



## Sports shorts

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### March classes

MWR Arts Center has opened new classes this month, scrapbooking, airplane modeling and figure drawing, to add to the many classes already available. Instruction is also offered in oil painting, stained glass, raku pottery, painting, framing, ceramics, lapidary, photography, and monthly crafts. There is an Art Supply Store, Frame Shop and Art Gallery with monthly showings available. Plus artist can join the Artist Club of America through the center.

The Arts Center is open five days a week. It is closed Sundays and Mondays. For more information call 533-2015 or stop by to sign-up. The Arts Center is located at the corner of Hatfield and Arizona in building 52008, across from the Commissary.

### Spring tournament

A mixed doubles Spring Tournament will be held Saturday at 1 p.m. at Desert Lanes. Sign-up starts at noon. Entry fee is \$30 per couple.

There is a \$200 guaranteed first place prize. Couples can bowl five games across ten lanes. There is an 80 percent handicap from 200. Payout is one to every five entries.

Call 533-2849 for further information.

### Easter egg hunt

Youth Services is sponsoring an Easter egg hunt March 30. Children five and under can hunt from 10 a.m. to noon. Children 6-12 can hunt from 2-4 p.m. Children can take their picture with the Easter Bunny for \$2.

There will be over 6,000 eggs along with games and prizes.

### 5-day soccer camp

A five-day soccer camp will be available for youth 8-15 starting March 25 on Geronimo Field. There will be three sessions, from 10 a.m. to noon; 1 to 3 p.m.; and 5 to 7 p.m. The cost of the camp is \$25 per participant and includes a ball and T-shirt.

Contact 533-3205 for more information and registration.

### Air show

Luke Air Force Base is holding an air show, "Preserving America's Freedom," during Luke Days 2002 on March 23, from 9 a.m. to 5 p.m. and March 24, from 9 a.m. to 3 p.m. Admission is free.

There will be performances by the U.S. Air Force Thunderbirds, the U.S. Air Force Wings of Blue and many other performances.

Check out [www.luke.af.mil](http://www.luke.af.mil) for more information.

### Marathon volunteers needed

Volunteers are needed to work water points, assist as road guards, at finish line operations and as emergency standbys for the Thunder Mountain Marathon on March 23.

If you are interested in volunteering, call Spc. Erica Rigdon at 533-1351.

### Correction

The March 7 issue of The Fort Huachuca Scout misidentified the four main species of warm-water fish that breed and live in the fort's ponds.

The fish mentioned in the "Fort restocks ponds with 250 pounds of rainbow trout" story should have read: largemouth bass, channel catfish, bluegill and redear sunfish.

## Confidence counts

### Soldiers train for Squad Challenge

By Spc. Jessica Inigo  
Scout Staff

Soldiers from Headquarters and Headquarters Company, 111<sup>th</sup> Military Intelligence Brigade took on their fears at the Confidence Course Tuesday in preparation for an upcoming Squad Challenge.

"This kind of training is part of the soldier skills needed. Soldiers need the experience and they need to know that they can conquer their fears. If a soldier realizes they can conquer one fear, then they know they can conquer others," said Sgt. 1<sup>st</sup> Class Scott Martin, platoon sergeant, Intelligence Electronic Warfare.

More than 200 soldiers will participate in the Squad Challenge Wednesday. The challenge will be against 12-member teams who will complete an Army Physical Fitness Test, a ruck march, and an obstacle and confidence course challenge.

*Photos clockwise: Spc. Monica Hall-Ransom, Headquarters and Headquarters Company, 111<sup>th</sup> Military Intelligence Brigade faces her fear of heights head-on as she completes the Confidence Course Tuesday. Though the course wasn't easy, Hall-Ransom was proud she was able to complete it. Pfc. Kelly Cronrath, HHC, 111<sup>th</sup> MI Brigade, makes it to the top. Fellow soldiers urged Cronrath to make it through the course. She never gave up. Spc. Martin Rodriguez climbs the ropes, hoping to get all fear out of him prior to Wednesday's Squad Competition.*



## Bicycling: Wear the gear, stay alert for safe fun, exercise

By Bruce V. Heran  
USAIC&FH Safety Manager

If you are an average person, then you probably rode a bicycle at some time in your life. You might even still be doing it.

