



See The Winding Road, Page B5

Vol. 50, NO. 1 Published in the interest of Fort Huachuca personnel and their families January 8, 2004

Gloves came off in 2003 Soldiers enjoyed their 'Time Out'



Photo by Elizabeth Harlan

Mahlon Kerwick, Fort Carson, Colo., left and Aaron T. Bensinger also of Fort Carson, fight for the light welterweight championship title during the All Army Boxing Championships Nov. 15 at Barnes Field House.

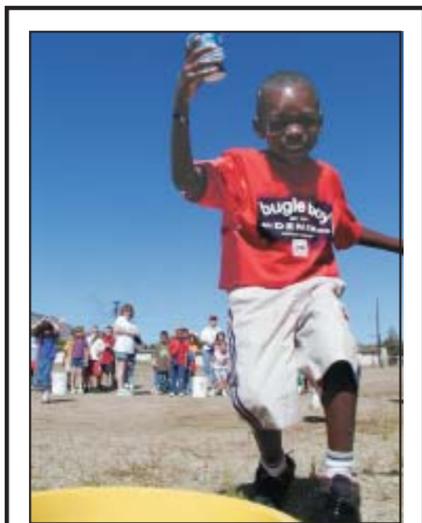


Photo by Neil Drumheller

Water Olympics

William Tackie, a first grader, tries to get more water in the bucket than on his head in a Water Relay at the Johnston Elementary School Fun Day, April 24.

third.

All Army racquetball player on post

Clint Imholte, Company A, 306th Military Intelligence Battalion, played in the All Army racquetball seniors division in 2002 and won the national championship in Houston during May.

February

MI Soldiers get college credit

Graduating Soldiers of the 309th Military Intelligence made history Feb. 13.

Their graduation marked the first time in the history of the MI Corps that MI Soldiers are able to graduate having earned their military occupational specialty in addition to transferable college credits from Cochise College.

Desert Lanes hosts PBA

Arizonan Tim Paul Jr. won the Desert Lanes 4th annual Professional Bowlers Association tournament Feb. 2. He walked away with \$2,000 in winnings and a Buffalo Soldier trophy. More than 40 professional bowlers from Arizona and California participated in the three-day tournament.

Boilard wins gold

Christina Boilard, Headquarters and Headquarters Company U.S. Army Garrison, won the All Armed Forces Boxing Tournament for the Super Flyweight female weight class division (114 pounds) by defeating a female Marine boxer for the title in February.

March

Special Olympics athletes compete

The 85 athletes who participated in the Special Olympics regional games March 7 at Barnes Field House were all winners.

Annual Combat Medic Run

More than 158 runners competed in the 6th Annual Combat Medic Memorial Run March 2, despite the chilly temperature of 32 degrees.

They had a choice of a 10K, 5K, or a 2K fun-run or walk. The race is sponsored annually by the Raymond W. Bliss Army Health Center. Paul Valentine was the overall and male winner, while Delia Luch, won the women's competition.

Students compete

Genocide and studying the tactics of an enemy may sound like makings of a suspense novel, but these are some of the topics that 250 students at Buena High School dealt with for their Rights and Responsibility Day projects on March 3.

Copper Classic

Malida Ruiz, 86th Signal Battalion, won first place in the lightweight body building division and came in second

place in the Ms. Fitness competition March 22, for the 20th Annual Mr. and Mrs. Arizona Copper Classic 2003 Pro Qualifier at Buena High School.

Kids compete

In March, Avrien Anderson, 11, daughter of Anika Anderson-Hack, United States Army Medical Command, and Cecil Anderson, 9, the son of Millicent Anderson, MEDCOM, were selected to attend the International Model and Talent Association's

See 2003, Page B2



Photo by Elizabeth Harlan

Undercover

Staff Sgt. Charleene Magwood of Headquarters Company 306th Military Intelligence Battalion applies camouflage face paint on Andrew Camp, 7, on Oct. 7 at School Age Services event, Lights On After School.

January

Commander's Cup racquetball

Members of Company A, 306 Military Intelligence Battalion won the Commander's Cup Racquetball Tournament held Jan. 28 - Jan. 31. Company E, 305th Military Intelligence Battalion, came in second, Company B, 305th MI Bn., came in

2003, from Page 1



Photo by Elizabeth Harlan

Swimfan

Spc. Jessi Darrett, Company A, 40th Signal Battalion, helps his daughter Imri learn to enjoy the water at Irwin swimming pool during the 11th Signal Brigade's Fun Day, June 6.

Convention in New York, from July 19-28, with the Tucson Modeling Group.

Both attend Col. Smith Middle School on Fort Huachuca.

April

Huachuca Mountains event

The fifth annual John Cooper and Perimeter Trails Tour took place on April 26 for hikers, runners, joggers, horseback riders and mountain bikers.

'Keeper of the plaque' soccer

The 304th and 306th Military Intelligence Battalions met at Foster Field March 26 for their final match as part of the 112th Military Intelligence Brigade annual soccer grudge match. With less than five minutes left in the game, the 304th scored to assure victory.

ICW's superstars of wrestling battle

More than 500 screaming fans packed Eifler Gym April 5 in order to enjoy six International Championship Wrestling matches. The night also featured a bout between ICW nemeses, Erica and Nikki.

111th hosts Conference run

The 306th Military Intelligence Battalion sponsored the 111th Military Intelligence Brigades Commander's Readiness Conference run, April 4.

Prior to the run, all participants donated food to the Main Post Chapel's Food Locker Program.

Barnes' lifeguards save Soldier

The quick actions of two Barnes pool house lifeguards, Cathy Owen and Ronald Ellsworth, Jr., prevented an unidentified Fort Huachuca Soldier from drowning April 15.

Brigade hosts 'CoyoteUgly'

The 111th Military Intelligence Bri-

gade hosted the "Coyote Ugly" track and field competition April 26 at Bujalski Field. Track events included 100 meters, 200 meters, 400 meters, 800 meters and 1600 meters races.

