

The Scout TimeOut



See The winding road, Page B2

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Photo by Elizabeth Harlan

Rocking the house

Staff Sgt. Keisha Felder of Fort Hood, Texas entertains the large crowd as part of the annual United States Army Solider Show at the Buena Performing Arts Center on Thursday and Friday. For more photos see Page B4.

Wrap-up

Soldiers make significant marks in Pan American Games

BY TIM HIPPS
USACFSC PUBLIC AFFAIRS

First Lt. Anita Allen, who earned an Olympic berth in women's modern pentathlon for the 2004 Summer Games, and Pfc. Tina George, who won a gold medal in women's freestyle wrestling, led a strong contingent of soldiers from the U.S. Army World Class Athlete Program in Pan American Games XIV.

Allen won a gold medal in the five-sport, day-long modern pentathlon — which consists of shooting, fencing, swimming, equestrian riding and cross-country running — with 5,268 points. Brazil's Samantha Harvey, one of Allen's neighbors in Colorado Springs, Colo., won the silver medal with 5,256 points, and Olympian Mary Beth Iagorashvili of Munkwanago, Wis., took the bronze.

George, one of four American women to win gold medals in wrestling, defeated one of her arch rivals twice Aug. 5 to make history at Pabellon de Combate, where women's wrestling was contested for the first time in the Pan Am Games. She defeated Venezuelan Marcia Andrades 4-1 in the semifinals, then braced for a rematch with Canada's Tonya Verbeek, whom she defeated earlier in the day in pool competition.

Team USA women's Pan American Games coach Tricia Saunders believes George will be a strong contender in the 2003 World Championships of Freestyle Wrestling Sept. 12-14 at Madison Square Garden in New York.

First Lt. Chad Senior, 28, of North Fort Myers, Fla., overcame a shaky fencing performance to win the silver medal in men's modern pentathlon behind two-time Olympian U.S. teammate Vakhtang "Vaho" Iagorashvili, Mary Beth's husband, who finished

a fabulous day with 5,612 points.

Senior finished 30 seconds behind Iagorashvili with a time of 9 minutes, 46.85 seconds in the staggered 3,000-meter run with 5,492 points. Mexico's Sergio Salazar, whose 9:43.48 clocking was fastest on the run, took the bronze medal with 5,344 points.

As expected, several members of the U.S. Army Marksmanship Unit also won medals in Santo Domingo. In men's prone, Sgt. 1st Class Thomas Tamas of Columbus, Ga; won a gold medal and clinched a spot in the 2004 Olympics for Team USA.

Sgt. Jason Parker of Omaha, Neb., won a gold medal in 3-position rifle at Sans Souci Shooting Range.

Sgt. 1st Class Daryl Szarenski of Saginaw, Mich., got Team USA started with a gold medal in men's 50-meter free pistol, and Staff Sgt. William Keever of Rutherfordton, N.C., shotgunned his way to a silver medal in double trap. In women's 3-position, Spc. Hattie Johnson of Athol, Idaho, took the bronze. And Staff Sgt. Armando Ayala of El Paso, Texas, won another bronze in men's running target.

In women's team handball, 2nd Lt. Sunny Chen, 23, of Virginia Beach, Va., and Maj. Shannon Cox, 35, of Assaria, Kan., played for Team USA, which finished fourth with a Pan Am Games record of 3-4 after dropping a 29-26 overtime heartbreaker to Argentina in the semifinals.

In the bronze-medal game, Uruguay prevailed 35-21 over Team USA, putting Chen's Olympic dream on hold until 2005 when she plans to resume training for the 2008 Summer Games.

At Santo Domingo, the U.S. led 31 countries with 271 medals — 117 gold, 81 silver and 73 bronze — and was followed by Cuba (150), Canada (125), Brazil (120) and Mexico (79).

Army captures 2003 Armed Forces men's softball championship

BY SENIOR AIRMAN RYAN HANSEN
AIR ARMAMENT CENTER PUBLIC AFFAIRS

After two days of long ball home runs and crisp defense, the 2003 Armed Forces Men's Softball Championships, held Aug. 20 to 22 at Eglin's Foster Stadium, basically came down to one game.