Bicycles are inexpensive, fun and don't require a great deal of skill or knowledge to ride. Or do they?

I used to ride a bicycle all the time before I got my driver's license. I rode it everywhere — often as far as 10 miles in one direction. Kid's used to do that. I also had my fair share of scraped knees and elbows from falling off. I was fortunate. I never was hit by a car, and never had any broken bones or head injuries.

We didn't appreciate back then how serious bicycle injuries could be. It just didn't occur to us that there was a problem. Then too, there were a lot fewer cars and other things to run in to.

Now most kids only go short distances, but the dangers are probably worse. Presently, riders that cover large distances are usually adults and to them, 10 miles is just a drop in the bucket. Generally, there are two types of bicyclists: casual riders (including children) and serious enthusiasts.

The serious riders are usually aware of the safe ways and places to ride. They have high-quality bicycles, use a helmet, protective eyewear, proper footwear and often use gloves. You won't see serious riders wearing "flip flops."

Casual riders are an entirely different group. It seems as if nearly anything goes. Bikes with defective equipment (loose parts, worn brakes, broken frames, bent wheels, missing reflectors etc.), poor choice of clothing, no helmets and riding in dangerous locations. The unfortunate thing is that the adult portion of this group knows

better and the youngest members of the group look up to the adults for guidance.

Every year approximately 140,000 bicyclists are injured and about 1,300 killed by failing to adhere to some simple standards. Some of which are:

### Bicycle

— Make sure the bicycle is in good mechanical condition.

— If the bike is for a child, make sure it is correctly sized and adjusted for the rider.

— Make sure that warning devices (horns, lights and reflectors) work properly.

### Rider attire and equipment

— Wear a helmet.

— Wear brightly colored clothes or a reflective vest or belt.

— Wear suitable footwear.

— Bring a water bottle if you are going anywhere beyond a short distance.

### Rider behavior

— Ride in accordance with local laws and regulations. Stay to the right side of the road. Ride in single file.

— Use proper hand signals to alert motorists of your intentions.

— Be alert at all times, motorists often don't see bicycle riders.

— Watch for hazards on the road surface



Photo by Spc. Jessica Inigo

**Many children on post use bicycles to get to and from schools. Safety should be of main concern to both the children and the parents.**

(rocks, pot holes and gratings).

— Plan your route to minimize exposure to high vehicle traffic areas.

— Do a safety check of the bicycle before you start out.

— Be alert for weather related hazards. Don't ride during lightning storms, low visibility conditions (fog, rain, snow), or when it is extremely windy.

— Don't overload the bicycle, and don't carry passengers.

— Don't use headphones.

— Be a positive example for younger cyclists.

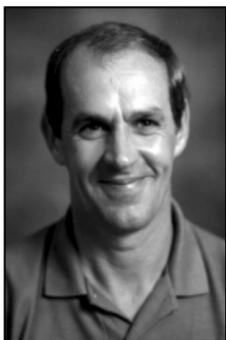
Ride safely and have fun - don't become a statistic.

## In the Spotlight

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

### Recreation Services introduces new Sportsman's Center manager

The Recreation Services Division proudly introduces Michael "Mick" Gue as the new manager of the Sportsman's Center. Gue took over the position in early December 2001.



"Mick" Gue

Originally from England, Gue moved to Sierra Vista to join his wife Mary, stepdaughter Angela, and daughter Dominique in December 2000. He is a former warrant officer in the British Army, serving in the Royal Corps of Signals for 22 years. During this period he served in Norway, Germany, Belgium, Germany and Cyprus. Gue excelled in running while in the Army. He earned the title of British Army and Combined Services Track Champion at 800 and 1,500 meters and was awarded the British Track Vest against Norway while stationed there.

After leaving the British Army in 1985, Gue settled in Harrogate in North Yorkshire, England. He began his employment with MWR at Menwith Hill Station working as the Recreation Director for Outdoor Pursuits. This position gave him the opportunity to teach canoeing, rock climbing and rappelling. He also led hiking excursions for the American personnel stationed at Menwith Hill.

Gue has seen many changes take place in the quality of life programs provided by MWR. "Here at the Sportsman's Center, I am very fortunate to have such a knowledgeable staff. My employees know so much about the gun trade, and it's a case of 'learn from the teachers' for me at the moment," Gue said. "The gun trade in England is virtually non-existent."