Field events included the long and high jump and the shot put.

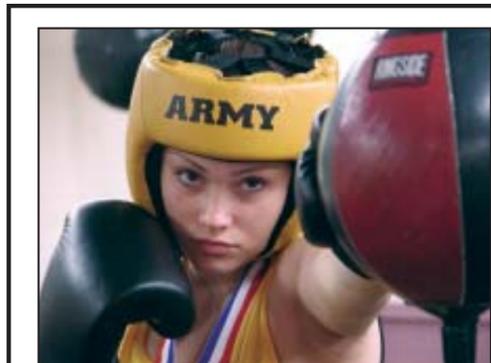


Photo by Sgt. 1st Class Donald Sparks

Put up your dukes

All Armed Forces Super Flyweight champion Christina Boillard continues to hone her boxing skills as she punches the double end bag.

May

Lonestar headlines concert

Country recording group, Lonestar, headlined this past year's Miller Genuine Draft Army Concert Tour performance at the largest Army installation in Arizona on May 17.

NCO to appear on Web site

A 36th Army Band member, Sgt. Terrina Anderson, was tentatively scheduled to appear on the www.goarmy.com Web site this past summer in order to assist with Army-wide band recruitment efforts.

Scorpions win

The Headquarters and Headquarters

Company, United States Army Garrison Scorpions defeated Company D, 305th Military Intelligence Battalion, 27-17, May 28 during the opening week of the post's Commanders Cup softball championships.

June

MPs carry Special Olympics torch

Twenty Soldiers from the 18th Military Police Detachment ran in the Special Olympics Law Enforcement Torch Run and an additional 22 supported the annual event.

Changes on the horizon for PX

Some big changes were underway for the Post Exchange in 2003. The exchange served the community via its "You made the Grade" program, where students with a "B" average or better can present their report cards at the exchange, and receive a coupon book worth up to \$50 in savings on store items.

The exchange started offering numerous services to benefit Fort Huachuca's Soldiers; among them is digital Internet access via direct subscriber line available through the exchange.

Track phenom

Eighteen-year-old Soldier, Calvin Andrews, Company C, 305th Military Intelligence Battalion, a graduate from the Common Ground Station Operator's course dominated during the Commander's Cup Track and Field championships in June.

Andrews collected six medals after competing in six different events, capturing first place in the 100-meter, 200-meter, 4x100-meter relay and the shot putt. He also garnered third place in 4x400-meter relay and in the long jump.

Post vets deter rabies

The veterinarian staff, in cooperation with the Tucson Area Indian Health Service, vaccinated more than 1,000 dogs and cats June 9-20 to help prevent rabies in the pets on the Native American reservations in the Tucson region.

The Winding Road

The Winding Road is a weekly Arizona travel and destination guide started June 12 in the Time Out section of the Scout.

This column gives readers a snapshot of different places to see and what to do in areas within a day's drive of the fort.

July

Fort Huachuca youth kick it

Fort Huachuca Recreation Services Division had a treat for youth who were interested in soccer. Barry Morris, a former professional soccer player, coached several



Photo by Elizabeth Harlan

Family school

Parent University was sponsored by the Army Community Service Family Advocacy Program from Sept. 2 - 12.

weeklong camps offered through Youth and School Aged Services from July 14 through Aug. 8.

Fort lifeguards make splash

The Recreation Services Division, sports branch, held its annual Lifeguard Olympics on July 14 at the Irwin pool. The Fort Huachuca lifeguards defeated the Cove lifeguards 113 - 106.

August

Spirit Warrior '03

"Spirit Warrior Desert '03" took place Aug. 15-16 at Kino Chapel.

"Spirit Warrior" originated in Yongsan, Korea through the efforts of Chaplain (Maj.) Dennis R. Nitschke and a team of volunteers who saw a need for Christian growth and commitment.

305th takes 309th for a ride

Company E, 305th Military Battalion took Company D, 309th MI Bn. to task in the final match of this year's Commander's Cup volleyball season in the second week of August. The 305th team blazed in, undefeated, via the winner's bracket faced the 309th, and beat them 18-16, 11-15 and 15-8.

Commander's Cup begins

The year's Commander's Cup tournament started Sept. 1. The Commander's Cup tournament is a year-long sports competition. The competition consists of six major sports and four minor sports. This year, Headquarters and Headquarters Company, United States Army Garrison passed the cup to Company B, 305th MI Bn.

See 2003, Page B5



Photo by Elizabeth Harlan

Megan Connelly, 9, watches her ball soar after her first stroke during a golf tournament this past summer at Mountain View Golf Course on Fort Huachuca. The activities included golf lessons and plenty of enthusiasm from the staff at MVGC and the children.



Photo by Elizabeth Harlan

Caitlin Flynn 1, watches the Veteran's Day Parade in Sierra Vista on Nov. 11.



Photo by Elizabeth Harlan

Staff Sgt. Keisha Felder of Fort Hood entertains the large crowd as part of the annual United States Army Soldier Show at the Buena Performing Arts Center on Aug. 29.



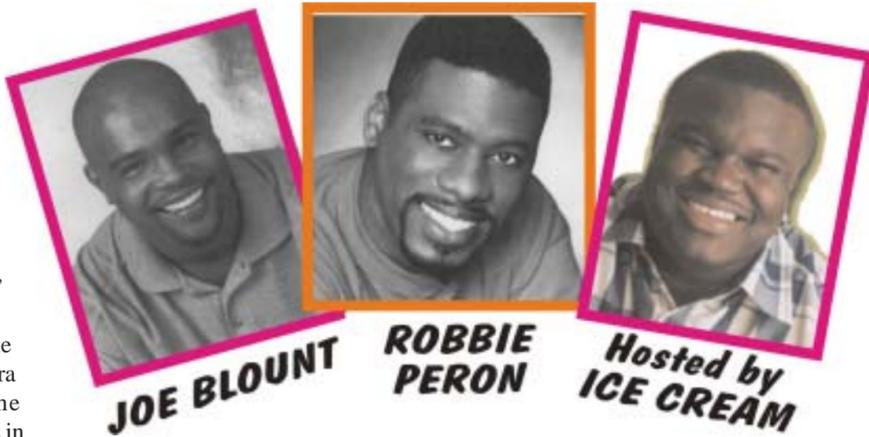
FORT HUACHUCA DIRECTORATE OF COMMUNITY ACTIVITIES UPDATES

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

Def Jam Comedy Show at LakeSide Jan. 17

2 Funny Enterprise out of Atlanta, Georgia will present Def Comedy Jam live at 10 p.m., Jan. 17 at LakeSide Activity Centre. The show will feature comedians Joe Blount and Robbie Peron and will be hosted by Ice Cream. This is an "R" rated show.

