays With Morrie, by Mitch Albom
3. What Should I Do With My Life? by Po Bronson
4. Holy Blood, Holy Grail, by Michael Baigent, Richard Leigh and Henry Lincoln
5. A Child Called "It," by Dave Pelzer

# Time Out Briefs

## Little League registration

Registration for Little League Baseball for Sierra Vista boys and girls, 5-16, will be held from 10 a.m. to 2 p.m. Saturday, and Feb. 21 at Big Five. Please bring your child's birth certificate to the registration. Online registration is also available at <http://www.eteams.com/sierravistalittleleague>.



## Recipes needed

The Military Equal Opportunity Office at Fort Huachuca is soliciting recipes from the community for publication of ethnic cookbooks. The cookbooks will not be for sale. Submissions can be sent via email to [hunterk1@hua.army.mil](mailto:hunterk1@hua.army.mil) or mailed to the equal opportunity office. For more information, call 538-0533 or 533-1717.

## Puppetry training

Army Community Service's Family Advocacy Program is hosting a Kids on the Block Evening Volunteer Training Opportunity 5-7 p.m., Feb. 10 at ACS Building 50010. Learn puppetry skills and volunteer to perform for local children with a troupe of educational puppets. For more information, call Staci Kiefer at 533-2993/2330.

## Financial aid workshop

Students considering college may win a \$150 scholarship just by attending the College Goal Sunday financial aid workshop 2 p.m. Feb. 8 at the Sierra Vista campus of Cochise College in rooms 305 A and B. For more information, call the Cochise College financial aid office at 515-5417.

## Trip to gem and mineral show

Cochise College Workforce Training and Community Education is now taking reservations for its annual trips to the Tucson Gem and Mineral Show. Participants will travel Feb. 7 and/or Feb. 13 via van to Tucson. Registration is \$65 for each day. For more information or to register, call 515-5492 or visit [www.cochise.edu/training](http://www.cochise.edu/training).

## Let's Get Moving kick-off

The Let's Get Movin' kick-off bash starts at 5 p.m. today at the University of Arizona South. There will be goodie bags, food, games and a speaker. Form exercise teams to compete for prizes that will be awarded at the finale bash. For more information, call 458-8278, ext. 2178.

## Fort Bowie Workshop, field Trip

The City of Sierra Vista Parks and Leisure Services is sponsoring a leisure workshop and field trip to Fort Bowie and the Apache Campaign from 7 a.m. to 5 p.m. Saturday. The trip costs \$28 per person. For more information, call Jeanette Higgins, at 417-6980 or e-mail her at [jhiggins@ci.sierravista.az.us](mailto:jhiggins@ci.sierravista.az.us).

## Bisbee Psychic Fair and gift show

The Bisbee Psychic Fair and gift show will be from 11 a.m. to 5 p.m. Saturday at the 55 Main Gallery, 55 Main St., Bisbee. Professional readers offer their insights in relation-

ships, career, travel, finances, personal growth, future circumstance and more. For more information, call 432-3726 or 432-4694 or e-mail [mobius@theriver.com](mailto:mobius@theriver.com).

## Cochise County cyclists meeting

Cochise County Cyclists will host a general membership meeting at 4 p.m. Saturday at 1083 Desert Oak Place. CCC is a non-profit organization that schedules regular recreational rides and provides racing opportunities for those interested. For more information, call Glenn Harris at 234-7997 or visit the Web site at [www.cochisecyclists.org](http://www.cochisecyclists.org)

## African American Read in Chain

The 15<sup>th</sup> National and the first local African American read in chain will take place from 3 to 4:30 p.m., Sunday at Sierra Vista 1<sup>st</sup> Church of God in Christ Youth Enrichment Program Annex building, located at 126 N. 7<sup>th</sup> St. Everyone is welcome. For more information, call 227-4093.

## Coed Intramural Soccer

The coaches' meeting for the 2004 Commander's Cup coed intramural soccer program will be held 10 a.m. Tuesday at Barnes Field House. The unit coach's name, duty phone and e-mail address will be due at the meeting. For more information, call Michelle Kimsey at 533-3180 or e-mail [michelle.kimsey@hua.army.mil](mailto:michelle.kimsey@hua.army.mil).