Gue praises his staff for their knowledge, skill and customer service. He is assisted by Eli Lake, Scott Hatfield, Benjamin Berry, Robert Fye, Carl Jensen and Ian Dennis in the daily operations of the Sportsman's Center. "What a crew I have," exclaimed Gue.

Gue plans to initiate improvements and programs on the paintball courses. He plans for full size targets to be available for military tactical training, more competition for the younger paintball players against local teams and also nighttime paintball.

Future plans also include a weekend to familiarize children with weapon safety. As an international track coach, Gue knows the importance of getting youth involved in a sport. The weekend would include instruction and live firing on the pistol and rifle, followed by an afternoon session of firing skeet and trap. "If enough interest is generated, I would like to form a junior shooting team. I am sure there is a lot of untapped talent out there just waiting to be found," Gue said.

The Sportsman's Center is ideally located as a starting point for hiking and mountain biking. Gue intends to have an information area established in the center for hikers and bikers. Maps would be available of great hiking and biking routes on Fort Huachuca.

Gue intends to hold a gun weekend for females only, which would include coaching on the pistol range followed by a session of trap and skeet shooting.

Gue invites all to come and check out the action at the Sportsman's Center. Patrons can choose to shoot trap or skeet and birthday parties may be scheduled for patron's sons or daughters. As a facilitator for the Army Excellence Customer Care Program, Gue knows that it is the customer's perception that counts and he and his staff are prepared to offer first rate customer service.

### Free movies offered at Murr

Murr Community Center, in cooperation with AAFES and MWR, offers free movies for AAFES patrons each Wednesday through Sunday during the renovation of the Cochise Theatre. Admission is free and so is the popcorn.

Mar. 13, 14 & 15, 7 p.m. **JOY RIDE**  
Rated: R  
Cast: Steve Zahn, Paul Walker, Leelee Sobieski

Mar. 16 & 17, 7 p.m. **ZOOLANDER**  
Rated: PG  
Cast: Ben Stiller, Owen Wilson, Will Ferrell

Mar. 16 & 17, 2 p.m. **JACK & THE BEANSTOCK The Real Story**  
Rated: NR  
Cast: Matthew Modine, Vanessa Redgrave, Mia Sara

Mar. 20 & 21, 7 p.m. **HEIST**  
Rated: R  
Cast: Gene Hackman, Danny De Vito, Sam Rockwell

Mar. 22 & 23, 7 p.m. **RIDING IN CARS WITH BOYS**  
Rated: PG13  
Cast: Drew Barrymore, Steve Zahn, Brittany Murphy

Mar. 24, 7 p.m. **TRAINING DAY**  
Rated: R  
Cast: Denzel Washington, Ethan Hawke, Scott Glenn

Mar. 23 & 24, 2 p.m. **THE LOST EMPIRE**  
Rated: PG  
Cast: Michael J. Fox, James Garner, Cree Summer



## Port Huachuca Directorate of Community Activities Updates

The Directorate of Community Activities is responsible for content appearing on this MWR page in The Fort Huachuca Scout. Questions about this section should be directed to MWR Marketing Director, Paula German at 538-0836 or sent by e-mail to [germanp@hua.army.mil](mailto:germanp@hua.army.mil).

### ICW Pro Wrestling comes to Fort April 19

International Championship Wrestling, Inc. will be hosted by the Directorate of Community Activities at Barnes Field House April 19. The action starts at 7 p.m. and the return of these professional wrestlers is an anticipated highlight in the events scheduled for 2002. Reserve seating is \$15 and general admission is \$8 in advance or \$10 at the door. Tickets will be available at Desert Lanes Bowling Center, MWR Box Office and MWR Rents on Fort Huachuca, and at Safeway in Sierra Vista. Tickets go on sale tomorrow, so beat the rush and purchase your tickets early. Call 533-2404 or 1-888-921-4745 for information.

### Sports Branch seeks summer life guards

Summer is right around the corner and it is the time of year when the Sports Branch of the Recreation Services Division looks for responsible individuals to work as life guards at the Fort Huachuca pools. A lifeguard class will be held in April for interested applicants. The class is open to all military, military dependents and civilians. The class fee is \$170 per person. Upon completion of the class, students will receive three certifications that will qualify them to work at Fort Huachuca pools. For more information and to register, contact Karlie Jo Hale at 533-3835 or 940-2771.