Tickets are now on sale at MWR Box Office, Sierra Vista Safeway and the LakeSide. Tickets are \$12 in advance and \$15 at the door. The show is open to the public and features adult



JOE BLOUNT

ROBBIE PERON

Hosted by ICE CREAM

entertainment. You must be 18 or older to attend. For more information, call 533-2194.

The Arts Center will also begin offering a variety of classes for seniors noon-2 p.m. every Friday. The schedule will be as follows: Jan. 16, ceramic painting; Jan. 23, pottery, with or without wheel; and Jan. 30, watercolor.

A basic leather-tooling class will be offered, beginning Jan. 17 at 1 p.m. Cost of the class is \$15 each. Participants are asked to pre-register, and payment is due at time of sign-up.

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

For a complete schedule of classes offered, or for more information on any of those mentioned, call 533-2015.

RPM for your auto repair needs

If you're having mechanical problems with your car, have some dents from a "fender bender," or you just need an oil change, why not try RPM, conveniently located on Fort Huachuca, off Irwin Street on Jim Ave., just past MWR Rents?

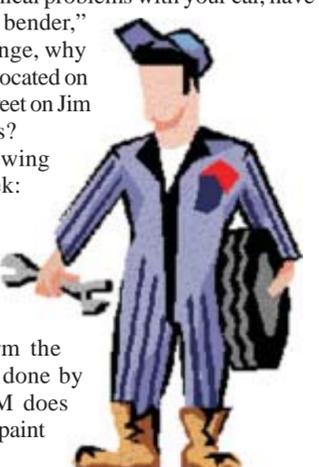
RPM is open the following hours, seven days a week: Sunday, 9 a.m. - 3 p.m.; Monday, 10 a.m. - 5 p.m.; Tuesday - Friday, 10 a.m. - 7 p.m.; and Saturday, 9 a.m. - 6 p.m.

You can either perform the work yourself, or have it done by qualified mechanics. RPM does custom rebuilt engines and paint and body work.

The facility has 13 indoor bays, six of which have lifts. Some of the other amenities available include: a welding room with MIG, stick and oxy-acetylene welding equipment; a body repair room; a paint spray booth; lube and oil change equipment; a valve grinder; brake rotor and drum turning lathes; hand tools, impact wrenches and more.

RPM offers competitive prices, free repair estimates and they accept any insurance claim. They might even be able to save your deductible.

Call or stop by RPM today for assistance with your automotive repair needs. Call 533-2155 or 533-2156.



Water aerobics classes at Barnes Pool

Barnes Pool offers water aerobics every Tuesday, Thursday and Saturday from 9 - 10 a.m. The class is for all ages and open to the public and active duty. Cost is \$3 per day or \$25 for nine classes.

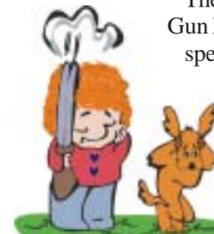
For more information, call Karlie Jo Hale at 533-3858.

Ladies' Gun Day

The Sportsman's Center will present Ladies Gun Day beginning at 10 a.m. on Jan. 24. The special coaching day for ladies will include instructions in gun safety and marksmanship, and an introduction to skeet and trap shooting.

The cost to participate in the event will be \$10 per person. Each participant will receive a certificate for the course.

For more information, call the Sportsman's Center at 533-7085. The facility is open Wednesday - Sunday.



Trail ride scheduled for Jan. 19



Buffalo Corral will offer a Martin Luther King, Jr. trail ride 9 - 11 a.m., Jan. 19.

Cost is \$13.50 for authorized MWR patrons and \$19 for the general public. Reservations and pre-payment are required by close of business Jan. 17.

This ride is open to riders 7 and up. All riders under 18 must have a release of liability signed by a parent of legal guardian. The corral requires at least 15 or more participants for the ride to go. If there are not enough riders signed up, the corral will be closed.

Saturday, winter hours for afternoon trail rides at Buffalo Corral go into effect. The hours will be 1 - 3 p.m.

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

Lunch buffet, bingo to relocate

La Hacienda is closed for renovations. The facility's popular lunch buffet and bingo program will be moved to the LakeSide Activity Centre.

The lunch buffet will be available 11 a.m. - 1 p.m., Monday - Friday, beginning Monday, until the remodeling is completed at La Hacienda.

Bingo will begin Jan. 15 at LakeSide and the schedule will be as follows: bingo starts at 5 p.m. Tuesdays, Thursdays and Saturdays; bingo starts at 12:45 p.m. Sundays. Bingo will remain at the LakeSide on a permanent basis.

For more information, call 533-3802.



Racquetball coaches meeting set for Tuesday

The coaches' meeting for the Commander's Cup coed intramural racquetball program will be held at 10 a.m., Tuesday at Barnes Field House. Units interested in participating in the program should attend this meeting and submit a letter of intent in order to be eligible for Commander's Cup points.

Individuals from units not competing in the Commander's Cup racquetball program are authorized to participate by en-

tering the players' pool. Entry deadline for the players' pool is Jan. 15.

The format for the season will be double elimination tournaments. Match play will begin at 5:30 p.m., Jan. 26 at Barnes Field House. Rosters are due by close of business Jan. 15.