## Pre-season soccer tournament

The coaches' meeting for a pre-season soccer tournament will be held 10 a.m. Tuesday at Barnes Field House. A letter of intent with the team coach's name, duty phone and e-mail address will be due at the meeting. For more information, call Michelle Kimsey at 533-3180 or e-mail her at [michelle.kimsey@hua.army.mil](mailto:michelle.kimsey@hua.army.mil).



## Art workshops available

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

Open drawing sessions are intended for anyone interested in working from a model or still life. Bring your own drawing materials or paints. The fee is \$5 per session. For further information, call Susan Boyle at 459-2995 for day and time.

Painting sessions are offered on Thursdays from 9 a.m. to 4 p.m. Bring your own equipment/supplies, and lunch. There is no fee.

Private lessons are also available from HAA members. For information on Thursday painting sessions, private lessons, and upcoming workshops, call Sue Thatcher at 378-2000.

## Arizona hunter course education

There will be an Arizona hunter education combination course at Coronado Elementary School from 6 to 9 p.m. on Feb. 9, 11, 16, 18, 23 and 27 from 8 to 11:30 a.m. Feb. 28. Attendance at all classes is mandatory. Pre-registration is required,

cost is \$5 per person. For more information, call 459-0607 and leave a message that includes name, age and telephone number of participants.

## An evening at the opera

The Cochise Children's Choir is hosting an "Evening at the Opera", with a social hour beginning at 6 p.m. and dinner at 7 p.m. on Feb. 13 at the Windemere Hotel in Sierra Vista. Tickets are available at the Sierra Vista Mall Office or the Children's Choir Office at 458-3432.

## Combat cross-country coaches' meeting

The team coaches' meeting for company-level combat cross-country will be held at 10 a.m. Feb. 13 at Barnes Field House.

Each company-sized unit is authorized to enter one or more company-level teams. Each Soldier must be assigned or attached to the company they represent. Five runners are required for a team, and teams must consist of active duty military.

There is a \$50 registration fee per team and a \$10 registration fee for individual runners not competing on a team. Teams and individuals must also provide their own equipment.

The deadline for registration is Feb. 13. The race will be run Feb. 28, 8 a.m. from Wrenn Arena. There will be a pre-race equipment inspection at 7:30 a.m., Feb. 28.

For more information, call Tom Lumley at 533-3180 or 533-3246 or e-mail [thomas.lumley@hua.army.mil](mailto:thomas.lumley@hua.army.mil).

## Geology trip of southeast Arizona

There will be a geological features exploration trip of eastern Cochise County from 7 a.m. to 5 p.m. on Feb. 14 leaving and returning from the Ethel Berger Center, Sierra Vista.

Cost of the trip is \$28 per person and includes discussion and visits to Texas Canyon, Wilcox Playa and various points in the Chiricahuas.

For more information, call 417-6980 or 458-7922.

## Tour Kino churches in Mexico

Cochise College Workforce Training and Community Education is planning a three-day trip to Mexico that will examine the history of Father Kino and his exploration of the southwest.

Participants will visit churches Father Kino built in northern Mexico, as well as his grave site in Magdalena. The tour visits Imuris, San Ignacio, Caborca, Tubutama and Pitiquito. The trip, which is a non-credit class, is set for Feb. 19-21.

Registration for Father Kino Churches in Mexico is \$425 and includes transportation, guide, hotel, and the permit to enter Mexico beyond the free zone. Participants must pay for their own food and should carry approximately \$50 in small denominations.

For more information or to register, call Workforce Training and Community Education at 515-5492 or visit [www.cochise.edu/training](http://www.cochise.edu/training).



## At the movies

Showing at the Cochise Theater for the next week are:

|                           |        |
|---------------------------|--------|
| <b>Today</b>              |        |
| Some Things Gotta Give    | 7 p.m. |
| <b>Friday</b>             |        |
| Peter Pan                 | 7 p.m. |
| <b>Saturday</b>           |        |
| Cheaper By The Dozen      | 7 p.m. |
| <b>Sunday</b>             |        |
| Peter Pan                 | 2 p.m. |
| <b>Monday - Wednesday</b> |        |
| Closed                    |        |

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

## Channel 97 offers variety of programming



Tune in to the Commanders 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 each day at 3:30 p.m. with video highlights of local events. This week see a human intelligence field training exercise at Site Uniform; the January retirement ceremony; the Arizona Sidewinders' visit to post; reserve component soldiers arrive for training with Operation thevel; and the final results of the Combined Federal Campaign.

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](mailto:channel97@hua.army.mil).

