

The Scout TimeOut



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Photo by Elizabeth Harlan

And the winner is...

Alejandro Juarez of 19th Signal Battalion tries to stop Searous Richardson of Company B 86th in the final game of the Commander's Cup flag football season. Company B 86th defeated 9th Signal in the first game 27-18. A second game was played because that was 19th Signal first loss in the tournament, but Company B 86th came out on top with a score of 24-14. Commanders Cup basketball starts Dec. 1.

Sports legend offers game plan for success

BY 1ST LT.
STEVE ALVAREZ
SPECIAL TO AMERICAN
FORCES PRESS SERVICE

Then - Washington Redskins head coach Joe Gibbs had just won his first Super Bowl when he literally cashed in on the accomplishment. The team's owner awarded him a cash bonus, but later Gibbs learned that the owner would stand to make a lot more money than the paltry \$70,000 Gibbs re-

ceived.

More than a decade later, Gibbs entered the world of asphalt ovals, better known as NASCAR racing. After his team won its first major race, Gibbs said he did the math in his head; he had to pay the team and they had wrecked a car during the race.

His earnings? "I was in debt \$50,000," Gibbs said, laughing with a full room of attendees at a Pentagon prayer breakfast Nov. 20,

where he was the keynote speaker.

After pointing out that his experiences as a team coach and team owner weren't profitable all the time, Gibbs said, above the din of the chuckling crowd, "My grandbabies are going to play golf!" Golfers, he insisted, keep most of their winnings because they employ only one person: a caddy.

Gibbs, the only man to lead teams to championships in two major sports, delivered a lighthearted and positive address about being successful to an attentive and spiritual crowd. The event, one of four sponsored by Pentagon chaplains throughout the year, was taped for service members overseas, who Gibbs was quick to acknowledge in his opening comments.

"A big thanks to all of you," Gibbs said, adding that people in the United States "go home in peace each night" because of the sacrifices and service of military personnel.

After a humorous and brief introduction by Army Maj. Gen. Stanley E. Green, Army deputy inspector general and self-professed "life-long Dallas Cowboys fan," Gibbs kept the crowd's attention from his first words.

Gibbs has had great success in the world of professional sports. In 1981, he became the head coach of the

Redskins and by 1983 had led them to a Super Bowl victory. In 12 years, he would visit the Super Bowl four times and win three world championships, with three different quarterbacks. He was inducted into the Pro Football Hall of Fame in 1996.

In 1991, while still coaching in the NFL, he pursued his interest in NASCAR racing, a pursuit that later drove him to retire from the NFL in 1993. In only his second year in motor sports, he earned a championship by winning the Daytona 500. His team has twice won the coveted Winston Cup.

"Winning the Daytona 500 in only our second season is like an NFL expansion team winning the Super Bowl in only its second season," Gibbs said.

But while Gibbs is a sports legend on the sidelines and in the pits, he offers unmistakable signs that he is also human. He shared his foibles with the crowd.

As the Redskins prepared for a division playoff game several years ago, and Gibbs prepared to travel to the game with his team, his wife, Pat, began to talk about their two sons and the everyday toils that come with raising children. Gibbs was appalled.

"Hasn't she read the papers?" Gibbs said with a smile. "Doesn't she realize what I'm doing?" he said he asked himself.

Effort brings playground to Bosnian village

BY IVANA AVRAMOVIC
STARS AND STRIPES

Peacekeepers do not often get trophies for their work, but they got one for building a playground at the remote village of Budozelje.

U.S. and Turkish soldiers and the Organization for Security and Cooperation in Europe joined together to construct areas for playing basketball, volleyball and soccer at this hilltop village, some four hours southwest of Eagle Base.

For years the village's 1,000 residents, about 120 of them children, had wanted a place where the youngsters could play the games popular all over the world.

They got their chance three years ago when the OSCE asked the villagers to participate in mock elections and offered to fulfill that wish in return.

But the project slipped through the cracks, and it took years, villagers' persistence and a joint effort by Stabilization Force troops and OSCE officials to make the playground a reality.

OSCE paid about \$1,800 for sand and concrete and SFOR supplied the equipment and labor.

"These guys here are not normally engineers," Capt. Scott Rohweder, of Headquarters and Headquarters Company, 687th Engineer Battalion, said of his National Guardsmen. But they do know about working on civilian projects and were glad to have the chance to do so in Bosnia.

Soldiers used shovels, wheelbarrows and hands to distribute sand evenly across the volleyball court. They enclosed the court with mounds of dirt and grass, and put up the volleyball net.

Meanwhile, a soldier in a front-end loader drove back and forth, flattening the soccer field.

During the several days this month that soldiers spent at the village working on the playground, the residents showed their hospitality and gratitude by offering the soldiers Bosnian coffee.

And they did not shy away from rolling up their sleeves and pitching in. About 100 gathered and did much of the work on the day when the trucks came to pour concrete for the basketball court.

"It was nice to have civilians of Bosnia come up and say

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Courtesy photo

Joe Gibbs, former head coach of the Washington Redskins, speaks to attendees at a Pentagon prayer breakfast Nov. 20.

Storybook magic at Johnston

THE SCOUT REPORTS

Johnston Elementary School held its annual literature festival last week.

The festival is designed to increase enthusiasm about math and reading by using a popular theme, explained Ginger Volkman, festival developer and teacher. This year's theme was

English literature.

Volkman said that the festival was only made possible due to the extraordinary contributions of the many generous and talented volunteers within the combined school, family, and military community.

To start the night off, the drama club and the third-grade choir preformed "A Christmas

Carol" by Charles Dickens. The play was directed by Volkman.

After the play children were free to walk around to the 13 different booths that featured English literature-based activities and treats.

One of the most popular booths was the Harry Potter corner. Volunteers painted lightning bolts on children's heads to symbolize Harry Potter's scar. A magic potion was in the mix as well. Everyone was invited to mix Madame Pomfrey's burn healing potion. The mix of two parts corn starch, one part cold water and food coloring was called "magic" because it seemed to be both liquid and solid at the same time. Magic wands were also being made in the Harry Potter corner. Once the wand was made and the magic words "wingardium leviosa" were said, a feather would float.

Other booths included "Over London Bridges" where children used clay and other materials to construct a bridge, "Winnie the Pooh" where they could make a T-shirt with their

favorite character from Winnie the Pooh, "A Midsummer Night's Dream" where paper masks were made using construction paper, feathers, sequance and other things and Mother Goose's Christmas shop where items that were donated by the community were for sale ranging in price from 25 cents to \$1. Jumper the jaguar, the school mascot, walked around and greeted everyone.