For more information, contact George Thompson at 533-3180 or 533-5031 or e-mail george.thompson@hua.army.mil.

Sunday Special at MVGC

Mountain View Golf Course has extended their Sunday Special through January. Every Sunday, you can play 18 holes of golf, with a cart, for just \$20 per person. Call 533-7088 for more information.

Arts Center has something for everyone

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

Each week, participants fabricate a different craft from clay, paper, glass, beads and more. The schedule for the remainder of this month is: Saturday, stained glass suncatcher; Jan. 17, clay pottery; and Jan. 24, paint with watercolors.

Cost of the Little Hands program is \$6 per class or two classes for \$10. Pre-payment is required at the time of registration. You can register your child at the Arts Center, or call 533-2015 for more information.

In addition to the children's classes, the Arts Center is offering a new program for teens, 13 - 19, from 4 to 6 p.m. beginning Jan. 20. The classes are designed to inspire the young artist and offer ideas and instructions into the various aspects of arts and crafts. The following classes will be offered: photography, computer graphics, bead work, pottery, painting and scrapbooking. A complete schedule will be released soon.

Cost of each class is \$15 and payment is required at time of pre-registration.



January through June

Directorate of Community Activities - Events at a Glance

JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE
<p>12 Lunch Buffet begins at new location - LakeSide 11 a.m. - 1 p.m.</p> <p>15 Bingo begins at new location at LakeSide</p> <p>17 Def Jam Comedy Show 10 p.m. at LakeSide</p> <p>19 Martin Luther King, Jr.'s Birthday</p> <p>21 Quarterly Volunteer Recognition Ceremony</p> <p>30 Right Arm Night at Time Out</p> <p>30 PayDay Scramble Mountain View Golf Course</p>	<p>1 Super Bowl Party 3:30 p.m. at Time Out</p> <p>14 Happy Valentine's Day</p> <p>16 President's Day</p> <p>27 Right Arm Night at Time Out</p> <p>27 PayDay Scramble Mountain View Golf Course</p>	<p>9 - 11 AFAP Conference</p> <p>20 Thunder Mountain 10K Run</p> <p>26 Right Arm Night at Time Out</p> <p>31 PayDay Scramble Mountain View Golf Course</p>	<p>11 Happy Easter</p> <p>23 Right Arm Night at Time Out</p> <p>30 PayDay Scramble Mountain View Golf Course</p> <p>April 30 Youth Fest</p> <p>April 30, May 1 & 2 Festival of the Southwest - Veterans' Memorial Park - SV</p>	<p>April 30 May 1, 2 Festival of the Southwest - Veterans' Memorial Park - SV</p> <p>21 Right Arm Night at Time Out</p> <p>31 PayDay Scramble Mountain View Golf Course</p>	<p>14 Flag Day</p> <p>25 Right Arm Night at Time Out</p> <p>26 Army Concert Tour</p> <p>30 PayDay Scramble Mountain View Golf Course</p> <p>22 OCT - 1 NOV 04 2004 MILITARY WORLD BOXING CHAMPIONSHIP FORT HUACHUCA - ARIZONA - USA</p>

Time Out Briefs

Exhibition opens at Gallery Friday

The Huachuca Art Association will open its January exhibition, "Wonders of Winter," from 5 to 7 p.m. on Friday with an artists' reception. The exhibition will be at the Gallery through Jan. 25.

The Gallery is located at 3816 Astro Street in Hereford (Astro St. is off Hwy. 92, less than four miles south of Buffalo Soldier Trail). For additional information call Susan Rae Thatcher, exhibition coordinator, at 378-2000.

Youth basketball



Youth Services Basketball skill and evaluation will be held on Saturday at the Youth Services, Building 49013. Deadline for registration is Friday.

For more information call either Richard Brown at 533-3027 or Vickey Bernard at 533-8166.

Division	Ages	Times
Peewee	5 and 6	10 to 10:30 a.m.
Mighty Mites	7 and 8	10:30 to 11 a.m.
Bantam	9 and 10	11 a.m. to noon
Junior	11 and 12	noon to 1 p.m.
Seniors	13 -15	1 to 2 p.m.

Girl Scout Cookies sales kickoff

Girl Scout cookie sales start on Saturday. For more information call Rita Billiard, 439-5042.



Country gospel concert

Platinum award-winning Desert Reign will perform at 7

p.m. Saturday at the First Southern Baptist Church, 500 Arizona St. in Bisbee.

The Country Gospel Music Association has honored this group as Vocal Group and Band of the Year for four consecutive years, and in October, they received platinum awards in both of these categories.

BOSS ski trip

The Better Opportunities for Single Soldiers organization will hold a ski and snowboarding trip Jan. 16-18. The trip will go to Flagstaff, Ariz. For more information on this trip call Spc. Margaret Gust at 533-0574.

Southwest Serenade II

Southwest Serenade II will be held at 7 and 9 p.m. on Jan. 17 and a 3 p.m. matinee on Jan. 18 in Covenant Presbyterian Church Annex, 19 Howell Avenue, Bisbee.

The event is sponsored by the Bisbee Community Chorus. Admission is \$10 for adults, and free for children 14 and under accompanied by a paying adult. Tickets are available at the Bisbee Visitor Center, Atalanta Music and Books, Bisbee Mining and Historical Museum, and from any chorus member. For more information call Mike Holland at 432-3376.

Hunter Education Class

A Basic Hunter Education Class will be held today, Wednesday, Jan. 15 and Jan. 17 at the Sportsman's Center. The class, which is sponsored and taught by the Arizona Game and Fish Department, is open to all ages and family participation is encouraged.

This course is required by law for those between 10 and 14 to hunt big game. Cost is \$5 per participant. For more information, call the Sportsman's Center at 533-7085.

Chapel teen groups

The high school teen group meets from 5:30 to 7 p.m. on Sundays at the Main Post Chapel. The middle school teen group meets from 4 to 5 p.m. on Sundays at the MPC.

