

## Sports shorts

e-mail: [thescout@hua.army.mil](mailto:thescout@hua.army.mil)  
website: [huachuca-www.army.mil/USAG/PAO](http://huachuca-www.army.mil/USAG/PAO)

### Golf scramble

A two-man team golf scramble for the 18<sup>th</sup> Military Police Detachment Family Readiness Group fundraiser is scheduled Aug. 23 at the Mountain View Golf Course at 8 a.m.

The scramble is set at \$25 per players, which includes cart and green fees. Four Mulligans can be bought for \$5.

A 2002 Mustang will be given for a hole in one prize. Other prizes will be given for first and last place, closest to the pin, longest drive and longest putt. There will also be a raffle contest.

For more information call Sgt. Dustin Kelly at 533-5342/3434.

### Coaching clinic

A coaching clinic for anyone interested in learning more about coaching youth soccer is available through Youth Services.

A date has not been set, however, interested people should contact Youth Services at 533-3205.

### Red Cross volunteers

Be a proud volunteer. The Sierra Vista Red Cross Service Center is offering orientation classes on the second Thursday of every month at 6 p.m.

Come and see how a few hours of your time can help your family, your neighborhood, your country.

To find out more call 458-4858.

### Vigilante Days

Tombstone is hosting the 16<sup>th</sup> Annual Vigilante Days 10k run Aug. 11 beginning at 6:30 a.m. There will also be a 2k Fun Run beginning at 6:45 a.m.

The races will start at the corner of 4<sup>th</sup> and Toughnut Streets at the Helldorado Building.

Registration begins at 5 a.m. All participants will receive a T-shirt. Awards will be given to the top three in each age group and overall.

For more information call (520) 457-3197 or email [reekor@theriver.com](mailto:reekor@theriver.com).

### Youth flag football program

The Parks and Leisure Services will be conducting a 2002 NFL Youth Flag Football Program for youth, 6-14, starting Sept. 21.

The cost for this gridiron fun is \$50 per participant with all participants retaining their NFL Flag Football jersey.

Program registration will run through Aug. 25, (no exceptions.)

A copy of each participant's birth certificate is required at registration.

There will be four divisions as follows: ages 6-8, coed; ages 9-11, coed; ages 12-14 girls; and ages 12-14, boys. Registration will be taken at the Oscar Yrun Community Center, Ethel Berger Center, or the Cove.

Adult volunteer coaches, 18 years of age or older, can pick up volunteer applications at the OYCC.

For additional program information call 458-7922.

### Men's, Coed softball leagues

The Parks and Leisure Services will be conducting the Men's and Coed Softball Leagues beginning Aug. 12 and 13, respectively.

Entry fee for the league is \$400 per team.

League registration packets are now available at the OYCC, Ethel Berger Center, and at the Cove.

For additional information for these leagues or any other upcoming adult sporting events in Sierra Vista call 458-7922.

# Athletes take sport by storm



Photos By Sgt. 1st Class Donald Sparks

Robert Vick completes the bicycle portion of the triathlon as part of his team, Vick's Vipers.

## Triathlon pushes will of steel

By Sgt. 1st Class Donald Sparks  
NCOIC, USAIC&FH PAO

On Saturday mornings when most of Aaron Newsome's friends are watching cartoons or playing video games, he's up with the sun to push his young body to the limit. This past Saturday was no different as the 12-year-old athlete competed in the Eighth annual Fort Huachuca Steelhead Triathlon held at Irwin Pool.

Newsome, along with more than 90 participants, competed in the 800-yard swim, 13-mile bicycle ride and 3.1-mile run in a grueling physical test of endurance, strength and perseverance.

"I wasn't worried out there at all," Newsome said. "Some of my friends believed I couldn't do it. I just wanted to do my best and enjoy myself."

The event almost was cancelled due to weather conditions as a safety precaution said Les Woods, chief, Fort Huachuca Sports Fitness Branch.

"If the light drizzle would have turned into a downpour, we definitely were going to cancel and reschedule," Woods said. "We were also ready to cancel if there was any lightning strikes."

Woods praised the efforts of the Director-

See TRIATHLON, Page B3



Margaret Joels treks during the final phase of the triathlon - a 3.1-mile run.

## She shoots, she scores



Photo by Sgt. Jessica Inigo

Margaret Downie, a judge in Maricopa County, wins the Class D category with the 28 gauge shotgun.

Class A, with the 28-gauge.

Judy Gustavson, the state champion, was also at the tournament. She won the Class AA with the 20-gauge.