After the festival children were asked to write what their favorite part was. Third-grader Rachel Thibodeau wrote: "What I liked about the festival is when I went to a room and I bought my mom and dad a Christmas present. I went into another room and made a star on a stick with glitter on it." Third-grader Jimin Yoo wrote: "My favorite part is when Scrooge is walking and saying 'Bahumbug!' I was worried about Tim because he had only one leg."

The festival attracts between 300 to 400 visitors. Next year's theme is expected to be "Christmas around the world."



Treyvoone Carter, 2, enjoys his time at the London Bridges booth



Lori Giersdorf sorts Damien Remerz, 4, into one of the four houses.



Above, volunteer 2nd Lt. Josh Sharette of the 304th Military Intelligence Battalion, paints a lightning bolt on Marissia Morales' head. Right, Cpt. Jeremy Click, of Company A 304th, and his children Jasmine Click, 7, and Eathan Click, 1, design a T-shirt at the Winnie the Pooh booth.



Andrew Nazzaro, 3 carefully puts the finishing touch on this cracker, peanut butter and pretzel spider.



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

Arts Center offers Saturday program for kids

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

Each week, participants will fabricate a different craft from clay, paper, glass, beads and more. The schedule for next month will be: Dec. 6, clay ornament; Dec. 13, bead key chain; Dec. 20, candle holder and menorah; and Dec. 27, New Year's noisemaker.

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 Little Hands program, the Arts Center is offering a variety of classes in December, including digital photography, basic pottery, basic jewelry and more.

A cake decorating course will be offered at 6 p.m., Wednesdays, Dec. 3 - 31. The class, which is designed for beginners, would also make a great refresher course for those who haven't decorated for a while. Cost of the class is \$50. A supply list will be handed out at the first class.

For a complete schedule of classes offered, or for more information, call 533-2015. Or stop in at the Arts Center. They're open Friday and Saturday, 9 a.m. - 5 p.m. and Tuesdays, Wednesdays and Thursdays, noon - 8 p.m.

Intermediate Racquetball lessons

During December, Barnes Field House will offer intermediate personal lessons in playing the sport of racquetball. The course will be offered in four-week blocks, according to levels of experience. The hour-long blocks of instruction will begin at 6:30 p.m. every Tuesday.

Dec. 2, 9, 16 and 23 sessions will include instructions in advanced shot placement and competitive strategy.

The course, which is free to all authorized MWR patrons, will be taught by Don Cairns. Cairns has played racquetball for 32 years and has instructed racquetball at Cochise College for six years.

Sign up for the course at the administrative office at Barnes Field House or call George Thompson at 533-5031.

Register now for youth basketball, get discount

Registration for the youth sports basketball program is in progress and closes Jan. 3, 2004. The program is open to all Child and Youth Services registered youth, ages 5 - 15.

There will be five co-ed age divisions, including Pee Wee (ages 5 and 6), Mighty Mite (7 and 8), Bantam (9 and 10), Junior (11 and 13), and Senior (13-15).

In order to participate in the basketball program, youth must be registered CYS members. For CYS registration information, call 533-0738 or 533-8437.

Cost to register for the basketball program is \$35 for the first child, \$25 for a second child, or \$75 maximum family fee.

Youth Services is offering an "early bird" special. Register before Dec. 24 and receive a \$5 discount on each registration.

A holiday special is also being offered. For all those registering by Jan. 3, 2004, payment can be delayed until Feb. 6, 2004. (The delayed payment plan doesn't qualify for the early bird registration special.)

For more information, or to register, call Youth Services at 533-3205 or stop by Building 49013 on Cushing Street, across from Smith Middle School.

Volunteer coaches to assist in the Youth Basketball Program are needed. If you are interested in helping, call the Youth Center Sports Office at 533-8168.

During December at Desert Lanes

Desert Lanes has several tournaments and special events scheduled for the month of December. A 9-Pin No Tap Tournament will be held, beginning at 1 p.m., Dec. 6. Entry fee is \$30 and you will bowl three games on



the same lanes. Payout ratio is one to five.

A Singles Scratch Tournament will be held Dec. 13, 1 p.m., Entry fee is \$40 and payout ratio is one to eight.

Kids' Days will be Dec. 22 and 29, noon - 4 p.m. at Desert Lanes. School-age kids can bowl for \$1 per game and \$1 shoes.

December 26 will be Family Day. Bowl for \$1.50 per game and \$1 shoes.

For more information or to sign up for one of the tournaments, contact Randy Carter at 533-2849.

Buffalo Soldier Golf Tournament

The Southwest Association of Buffalo Soldiers fundraising golf tournament is set to begin with a shotgun start at 8:30 a.m., Dec. 6 at Mountain View Golf Course. The tournament will be a 4-person scramble, select shot. You can pick your own team, or be assigned to one.

The tournament has some great team prizes, including the chance to win a new car or truck from Donovan Dodge, for a hole-in-one.

There will also be prize drawings for two airline tickets, sponsored by Continental Airlines and Carlson Wagonlit Travel, a drawing for two airline tickets to Phoenix, sponsored by Arizona Express Airlines, plus other prizes.



The entry fees include lunch, and are as follows: \$55 for non-MVGC members, includes green fee and cart; \$40 for MVGC members (add \$7.50 for cart); and \$35 for MVGC members with a personal cart.

Sign up at MVGC Pro Shop. The tournament will be limited to the first 36 teams or 144 golfers. Entry deadline is close of business Dec. 4. Proceeds from the tournament will go toward renovating the Mountain View Black Officers Club (Building 66050). For more information about the Buffalo Soldier Tournament, call Tom Stoney at 378-4757.

The tournament will be limited to the first 36 teams or 144 golfers. Entry deadline is close of business Dec. 4. Proceeds from the tournament will go toward renovating the Mountain View Black Officers Club (Building 66050). For more information about the Buffalo Soldier Tournament, call Tom Stoney at 378-4757.

Combat cross country coaches' meeting

The team coaches' meeting for Fort Huachuca Combat Cross Country will be held at 10 a.m. Monday at Barnes Field House. The competition is set to begin at 8 a.m., Dec. 6 at Wren Arena, and includes both men's and women's divisions. Runners in each division will compete in different age groups.