On Jan. 25, the groups will meet at the regular times at Eifler Gym for dodge ball. Both groups will have retreats in January and February. For more information, call Mike DeRienzo at 227-6059

Volunteers sought

The Nature Conservancy's Patagonia-Sonoita Creek Preserve is looking for volunteers.

Volunteers will have the opportunity to work in a variety of projects such as visitor services, leading guided walks, restoration and stewardship, trail maintenance, and other maintenance projects. Training, beginning in February, will include natural history classes. Patagonia-Sonoita Creek Preserve is located in Patagonia, Ariz.

Call Carly Voight for more information at 378-4952 or e-mail her at cvoight@tnc.org.

Weight loss group

TOPS AZ 90 (Take Off Pounds Sensibly) meets at 6:45 p.m. every Tuesday at First Christian Church, 55 Kings Way, Sierra Vista.

Come for a visit and to see how "helping hands" from a friendly, caring support group and assistance with a sensible weight loss plan can help you achieve your goal. For more information, contact Joan Basnar at 803-9556.

Parent/Tot play group

Army Community Service Family Advocacy Program has a Parent/Tot play group which meets Wednesday mornings, 9:30-11:30 a.m., at the new School Age Service 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 welcome.



At The Movies

Showing at the Cochise Theater

Today

Master and Commander:
The Far Side of the World 7 p.m. PG-13

Friday

Tupac Resurrection 7 p.m. R

Saturday

Timeline 7 p.m. PG-13

Sunday

Gothika 2 p.m. R

Thursday movies are 99 cents; all other showings are \$3 for adults, \$1.50 for children.

Winding Road

Hot spots for Soldier relaxation



BY KAREN WEIL
SCOUT STAFF

When it's time to take a break, some in the armed forces head for what are known as military "R and R camps," which offer affordable lodging and access to great recreation opportunities.

These lodging facilities are located across the United States and countries where U.S. bases are located. You can find them in California, Georgia, Maryland, Wisconsin and Hawaii, just to name a few states.

These places are not spas or super resorts in themselves, but many are located near big cities or great recreation areas. Their hotels are not your sparse bunks. Instead, you'll find all the modern amenities that civilian hotels have, from comfy beds to kitchenettes to data ports.

You can take advantage of one of these places if you are an active or retired member of the military (or a family member of one) or a civilian working at a military facility. Please keep in mind that rates can vary, depending on a person's status or whether the stay is official or unofficial, so it's important to call ahead or e-mail.

We'll focus on ones located in Arizona, New Mexico and Fort Bliss, Texas.

The Inn on Davis-Monthan

In vibrant Tucson, where you could spend a good week taking in all the sights, military travelers have a low cost option, courtesy of

Davis-Monthan Air Force Base.

Room rates are \$24 per night for a single occupant, while family rooms cost \$28 per night, regardless of status.

Reservations can only be made 24 hours prior to arrival for those not on orders.

Amenities, like a pool or restaurants are available on the base.

For reservations, call (520) 228-3309 or (520) 748-1500, or contact them at lodging@dm.af.mil.

Luke Air Force Base

The Fighter Country Inn at Luke AFB in Litchfield Park (west of Phoenix) offers unbelievable rates, and is a short walking distance to the base chapel and the Officers' Club.

Rates single room \$24.50, regardless of status. Rooms feature Internet access, microwave and refrigerator. Family quarters have the same amenities, plus a separate living room and full kitchen, for \$35 per night.

The possibilities for sight-seeing are very good, indeed: cosmopolitan Phoenix, Scottsdale and Tempe are 30 or so minutes away, while scenic Flagstaff and Sedona are just a few hours up north.

Luke AFB is located six miles north of Interstate 10 at Litchfield Road; the Fighter Country Inn is on west side of the base.

To book a room, call (623) 935-2641; reservations should be made 24 hours in advance, unless the person is on orders at Luke AFB.

Another "R and R camp" is Fort Tuthill, Luke AFB's recreation area. Fort Tuthill is the Air Force's premier recreation area located in Flagstaff, Ariz. a two hour drive north of Luke AFB and within shouting distance of the Grand Canyon National Park. For further information on rentals and reservations, call (800) 552-6268 or check out their Web site at www.forttuthill.com.

U.S. Army Yuma Proving Ground

If you're heading towards Yuma, check out La Casita, which costs \$45 per night, and \$4 for each additional guest. It's open to families on permanent change of station, and traveling military or civilians.

If you plan a longer stay, rooms can

feature a full kitchen, dishwasher and dishes. Temporary duty individuals and permanent change of station families have priority over Space-A travelers.

Sunny Yuma is in a prime spot, too. It's just 30 minutes from Mexico, Indian casinos and camping, hunting and fishing opportunities. San Diego is only three hours away, while Las Vegas can be reached in a day.

Reservation requests can be made by calling (928) 328-2129 or DSN 899-2129 between 6:30 a.m. - 4:30 p.m. Monday-Friday and 11 a.m. - 3 p.m., on weekends. Cancellations must be made 24 hours in advance.

To get there from Interstate 10, take U.S. 95 south. Exit U.S. 95 at the Yuma Proving Ground sign. The main post entrance is located approximately five miles on the right side at second entrance to the base. The Army Lodging office is located across the Parade Field.

'Oh fair New Mexico'

The Land of Enchantment features White Sands Missile Range, which is right next door to the shimmering White Sands National Monument, and a close drive to El Paso, Texas (which includes Fort Bliss); Las Cruces, N.M. and Ciudad Juarez, Mexico.

At the White Sands Lodging Facility, rooms feature a laundry station, data ports and a main gymnasium.

The general room rate \$47 per night for a single bed.

Rates depend on where a person is staying; WSMR also offers three-bedroom homes and two-bedroom apartments. WSMR is located on Interstate 70, south of Las Cruces. For information or to make a reservation, contact the facility at parrellt@wsmr.army.mil or brownr@wsmr.army.mil, or call (505) 678-4559 or (505) 678-2367. You can also check out the Web site at www.wsmr.army.mil.