With the All-Army team jumping out to a 5-1 record and the Air Force humming along with a 4-2 record, their third and final match up of the tournament would go a long way toward determining the champion. With a win, the Army team, which won the title in 2001, would re-claim the title outright and could start celebrating early. However, if the defending champion Air Force team grabbed the victory, they could run the table and start printing up back-to-back championship T-shirts.

Realizing the gold medals were theirs for the taking, the All-Air Force team came out of the gate hard and fast. After shutting the Army team down in the top of the first inning, they took a 4-0 lead, and increased it to 8-1 in the bottom of the second.

But the Army did not quit. They took their first lead of the game in the top of the third by sending eight runs across

the plate.

"The Air Force is a good hitting team, they have a lot of power and they are always going to hit," said Victor Rivera-Collazo, All-Army head coach, a sergeant major from Fort Drum, N.Y. "Coming in, we knew that we'd have to hit every inning with them and we did that."

After swapping leads into the middle innings, the Army took a 15-10 lead into the top of the sixth and put a ten spot on the board, taking a commanding 25-10 lead and challenging the Air Force to see how much heart they had.

The Air Force responded by sending 15 across the plate, tying the game up 25-25 heading into the top of the seventh.

With the Air Force holding the hammer, the All-Army team knew they would need to put a bunch of runs on the board to feel comfortable heading into the bottom of the inning. However, they only managed to score two runs, taking a 27-25 lead.

But the Air Force had no answer and thanks to a double play and a pop-up, the 6-1 Army team was once again Armed Forces champions.

"We kept ourselves in the game, kept it close and won it late," said Rivera-Collazo, the first year head coach and former All-Army player. "The biggest thing this year was discipline. In

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Time out breifs

All-day trail ride

Buffalo Corral is offering an all-day horse ride, starting at 8 a.m. on Sept. 21. Beginners and experienced riders are welcomed. Participants, ages 12 and up, will ride towards the West Gate, then on to Slaughterhouse Canyon.

Along with the horses, sandwiches and beverages are provided. Riders may bring extra water and snacks, and should wear long pants, running or hiking shoes, gloves and a hat. The cost is \$65; prepayment is required before Sept 19. For more information, call 533-5220.



September art exhibits around Sierra Vista

The Huachuca Art Association announces its artists scheduled to display their artwork at Sierra Vista businesses in September. Jan Huthoefer will have her work on display at Ace Hardware. Madeleine Smith will show her work at the Windemere Hotel. The work of Janice Smith will be exhibited at the Bella Vista Water Company. Patricia Dunbar's art will be shown at the Ethel Berger Center. Hope Browning will display her art at Fidelity National Title at 2435 E. Fry Blvd. John Marvin's art will be viewed at Fidelity National Title at 333 Wilcox Drive. Wilma Lopez will show her work at Southwest Gas Corp. In addition, the Fort Huachuca Library will feature two HAA members: paintings by Edie Manion, and Raku pottery by Linda Dell Baltzley.

Additional information may be obtained from: Sue Thatcher, 378-2000; John Marvin, 803-6697; Edie Manion, 803-1262; or Wendy Breen 378-1763.

Actors needed in Tombstone

Are you in love with the Old West, consider yourself an extrovert, and like to entertain folks without getting paid?

If this is you, we need you in the open cast production for Helldorado Days, which is held annually in Tombstone the third weekend in October. Men and women, 18 to 80 are needed to be cowboys, lawmen, saloon gals, townswomen, etc... Costumes are preferred, but we can help you. Here's the catch:



rehearsals will be each Sunday, at either 2 or 4 p.m. starting Sept. 7 through Oct. 12 (the date of the production), at the Helldorado set, Toughnut Street, in Tombstone. It's a great way to have fun, get some acting experience and make new friends. Call Michelle in Tucson at 520-292-3165 as soon as possible and to get further information.

Local church offers Taize worship

Sierra Evangelical Lutheran Church offers a monthly Taize' worship experience on the fourth Thursday of each month at 6:30 pm. The 30-minute service includes song, scripture, prayer

and silence as structured by the ecumenical Taize' monastic community in France.