### Spring Youth Fest set for April 20

Child and Youth Services in partnership with CYS Parent Advisory Committee, Recreation Services Division and the Directorate of Community Activities will hold a Spring Youth Fest in honor of the Month of the Military Child. The event will be April 20 from 9 a.m. to 3 p.m. at the Youth Services building 40913 and Geronimo and Foster Fields. The day will be filled with food, fun and the dunk tank. Volunteers are needed and Family Readiness Groups and Parent Teacher Organizations are welcome. Call Richard Brown at 533-3205 or Marty Johnson at 533-8385 for information.

### Easter Bunny will visit Youth Center

March 30 is the date the Easter Bunny will make an appearance at the Youth Services Center. A gigantic Easter Egg Hunt is scheduled for ages five and under from 10 a.m. to noon and for ages six to 12 from 2 to 4 p.m. Pictures will be taken of the children with the Easter Bunny for a cost of \$2 each. Over 6,000 eggs will be hidden and there will be games and prizes. Call 533-3205 for information.

### Youth Soccer Camp takes place March 25-29

A five day soccer camp is scheduled for youths ages eight through 15 at Geronimo Field. The camp is presented by Genesis Soccer Camps, Youth Services and the Directorate of Community Activities. The camp director is Barry Morris, a licensed instructor of the English soccer Federation. There will be three sessions: morning from 10 am to noon; afternoon from 1 p.m. to 3 p.m.; evening from 5 p.m. to 7 p.m. The cost is \$25 for each participant and this fee includes a ball and shirt. Contact 533-3205 for information or registration information.

### FCC recruits substitute providers

Fort Huachuca Family Child Care is seeking applicants to serve as substitute FCC providers. Substitute providers are on call and provide care in the home of currently certified providers in their absence. Through this arrangement, children in FCC homes experience a greater sense of continuity by remaining in familiar surroundings in their regular provider's absence. Substitute providers have flexibility in accepting on call assignments.

The Fort Huachuca FCC office must certify all substitute providers. Certification privileges are granted through an eight hour class scheduled by the FCC office. All substitute providers are subject to a comprehensive background check. Upon certification, the substitute provider's name is added to a list and issued to all authorized providers. Any family member 18 years of age or older who is interested in serving as a substitute provider should contact the FCC office by telephone at 533-2494 or by email at [syretha.storey@hua.army.mil](mailto:syretha.storey@hua.army.mil). Call for a flexible and rewarding opportunity to work with children.

### Easter Le Grande Buffet set for March 31

The LakeSide Activity Centre staff is planning an exciting menu for the Easter Le Grande Buffet on March 31. The buffet will be served from 10:30 a.m. to 2:30 p.m. Highlights of the culinary fare will be the Carving Station with roasted lamb, honey glazed ham and Baron of Beef; the Buffet Station with pesto chicken and seared salmon; the Omelet Station featuring LakeSide Benedicts; the Dessert Bar; and selections of fresh fruit, salads, vegetables, potatoes, pastas, freshly baked breads and cheeses.

The cost is \$17.95 per person and \$7.95 for children ages five to 11. Children four years and under are free. Reservations are recommended, call 533-2193 for information or reservations.

### Parent/Tot Play Group meets

The Parent/Tot Play Group meets every Tuesday from 9:30 to 11:30 a.m. in the Youth Services Building, 51301. This group is open to parents and children from birth to five years of age. Class is designed to provide activities for parents and their young children along with interaction from other parents and children. The program is free, but reservations are encouraged. Volunteers are always welcome. For information or registration, call the Army Community Service, Family Advocacy Program at 533-2330.

### Events at LakeSide Activity Centre

The new Sunday Brunch, so popular in the past, is now on alternating Sundays from 10:30 a.m. to 1:30 p.m. The next brunch is Sunday, March 17. The brunch menu includes the Omelet Station and Chef Chewy's special Eggs Benedict with pastries, and breads and a variety of specially prepared dishes like baked

salmon, sausage, cod, pasta, pork, beef and chicken on a rotating basis. The cost is \$13.95 for adults and \$7.00 for children ages six to ten years. Children under five dine for free.