## Winding Road

BY KAREN WEIL  
SCOUT STAFF

Once an art form known mainly to those who made their living on ranches, cowboy poetry has exploded into the American consciousness and become a national treasure.

To celebrate its popularity, Sierra Vista is playing host to the 12<sup>th</sup> annual Cochise Cowboy Poetry and Music Gathering, which starts Friday and lasts through Sunday.

Headline stage performances, which include the finest in cowpoke verse and music, will begin at 7 p.m. on Friday and Saturday, and 2 p.m. on Sunday, at the Buena Performing Arts Center.

Free consecutive sessions will also be held from 10 a.m. to 5 p.m. on Saturday at the center. After the stage show, fans can

enjoy musical jam sessions, on Friday and Saturday, at the Windemere Hotel and Conference Center.

How popular has this event become? Well, the National Cowboy Symposium awarded the gathering 2003 American Cowboy Award for Outstanding Cultural Event.

According to the Sierra Vista Convention and Visitors Bureau Web site, poetry gatherings started around campfires. Cowboys took their daily experiences and turned them into amusing, even moving, stories.

Perhaps the most famous of modern cowboy poets is Baxter Black, who is a practically a multi-media phenomenon, because of his syndicated column, commercial spots and commentary on National Public Radio.

Today, there are a whole host of equally-

talented colleagues who delight audiences throughout the United States. Two dozen of them will be performing, as headliners, at the gathering.

The headline artists scheduled to perform are: Buckshot Dot, of Phoenix; Patty Clayton, of Colorado; Due West Trio, of Tucson; Jim Dunham, of Prescott Valley; Mike Dunn, of Mesa; Rolf Flake, of Gilbert; Peggy Godfrey, of Moffat, Ohio; Sierra Vista's own Lessa Greenwood; Sid Hausman, of New Mexico; Steve Lindsey, of Elgin, Ariz.; Ken and Lynne Mikell, of Cottonwood, Ariz.; "Curly" Jim Musgrave, of California; Tony Norris, of Flagstaff; Mike Querner, of Texas; poetry duo Roughstring, of New Mexico; Dave Stamey, of California; Gail Starr, of North Scottsdale and Gail Steiger, of Prescott.

If that weren't enough, no less than 34 participating artists are lending their talents

to this event. That includes Bud Strom, of Hereford; Fred Jones and Jon Messenger, both of Sierra Vista and local student poetry contest winners (who perform on Sunday).

Admission for this is \$15 for adults, \$12 for seniors and \$6 for youth (through grade 12) on Friday and Saturday evening. Saturday daytime performances are free. The Sunday shows are \$12 for adults, \$6 for youth through grade 12.

For ticket and visitor information, call 417-6960. All tickets are general admission with no reserved seating. Keep in mind that tickets may be sold out for some performances, and that the line up is subject to change.

For other details, check out [www.visitsierravista.com](http://www.visitsierravista.com) or [www.cowboypoets.com](http://www.cowboypoets.com) or call Les Siemens at 378-7163.

# Soldiers bat with Sidewinders

BY SGT. KRISTI T. JAEGER  
SCOUT STAFF

Members of the Tucson Sidewinders paid a visit to the Fort Huachuca community on Jan. 28 as a part of a winter caravan.

The stop here was the first of nine speaking engagements the team has planned in order to promote the upcoming season, said Brett Dolan, director of broadcasting for the Sidewinders.

"This is your chance to see them play before becoming big league stars," Nolan said.

Four of the Sidewinders' pitchers, Mike Gosling, Andrew Good, Chris Cervantes, and Casey Daigel, were available for autographs, as well as a little batting practice with members of the 2003 Fort Huachuca Armed Forces Softball Championship Team.

Chip Hale, Sidewinders manager, talked about the appreciation they have for what the military has done.

"We are very honored to be here today," he said. "We want to thank you guys for everything you've done for us."

In attendance as well were students from Smith Middle School and initial entry training Soldiers from Company E, 305th Military Intelligence Battalion.

The students were waiting on their unmanned aerial vehicle course to start, said Sgt. 1st Class Melissa O'Brien, drill sergeant with 305th MI Bn.

"This is an opportunity for them to see a little bit of Arizona's finest," she said.

After pitching from both the Sidewinders and the Buffalo Soldiers, the Tucson team headed over to the Virginia Hall Dining Facility for some good ol' Army

chow.