Each company-sized unit is authorized to enter one or more company-level team. Each soldier must be assigned or attached to the company they represent. A minimum of five or a maximum of seven runners is required for a team.

There is a \$50 registration fee per team, and a \$10 registration fee for individual runners who are not competing on a team. Registration deadline is Dec. 1.

For more information, contact Tom Lumley at 533-3180 or 533-3246 or email thomas.lumley@hua.army.mil.

AFTB Reindeer Stampede

Fort Huachuca's Army Family Team Building will hold a 10K race and a 3K fun run/walk Dec. 13, starting and ending at Youth Services Building 49013, near the corner of Cushing and Smith Street. The event, which is open to all members of the Army family, is being held to celebrate the 10th birthday of AFTB. There is no cost to participate.



Registration will be held from 6:30 - 8:30 a.m. the day of the event, at the Youth Services building. The 10K race begins at 9 a.m. and the 3K walk/run at 9:15 a.m.

Early registration must be dropped off at Army Community Service, Building 50010, Smith Street, just past the traffic circle, no later than Dec. 8.

The 3K run/walk consists of one open division. All participants will be awarded finishing ribbons highlighting AFTB Day.

The 10K race will be divided by age groups. There will be first, second and third place medals awarded in each group.

The courses are not certified and may not be a full 10K or 3K. The intent is to get the Army family out to enjoy AFTB Day.

For more information, contact Shirley Pettaway at 533-5719 or e-mail Shirley.pettaway@hua.army.mil, or Pamela Allen at 533-5919.

Coming up at Mountain View Golf Course

Don't forget to come out for the Payday Scramble, set to begin at noon Friday at Mountain View Golf Course

December 7, 14, 21 and 28, MVGC will offer a Sunday Holiday Special. You'll be able to play 18 holes of golf, with a cart, for the special price of \$20 per person.

ACS will close early Wednesday

Army Community Service offices will close at 11:30 a.m., Wednesday. ACS will reopen at 1 p.m., Dec. 4. ACS offices are normally closed for civilian training every Thursday until 1 p.m.

For more information, call 533-2330.

Water aerobics classes



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.

Facilities announce holiday hours and closures

The following MWR facilities have announced they will be closed Thanksgiving Day: Army Community Service, NAF Human Resources; the Sportsman's Center, MWR Financial Management, Eifler Fitness Center, MWR Box Office, Barnes Pool, Barnes Field House, MWR Rents, La Hacienda (including bingo), Time Out, MWR Marketing, Desert Lanes, Buffalo Corral, LakeSide Activity Centre and Jeannie's Diner.

Mountain View Golf Course and the 19th Hole Clubhouse will be open Thanksgiving Day, but will close at 2 p.m. The golf course and 19th Hole will be open regular hours Friday.

Army Lodging will be open regular hours both Thanksgiving Day and Friday.

The following facilities will be closed Friday: MWR Box Office, NAF Human Resources, Army Community Service, LakeSide Activity Centre, Barnes Pool, MWR Rents, MWR Financial Management, La Hacienda (including bingo) and the Sportsman's Center.

Also on Friday, several facilities will be open special hours, including: Jeannie's Diner, 11 a.m. - 10:30 p.m.; Desert Lanes, opens at noon; Eifler Fitness Center open 9 a.m. - 8 p.m.; La Hacienda, open for bingo only; and Barnes Field House, open 9 a.m. - 1 p.m.

Child and Youth Services has announced its Thanksgiving holiday schedule. Today, Family and Child Care will close at noon. Youth Services will be open 6 a.m. - 10 p.m., today.

All of the following CYS facilities will be closed Thanksgiving Day and Friday: Child Development Center, Outreach Services/Registration Office; Family Child Care and School-Age Services. The Youth Center will be closed Thanksgiving, but will be open 6 a.m. - 10 p.m. Friday.

If closure or special hours are not listed for a facility for Friday, that facility will be open regular hours.

The MWR Box Office is here to assist you

The MWR Box Office is available to help you get the best prices and deals possible for your travel and leisure activities. They can help plan your vacation, a weekend getaway or get tickets for that special event you'd like to attend. The Box Office has information on many cities, states and attractions. Some of the discounts, deals and tickets that are available include:

- Tickets for events at the Tucson Convention Center, including "Gallagher" Dec. 6; the Tucson Ice Cats hockey team vs. Arizona State, Dec. 5 and 6; the Ice Cats vs. the St. Louis Blues Alumni, Dec. 7; "Warren Miller's Journey" ski movie, Dec. 7; and "A Southwest Nutcracker," Dec. 12-14.
- The 2004 Tucson Entertainment Book is available to purchase. It includes two-for-one offers and discounts up to 50 percent on year-round travel, dining, shopping, movies and more. This would make a nice gift for someone.
- NFL Football packages, including hotel rooms, for the Arizona Cardinals vs. the Carolina Panthers Dec. 14, and the Cardinals vs. the Minnesota Vikings Dec. 28, both in Phoenix.
- The Box Office can also assist you in making hotel reservations for Tucson or Phoenix for the upcoming holiday season. They can book rooms at reduced rates that can save you money. Call 533-2404 for more information or drop by the MWR.

MVGC Pro Shop offers 40 percent savings Friday and Saturday

Friday and Saturday, the Mountain View Golf Course Pro Shop will hold a pre-Christmas blowout sale. Selected clothing and other golf-related items will be marked 40 percent off. Do your Christmas shopping early and take advantage of the savings being offered. MVGC Pro Shop is open 8 a.m. - 5 p.m., seven days a week, and is now accepting layaways for your shopping convenience.

MVGC has a suggestion for a unique Christmas gift idea. You can purchase gift certificates for golf lessons, taught by Class A Professional Golf Association pro John Hosterman. Hosterman has 29 years experience teaching golf.

The lessons are being offered at 20 percent below normal price, in either a three-lesson or five-lesson series. This would make a great gift for family members, friends or yourself. Stop at the Pro Shop at MVGC for prices or to purchase a gift certificate. For more information, call 533-7088.



Time Out briefs

Artist reception

The Huachuca Art Association will open its December exhibition, titled "Inspirations of the Season" on Friday, Dec. 5, with an Artists' Reception from 5 - 7 p.m. Visitors are welcome to this free event! This exhibition will feature artist Jan Huthoefer and include the work of other association artists. All items will be for sale. The exhibition will be at the Gallery through Jan. 4.