"The open went very well, it was just like being back in England," Michael Gue, manger, Sportsman's Center, said of the first day of the tournament.

Gue said the caliber of shooters at the open made for an exciting tournament. He hopes to expand the ranges to have far more participants come to Fort Huachuca.

"There are three very good ranges here, but what we want in the future is six rangers so we can actually hold national championships here," Gue said.

See SKEET, Page B3

## Higher ground

By Sgt. Jessica Inigo  
Time Out Editor

For some the sky may be the limit, but for one local athlete it's just the beginning.

Pfc. Gregory T. Roberts, Company E, 305<sup>th</sup> Military Intelligence Battalion has a rare talent not many other soldiers share. He can fly.

Roberts was recruited into the Army from Morehouse College in Atlanta early this year based on the track and field abilities he could bring to the service, as well as the MI Corps.

Once Roberts graduates from the Common Ground Station Operator course in November, he will promptly move into the fast-paced lifestyle of the Army's World Class Athlete Program at Fort Carson, Colo.

WCAP identifies exceptional soldier-athletes and provides them the opportunity to compete in na-

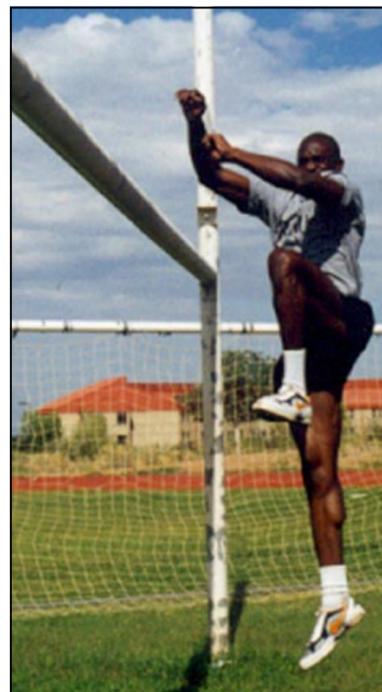


Photo by Sgt. Jessica Inigo

Pfc. Gregory T. Roberts, Company E, 305<sup>th</sup> Military Intelligence Battalion, practices his high jump near the goal post at Bujalski Field.

See JUMP, Page B3



## In the Spotlight

See your MWR activity highlighted in The Fort Huachuca Scout, call 538-0836.



### Country barbeque restaurant open for great lunch and dinner selections

#### MWR release

Lil' Skeeters is still Fort Huachuca's restaurant for great barbecue. Lil' Skeeters is located across from Barnes Field House on Arizona Street. Lil' Skeeters serves top quality products along with beer and wine in a smoke-free, relaxing atmosphere. The facility has six televisions, pool tables and a tune-filled juke box.

Here are just a few of the many items available on the Lil' Skeeters menu:

#### STARTERS

Chicken Tenders	\$5.25
Wings (Buffalo or BBQ)	\$4.50
BBQ Nachos	\$3.95
Nachos Gracias	\$2.95

#### BARBECUE SANDWICHES

Served with Cole Slaw and a Pickle Spear

Pulled Pork Sandwich	\$3.75
Smoked Beef Brisket Sandwich	\$3.95
BBQ Chicken Sandwich	\$4.50
Smoked Turkey Breast Sandwich	\$3.95

#### BURGERS & MORE

Hamburger	\$2.25
Cheeseburger	\$2.50
Bacon Cheeseburger	\$3.25
South of the Border Burger	\$2.95
Deep Fried Catfish Sandwich	\$3.95
Grilled Chicken Sandwich	\$4.25
Philly Cheese Steak	\$4.50
Chicken Philly	\$4.50
Cajun Philly	\$4.50
Grilled Vienna Beef Hot Dog	\$2.50
Chili Dog	\$2.95

Lil' Skeeters offers a special family/party pack menu for take-out. When considering a party gathering, Lil' Skeeters shares these barbecue facts. A pound of barbecue makes about four sandwiches. A quart of any side order holds four to eight servings. There are approximately 12 ribs in a rack of ribs and sauce is included with family/party pack orders.

Lil' Skeeters sandwiches may be purchased as a combo meal to include a 16 oz. drink and choice of a side salad or french fries for an additional \$2.

Lil' Skeeters has adjusted summer hours. Lunch is served Monday through Friday 11 a.m. to 1:30 p.m. Dinner is served Wednesdays and Thursdays 3:30 to 7:30 p.m. and Fridays 3:30 to 8 p.m. Lil' Skeeters is closed Saturdays, Sundays and holidays.