Farther east in New Mexico, in the fast-growing city of Alamogordo, lays Holloman Air Force Base and the Holloman Inn, which caters to the military traveler. Rates are \$24 per night per single occupancy, or \$28 per families.

Like WSMR, Holloman is also close to Fort Bliss, Las Cruces and Mexico.

For more information, call 572.3311 or check out www.holloman.af.mil.

Texas travels

El Paso, home to Fort Bliss, borders in Ciudad Juarez, Mexico and New Mexico. This region area lets one discover a bit of old Mexico, check out New Mexico or hike old mission trails and take scenic drives in Texas.

Fort Bliss's lodging facility is features an Asian restaurant, continental breakfast, business center, three exercise rooms, adult/child pool and free laundry service.

Rates can vary between official and unofficial travel (a single room will set you back \$38, while a double costs \$52); unofficial travel means a person will pay between \$38-52 for a single, or up to \$57 for a double.

For reservations, call (915) 565-7777 or (915) 565-7778. To learn more about Fort Bliss, go to www.bliss.army.mil.

Fort Bliss also has its own recreational vehicle park; call (915) 568-4693 for more details.

If you'd like a truly "full-service" stay, another option is an Armed Forces Recreation Center, which is an affordable Joint Service facility operated by the U.S. Army Community and Family Support Center.

AFRCs offer a full range of resort hotel opportunities for service members, their families and other members of the Total Defense Force. AFRC room rates are affordable and based on rank, pay grade, duty status, room size, and/or room location.

Facilities include: Shades of Green on Walt Disney World Resort, Florida; Armed Forces Recreation Center-Europe (Garmisch and Chiemsee resorts), Germany; Hale Koa Hotel, Hawaii and Dragon Hill Lodge, Korea.

Authorized users include active-duty military, retirees, currently employed and retired Department of Defense civilians, reservists, delayed entry recruits and family members. Keep in mind that reservations are required, because these facilities are often full.

For more information, and a listing of military lodging throughout the nation and the world, check out www.armymwr.com, or call 1-888-235-6343 for lodgings nationwide.

If you've got a great travel idea for the Winding Road, e-mail thescout@hua.army.mil.

Sports Standings

Intramural basketball standings

San Pedro Division

	Won	Lost	Pct.	GB
Company B, 305th MI #1	5	1	.833	—
USAG	5	1	.833	—
Company E, 305th MI	4	1	.800	½
Company A, 309th MI	4	1	.800	½
Company E, 309th MI	3	3	.500	2
Company D, 309th MI	2	3	.400	2½
HQ 504th Sig.	2	3	.400	2½
JAG Office	1	4	.250	3½
Company C, 304th MI #2	1	4	.200	3½
JITC	0	6	.000	5

Pima Division

	Won	Lost	Pct	GB
Company B, 305th #2	4	0	1.000	—
NETCOM 9th ASC	4	1	.800	½
Company A, 40th Sig.	3	1	.750	1
MEDDAC	3	2	.600	1½
HHC 111th MI	3	2	.600	1½
19th Sig. Co	2	2	.500	2
Company C, 304th #1	2	3	.400	2½
Company C, 305th	1	3	.250	3
HHC 306th MI	1	4	.200	3½
NCOA	0	5	.000	4½

Game results

Monday				
Company E, 305th MI	57	JAG Office		32
Company A, 309th MI	37	Company C, 304th MI #2		25
Company B, 305th MI #1	82	JITC		20
HHC USAG	42	Company E, 309th MI		26



Send your sports news to thescout@hua.army.mil

2003 from Page 2

Sports Schedule

Coed Intramural Basketball

Time	Location	Home	Away
Pima Division Today			
6 p.m.	Barnes Field House 1	Company A, 40th Sig.	19th Sig. Co
6 p.m.	Barnes Field House 2	HHC 306th MI	NETCOM 9th ASC
7 p.m.	Barnes Field House 2	Company C, 304th #1	Company C, 305th
7 p.m.	Barnes Field House 1	MEDDAC	NCOA
8 p.m.	Barnes Field House 2	HHC 111th MI	Company B, 305th #2
Tuesday			
6 p.m.	Barnes Field House 1	19th Sig. Co.	MEDDAC
6 p.m.	Barnes Field House 2	Company A, 40th Sig.	HHC 306th MI
7 p.m.	Barnes Field House 2	Company B, 305th #2	NETCOM 9th ASC
7 p.m.	Barnes Field House 1	Company C, 305th	NCOA
San Pedro Division Monday			
6 p.m.	Barnes Field House 2	Company A, 309th	HQ 504th Sig.
6 p.m.	Barnes Field House 1	Company E, 305th	Company B, 305th #1
7 p.m.	Barnes Field House 2	Company D, 309th	USAG
7 p.m.	Barnes Field House 1	Company C, 304th #2	JAG Office
Wednesday			
6 p.m.	Barnes Field House 1	Company A, 309th	USAG
6 p.m.	Barnes Field House 2	Company B, 305th #1	JAG Office
7 p.m.	Barnes Field House 2	Company C, 304th #2	HQ 504th Sig.
7 p.m.	Barnes Field House 1	Company E, 305th	Company E, 309th
8 p.m.	Barnes Field House 1	JITC	Company D, 309th

At The Library

Hardcover fiction

1. The Da Vinci Code, by Dan Brown Brooks
2. The Five People You Meet In Heaven, by Mitch Albom
3. The Big Bad Wolf, by James Patterson
4. Trojan Odyssey, by Clive Cussler
5. The Dark Tower: Volumes 1-5, by Stephen King

Hardcover nonfiction

1. Who's Looking Out For You?, by Bill O'Reilly
2. Flyboys, by James Bradley
3. Lies and the Lying Liars Who Tell Them, by Al Franken
4. Dude, Where's My Country? by Michael Moore
5. America 24/7, Created by Rick Smolan and David Elliot Cohen