Jan Huthoefer has had a passion for art since childhood. As a youngster she spent hours sketching in the cool basement of her Kansas farm home on hot summer days. Jan consistently improves her artistic skills by attending classes taught by local and nationally known art teachers. She sees the pursuit of excellence in artwork as a lifelong journey. One landmark on that journey was receiving the 2001 Sierra Vista Artist of the Year Award. Jan paints a variety of sizes and subject matter: architectural scenes, landscapes, and abstracts. She enjoys the challenge presented by undertaking commission work in watercolor, acrylic, collage, or mixed media. Jan calls her style "enhanced realism" meaning that she paints in a way more pleasing to the eye than things may be in reality. Jan will donate 10 percent of her sales, after HAA commission, to Habitat for Humanity.

The Gallery will be open Thursdays through Sundays from noon to 4 p.m. Or for an appointment, contact exhibition coordinator Jan Huthoefer at 803-9657. The Gallery is located at 3816 Astro St. in Hereford (Astro St. is off Hwy. 92, less than four miles south of Buffalo Soldier Trail). For more information, call Sue Thatcher at 378-2000.

Photography contest

Could your child be the next Sarah Michelle Gellar or Brooke Shields, who started out as child models and ended up Hollywood success stories? Find out by entering your child in the Nikon Coolpix "Pride and Joy Baby" contest with Wilhelmina Kids.



With only three weeks left in the entry period, Nikon Coolpix and Wilhelmina Kids are offering a mountain of prizes to the lucky finalists, including an appearance in a Nikon television commercial, a three-year Wilhelmina Kids modeling contract, a Nikon Coolpix Digital Camera, and more. Parenting magazine is also a co-sponsor of the nationwide search.

The Nikon Coolpix "Pride and Joy Baby" contest kicked off on Oct. 13 for newborns to 24-month-old babies and will run until Dec. 15. Upon closing, entries will be judged by a distinguished panel of photo and child modeling experts, and winners will be announced.

Babies can be entered in two ways:

- Enter online at www.prideandjoybaby.com
- Send an application (available online) and photo of baby in a self addressed stamped envelope to Willy Kids, 300 Park Avenue South, NY, NY 10010.

Let a Greyhound race into your life

The greyhound adoption league of Sierra Vista hosts a greyhound adoption day on the last Saturday of each month. The next adoption day for the Sierra Vista area is Saturday. The adoption days are held from 10 a.m. to 2 p.m. at Ramsey Canyon Feed and Pet Store located at 4107 E. Gleen Road in

Sierra Vista.

Cochise Children's Choir

The Cochise Children's Choir will present its winter holiday concerts on Dec. 13 at 2 p.m. and Dec. 14 at 2 p.m. at the San Pedro Evangelical Free Church located at 5420 East Desert Shadows Dr. off Avenida del Sol in Sierra Vista.

Tickets are \$7 in advance for adults and students 12 and older. Children 11 and under are free. Tickets are available at Safeway and the Oscar Yrun Community Center

Poets Sought in Free Poetry Contest

A \$1,000 grand prize is being offered in a new free poetry contest sponsored by Celestial Arts, free to everyone. Over \$50,000 in cash and prizes will be awarded during the coming year!

"Even if you have never entered a competition before," says Poetry Editor Michael Thomas, "this is your opportunity to win big. Even if you have written only one poem it deserves to be read and appreciated. Beginners are especially welcome!"

To enter send one poem 21 lines or less: Celestial Arts, P.O. Box 1140, Talent, Oreg. 97540. Or enter online at www.freecontest.com.

Be sure your name and address is on the page with your poem. The deadline for entering is Saturday. A winner's list will be sent to all entrants. Winning poems may be posted online.



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, ages 0 - 5 years, are invited to participate.

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

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

Library closed

The Main Library will be closed the day after Thanksgiving Nov. 28.

Trekkers meeting

The Trekkers are an internationally sanctioned non-competitive sports club, sponsoring four weekend walks and eight Year Round Events in Arizona. The weekend events are normally linked to either local or national events, such as March for Parks, National Trails Day, or Earth Day. The year round events consist of walks at the Coronado National Memorial; Fort Huachuca; Naco, Ariz. to Naco, Sonora, Mexico, historic Bisbee; Tombstone; Benson; and Sedona.

The Thunder Mountain Trekkers meet the last Tuesday of each month at 7 p.m., SSVEC conference room, 311 Wilcox Drive. Planning is underway for our internationally sanctioned walking event on Dec. 13 in support of the Fort Huachuca Chaplain's "Helping Hands" Program. The event start/finish point is the Main Post Chapel. Donations of canned goods and money for the program will be ac-

cepted.

If you have any questions, please feel free to call Wendy or Dave at 378-1763.

New worship service

A new liturgical worship service starts Sunday at Prosser Village Chapel at 11 a.m..

"Liturgical" means "a work of the people." There will be four readings from the bible every Sunday. Hymns and carols of the church year will be sung along with praise songs. There will be a celebration of the Lord's Supper every week.

Madera Canyon renovation

Madera Canyon's popular Left and Right Roundup Picnic Areas is closed for renovation. The temporary closure of the Roundup area will be in effect for six months, according to Stan Helin, Coronado National Forest Recreation Program Leader. Although there will be no public parking at the end of Madera Canyon Road during renovation, visitors will continue to have pedestrian access to the Super and Old Baldy Trails south of the construction site. Signs will direct visitors to temporary trailhead parking areas. The renovation project will connect Left and Right Roundup with a one-way loop road. Other planned construction work includes repaving all roads and parking lots, repairing picnic facilities, providing new accessible picnic sites, replacing the Left Roundup restroom, and improving trailheads. Forest Service deferred maintenance funds will pay for the reconstruction of the recreation site. After renovation is completed in early 2004, the area will be renamed the Mountain Wrightson Picnic Area and Trailhead. For more information about the Mountain Wrightson recreation site project and visitor access in Madera Canyon, contact the Nogales Ranger District office Monday-Friday at 281-2296, or visit the Forest's Web site at www.fs.fed.us/r3/coronado.

Weight-loss group

TOPS AZ 90 (Take Off Pounds Sensibly) meets every Tuesday evening at First Christian Church, 55 Kings Way, Sierra Vista at 6:45 pm. 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. Call Joan at 803-9556 for more information.