#### September Mega Mushroom Burger

The Mega Mushroom Burger is coming to Lil' Skeeters in September. This scrumptious burger is topped with grilled fresh mushrooms and onions, tomatoes and lettuce. The burger may be purchased alone or as combo meal.

This burger will blast you right into Burger Heaven!



## Port Huachuca Directorate of Community Activities Updates

The Directorate of Morale, Welfare & Recreation is responsible for content appearing on 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 [germanp@hua.army.mil](mailto:germanp@hua.army.mil).



#### Soldier Show tickets available now

The 2002 U.S. Army Soldier Show is scheduled to dance and sing their way into the Fort Huachuca area Aug. 23 and 24 at the Buena Performing Arts Center. There will be three performances; Friday at 7 p.m.; and Saturday at 2 p.m. and 7 p.m.

This annual event is presented by the U.S. Army Community and Family Support Center and sponsored by Army Entertainment. This fast paced, high energy show is sponsored by First Command Financial Planning and the Army National Guard and supported by the Directorate of Community Activities.

Performers are selected from thousands of applicants from worldwide Army talent. One of Fort Huachuca's own was a member of last year's cast and perhaps one of our own hopefuls will again make the team.

The Soldier Show is free and open to the public, but patrons must obtain an advance ticket to attend. Tickets are available now at MWR Box Office on Fort Huachuca and at Safeway in Sierra Vista.

#### Hip Hop and R&B Extravaganza rescheduled

La Hacienda will host their first Hip Hop and R&B Extravaganza Aug. 17. The live entertainment begins at 10 p.m. Talent from El Paso, Tucson and Sierra Vista will include Bennz, D. Fishyr, The "O," Lone Wolf, O. D., Jungle, D.P., Southwest Regime and Marrissa. Admission is only \$5. Call 533-3802 for information.

#### Adult soccer practice on Fridays

An soccer recreational league for adults ages fifteen years and older is holding practice sessions each Friday at 6 p.m. at Barnes Track. The league is affiliated with the Arizona State Soccer Association and U.S. Amateur Soccer Association. Application is in progress for non-profit status. The fee to join is \$50 per year with half of the fee applied to dues and the remaining amount applied to referees. The 10-week season begins in September. Call 533-3858 for information.

#### Volunteer coordinators' meeting

All unit and agency volunteer coordinators are requested to attend a meeting at Murr Community Center Aug. 15 at 9:30 a.m. New standard operating procedures and the installation volunteer program will be presented and discussed. Call 533-4823 for information.

#### MWR Rents August special

MWR Rents is offering a television rental special during the month of August. A 19" color television may be rented for only \$1 per day of \$5 for an entire week. MWR Rents is located at Irwin and Carter and offers cabin rentals as well as a large variety of recreational, household and outdoor equipment for rent. Call 533-6707 for information.

#### Desert Lanes events

The next Nifty Fifties Day is Aug. 18 from 12-4 p.m. Bowling games and shoe rentals are only 50 cents each. Jeannie's great hot dogs and sodas are also only 50 cents each. Nifty Fifties Days are offered one Sunday each month. Call 533-2849 for information.

Special 40-frame games are played every Saturday at Desert Lanes beginning at 1 p.m.

The next Age Tournament is scheduled for Aug. 17 at 1 p.m. Bowlers play five games across 10 lanes. Bowler's ages determine their handicaps. The entry fee is \$25 and the payout ratio is one to five. Call 533-2849 for information.

#### American Red Cross blood drives, classes

The American Red Cross will hold its next blood drive at Eifler Fitness Center Aug. 23 from 10 a.m.-8 p.m. Appointments may be made by calling 1-800-GIVELIFE.

The American Red Cross has a scheduled First Aid and CPR class Saturday. For information, call Misty Gentili at 458-0651.

#### Preschool openings at New Beginnings

New Beginnings Child Development Center has openings for 3- and 4-year-old children in the full day preschool and part-day preschool programs.

The full day program is open from 5:30 a.m. to 5:30 p.m. Monday through Friday, except on federal holidays. The part day preschool program follows the Fort Huachuca Accommodation School calendar. The three-day Monday, Wednesday and Friday program begins Aug. 19. The two-day Tuesday and Thursday program begins Aug. 20. Both programs have morning classes from 8-11 a.m. and afternoon classes from 11 a.m.-2 p.m. All preschool fees are based on the Department of Defense total family income with a sliding fee scale.

To sign up for either full day or part day preschool programs, call the Child and Youth Education and Outreach Services Director, Marty Johnston at 533-8437. Program registration packets are available at Murr Community Center.