All four pitchers and Hale greeted Soldiers as they passed through the chow line, as well as signed autographs, handed out tickets and spoke with the students. Some of the students will be graduating before the season begins, but Gosling told them to pass the tickets onto those who would be still be in training.

Following the visit in the dining facility, the Sidewinders departed the post.

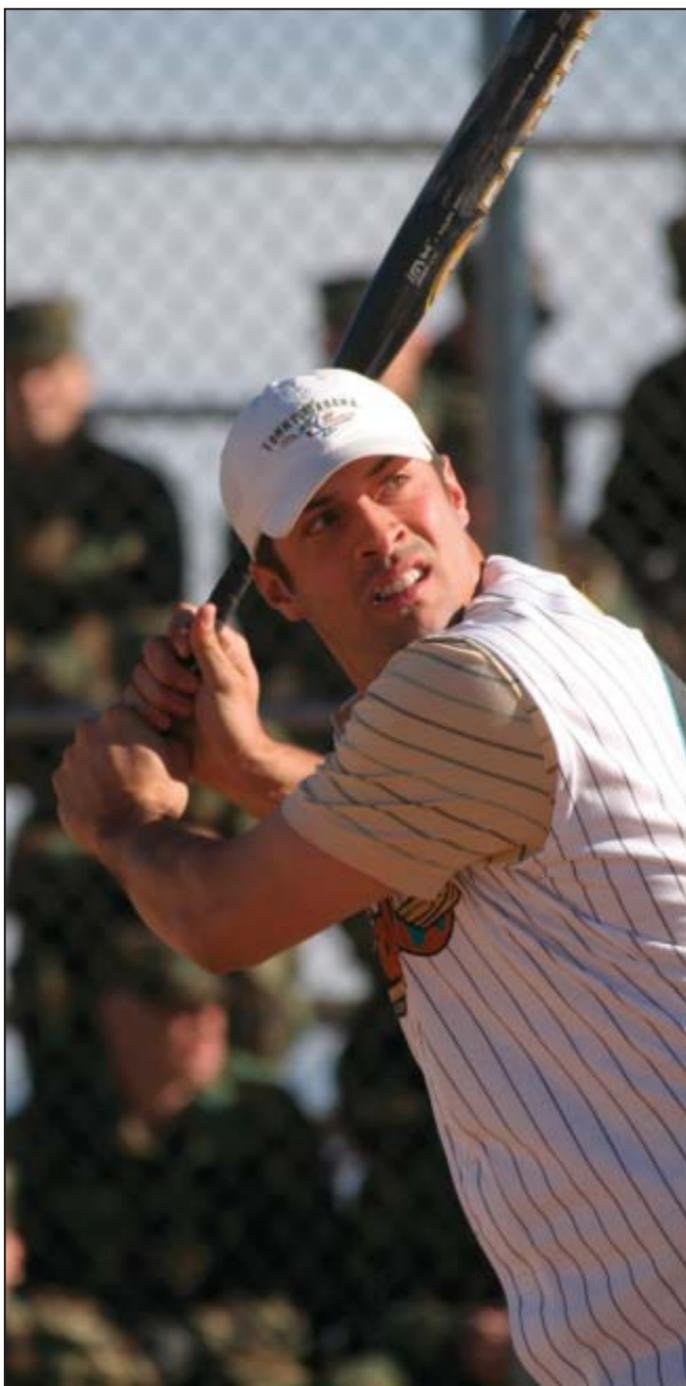


Photo by Sgt. Kristi Jaeger

Casey Daigel, one of the pitchers for the Tucson Sidewinders, went up against the pitching of Sgt. 1st Class Ralph Dubois from the Buffalo Soldiers, Fort Huachuca's softball team.



Chip Hale, the Sidewinders' manager, joined the ball players the morning of Jan. 28 to help promote the team's upcoming season.

# Military spouses honored

BY BONNIE POWELL  
DECA RELEASE

Serving one's country often means sacrifice and hardship, but it's not only the military member who sacrifices. Military spouses are often the unsung heroes on the home front. Four spouses representing active duty, Guard and Reserve, retirees and veterans are recognized with inaugural Military Spouse Awards during the 9th annual "American Veteran Awards: A Tribute to Freedom," Sunday, at 7 p.m. EST and PST; 6 p.m. CST; and 5 p.m. MST on The History Channel. The awards air on American Forces Network at a later date.