Set your calendars for March 22, and April 5 and 19, when the LakeSide will host CG's Right Arm Nights again. The fun starts at 4 p.m. and continues until 6 p.m. Free snacks and music accompany the pay-as-you-go bar. Call 533-2194 for information on any of these services.

### Art Center offers classes

Classes include airplane modeling and figure drawing. Call 533-2015 for information. Regular operational hours are: noon until 8 p.m. on Tuesday, Wednesday and Thursday; 9 a.m. until 5 p.m. on Friday and Saturday. The center is closed on Sundays and Mondays.

### STYX plays at Fort Huachuca June 22

The annual Miller Genuine Draft Army Concert Tour, presented by Army Entertainment and the Directorate of Community Activities will star the classic band, "STYX" on June 22.

The admission price for this year's concert will be the same as last year: \$20 in advance or \$30 at the gate. The gates will open at 6:30 p.m. and the concert will begin at 7:30 p.m. Chair rentals will be available or spectators may bring their own chairs.

Tickets will go on sale the beginning of May at MWR Box Office, MWR Rents, Desert Lanes and Ozone on Fort Huachuca, and at area Safeway Stores off post.

For those who would like to be a real part of this event, consider becoming a volunteer. Volunteers are needed in a variety of areas, so sign up now by calling 533-4823. For general information call 538-1690.

### Volunteers needed for March 23 Marathon

Volunteers are needed for the Thunder Mountain Marathon on March 23. There are a variety of opportunities to help out: water points, road guard assistance, finish line operations, and emergency standbys. If you are interested in volunteering for this great and fun community event, call race director Michelle Kimsey at 533-3180.

### Field closures

Bujalski Field and Smiley Field will be closed through April 30 for maintenance. Call 533-3354 for information.

### MWR Rents announces summer hours

Effective April 1, MWR Rents will begin their summer hours. The facility will be open on Mondays, Tuesdays, Thursdays and Fridays from 10 a.m. until 6 p.m. and on Saturday from 8 a.m. to 4 p.m. Out-processing hours are from 10 a.m. until 5 p.m. on Mondays, Tuesdays, Thursdays and Fridays only. The facility will be closed on Wednesdays, Sundays and holidays.

### MWR Rents issues propane warning

Effective April 1, updated propane cylinders are required to purchase propane. The updated cylinders have a non-removable triangular hand wheel, while the old style handle is a different shape. If you are not already compliant, the solution is simple. Almost everywhere in the United States, at quick marts, service stations, mass merchandisers and other retail outlets, an outdated propane cylinder may be swapped for a compliant propane cylinder. It may cost a few dollars more than a regular refill, but after that you will be able to get them refilled as always. Call 533-6707 for information.

### Boater's safety class offered

March 26 - 27 are the next boater's safety class to be held at Murr Community Center. Both classes are required for certification. The classes are held from 6 p.m. to 10 p.m. Completion of this course or proof of other safety training is required in order to rent boats from the MWR Rents facility. Call 533-6707 for information.

### Golf Course access road now open

The new public access road to the Mountain View Golf Course is now open. This new road allows direct access to the golf course, even when the post is at its highest force protection levels. During heightened force protection levels, the road will be secured and also allow restricted access to emergency essential personnel.

Visitors will no longer be able to reach Mountain View Golf Course by driving through the Main Gate or from the installation. The golf course can only be reached through the public access road off of Buffalo Soldier Trail.

Construction of this road is a result of close partnership between the City of Sierra Vista and Fort Huachuca. Mountain View Golf Course has been officially open to the public since Oct. 26, 1996. A formal ribbon-cutting ceremony for the new road is tentatively scheduled in April.

### Tickets available at MWR Box Office

**BISBEE REPERTORY THEATRE**  
Diary of Anne Frank

**TUCSON CONVENTION CENTER**

Sesame Street Live	April 11-14
Champions on Ice	July 9
Jeff Foxworthy	April 19
The King and I	March 15-17
Mariachi & Symphony Performance	April 23
Mariachi Espectacular	April 26

*Times and prices vary. Call 533-2404 for information or drop by the Box Office located in the MWR Plaza on Arizona Street.*

## Parker Lake closed

### USDA Forest Service release

HEREFORD, Ariz. — A termination of concessionaire service, a maintenance backlog and reduced off-season staffing have led to temporary closure of the upper Lakeview Campground at Parker Canyon Lake until the campground conditions are improved.