The worship is open to all and is scheduled for Sept. 25 and Oct. 23 at the church, which is located at 101 North Lenzner Ave. For more information, call Sunny Fichtl, the service coordinator, at 459-0444.

New hours for the main exchange food court

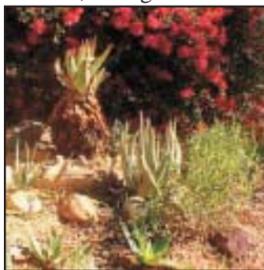
The food court in the main exchange will be implementing new hours of operations for some of their vendors. They will become effective on Sept. 6. The new hours will be as follows:

Robin Hood Deli	Mon. – Sat. 10:30 a.m. – 7 p.m. Sun. 11:30 a.m. – 5 p.m.
Frank's Franks	Mon.– Sat. 11 a.m. – 2 p.m. Sun. Closed
Anthony's Pizza	Mon. – Sat. 10 a.m. – 7 p.m. Sun. 10 a.m. – 4 p.m.

Desert gardening tour

Saturday is the seventh annual Fall Xeriscape Tour and a "How Do I Plant?" workshop. The free, self-guided landscape tour will feature five low-water-use landscapes in the Sierra Vista area. Sponsored by the Water Wise program and the Cochise County Master Gardener program, the tour will show visitors a variety of ways beautiful landscapes can be water efficient. The tour hours are from 9 a.m.- 1 p.m.

For more information call 458-8278, extension 2141.



September 5th Artists' reception

The Huachuca Art Association will open its new exhibition Imagination Unlimited, with an artists' reception on Friday from 4 - 7 p.m. The public is invited to attend this free event. The gallery is located at 3816 Astro St. in Hereford (south of Sierra Vista off Hwy. 92). The exhibition, featuring association artist Cake Janssen, includes the work of about thirty other member artists.

Cake Janssen brings a world of experience to her art. Born in Thailand, Ms. Janssen has traveled to, or lived in England, Europe, Russia, the Far East and Central America.

Janssen prefers to work in acrylics and watercolor. Cake's artwork in this exhibition focuses on the desert landscape — mountain views to canyon streams — as well as the cactus and native plants.



This exhibition will be at the gallery through Sunday, Sept. 28. The gallery hours are Thursdays through Sundays from noon to 4 p.m. Or for an appointment contact Bill Willis at 803-1510. For additional information call Sue Thatcher at 378-2000, John Marvin at 803-6697, Edie Manion

at 803-1262 or Wendy Breen at 378-1763.

Paintings, pottery display in library

The works of Linda Dell and Edie Manion are on display at the Fort Huachuca Main Library and will remain on display until Sept. 15. Along with painting, Dell specializes in Raku pottery. She processes her pottery using some of the same methods and styles used by Native Americans. A sampling of her works will be displayed at the entrance to the library. Manion works in all media, but prefers pastel and oil for rich, vivid colors. Watercolor is the portable medium she uses when traveling and painting outdoors. For further information call the Fort Huachuca Main Library at 533-3041.

B Troop ceremony at Fort Bowie

B Troop, 4th U.S. Cavalry (Memorial) will conduct a ceremony at Fort Bowie National Historic Site on Saturday to commemorate its role in the surrender of Geronimo and the end of the Indian Wars in North America. The troop will ride a portion of the old Butterfield stage route arriving at the fort cemetery at approximately 10:30 a.m. B Troop will conduct a short memorial ceremony to remember the soldiers buried there and will afterwards ride up to the fort ruins. Troopers and ladies will answer questions about 1880s life and conduct a cannon firing demonstration.

Goodwill Ambassadors volleyball exchange

The Goodwill Ambassadors are currently accepting applications for high school teams, club teams and individual high school age volleyball players, in the USA and Canada, to participate in the Goodwill Ambassadors Volleyball exchange to Europe in July of 2004.

Members of this team will represent their country, community and the Goodwill Ambassadors teams in volleyball tournaments and local competitions in, London, Paris, Venice and Rome. The program is open to all players 15-20.