A star-studded affair, this year's awards feature Cliff Robertson, Madeleine Stowe, Sam Elliott, James Woods, David James Elliott, Crystal Gayle and many others. But the real star is the United States military. The military spouse honorees for 2003 are Reserve/Guard spouse Leane Palmer of Thornton, Colo.; active duty spouse Ava Marie Conlin of Chesapeake, Va.; veteran spouse Sandra Joy Solari of Warner Robins, Ga.; and retiree spouse Dianna Trussel of Panama City, Fla.

Though the actual awards presentation was taped Nov. 21 in Los Angeles, one winner may not believe it until she sees it on TV. "I'm still in shock," said Dianna Trussel. Her husband Tracy, a retired Navy petty officer first class, was handed a nomination form at the Tyndall Air Force Base commissary in Florida. "When I saw what they were looking for on the nomination form I knew that was Dianna," he said. The couple shop regularly at the Tyndall commissary and he works on the base.

It became real enough for Trussel and the other honorees when Maj. Gen. Michael P. Wiedemer, director of the Defense Commissary Agency, joined Karri Turner of "JAG," and James Denton of "Threat Matrix" for the awards presentation. "DeCA recognizes the enormous sacrifices that service members and their families make for the United States of America," he said. "We also recognize the hardships our armed services family members endure during frequent and lengthy deployments overseas. They, too, deserve respect and admiration."

Procter and Gamble Military Markets was the sponsor of the first-ever American Veteran

Awards' Military Spouse Awards. The nomination process stemmed from a worldwide commissary promotion in early November. More than 1,000 nominations were received in just 10 days. "We are surprised and pleased with the tremendous response," said Paula Parsons, marketing manager for P and G Military Markets. "Entries came from all over the world by e-mail, fax and mail for this inaugural award!" A staggering 86 percent of the nominations were done online either through a link at <http://www.commissaries.com>, <http://www.militaryshoppers.com> or <http://www.avashow.com>.

A selection board determined honorees based on how nominees exemplified support to the community, volunteerism, selflessness and strength. Each entry required a 500-word essay to support it.

"The sacrifices of our country's military spouses often go unrecognized," said Harry Shaw, president and CEO of American Veteran Awards. "It is for this reason that American Veteran Awards is so proud to introduce this long overdue honor in association with DeCA and Procter & Gamble. The four honorees are truly the heart of this year's show and represent the selfless sacrifices of all military spouses."

Each honoree has a roster of outstanding accomplishments. The veteran spouse honoree might as well have "veteran" as her middle name. Sandra Joy Solari, spouse of retired Air Force Capt. Dennis Solari, is president of the ladies auxiliary of the Warner Robins VFW Post 6605, and goes above and beyond the call for veterans at the nearby VA hospital and the war veterans home.

Leane Palmer, spouse of Army Reserve Capt. Noel Palmer, exemplifies the experience of Guard and Reserve spouses all over America in 2003 as their husbands or wives were activated to support Operation Iraqi Freedom. Juggling work and family on the home front became a fine art, but Palmer still found time to help her husband's entire battalion endure 120-degree heat in Iraq - by making 600 neck coolers.

Ava Marie Conlin gave up her commission in the Navy to support her spouse, Marine Col. Christopher C. Conlin, when he first took command of a battalion at Twentynine Palms, Calif. She quickly assumed the role of key volunteer advisor, and when a battalion wife died suddenly, leaving two children and a deployed husband behind, Conlin stepped in to take care of the family - paying for hotel rooms out of her own pocket.



Dianna Trussel has made a career out of helping military families. Whether it is volunteering for Navy and Marine Corps relief, opening her home to battered families, serving as a one-woman welcome wagon, collecting coupons to send overseas, or working for the Bay County Council of Aging, Trussel's longtime motto of "making a positive change wherever we go" has stood the test of time. "I don't think I will ever stop helping people," she said. "To borrow from a Shirley Chisolm quote, that's how we pay our rent for the privilege of living here on earth!"

Other prestigious awards given on the American Veteran Awards broadcast include the Service Member Defense of Freedom awards honoring five military service members from each branch of service for their achievements during their deployment in Operation Enduring Freedom and/or Operation Iraqi Freedom.

American Veteran Awards is America's pre-eminent tribute, uniting arts and entertainment with the patriotic fabric of our nation - our past, present and future military and their families. AVA is an annual project of Veterans Foundation Incorporated, a 23-year-old nationally recognized nonprofit, nonpolitical, nonmembership 501(c)(3) organization. For more information, visit <http://www.avashow.com>.