#### Sportsman's Center activities

August Sportsman's Center activities include a Hunter Safety Course Monday, Wednesday and Aug. 8, 12 and 14 with a range day set Aug. 17. The center will host a Garden Canyon

Trap Club competition Saturday and Sunday, and a three-person team paintball competition will be held Aug. 10. Call 533-7085 for information on these events.

#### Buffalo Corral events

Buffalo Corral offers Sunset Trail Rides every Thursday from 6-8 p.m. These scenic rides are offered at a cost of \$12.50 for authorized MWR patrons and \$18 for civilians. Rides are open to riders 7 and older.

The next Moonlight Trail Ride is Aug. 22 from 7:30-9:30 p.m. Prices are the same as the Sunset Trail Rides. This evening's ride is the perfect way to enjoy a desert summer night. Call 533-5220 for information.

Buffalo Corral Riding Stables are now closed Mondays and Tuesdays. The facility is open Wednesday through Sunday 9 a.m.-4 p.m. The private mount area hours are Monday through Friday 9 a.m.-4 p.m. PMA retail store is closed Saturdays, Sundays and holidays.

#### Pools offer family nights

Exclusive Army family swim nights are offered one night weekly at Grierson and Irwin Pools. Water games and summer fun is planned for all ages. All active duty military and their family members are invited to join in the fun. Family nights are Thursdays 5-7 p.m. at Grierson Pool and Mondays 5-7 p.m. at Irwin Pool. Adults are \$1 and children ages 3-17 are 50 cents. Summer passes are not redeemable at family nights.

#### BOSS hosts 3-on-3 basketball tournament

The Fort Huachuca Better Opportunities for Single Soldiers Program is hosting a 3-on-3 basketball tournament Aug. 17. The event starts at 10 a.m. and is open to unit teams, active duty soldiers, students and all other authorized MWR patrons. Entry fee is \$75 per team. The grand prize is \$500. Teams may consist of three or four players. Food and beverages will be available. A free throw contest will also be held. Entry packets are available at Barnes Field House. For information, call 533-7395.

#### Youth Strength/Cardiovascular Training

Barnes Field House offers a free Summer Youth Strength and Cardiovascular Training Program. The classes are held Mondays and Wednesdays from 2:30-4 p.m. The program is open to youth 13-17 years old. The program builds core strength, cardio endurance, stamina, agility and overall health.

This program includes strength and weight training, circuit training, plyometrics, interval cardio and agility/motor skills training. Youth must have a release of liability statement signed by a parent before entering the program. The sessions are taught by Kathy Gray, certified personal trainer and fitness coordinator. Call 533-3180 or 533-5031 for information.

#### LakeSide Activity Centre events

LakeSide will offer the next Sunday Brunches on Aug. 11 and 25. The brunch menu includes an omelet station and Chef Chewy's special eggs benedict along with pastries, breads and a variety of specially prepared dishes such as baked salmon, sea bass, pork, beef or chicken. The cost is \$13.95 for adults and \$7 for children ages 6-10. Children 5 and under dine for free. Reservations are strongly suggested. Call 533-2194 for information. This month's Right Arm Night is scheduled for Aug. 16. Free snacks and music accompany the pay-as-you-go bar. Call 533-2194 for information.



#### Thunder Mountain Powerlifting Open

The 2002 Thunder Mountain USA Powerlifting Open will be held Oct. 19 at Barnes Field House. This first-time event is a USA Powerlifting sanctioned event. Entry fees are \$25 for the first division entered and \$20 for each additional division. Team entry is \$40. Entry deadline is Oct. 8. There will be an additional \$5 entry fee for registrations after Oct. 8. Admission price for spectators is \$5 per person. Children 12 and under may attend free of charge.

There are many divisions and weight classes. Awards will be given to 1st-5th places in all divisions. Call 533-3180 or 533-5031 for information.

#### MWR Box Office offers Cardinals' package

An Arizona Cardinals' package is available at MWR Box Office. The package includes hotel accommodations and tickets to the Aug. 17 game with the Green Bay Packers. MWR Box Office is located in the MWR Plaza, Building 52008. Operational hours are Monday through Friday, 9 a.m.-5 p.m. Call 533-2404 for information.

#### Rollin' Thunder Skate Park now open

The Rollin' Thunder Skate Park is now open. Hours of operation are Tuesday through Thursday 5-8 p.m., Friday 5-9 p.m. for teens only and Saturday 1-6 p.m. Required equipment includes helmet, knee pads and wrist guards. Equipment is available to rent for \$1 at the park. Rollin' Thunder is open for skate boards and rollerblades only. No bikes are allowed.