“The permit for the concession expired and the campground is currently under Sierra Vista Ranger District, Coronado National Forest operation,” said Armando Arvizu, recreation program manager for the Sierra Vista Ranger District.

“Being able to temporarily close the upper portion of Lakeview Campground will enable us to complete work more safely and efficiently than we could if we kept the campground open,” he explained.

“In addition, we can maintain the lower campgrounds with what little staffing we currently have,” he added.

The closure affects only the RV parking area and does not affect tent camping although maintenance is also underway in the lower campground, according to Arvizu. The RV parking area will be reopened once work is completed.

Fees at Lakeview Campground are \$5 for day use or \$10 for overnight use. There is a 14-day stay limit.

Those who reserve the Rock Bluff group use area at Parker Canyon Lake are reminded they need to bring any water needed by their group as no water is available at the campground. Water is available for public use at Lakeview

Campground. Make reservations for Rock Bluff Group Use Area by calling the Sierra Vista Ranger District, Coronado National Forest office at 378-0311. The fee is \$45 for day or overnight use.

## College credit scuba class offered at The Cove

### Cochise College release

Sierra Vista's new aquatic center, The Cove, will be the site of a three-credit scuba class offered by Cochise College this spring.

Students who enroll in the class will learn to SCUBA dive and experience the underwater environment in the Sea of Cortez. Those who successfully complete the course will earn Professional Association of Diving Instructors Diver Certification.

The class is offered during the College's second eight-week session, which begins Friday. Students meet from 6 to 7:50 p.m., Fridays in Room 900 on the Sierra Vista campus. Hands-on pool sessions take place from 8 to 10 a.m., Saturdays at The Cove. Students must pay tuition and a \$50 lab fee. A field trip to San Carlos, Mexico, is not included in the course fees. Students should bring a mask, snorkel and fins.

To register, call 515-5483, 417-4065 or 417-4038 by Friday.

## Licence, Rosenkrans exhibit art at post library in March

### By Natalie Danforth Administrative Librarian

Come in out of the wind during March and visit the Fort Huachuca Library's latest art exhibit.

The distinctive styles of Terry Licence and Sylvia Rosenkrans share the spotlight. Both are inspired by outdoor scenes and natural subjects, but each artist approaches those subjects with her own blend of whimsy, personality, and technique.

Licence graduated from Texas Women's University with a major in advertising design and a master's degree in elementary education. After retiring from the Fort Huachuca Accommodation Schools system, she studied watercolor with Mona Puzzi and Eva Arenas. She also studied printmaking with Mina Tang Kan. She shows her work at the Tombstone Association of the Arts and the Tang Gallery in Bisbee. Look for her original prints in the glass exhibit case as you enter the library.

Rosenkrans has taken many art courses from the Univer-

sity of Arizona and Cochise College. She has attended workshops and has taken private instruction. She especially enjoys painting floral still lifes and buildings in watercolor, acrylic, colored pencil, ink, etching, monoprint and gouache.

Among her many awards are first place in Two Flags International Juried Show and Best of Show in Tombstone. She is a member of the Huachuca Art Association and the Tombstone Association of the Arts. She was juried into the Southern Arizona Watercolor Guild in 1995.

The Fort Huachuca Library is open Mondays and Tuesdays from 10:30 a.m. to 7:30 p.m. and Wednesdays through Saturdays from 10:30 a.m. to 6:30 p.m. It is closed on official government holidays. It is located on Smith Avenue. For more information, call the library at 533-3041.

Visitors to Fort Huachuca can obtain a visitors pass at the Main Gate by showing their vehicle registration, driver's license and proof of insurance.

## Exercise is good — as long as you go about it intelligently

### Special to the American Forces Press Service

WASHINGTON — Innovations in equipment for the home and office have made quick work of chores. More and more of our waking hours are spent sitting, in front of a computer, in our cars commuting to and from work, and shuttling our families to and fro. While our brains may get a workout, unfortunately our bodies are not.