Paperback fiction

1. Portrait of a Killer, by Patricia Cornwell
2. Seabiscuit, by Laura Hillenbrand
3. Tuesdays with Morrie, by Mitch Albom
4. Without Pity, by Ann Rule
5. Bringing Down the House, by Ben Mezrich

Paperback nonfiction

1. 30-Minute Meals 2, by Rachel Ray
2. The World Almanac and Book of Facts, 2004
3. 30-Minute Meals, by Rachel Ray
4. The Old Farmer's Almanac, 2004
5. Dr. Atkins' New Diet Revolution, by Robert C. Atkins



Photo by Elizabeth Harlan

And the winners are

Left to right, Mike Walker, Marcus Snell, William Demery, Vicki Hansen and Phillip Cerami begin their synchronized swimming routine at the Recreation Division, sports branch, annual Lifeguard Olympics on July 14 at the Irwin pool.

Cross Country

Coed Intramural Cross Country Program had the first in a series of three races on Aug. 13.

Softball champs

Fort Huachuca's 111th Military Intelligence intramural softball team, unranked, hit their way to the United States Slow-pitch Softball Association's Military World championship.

The tournament was on Aug. 17 in Panama City Beach, Fla. and brought the title to Fort Huachuca.

September

Fit for Life

Introduced volunteer columnist retired Department Chair for Kinesiology and Health, University of Texas at San Antonio and "fitness guru" George Colfer, Ph.D., who came to the Scout in the middle of last year to write a weekly column called "Fit for Life."

The column covered various training methods and fitness tips to help obtain their

optimum fitness.

Taekwondo

The Fort Huachuca Youth Services offered a variety of programs to educate and entertain young people on post including Taekwondo every Tuesday and Thursday for all ages.

Culinary school

On Sept. 16 Cochise Community College opened their culinary lab in Building 21112.

Hands on cooking instruction are a slice of the

program, which covers a variety of course work from nutrition to hospitality administration.

October

Sportsman's Center

The Sportsman's Center unveiled the improvements made during a year's worth of volunteer work at its grand reopening Oct. 21.

Model pilots

Some of Fort Huachuca's unmanned aerial vehicle in-

structors are daring-do pilots — and they don't even have to get in a plane to prove it.

Chip Hyde, Sean McMurtry, Bill Hempel, Meyer Gutman and Dave Piorkowski are veteran model airplane enthusiasts.

Up, up and away...

Children from Joy Phillips' third grade class at Pueblo Del Sol Elementary School took a field trip to Libby Army Airfield in October to coincide with their aviation studies in school.

Kids play Army

It was Army 101 for the elementary schools Oct. 7 when the Headquarters Company 306th Military Intelligence Battalion, and the 4-H joined forces for Lights On After School.

The mini fair allowed children to try on Army gear, have their faces painted and try meals ready to eat.

November

MI Heritage races

The 111th Military Intelligence Brigade hosted the fifth Annual Military Intelligence Heritage Run on Nov. 15.

Horman Hartman, Company D, 309th MI Battalion, won the men's 10-K division race with a time of 38 minutes, 13 seconds.

The woman's 10-K was won by a 14-year-old student at Buena High School. Elise Dewey finished the race with a time of 45:42.

Thanksgiving

Think preparing Thanksgiving dinner for a family of four or more is hectic? Try cooking for 1,000.

That's exactly what the staff at the fort's Yardley Dining Facility does every Thanksgiving.

December

Historic homes tour

The public was invited to tour the elegant turn-of-the-century dwellings located in the historic area during the annual Holiday Tour of Historic Homes on Dec. 7. The annual tour allows visitors a peek inside many of these buildings and enjoyment of their holiday decorations.

Mini 'boot camp'

A dozen Soldiers from Headquarters and Headquarters Company, 111th Military Intelligence Brigade set up and ran a mini boot camp for more than 40 4-H children in the month of November. The kids, who were from more than five Arizona counties, gathered at Huachuca Oaks Camp ground for a weekend camp-out focusing on learning about leadership.

Band entertains

The 38-member 36th Army Band played its annual holiday concert Dec. 15 at the Buena High School Performing Arts Center.

Edible houses

Fourth-grade classes at General Myers elementary school created houses made of graham crackers and candy on Dec. 17. Jan Camps, fourth-grade teacher at Myers, said her class has been making the houses around the holidays for the past 15 years. Other fourth-grade classes, such as Lynn Thompkins' class, have adopted the idea.

Fit For Life

Fitness begins with good health, habits

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

It's the start of a new year and the time that many people make resolutions regarding their fitness habits.

I think it an appropriate time to bring up an important fact.

First and foremost, physical fitness is being in a state of good health. Whether the absence of health is from injury or illness, the result is the same. Until health is regained, physical fitness is practically impossible to be acquired or maintained.

So, I send a challenge to all of you who are in good health and maybe just lacking the motivation or willpower to reach your fitness goals. Be thankful for your good health and make that resolution to develop a healthier lifestyle and to become the most physically fit person that you are capable of being. Do it for your family, your comrades, but most of all for you. The old cliché is a wise one: "The rich man without good health is a poor man indeed."

A question emerged from the last article of 2003 on how to begin a running program.

Q - This may sound unintelligent or uneducated, but what is the proper way or correct form for running?

A - As I used to tell my university students, the only foolish question is one that is left unasked and unanswered. This is not an uncommon inquiry since the art or skill of running is not a completely natural movement to all people. Therefore not everyone will run alike. The way a person runs depends mainly upon body type and structure as well as other factors such as strength, endurance, and flexibility. The running movement can be learned and improved upon by practice and concentration.

The following terminology is needed to clarify and discuss the running movement.

Mechanics of running - The anatomical and kinesthetic actions of the body during the running movement.

Running form - Characteristics

of the running movement which are general to the structure of the human body.

Running posture - The use of mechanics and form that are specific to individual differences and body structure.