Military Money magazine

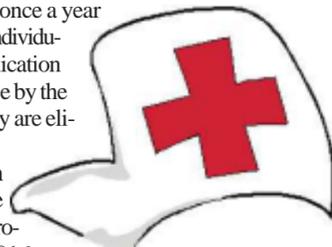
Fort Huachuca Commissary is participating in the distribution of Military Money magazine in support of DOD's Financial Readiness Campaign. Patrons may pick up a copy at the complimentary coffee table as they enter the store.

Nursing program application deadline

The Cochise College Nursing Department is accepting applications for the fall 2004 nursing class. All applications to the nursing program must be received in the Douglas Nursing Office no later than 4 p.m. Jan. 30.

All applicants are required to take the Nursing Entrance Test to be considered for admission for the fall semester. The NET is given once a year in February, and only those individuals who have a current application on file in the Nursing Office by the last working day in January are eligible to take it.

To receive an application and information regarding the Cochise College Nursing Program, please call 417-4016, Monday through Friday, 8 a.m. until 4:30 p.m.



Happy Thanksgiving



From the Scout

Pets of the week



My name is Maggie. I am a young adult brown and white mixed breed dog. I enjoy the company of people so much. I hope that you can help me with that, and adopt me today.



I'm Oswald. My previous owner was confused because I am actually a girl. Please adopt me, and change my name. Hurry and help me!



My name is Romeo. I am a small mixed breed dog with a lot of energy. I would like to spend my energy loving you and your family if you will let me.



Smoke is my name, and I love to be doing something at all times. The next thing that I want to do is be in your family. Please adopt me today.

The Winding Road

BY KAREN WEIL
THE SCOUT STAFF

Just when you thought you could relax for one weekend in December - before the real Christmas rush begins - here comes another fun event to mark down on your calendar: the 23rd annual Cascabel Christmas Craft Fair, held Dec. 6 and 7.

The fair lets those looking for some out-of-the-ordinary gift ideas choose from various styles of paintings, pottery, jewelry, glassworks, drawings and furniture. Live music and lots of food are also an added plus.

Sun Station, a restaurant and country market,

is smack dab in the middle of Cascabel, which is located 25 miles north of Benson.

A small eclectic community, Cascabel winds along an unpaved road that follows the San Pedro River in Southeastern Arizona.

Barbara Clark, of Cascabel Clayworks, started the fair back in 1980. Eight years ago, organizers decided to break the event into different sites.

Jeffrey Dean, co-owner of Sun Station, said many of the items offered at the fair will be affordable. The Craft Fair offers "only original craft," according to its Web site, and admission is free.

Sun Station is also now a concert venue, with a bigger bandstand.

This year's sites include:

- Bull Canyon Ostrich Ranch, which features the eight-foot birds, up close and personal, along with ostrich-related products and numerous crafts;

- Lazy RS Ranch, with more arts and crafts, and the Nextdoor Kitchen, which will be serving all kinds of edibles;

- The Sun Station, where you can enjoy a meal in the greenhouse-style restaurant, and listen to a live blues band;

- Akasha Center, an art gallery and gift shop that features paintings, holiday wreaths, "aura readings" and even a tour of a 14-room mansion for just \$1, and;

- Cascabel Clayworks, the place to get stone-ware pottery, batik prints, jewelry, blown glass and

"creative alternatives." The community center will also hold a bake sale and raffle.

If you have any crafts you might like to sell, please set up 10 a.m.. Vendors may also camp at Sun Station, but it is recommended that they arrive the night before the fair begins. Hours for the fair are 10 a.m. - 4 p.m. To get to Cascabel, take Interstate 10 north to exit 306 - Pomerene Road - and head north 24 miles. For more information, contact Sun Station at (520) 212-5000 or cc@sunstation.org. You can also check out their Web site, www.sunstation.org.

Have an event/recreation tip for the Winding Road? We'd love to hear from you! Contact us at thescout@hua.army.mil.

Fit for life

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

Obesity - Where does it come from?

Obesity is a major problem in America today. The word obese comes from the Latin meaning "to make one's self fat by eating."

This definition simply states the main reason for obesity as overeating. The number of overweight Americans is estimated at over 100 million people.

The causes of obesity are complex. Basically, there are three reasons for Americans being obese. The first is cultural factors. These include seasonal celebrations such as Thanksgiving and Christmas. During these times, food is emphasized and overeating is hard to resist for many people.

Other pastimes that play a part in causing obesity are sporting events, television and various other social functions. In these instances, food or drink may be readily available and the susceptible person may give way to eat-

ing, even when they are not hungry. This practice can become a habit which may lead to obesity if not controlled.

Eating three meals a day is a cultural practice and not a biological necessity. Some studies indicate that small frequent meals and nutritious snacks may be beneficial to losing weight.

Eating small amounts of food at frequent intervals during the day is better for the body because it supplies adequate amounts of food energy as it is used up. In this way no excess amounts of food are left which can be changed to and stored as body fat.

When people are in a hurry or on a diet, they tend to skip breakfast, eat a light lunch and eat a large meal in the evening. In doing this, they are only hurting themselves because their body does not need the excess calories at a time when it is less active.

The second factor which may cause obesity is a genetic influence. Evidence indicates that some people, eating the same amount and kind of food and consuming it in the same pattern, put on more weight than others. This strongly

indicates an inborn or genetic transmission of obesity.

The third cause of obesity is due to emotional factors. It is theorized that some obese individuals fail to differentiate between feelings of hunger and feelings of anxiety created by emotional stress. In other words, people under stress may feel hungry but in reality are not. Treating this type of obesity will usually be unsuccessful until the underlying anxiety is resolved.

The medical implications of being fat can be serious. The following diseases are associated with obesity: high blood pressure, heart disease, diabetes, respiratory problems and cavities. A major organ which is usually affected is the heart. A few extra pounds of weight can cause an increase of circulatory resistance. This may cause extra strain on the heart. Also, in obese people there is usually an increase of fats and lipids in the blood stream.

The high fat concentration in the blood may be deposited in the heart and blood vessels, causing many diseases, including atherosclerosis. Atherosclerosis occurs when these lipid deposits combine with calcium deposits and attach themselves to artery walls. This leads to the arteries losing their elasticity, thus the common term "hardening of the arteries."

The food we eat and the amount we take in have an important effect on our bodies, health, general fitness and well-being. Through consistent exercise and proper diet, we can all live healthier, longer lives.