“Our bodies truly prefer to be in a balanced state, a balance between activity and rest, calorie intake and calorie expenditure, stress and relaxation,” said Karen Friedman, a physical therapist with the Deployment Health Clinical Center at Walter Reed Army Medical Center in Washington. “When a person experiences too little exercise, many complications can occur.”

Complications can include loss of flexibility, muscle mass strength, bone density, endurance and weight gain; activity intolerance; stored stress; poor sleep, cardiac concerns, elevated blood pressure, and more. On the other hand, she said, a well-planned and consistent exercise program can positively impact on all of these concerns.

When we talk about exercise as part of a healthy lifestyle, Friedman said, we are speaking of making significant long-term changes in daily habits.

A healthy lifestyle is not a hobby that you do whenever you feel like it. It involves mak-

ing a commitment to look better, feel better and, in turn, perform our jobs and life roles more effectively.

For most of us, exercise does not happen unplanned. Implementing and maintaining a life-long exercise program involves commitment and strategy. Two key strategies in adopting an exercise routine are to make it realistic and enjoyable.

“Exercise is beneficial for everyone. Our military personnel are in a culture that encourages physical fitness as part of daily routine and readiness requirements, Friedman said. “Civilians may also be in a climate that fosters a healthy way of life, but too often members of both groups find themselves with too little time and too much to do and no time to exercise.”

A balanced exercise program, she continued, contains stretching for flexibility, cardiovascular activity to increase endurance, strengthening exercises to increase muscle mass and bone density, and variety to avoid repetitive stress injuries and boredom. Try to exercise 30 to 40 minutes at least three times a week, she recommended.

She discussed a sample program for five exercise sessions a week. Try three sessions of cardiovascular exercise followed by stretching, she said, and two days of strength training with either machines or free weights followed by stretching.

Good choices among cardiovascular activi-

ties, she suggested, include walking or running on a treadmill or track; bicycling on a regular or stationary bike; swimming or water walking; and using cross-training, stair climbing and rowing machines.

Friedman shared some thoughts for beginners and veterans alike:

Set a comfortable level for the first few exercise sessions. Too many people mistakenly start so ambitiously (“no pain, no gain”) that they become sore and discouraged. Then they quit. If you haven't exercised for a while, a 15-minute neighborhood walk is a good start.

Begin your exercise session with a warm-up and end with a cool-down. Follow up your exercise with stretching to help ward off soreness and to increase your flexibility.

Slow, gentle stretching exercises are more effective than fast or abrupt movements. Stretching should not cause pain. Never bounce when you stretch.

Dress appropriately. Wear loose, comfortable clothing in light layers that you can remove as you warm up.

Wear the right shoes. Knee, hip and back problems can occur if the shoes don't support your feet properly or they're worn out. Also, orthopedic problems in your legs or feet may require medical treatment or special shoe fittings called orthotics.

Some people shy from weight training because they don't want to “bulk up.” Friedman

said the key to gaining strength but not large muscle masses is to do more repetitions (two or three sets of 10 “reps”) using light weights.

Exercise when you're most geared up for it.

For instance, don't do mornings if you're the kind of person who needs a coffee transfusion to open your eyes. Try not to exercise after dinner, because raising your metabolism when your body is trying to wind down for sleep invites insomnia.

Find out what motivates you to stick with your program. One person might need company and encouragement while another prefers being alone to decompress and ponder.

Get a medical check-up before starting an exercise program, and especially if you've had a recent or current health problem.

Learn proper technique. Exercises done improperly won't give you the results you want, but they will put you at risk for injury.

“Exercise is good for everyone as long as you go about it intelligently,” she said. “If you are already fit, think about adding variety to your workout. If you have not been exercising but want to start, be patient, be realistic in setting goals.

“Whatever you do, select activities you enjoy,” Friedman insisted. “You will not stick with a program you hate.”

(From the Office of the Assistant Secretary of Defense for Health Affairs.)

## Former player reunites with Army Football staff

WEST POINT, N.Y. — Army head coach Todd Berry added a familiar face to his coaching staff today when he announced the hiring of Marquis Mosely to an offensive assistant's position.

Mosely, who will work with Army's wide receivers, lettered for three years at the University of Illinois, before closing out his collegiate playing career under Berry at Illinois State. A standout receiver, Mosely captured first team All-Gateway Conference honors that season. Earlier in his career, he had competed against Berry when Illinois faced East Carolina in the 1994 Liberty Bowl. Berry served as East Carolina's offensive coordinator at the time.