Basketball from Page B2

Finally, the second period ended with garrison scoring 43 points, and the 305th scoring 39.

The 305th was turning on the heat early into the third period, scoring seven points. Garrison quickly caught up, and scored a few points with free throws. With less than a minute left in the game, garrison scored another point, on top at the end of the third period, 25-23.

During the game, some in the small but enthusiastic crowd that watched the game provided plenty of colorful commentary.

"Come on, play some D (defense)!" one hollered. "We need you to shoot!" another suggested, more than once, to one player of the 305th.

At other times, some audience members got a little testy when a player fouled or a referee made a controversial call.

As fourth period progressed, both teams continued with lots of no-nonsense, skillful playing. It looked as if garrison would go home with the championship trophy, but the 305th made one more basket, which tied the game 36-36.

Overtime was now or never, and at times the play could best be described with the title of a hit movie from last summer: "2 Fast 2 Furious."

Toward game's end, garrison threw the ball away, twice, but that didn't stop it from scoring four more points. The 305th quickly responded, gaining the net advantage and shooting the crucial baskets.

Along with team trophies, each player received a statuette for his efforts.

At the final buzzer, the 305th had 44 points, and something to celebrate.

## Fit for life

## Developing a healthful, fitness lifestyle

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

The various aspects of physical fitness have been the focus of many of the "Fit for Life" columns since its inception in September. Without repeating much of the same information, the need to discuss physical fitness and physical activity as part of the health and fitness lifestyle is necessary and should present another viewpoint.

**Fact #1**

In the year 2000, health care costs associated with physical inactivity were more than 76 billion dollars. While you may think this statement does not affect you if you are fit, the truth is that we all are paying the costs of an inactive lifestyle in one form or another. For an example of what mild to moderate activity can do: If 10 percent of adults began a regular walking program, at least five to six billion dollars in heart disease costs could be saved per year.

**Fact #2**

Physical inactivity is a major risk factor for developing coronary artery and other types of cardiovascular disease. Regular physical activity increases your exercise tolerance and also plays a major role in the prevention of cardiovascular disease. The American Heart Association offers recommendations that apply for most healthy people. For benefit to the heart, lungs and circulatory system, perform any vigorous activity for at least 30 minutes on most days of the week at 50 - 75 percent of your maximum predicted heart rate (220 - age X percentage desired will give your training heart rate). Physical activity need not be strenuous to bring health benefits. What is important is to include regular activity as part of your daily routine. What activities are most beneficial? Brisk walking, hiking, stair climbing, aerobic exercises, jogging, running, bicycling, rowing, swimming and such team activities as soccer and full court basketball. The training effects of such activities are more beneficial at exercise intensities above 50 percent. Longer time periods as well as higher intensities should yield greater health benefits. For people who can't exercise vigorously or are sedentary, activities such as gardening, yard work and even housework performed daily can help lower the risk of cardiovascular disease.

**Fact #3**

Cardiovascular fitness is the most important component of physical fitness for people of all ages. While this statement is true, keep in mind that strength,



muscular endurance and flexibility will benefit and make aerobic-type activity easier to perform. A stronger, more flexible body will enhance one's quality of life and appearance. Resistance exercise using free weights, strength machines or free body exercises performed two to three times weekly along with stretching or flexibility activity will accomplish this goal.

**Fact #4**

Smokers who exercise vigorously and regularly are more likely to cut down or stop cigarette smoking. Yes, even current smokers can get health benefits from a regular exercise program. However, the desired goal would be to stop smoking completely.

**Fact #5**

People who are at their ideal bodyweight and exercise regularly are much less likely to develop diabetes. Exercise may also decrease a diabetic's insulin requirement. However, anyone who is diabetic (Type 1 or 2) should follow certain recommendations and undergo proper screening by their physician before undertaking any exercise program. Some general guidelines are as follows:

- Aerobic activity is recommended at 50-70 percent of maximum heart rate.
- Warm up before and cool down after activity.
- Proper hydration is essential, as dehydration can affect blood glucose levels and heart function adversely. Physical activity in heat requires special attention for hydration needs.
- Strength training programs can be utilized with moderation to maintain and improve upper body strength for most

diabetics.

- Monitor blood glucose levels.
- Type 1 diabetics may require other restrictions and should be in consult with proper medical personnel.
- It may be helpful for diabetics to exercise with a partner or group.