The fee is \$2 for non-members and \$1 for members. For more information, contact Youth Services at 533-3205.

#### Volunteers needed

Volunteers are needed at the Health Education Resource Center. Duties are to serve as a receptionist and resource assistant for HERC patrons, who seek health related resources. For more information, contact Jo Richter at 533-4823.

## TRIATHLON from Page B1

ate of Installation Support for ensuring the safety of the athletes for the cycling phase of the event. DIS workers filled potholes along the cycle route and swept the roads for loose debris and gravel.

Woods was particularly proud of this year's eighth annual event because it marked the highest active duty soldier participation, at 50 percent of the field.

"This race is designed for the active duty soldier," Woods explained. "This race would be easy for the athlete who trains day in and day out consistently. However soldiers, for the most part, prep about 30 days prior and it's more opportunity training because of their military mission."

Most importantly Woods wanted the race to be recreational, fun and challenging.

Although the race was challenging for many of the competitors, it was just a tune up for Capt. Fleur Keough, Company A, 304th Military Intelligence Battalion.

Keough, an Australian exchange officer, completed the event in first among all female participants with a time of one hour, 11 minutes and three seconds. She is scheduled to represent the U.S. Army in the Eco Challenge later in August. Despite her strong showing, she insisted the triathlon was a mental challenge, especially the swimming phase.

"I like swimming in open water, not in a pool," Keough said. "Swimming 32 laps in a pool to complete 800 yards is similar to running a 10KM run on an oval track. It's mentally challenging. But it's great the post is sponsoring

this type of sporting event."

### The final results are:

#### Female 12-17

1st - Sioux Owen 1:36:15; 2nd - Andrea Gatica 1:41:21

#### Male 12-17

1st - Mike Walker 1:21:50; 2nd - Newsome 1:22:05; 3rd - Phil Cerami 1:29:45

#### Female 18-20

1st - Sarah Rogers 1:23:20; 2nd - Lacey Enyart 1:33:50

#### Male 18-20

1st - Ryan O'Conner 1:15:58; 2nd - Luke Wooton 1:29:01

#### Female 21-29

1st - Landis Nordenberg 1:22:34; 2nd - Susan Galich 1:28:24; 3rd - Sarah Gage 1:29:42

#### Male 21-29

1st - Nick Goodman 1:05:09; 2nd - Tom Spahr 1:09:57; 3rd - Brandon Sheldon 1:19:00

#### Female 30-39

1st - Fleur 1:11:03; 2nd - Cladia Cross - 1:29:20; 3rd - Catherine Owen 1:29:32

#### Male 30-39

1st - Bryant Hafler 1:05:07; 2nd - Mark Mattern 1:06:35; 3rd - Chad Miller 1:10:33

#### Female 40-49

1st - Beverly Baird 1:31:29; 2nd - Tami Loewen 1:31:53; 3rd - Cheryl Palen 1:32:28

#### Male 40-49

1st - Steve Foree 1:01:25; 2nd - Mike Garcia 1:02:42; 3rd - Wade Grow 1:05:02

#### Female 50-99

1st - Pat Delvecchio 1:42:30; 2nd - Patricia Strange 2:02:28

#### Male 50-99

1st - Craig Liming 1:08:05; 2nd - Ralph Portwood 1:32:39; 3rd - John Walsh 1:45:42

#### Female teams

1st - Team Purtymun 1:35:36; 2nd - ANCO1 1:35:58; 3rd - Team Elevation

#### Male teams

1st - Old Farts 1:12:41; 2nd - ANCO2 1:21:15; 3rd - Vick's Vipers 1:22:22



Photos by Sgt. 1st Class Donald Sparks

**Top:** A member of the male ANCO1 team swims the 800-meter swim. **Right:** Joe Pintor preps for the 13-mile bicycle phase.



## JUMP from B1

tional and international events that lead to qualifying for the United States Olympic team. Once in the program Roberts will hone his already superb techniques on the high jump for the 2004 Olympics.

Additionally Roberts will increase recruiting efforts and morale by speaking to soldiers and civilians on what it takes to be part of the WCAP.

"The opportunity to join the World Class Athlete Program is awesome. This program helps to shed some good light on military strength, as well as allows us to flex when competing against other country's military athletes," Roberts said. He plans on taking the U.S. Army into the main spotlight once he starts competing.