Style - Self acquired characteristics of the running movement.

From the above definitions, it is plain to see that mechanics and form are general to all, while posture and style are specific to the individual.

Running posture is simply adapting the general characteristics of form and mechanics to suit each individual. Its main purpose is to develop efficient running. This takes place when there is no unnecessary motion or wasted effort in the running movement. In other words, it is the conservation of energy.

Running should be relaxed and not stressful. One's running posture should be natural. Keep in mind, successful or efficient running is not always characterized by perfection in form and mechanics.



Relaxation in running

The absence of relaxation is caused by tension or stress. Often the running workout will tend to eliminate these two factors if they are present prior to exercise.

The loss of relaxation in running occurs most frequently when running posture is altered due to a lack of mental concentration. This results in slower and less efficient running, a tightening up of the musculature of the body, and premature fatigue. If these conditions should occur while running, they can be warded off by the practice of certain relaxation techniques.

The mind - Focus your attention only on the task being performed - running.

Head and

- Keep the head erect and natural. Let your lower hang open and loose. Do not tense or tighten any facial or neck muscles.

Arms and

hands - Let the arms hang loosely and create a natural motion. Do not clench or tighten the fists.

Back - The back is to be kept straight and angle of body lean slightly forward.

Legs - Relaxation will come naturally to the legs if the upper body is relaxed and functioning efficiently. Under or overstriding should be avoided.

Form for sustained running

The following descriptions for each part of the running movement should serve as a guide in developing efficient running posture.

The leg action - This action is divided into two phases: pulling and pushing. The pulling phase begins as the leg leaves the ground and begins to lift in preparation for its next stride. The pull continues through the recovery until the leg extends to make contact with the ground. The pushing phase begins with the extended leg as contact is made. The leg pushes off moving the center of body gravity forward. The pushing action causes propulsion of the body in running. The pushing phase ends as the leg leaves the ground. Therefore while one leg is pulling, the other is pushing. However, there is a brief period of inertia when neither leg is touching the ground. This period should be kept as brief as possible.

The foot placement - The foot should first contact the ground on the outside edge, recoil lightly off the heel, and roll high up on the ball of the foot, pulling the toes upward after ground contact. The lead foot should be placed at or slightly ahead of the center of body gravity. Foot placement may vary slightly usually due to the pace of the run. The slower the pace, the better chance of the heel making first contact.



Courtesy Photo

The knee lift - The knee should be lifted only high enough to obtain the desired stride length for the pace of the run. It should be a forward projection and is part of the pulling phase.

The trail leg lift - The trail leg lift is probably the most natural movement in running. As a general rule, the leg should never recoil above a parallel position with the knee. As long as this motion is relaxed and natural, it is probably best left alone.

The length of the running stride - The stride length is related most to the speed being run. As a general rule, the faster the pace, the longer the stride length should be. However, the stride length should not cause overstriding regardless of one's pace. Overstriding wastes effort and



lowers efficiency in running.

The body alignment - In sustained running, the angle of body lean is nearly erect. A faster pace or wind resistance may tend to increase the lean. Faster rates of speed require more body lean, but the body lean should never be exaggerated.

The arm action - The arm action aids in the balance of the body during running. Its projection is forward. The arms should move in an alternate synchronization with the legs. The elbows are kept

into the sides and the lower arm held somewhat parallel to the ground. The arms should not be allowed to drop below hip level. While the arms do move slightly across the body, they should not extend past the vertical midline of the body. This can cause balance problems.

The hand position - In conjunction with the arm action, the hands will tend to turn with the wrist movement. Any hand carriage can be used as long as it is relaxed and free from tension. A good method for use is to semi-close or cup the hand and place the thumb directly on top of the forefinger. This allows free movement without causing tension.

The head position - The head should be in natural alignment with the amount of body lean, held erect, and resting loosely on the shoulders. The eyes are focused straight ahead. The head should never be thrown forward or backward during the running movement.

In conclusion, some experimentation with one's running posture usually will let the runner know what works best for them. A point of caution: while experimenting, keep the running pace slow as not to cause injury and to be able to feel the kinesthetic action of your movements. Also, check your running shoes to make sure they fit properly, are not worn out and the right type or model for your running needs. If still in doubt, seek advice on your form and posture from a running coach or qualified fitness specialist.

Some of the early writings for this year will include wellness, nutrition, weight control and stress management as well as information on training modes and updates on all the components of health-related and skill-related fitness.

Forward your fitness questions to thescout@hua.army.mil.

Correction chart for some common running faults

Fault	Difficulty	Correction
Arms crossing vertical plane of body	Off balance running. Shifting from side to side.	Practice loose, swinging arm movements while standing still. Check arm position. Repeat while running, concentrating on arm movement.
Arms, hands carried too low	Poor synchronization with the legs. Loss of benefits from arm action.	Run with lower arms making contact or brushing against the waist or upper part of the hip.
Excessive body lean	Off balance running. Shortens stride length.	Practice running with eye concentration on a fixed spot, high or low, depending upon the problem. Keep head erect.
Excessive head tilt	Off balance running. Often caused by fatigue.	Same as above.
Excessive knee lift	Slows the rate of leg movement. Wastes effort.	Concentrate on a complete extension of the hip and lower leg and increase the amount of body lean.
Foot pounding	Unnecessary hard contact with the running surface. Can lead to injury of foot or leg.	Practice running as lightly as possible on a soft, even surface.
Over striding	Slows the rate of leg movement. Wastes effort.	Avoid placing the lead foot beyond the center of body gravity. Reduce the amount of knee lift and extend the lead leg.
Running straight up	Causes a bounding movement (up and down) rather than forward projection.	While running, turn the foot and toes inward. Exaggerate this movement so that the ground contact is made on the outside of the foot at the vertical midline of the body.
Under striding	Inhibits the running movement. Creates tension.	Concentrate on a complete extension of the hip and lower leg at ground contact and sufficient knee lift of the recovery leg.