The most effective way to lose weight is by decreasing caloric intake and increasing output. A one-pound weight loss will occur

every time caloric output exceeds intake by 3,500 calories. The recommended rate of weight loss is one to two pounds per week, which calls for a caloric deficit of 500 to 1,000 calories per day. Weight loss in excess of this may reflect loss of water or lean body mass.

Starvation or diets limited to only a few food items are not recommended. These drastic measures are health hazards. They may cause nutritional deficiencies and dehydration, leave individuals energy-deficient and unable to train properly, and they do not promote positive eating habits for maintenance of one's desired weight.

A simplified method of estimating one's caloric needs can be based on the fact that the average adult needs about 15 calories per pound of body weight daily. To establish approximate caloric needs, multiply body weight times 15. The result is approximately the number of calories required per day to maintain present body weight. A reduction in that number of calories per day will eventually result in the loss of pounds. An increase in that number of calories per day will eventually result in the addition of pounds. Since one pound contains approximately 3,500 calories, one must have a surplus or deficit of that amount to gain or lose weight.

A common mistake or fallacy is to expect immediate or lasting results. Set a reasonable goal for your body type and build, and once that goal is reached, use the same principles to maintain that weight.

Remember, the maintenance of desired or proper body weight is a continuous process. The role of physi-

cal activity cannot be underestimated. For many individuals the missing factor to weight control is exercise. Physical activity is compatible to maintaining ideal body weight and preventing obesity. Happy Thanksgiving!

How to calculate your daily energy needs

1. Change your weight in pounds to weight in kilograms: my weight, divided by 2.2, equals weight in kilograms.

2. Multiply the resulting number by .9 for women, or by one for men. Then, multiply that number by 24. That gives you the number of calories needed for your basic metabolic rate.

3. Now, figure out how active you are. How much do your muscles work each day? A. Not active - multiply number of calories needed for BMR by .2 B. Light activity - multiply BMR caloric number by .3 C. Moderate activity - multiply BMR caloric number by .4 D. Heavy activity - multiply BMR caloric number by .5. The resulting figure gives you the number of calories needed for your physical needs.

4. Now, add the number of calories needed for physical needs, and the number of calories need for BMR; then multiply that resulting number by .1 This gives you the number of calories needed to metabolize your food (also known as SDE).

5. Finally, add your BMR, the number of calories needed for physical needs and the SDE. All three are your total daily energy need. If you get more than this, you will gain weight. If you get less than this, you will lose weight.



Courtesy photo

Holiday season requires better home, auto security

SCOUT REPORTS

"Tis the season to be jolly," and it is also the season to use extra care in securing your valuables and gifts.

During the next 31 days of the Christmas shopping season many people will be looking for that ex-



tra special bargain that would make a nice gift for their relatives or friends. Many times that special bargain is something someone else has purchased.

The Security Division, DPS, offers these tips on safeguarding your valuables and preventing crimes:

If you're leaving home during the holiday period, ensure that all personal property is securely locked away. Employees who will be taking leave should ensure that government property for which they are responsible is secured properly.

Lock all doors and windows, and make arrangements to have your mail and newspapers held until you return.

Have neighbors and friends check your home daily while you are gone. If you live off-post notify the local police and fire departments of the time you will be away.

Make arrangements for your pets. Don't turn them loose while you are away. While shopping, don't leave packages on the seats of your

car. Lock them in the trunk where they can't be seen and be sure to lock your car as well.

Park in well-lighted areas.

If possible, shop in the company of friends or relatives.

When using credit cards for purchases, ask for and get any carbon papers used in the process.

At home, beware of people posing as door-to-door sales representatives. Always insist on seeing their company identification, and do not let them inside until you know what they are selling. Report to your local police immediately any suspicious person(s) and give a description of the individual(s) to include what they are wearing, approximate age, sex, race, and a description of the vehicle and a license number, if possible.

Crime prevention starts with you ... preventing a crime will make your holiday season a happier one.

Under the hood: Avoid winter car woes

SCOUT REPORTS

If the very thought of snowmen has you shivering, rolling your eyes and muttering "already?," imagine how your car feels. Whammo. With no warning at all, your vehicle awakens one morning to frozen fluids and sluggish mechanics.

Just like you've got to unpack last year's sweaters and maybe head to the store for hot chocolate, your car needs some preparation, too. "Winterizing" means many different things to many different mechanics, but here are a few essentials to get you started:

1. Do a battery check. Choosing to skip this step? Make sure your cell phone is charged, there are tow company phone numbers in your glove compartment and you retain the patience of a saint.

2. If there's one time of year you need your tires to be in top shape, it's during the slip-and-slides of winter. Keep an eye on your tire pressure — air contracts when it cools and your tire psi (pounds per square inch) needs to be as close as possible to vehicle specs. Also, consider purchasing snow tires for extra traction.

3. Change your oil and consider us-

ing a thinner, winter-friendly oil type. Your owner's manual will help choose the correct viscosity for the season.

4. Fill your antifreeze tank with a 50:50 coolant to water ratio and keep an extra jug in the trunk.

5. Test your four wheel drive system to make sure it's working properly.

6. Check your windshield wiper blades and fill your reservoir tank with an anti-freeze washer fluid.

7. Of course, we'd be remiss if we didn't recommend you stash the following in your trunk:

- plenty of windshield washer fluid
- warm clothes and dry gloves
- a bag of sand to help with traction (in case you get stuck)
- jumper cables



SUCCESS from Page B1

what I'm doing?" he said he asked himself.

He left their home in a huff, upset that his wife was unsympathetic to the challenges he faced the next day, but after some thought, Gibbs phoned his wife.

Raising two kids was far "more important than anything I was doing," Gibbs said. Having children made him realize, in a good way, that life was no longer about him, he said.

Ever the coach, Gibbs approaches life with an unsurprising angle: sports. "Life is a game," Gibbs said. "You and I are players and we're playing the biggest game of all. I love the fact that we're keeping score."

If life is a game, then Gibbs is a utility player. As a coach, team owner, husband, father, entrepreneur, philanthropist, and now author of

the book, "Racing to Win," he continues to find ways to reinvent himself to spread his positive message of success and faith.

"Is there a clock ticking in the game of life?" Gibbs asked. "Yes, there is."

But there is plenty of time on the play clock for Gibbs, who long ago left the sidelines but still calls in plays that help people win.

More than a decade ago, Gibbs founded Youth for Tomorrow, a residential foster care, education, and counseling center for at-risk youth. About 86 percent of the children who attend the program commit to a positive lifestyle, he said.