Though in a training environment, Roberts said he is thoroughly supported by the drill sergeants, especially his drill sergeant, Staff Sgt. Pammy Weatherly, and is afforded enough time to train after school.

"He came here with that talent and those skills, and a mission in line to go to Colorado. Other than allowing him time for training, utilizing his leadership abilities, and athletic track and field knowledge, it's all him," said Staff Sgt. Cisco Johnson, drill sergeant. "We can't take credit for any

of it. Roberts is a great soldier. He's bringing great attributes to the Army that will be a big advantage for his unit when he makes it later on down the line."

Roberts was only in the fifth-grade when he first attempted the high jump. He guesses he only jumped four feet, but it would be the last attempt he'd jump for five years.

Roberts landed on a steel bar square on his back, injuring himself and putting a phobia in him about jumping backwards.

It wasn't until his junior year of high school, in Winter Haven, Fla., that he attempted the high jump again.

Roberts played basketball, as well as sprinted for the track team. His coach told him his 59 seconds at the 400-meter wasn't fast enough, so he was asked to move to the high jump once again. At his first attempt after a five-year hiatus Roberts cleared six-feet, four-inches. Later that year Roberts made it up to seven feet.

Once he got over his fear of jumping backwards, Roberts eventually earned six national titles in college, breaking all national records. He still holds the top National Collegiate Athletic Association Division II High Jump title, jumping seven-feet, six-

inches.

While in college, Roberts trained for the 2000 Olympics, but because of a pulled hamstring, he had to shoot for the 2004 games.

This injury kept him out nearly 10 months, but now with the World Class Athlete Program in his sights, his motivation is higher than ever.

"I'm excited about leaving here in November. My time here has given me the opportunity to regroup and focus my ambition and training," Roberts said. "Just being able to train for the Olympics and being a prospective team member is an honor. Training is the toughest part of the Olympics. Plus, I'll have the opportunity to compete against the world's top athletes and show what I've got."

Long time battle buddy, Pfc. Keith Hays, who has been stationed with Roberts from basic training, said watching Roberts jump is remarkable.

"He can easily hurdle me," Hays said, who stands at six feet, six inches. "It's unbelievable."

"I really think I'm going to open

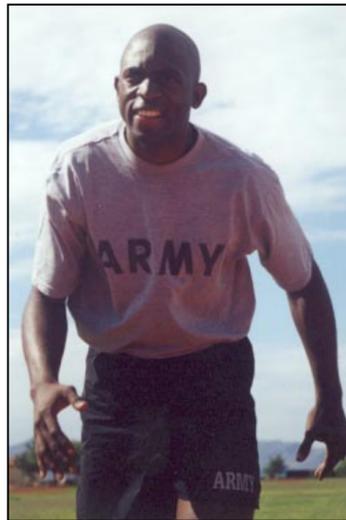


Photo by Sgt. Jessica Inigo

**Pfc. Gregory T. Roberts said Army physical training helps keep him conditioned, along with his own training.**

up some eyes when I get back out there to compete," Roberts said. "I've been gone almost a year now. People don't even know that I'm still training. I've had time to take aim and I'm really going to surprise people."

## SKEET from B1

### Summertime Open Skeet Tournament winners were:

#### 12 Gauge

Class AA Bob Havers  
Class A Doug Repaal  
Class B Tom Gorham  
Class C Frank Knapp  
Class D Ed Snyder  
Class E Bill Jenney

#### 20 Gauge

Class AA Judy Gustavson  
Class A Frank Knapp  
Class B Jack Webb  
Class C Laurel Lewis

#### 28 Gauge

Class AA Jack Copp  
Class A Tom Gorham  
Class B Jim Pietsch  
Class C Mark Freitag  
Class D Margaret Downie

#### 410 Gauge

Class AA Jack Copp  
Class A Harry Walker  
Class B Percy Lucas  
Class C Laurel Lewis  
Class D Ed Snyder

# Gym buffs, sports players put into harms way during activity

By Sgt. Jessica Inigo  
Time Out Editor

Working out can be as grueling as any other sport, that's why gym-fanatics and marathon runners alike have as many doctor appointments as any rugby player out there.

Soldiers who do physical training, as well as civilians who hit the gym, are just as likely as sports players to get injured.

"PT is basically just like all other sports. There's generally the same threat there when doing physical training as when playing baseball or basketball," Bruce V. Heran, post safety manager, said. "The biggest difference is that PT is leader organized, while other sports or recreation might not be."

Overall, sports and recreation injuries account for 50 percent of all accidents on post, according to Heran.