**Fact #6**

Physical activity can help ward off or eliminate the conditions of overweight, overfat and obesity. These may not be infectious diseases, but they are at epidemic proportions in the United States today for all age groups. 70 percent of U.S. adults would be classified as obese or overweight. 40 percent of all children and adolescents fall into these same categories. 50 percent of all disabled persons under fifty years of age are obesity related. The Surgeon General's call to action to prevent and decrease overweight and obesity 2001 report states, "the nation must take action to assist Americans in balancing healthful eating with regular physical activity." For more information, see "Healthy People 2010 Initiative" from the Office of Disease Prevention and Health Promotion, (202) 401-5295 or <http://www.health.gov/healthypeople>. A Healthy People 2010 Toolkit is also available at (877) 252-1200 or <http://www.health.gov.healthypeople/state/toolkit>.

These facts are just a few of the items that relate to why physical fitness and physical activity should be part of everyone's lifestyle. The requirements to meet such fitness standards are well within the reach of the majority of our population. What's lacking is education to the facts, knowledge about fitness activities and motivation to begin or sustain an activity program. As previously mentioned, an unhealthy lifestyle is the rule rather than the exception in much of our society.

**Youth fitness**

Youth fitness depends upon physical education starting at the elementary school level and parents who will encourage and participate with their children. Leading or teaching by example appears to work best with youngsters. Good physical education programs will provide instruction and activity but also need to provide continuous assessment. Our youth today need vigorous activity to grow into healthy adults. It is the responsibility of parents and adults to insure that a healthy lifestyle is available and feasible for all children. To quote Guy Reiff and Ash Hayes from a 1980 article in Education USA, "we have more physical education programs, more gyms and fitness centers and more swimming pools than any other country in the world. We also lead the world in degenerative diseases. The United States is dedicated to physical fitness and parking as close as possible to the stadium." Little has changed in this respect in the past 25 years.

**Fort Huachuca resources**

For those who are part of a military community, we tend to see a more fit and physically active population than in other aspects of society. All military branches put greater emphasis on physical fitness as part of one's service. Fort Huachuca has two excellent facilities for indoor sports and fitness activities plus an Olympic size swimming pool and two outdoor running tracks. Barnes Field House and the Eifler Fitness Center have excellent strength and muscular endurance equipment plus a full range of cardiovascular equipment including lifecycles and recumbents, treadmills, step machines, stairmasters and rowing machines. There are also several combination handball and racquetball courts available. In addition, there are seven lighted tennis courts, two multi-purpose athletic fields, five lighted combination softball and flag football fields and two outdoor swimming pools. The post has an extensive co-ed intramural and extramural program. The fort also has scenic outdoor areas for running, bicycling, mountain biking, hiking and walking. It offers an abundance of fitness activities with both indoor and outdoor accessibility throughout the year.

Leslie H. Woods is the chief for the Sports and Fitness Branch and is housed in Barnes Field House. Mr. Woods states, "We try to meet the needs of the Fort. Huachuca community in both activities and equipment and are constantly striving to offer the type of programs and events that will benefit a healthy lifestyle." Kathy C. Gray is the fitness coordinator and is also located in Barnes Field House. Gray can provide information about classes and fitness instruction. The staff at Barnes Field House can be reached at 533-5031 and Eifler Fitness Center at 533-4723. Other sports branch staff members include Michelle Kimsey, Tom Lumley and George Thompson.

As an example of a fitness event for everyone, the Sports Branch has scheduled a "Running Extravaganza" on March 20 starting at 7 a.m. at Barnes Field House. The schedule includes a 5K walk, a 5K "mutt" march, a "diaper dash," a 5K competitive run, a 10K competitive run, and a 10K bicycle tour (not competitive), plus some unexpected surprises. It will be a fitness event that has something for everyone, whether it be an individual or a family including children (and dogs!). Kimsey will be the race director. For more information on events and specific times, contact her at Barnes Field House or call at 533-5031.

A final thought. Physical fitness cannot be stored. One must perform physical activity on a regular basis. There is no quick way to become physically fit. That's why it is so important that your fitness activities become part of your daily routine. Once you reach your desired level, maintaining it will become much easier. In fact you will be healthier, feel better and look better, and you won't want to stop. Congratulations. You have just scaled the second step in developing a Health and Fitness Lifestyle.