Gibbs closed his address by asking the group to join him in prayer. "When the last tick comes off the clock, you want to say you have won," Gibbs said.

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 Dark Tower: Volumes 1-5, by Steven King
4. Sheperds Abiding, by Jan Karon
5. Safe Harbour, by Danielle Steel

Hardcover nonfiction

1. I am A Soldier, Too, by Rick Bragg
2. A Royal Duty, By paul Burrell
3. Who's Looking Out For You?, by Bill O'Reilly
4. Dude, Where's My Country? by Michael Moore

5. Lies, by Al Franken

Paperback fiction

1. Key Of Light, By Mora Roberts
2. Pray, by Michael Crichton
3. By The Light Of The Moon, by Dean Koontz
4. Angels & Demons, by Dan Brown
5. Someone To Watch Over Me, by Judith McNaught

Paperback nonfiction

1. Portrait Of A Killer, By Patricia Cornwell
2. Tuesdays With Morrie, by Mitch Albom
3. Under The Tuscan Sun, By Frances Mayes
4. Seabiscuit, by Laura Hillenbrand
5. Bringing Down The House, by Ben Mezrich

Taking time for turkey: dining facility prepares to feed troops

BY: SGT. KRISTIT T. JAEGER
SCOUT STAFF

With 300 pounds of turkey, 250 pounds of ham, 600 pounds of beef and 120 pounds of shrimp, the Thunderbird dining facility is preparing for their biggest meal of the year.

The dining facility, located in building 52120 on the corner of Cushing and Laguardia, will be serving the meal Thursday from 11 a.m. until 2 p.m. Cost per person is \$5.40 and \$4.60 discount rate.

"Thanksgiving is like our Super Bowl of the year," said Sgt. 1st Class Dewey Phillips Jr., dining facility manager.

In addition to the turkey, ham, beef and shrimp, 60 pounds of mashed potatoes, 400 pies and cakes, and 60 gallons of egg nog will be prepared for Thursday, said Phillips.

"We anticipate feeding about 1,000 people," he said. The meal is offered to all military personnel, civilians and retirees with access to get on post.

Food for the feast was ordered the beginning of November, said

Staff Sgt. Shelton Hendley, ration noncommissioned officer in charge. Fruit was ordered from San Diego and meat was ordered from Phoenix, he said. The food for the meal has cost the dining facility \$9,650.

Preparation and completion of the meal takes two days, said Phillips. All ingredients will be delivered by Wednesday evening, he said.

A crew of six cooks will be preparing the meal throughout the night prior to Thanksgiving, said Hendley, who has volunteered to assist the crew.

One of the most stressful parts of the Thanksgiving meal is making sure everything needed for the meal is there, Hendley said. "You go home at night thinking about it," he said.

Ice sculptures, to include a swan and fruit bowl, will be part of the decoration on Thursday. They were created by those who work in the dining facility, said Phillips. Cooks have also been creating culinary related displays such as bread baskets, canoes and crosses for the facility, he said.

"A lot of soldiers use their own funds to buy materials to create the displays," said Phillips, adding that purchasing the materials out of their own pockets is an example of selfless service.

In recognition of fallen comrades, a prisoner of war/missing in action table will be located near the front, said Phillips.

Cooks will not be wearing their traditional cook whites Thursday, Phillips said. The cooks' uniform for the event will be black shirt, black pants and black tie.

To help create the atmosphere of Thanksgiving, dining facility employees will also be dressed as Native Americans and Pilgrims, said Phillips. A pianist from the 36th All Army Band will be performing throughout the meal. Volunteer servers from various commands have been slotted a time frame to help out while dressed in dress blues, he said.

Everyone is encouraged to come out and eat, said Hendley. As far as for the leftovers, soldiers will have turkey sandwiches and turkey pot pie to look forward to, said Phillips.



Thunderbird Dining Facility's Thanksgiving Day Feast

Turkey Gravy	Glazed Cornish Hens
Cranberry Sauce	Glazed Ham
Hot Rolls	Steamship Round
Corn Bread	Roast Turkey
German Tomato Salad	Shrimp Cocktail
Ambrosia Salad	Macaroni and Cheese
Potato Salad	Candied Sweet Potatoes
Macaroni Salad	Mashed Potatoes
Assorted Pies	Cornbread Dressing
Assorted Cakes	Savory Bread Dressing
Assorted Fruits	Green Beans Almandine
Egg Nog	Calico Corn

Dinning Hours: 11 a.m. - 2 p.m.

Date: Nov. 27

Cost per person: \$5.40/Discount Rate \$4.60

Operation Barracks Santa underway

SCOUT REPORTS

Too busy with their military mission to be naughty, 11th Signal Brigade Soldiers deployed to Iraq don't have to worry that Santa will forget them over the Christmas holiday season. Neither will single Signal Soldiers.

And, to assure this does not happen, friendly elves from Fort Huachuca and the surrounding community prepared approximately 1,400 packages today for mailing in time to make the journey to the Soldiers stationed far from home. The packages are too early for transport in Santa's sleigh, but will be sent through the postal service instead.

In the interest of space conservation, the packages are of compact size, but stuffed with goodies that Soldiers can appreciate, according to 2nd Lt. William Knott, public affairs officer for the 11th Signal Brigade. Items include phone cards, powdered drinks, packaged peanuts, wet wipes, eye drops, hard candies, disposable cameras and other small items that can easily be packed and shipped.

"The packages have to be small, because Soldiers don't have storage room," Knott said.

"The packages contain the type of things that are especially appreciated in the field," he added.

Pam Allen, who heads up the Family Services program for Army Community Services, has advice for those who want to contribute items to support Soldiers in Iraq during their deployment.

"People should feel free to donate small items anytime. The Fort Huachuca community tries to routinely send packages to deployed soldiers to boost morale," she explained.

"People should not feel they have to limit donations to the holiday season."

Allen says that while donation of any small comfort items are greatly appreciated, what units with deployed Soldiers can really

use are cash donations to help defray mailing expenses.

"Units just don't have much funding to ship donated items and can really use a financial boost," she said.

"Cash donations will enable units to mail items more frequently throughout the year," she explained, adding that donations should be made directly to units with deployed Soldiers.

People who to donate items or cash to support deployed members of the 11th Signal Brigade should contact Knott at 533-3910. Knott will direct callers to the proper channels for the donation process.



Photo by 1st Lt. Bill Knott

Volunteers stuff stockings for single soldiers last week.