There are five keys of fitness to remember to keep sports related injuries to a minimum, according to Heran.

1. Warm up before you participate.
2. Master the sport or technique.
3. Stay or get in good physical shape.
4. Be adequately equipped with sporting

gear.

5. Know and practice safety rules.

Basketball has been found to be the number one injury-causing sport, Army wide. Basketball accounts for 31 percent of physical training injuries to soldiers.

On Fort Huachuca, basketball also ranks as the number one injury-causing sport with over 41 percent of athletes injured. Running is followed closely behind basketball on post, injuring 30 percent of athletes.

Though basketball makes up the majority of sports injuries on post, Heran believes running has the most potential for injury.

"Basketball might have the most injuries, but it's not likely that they'll get run over by a car, run off a cliff, or land in a ditch," Heran said. "I have the most concern for fatal injuries to organized formation and individual running."

Heran offered the following advice and reminded the Fort Huachuca of Army rules and regulations concerning running.

Formation runners should remain in proper formation throughout the duration of the run, as well as have road guards and straggler control. If running in a non-organized run or individually, run in a single file line and facing traf-

fic.

Always wear bright or reflective gear in addition to Army reflective uniforms. Never run on main roads, it could be dangerous.

Trail runners or cross county runners should never run in unfamiliar areas alone. If necessary, bring a cell phone to get out of sticky situations. Also, watch out for animals.

Don't expect cars to move. Drivers may hit runners, causing an accident. Yield to drivers at intersections.

Wearing headphones while running is against Fort Huachuca Regulation 190-5.

Run with your eyes and ears. It's important



Photo by Sgt. Jessica Inigo

**The post safety manager advises against people running in "a gaggle." Instead run in formation, or in designated areas, like this race route.**

remain alert at all times.

And last, but not least, hydrate properly prior to a run.

(Editor's note: Look for safety articles on back to school issues and lightening in future editions of The Fort Huachuca Scout.)

# 2002 U.S. Army Soldier Show hits road with 'Freedom' theme

Harriet E. Rice

U. S. Army Community and Family Support Center

ALEXANDRIA, VA — The 2002 U.S. Army Soldier Show is on the road entertaining soldiers and families around the world with a one-and-a-half-hour singing and dancing extravaganza.

"Freedom" is the show's theme and the name of its opening number this year, said artistic director Victor Hurtado.

"The way we have conceived the show is not your typical idea of freedom," said Hurtado, who penned the show's original opening number with California composer Carlos Guillen.

He explained: "Our concept of freedom is where we're all responsible for each other's well being and freedom, that freedom is nothing without a safe place to land, and that we as Americans fight ... to strive to be that safe place and set the example for the rest of the world."

In addition to gospel, country, and R&B numbers, the show features acoustic segments with guitar and violin for the first time in 12 years, when the show actually traveled with a band, said Hurtado. "[Those sections are] very pared down, very unplugged," he said. Hurtado explained that the taped music for the show is orchestrated in a studio especially for the Soldier Show.

During the evening, audiences will hear chart-toppers by artists like Destiny's Child, Brooks and Dunn, Whitney Houston, Faith Hill, Mary J. Blige, N'Sync, Alanis Morissette, Pink, Alicia Keys, Jennifer Lopez and others.

This year's show took shape when soldiers, with their commands' full support, were chosen from live auditions in late March. Those selected had just six weeks to learn more than 30 songs, choreography, and how to set and take down more than 18 tons of stage truss, audio equipment and lights. The Soldier Show entertainers and technicians are also their own road crew.

"Before those six weeks, the only thing we had was a concept and a set design. Nothing else," said Hurtado. "A Broad-

way theater would be hard pressed to rehearse a show that's already written, like *Annie Get Your Gun* or *A Chorus Line* or and have it ready in six weeks. We have to write it, we have amateur talent, we have to costume it, we have to build the sets, we have to do all the tech, everything has to be done in those six weeks. Nothing is written before."

That means long, exhausting days for the entertainers and technicians. The soldiers work and rehearse through 14-hour days beginning with military physical training and including aerobic workouts, vocal coaching and dance training. Much of what they learn also relates to their military life.

"I didn't expect it to be so much work," said Randy Batarao, of Fort Meade, Md. "I've learned a lot of leadership skills, good skills for being an NCO. When I go back to my unit, I'll be a lot more aware, a lot more aggressive with sticking to something, following through. It teaches you how to have self-confidence — to get in front of hundreds of people every night isn't something for everyone. I don't have any problem [with that] now."