After earning a bachelor's degree in communications and aviation from the University of Illinois in 1998, Mosely entered the hotel and aviation industries. He served as a commercial pilot the last two years before signing on the staff of his former football mentor.

“I was always impressed with Marquis' work ethic and his desire to get better,” Berry said. “He was extremely talented and worked hard to understand the game.

“I encouraged Marquis to enter the coaching profession

coming out of college, but he wanted to pursue other options,” he added. “We feel extremely fortunate to add him to our staff at this time. He understands the game extremely well and has already built a tremendous relationship with our players. I feel that with maturity and experience, Marquis will develop into an excellent young football coach.”

The 27-year-old native of Bloomington, Ill., is single and resides in Highland Falls, N.Y.



Army photo

**Marquis Mosely to join Army coaching staff.**

## Baseball Trivia

Only two major league pitchers recorded three shutouts in 1999. Who were they? - **Scott Erickson, Baltimore Orioles and Andy Ashby, San Diego Padres.**

How many complete games did Arizona Diamondback pitcher Randy Johnson record in 1999? - **12.**

Who received the most walks in major league baseball in 1999? - **Jeff Bagwell, Houston Astros.**

What are the names of the new ballparks replacing Tiger Stadium in Detroit, The Astrodome in Houston, and 3COM Park in San Francisco? - **Comerica Park (Detroit), Enron Field (Houston) and Pacific Bell Park (San Francisco).**

How many former Los Angeles Dodgers are currently major league managers? - **Five. (Dusty Baker, San Francisco Giants; Davey Lopes, Milwaukee Brewers; Johnny Oates, Texas Rangers; Mike Scioscia, Anaheim Angels; and Bobby Valentine, New York Mets).**

Mariano Rivera of the New York Yankees led the major leagues in saves last season with 45. Who led the National League? - **Ugueth Urbina, Montreal Expos, 41**

## Arizona International FILM Festival's 11th season on horizon

### Arizona Media Arts Center release

The Arizona Media Arts Center is pleased to announce the Arizona International Film Festival is set for April 11-21. The festival continues its mission to give Arizona audiences new and innovative films from around the world at exhibition venues throughout Tucson.

Festival 2001 showcased 149 works (including 102 Arizona premieres and 18 world premieres) from over 12 countries to over 8,500 patrons.

This year a special program, Indigenous Cinema, will be introduced. This program will include works by indigenous filmmakers from Australia, Bolivia, Mexico, Brazil, and the United States. The program will highlight the talents of native filmmakers working in fiction,

non-fiction, animation, shorts, and youth-based productions.

Animacion Mexicana is a new festival program that is dedicated to bringing together a collection of works by emerging Mexican artists. The program will include the award-winning Hasta los Huesos (Down to the Bone) by Rene Castillo.

The Reel Frontier, a film and video competition, will again be featured in Festival 2002 and will celebrate and reward excellence and innovation in independent media arts expression. Entries in the year's program have come globally from Mexico, Japan, Hungary, Australia, Venezuela, Canada, and the United States.

Cine Chicano, a popular festival program,

will showcase new works by emerging Chicano/Chicana filmmakers. The program will include works ranging from original fictions and thought-provoking documentaries to poignant works by Chicano youth. Cada Cabeza es un Mundo, an award-winning educational drama will headline with Carlos Santana, Edward James Olmos, and Rita Moreno as narrators and original music by Carlos Santana.

This year Scott McDonald, a renowned independent and avant-garde film critic, will curate a special program, From The Archives. This program honors Cinema 16, a vibrant film society that introduced experimental film to New York audiences from 1947-1963. The program will include restored and newly discovered films from the past.

For more information, call (520) 628-1737, write to P.O. Box 431, Tucson, AZ 85702-0431, or visit [www.azfilmfest.com](http://www.azfilmfest.com).

The Arizona International Film Festival is a project of the Arizona Media Arts Center and is sponsored by Pima County, the Tucson Pima Arts and Council, Cox Communications, Grand Cinemas, the Consulate of Mexico, the Tucson Film Office, and the University of Arizona College of Fine Arts and Department of Media Arts.