Veteran boxers ready to pass gloves to younger Soldiers

BY TIM HIPPS

USACFSC PUBLIC AFFAIRS

With an Olympic year looming, the 2004 All-Army Boxing Championships served as an unofficial passing of the gloves from veteran to young Soldiers Nov. 12-15 at Barnes Field House here.

This likely will be the last All-Army go-round for champions Staff Sgt. DeAndrey Abron and Staff Sgt. Torrence Daniels, along with former champs and longtime contenders Staff Sgt. Julius Fogle, Staff Sgt. Corey Bernard and Sgt. Marshall Christmas, the Soldiers said.

All these boxers aspire to accompany Army World Class Athlete Program coach Staff Sgt. Basheer Abdullah to Athens, Greece, where he will serve as head boxing coach for Team USA in the 2004 Summer Games.

They likely will return to Fort Huachuca for the 2004 Conseil International du Sports Militaire Championships Oct. 22 through Nov. 1 for one last hurrah. Some then may turn professional in the ring while others continue their

military careers. At least one is considering coaching.

Next year will be one long, rugged farewell tour for these senior leaders of Army boxing. Even Abdullah, 41, plans to pass the torch after the CISM Championships.

"What better way to go out?" Abdullah said. "I retire in November of '04. I'll come back from Athens in August and report back here in October for CISM. I couldn't ask for a better way to go out, and I thank the Army dearly for providing this opportunity for me to be a Soldier-athlete. I've reached the highest level in amateur boxing.

"What greater opportunity can an individual amateur athlete have than to take part in the Olympic Games? It's an honor," he added.

A dozen soldiers were honored last weekend by winning All-Army boxing championships, including Abron, who won his sixth All-Army crown at 178 pounds.

"It's now or never time," said Abron, who defeated Spc. Jermaine Ellis of Heidelberg, Germany, 20-12. "I'm sure this is my last chance to fight for the Olympics, which I hope is just a steppingstone to becoming world champion."

Abron, 31, is a military policeman who fought his way off the streets of Youngstown, Ohio, to the Army World Class Athlete Program at Fort Carson, Colo., after enduring a handful of defeats at Army smokers in Germany. He was an alternate for Team USA in the 2000 Sydney Games and already has qualified for the 2004 U.S. Olympic Boxing Trials.

"The torch is still lit and burning full," said Abron, who plans to pursue his Olympic dream and take a jab at turning pro. "Some people say it's a long time to try and go pro after 13 years in the military, but that's all about following your dream. The life of a boxer isn't that long, so you have to take advantage while you can."

That same sentiment is heard from the corner of Daniels, 29, a five-time All-Army champ at 119 pounds who hopes to qualify for the Olympic Trials by winning his weight class in the Armed Forces Boxing Championships Dec. 8-12 at Camp Lejeune, N.C.

"I have dreams of going to the Olympics and winning Armed Forces is the first step I need to take to make that happen," said Daniels, a WCAP member originally from Muskegon, Mich. "It's always a dream to go from the amateur level all the way through with one coach, and to have Abdullah named as Olympic coach, that makes us more motivated and gives us more drive to make that Olympic team and be able to go with him.

"This year is it for me [in the amateur ranks]," Daniels continued. "This is it for a lot of us. Some of us are going to go into the coaching aspect of the game, and a few of us have professional aspirations as well. I'm one of those who have professional aspirations. To pass the torch is a blessing."

PLAY from Page B1

"Hey, can we help you?" said 1st Sgt. James Whitcomb, a schoolteacher from Pine River, Minn.

When the work was all done, the villagers said thank you with a little ceremony.

"After all this time American military and Turkish soldiers have turned out the real winners," said Miralem Dzido, the community leader, as he presented the Soldiers an old trophy from the Budozelje school.

"It is little to just say thank you, but we don't have the resources to thank you in a different way."

With a first- to-fourth-grade school at the village and no good place for children to bounce basketballs, the motivation of the villagers was obvious.

"It's embarrassing for our children to get acquainted with basketball for the first time when they're 13 or 14," Dzido said, explaining that students often were not introduced to the game until they left their village to go to a school for higher grades at a town down the mountain.

"We don't want to look like hillbillies. That's why we wouldn't give up on this."

When the troops finally finished the volleyball court, the students put on a small performance of skits, recitals, singing and thank-you drawings on the blackboard for the Soldiers.

Then they ran outside to test the new court.

"This is a very good chance to work together and put together a project that benefits the children," said Capt. Mike Reineke of 34th Infantry Division, who coordinated the project between the Turkish and U.S. military, and OSCE.

"It's great to know we could help them out," Rohweder added.



Photo by Ivana Avramovic

Cpl. Mike Fitzgerald of the 86th Medical Company, Air Ambulance, and Sgt. Raymond Hagen of the 682nd Engineer Battalion shovel sand into a wheelbarrow held by Capt. Mike Wiedrich, of Headquarters and Headquarters Company, 34th Infantry Division.

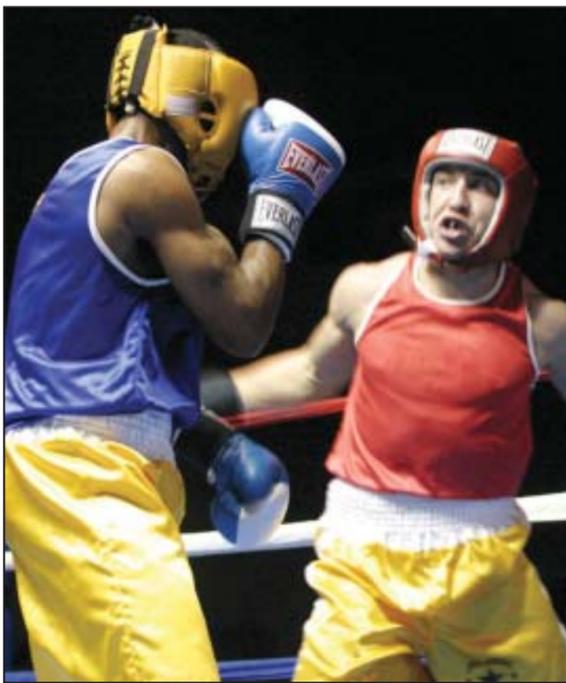


Photo by Elizabeth Harlan

2nd Lt. Boyd Melson of West Point defeated two time All Army Champion and 2002 U.S. National Champion Spc. Rondale Mason of Fort Carson, Colo.