The civilian artistic staff guiding the performers and technicians include fulltime staff member Hurtado, a Latin recording artist who performed with the Soldier Show while he was on active duty from 1986 to 1989, contractors Dennis Buck, the musical director and also a Soldier Show alumnus, and Maurice Johnson, a Broadway choreographer. All made their mark in the entertainment industry before signing on with the Soldier Show.

Cast members vary in rank from private first class to lieutenant colonel and include an infantryman, a dietitian, a network operator, a paralegal, an artillery crewman and a linguist-interpreter, among others. While in the show, they are assigned additional duties according to their rank, such as vocal director, dance captain, wardrobe/costume manager, technical crew chief and stage manager.

The soldiers are attached to the U.S. Army Community and Family Support Center's Army Entertainment Detachment for 179 days. The Soldier Show operates as a deployable military



Courtesy photo

**Expect song and dance at Fort Huachuca Aug. 23 and 24.**

unit under the leadership of the detachment commander, first sergeant, and a Soldier Show NCOIC who travels with them on the road. A five-member soldier transportation crew drives the 44-passenger bus, an 18-wheel tractor-trailer and a 15-passenger van.

The show debuts at Fort Belvoir, Va. in mid May, then goes on tour for six months, performing 98 shows at 54 locations in 20 states, Germany and Italy, with stops planned in the Balkans and the Middle East.

Commercial sponsors First Command Financial Planning and the Army National Guard help offset program expenses. This is the sixth year First Command, formerly known as USPA & IRA, is the lead sponsor; the Army National Guard is on board for its second year.

The Soldier Show, produced by CFSC's Army Entertainment Division, is one of more than 200 Morale, Welfare and Recreation programs the Army offers soldiers and families through CFSC.

For itinerary, cast bios, photos and other Army Entertainment information, visit [www.armymwr.com](http://www.armymwr.com) and click on Rec & Leisure.

## Standings

### Intramural final golf standings

Each unit played 13 matches, numbers are final points earned.

Headquarters Company, 306 <sup>th</sup> Military Intelligence	99
JITC Team #2	94
JITC Team #1	84
NSTO	79
314 <sup>th</sup> Training Squadron	79
IEWTD	77
Company B, 304 <sup>th</sup> MI Bn.	72
IEW Maintenance	59
U.S. Army Garrison	54
Company C, 304 <sup>th</sup> MI Bn.	52
Company E, 305 <sup>th</sup> MI Bn.	45
Company B, 305 <sup>th</sup> MI Bn.	45
JITC Team #3	39
Company A, 309 <sup>th</sup> MI Bn.	32



Photo by Sgt. Jessica Inigo

**Golf scores are tallied.**

### Intramural softball standings as of July 29

Cochise League	Wins	Loss
1. Company D, 309 <sup>th</sup> MI Bn.	7	1
2. 69 <sup>th</sup> Signal Company	8	2
3. 309 <sup>th</sup> MI Bn.	8	2
4. Company B, 305 <sup>th</sup> MI Bn.	7	3
5. 314 <sup>th</sup> Training Squadron	5	3
6. Medical Activity	5	4
7. 11 <sup>th</sup> Sig. Bn.	5	5
8. 19 <sup>th</sup> Sig. Co.	4	4
9. Company C, 40 <sup>th</sup> Sig. Bn.	3	4
10. Company E, 309 <sup>th</sup> MI Bn. S	2	9
11. Company E, 309 <sup>th</sup> MI Bn. I	1	9
12. Company D, 309 <sup>th</sup> MI Bn.	0	9

Huachuca League	Wins	Loss
1. HQ, 306 <sup>th</sup> MI Bn.	9	2
2. NCO Academy	9	2
3. Company E, 305 <sup>th</sup> MI Bn.	9	3
4. HHC, 86 <sup>th</sup> Signal Bn.	8	3
5. U.S. Army Garrison	7	4
6. 269 <sup>th</sup> Sig. Bn.	5	5
7. Company A, 40 <sup>th</sup> Sig. Bn.	4	4
8. Company C, 304 <sup>th</sup> MI Bn.	5	6



Photo By Sgt. Jessica Inigo

**Softball leagues played day in day out to compete for top position in the Commander's Cup standing. Everyone from pitchers to hitters contributed to their overall final scores. Watch for games during the post Organization Day, Aug. 9.**

9. 111 <sup>th</sup> MI Bn.	4	7
10. Company B, 305 <sup>th</sup> MI Bn.	4	8
11. DFAC	3	6
12. 36 <sup>th</sup> AB	2	9
13. Navy/Marines	1	11