For additional information, call 425-255-8102 or visit our Web site www.volleyballtours.com. Contact by email at info@sportsforyouth.com or info@volleyballtours.com



Protestant service at Main Chapel

Protestant Women of the Chapel invite you to join us as we host the 11 a.m. Protestant service at Main Post Chapel on Sept. 7. This special day allows us the opportunity to introduce ourselves and highlight the role we play in supporting the work of the chapel. We are pleased to have Chaplain Patricia Dickson deliver the sermon. Join us in the activity room following the service for refreshments.

At the movies

Showing at the Cochise Theater for the next week are:

Today
Bad Boys II 7 p.m.
R, 150 min.

Tomorrow
Pirates of the Caribbean 7 p.m.
PG-13, 143 min.

Saturday
Lara Croft Tomb Raider 7 p.m.
PG-13, 110 min.

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

Pets of the week



We are the last three Australian shepard puppies and we still don't have a home. We are about 3 months old. We can be adopted for only \$84 - \$94. If you are not a dog person, here is a small kitten with no name and no home. Stop by the vet clinic, building 30022 on Hungerford. Our hours of operation are Monday - Friday 8 a.m. – 4 p.m. It is best to call before you come, but walk-ins are always welcome! If you are civilian and want to view our critters, you should stop at the Main Gate and register for a temporary vehicle pass so you are allowed on post.

The winding road

BY TERRALISSA LEE
USAIC & FH PUBLIC AFFAIRS

When I was a child my father was in the Navy, long before tour stabilization. Whenever his ship moved, we moved, sometimes as often as every six months. We spent one year at China Lake Naval Air Station, in Ridgecrest, Calif. Every weekend we would explore the surrounding mountains and desert. We used to catch pollywogs in the mountain ponds so I could watch them grow into frogs and pan for gold in the streams. Whatever gold I found, my father used to make into jewelry.

One of my favorite activities was when we used to visit ghost towns. My father filled my head with stories of miners who had buried their treasures in coffee cans. He bought me a metal detector and we'd go explore surrounding ghost towns, looking for the treasures. I never found the buried riches, but we had so much fun looking.

Last weekend I went with my Girl Scout troop to the ghost town of Fairbanks. It brought back many fond childhood memories of the ghost towns my fam-

ily visited. For those of you who'd like to visit a ghost town, Cochise County has 49 ghost towns or points of interest. They range from ghost towns that have completely disappeared to towns with the remnants of post offices, churches, and jails.

This article covers just a few of the ghost towns and isn't a comprehensive coverage of all the ghost towns in Cochise County. One of the best Web sites I've found is <http://www.ghosttowns.com>. Click on Arizona, and then on Cochise County.

Brunckow's Cabin, near Tombstone, has a very bloody history. The German mining engineer Frederick Brunckow built it in 1858. Twenty-one people were known to have been killed at the cabin, including Brunckow, and it is rumored that the cabin is haunted. There have been many reports of people camping at the cabin and seeing ghosts. Are you looking for somewhere to camp?

Charleston was a milltown for nearby Tombstone. When the mines flooded in Tombstone, Charleston became a ghost town by 1899. Charleston has been used as a battleground for war games throughout the years, and much of what remained was destroyed by the games. What is left of Charles-

ton is severely hidden among thick mesquite bushes.

Fort Newell is located on the outskirts of the border town of Naco. The army used Fort Newell during the expeditions against Pancho Villa, and the barracks are in very good condition.

Fourr's Fort, about four miles east of Dagoon, was established as a result of the Butterfield stage line stop that was located at the site. The remnants of the stage stop, miner's cabins, and other structures remain.

Pearce still has current residents, but it also has many old and original buildings, including the church and the jail that still has the door on it. It also has an original school, some foundations and the old store built in 1894 by Soto Brothers & Renaud. Pearce cemetery is west of the town.

The Ghost Town Trail is a popular driving tour from Tombstone to Fort Bowie's ruins, which includes four mining towns, three stagecoach stations and one railroad town.

Hopefully, I've piqued your imagination and you'll explore a ghost town or two, or maybe even camp at Brunckow's cabin. Let me know if you find any buried treasures!

I can be contacted at terralissa.lee@us.army.mil.



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

Early closure of DCA facilities tomorrow

The following DCA facilities will be closed for DCA Organization Day tomorrow, from 11:30 a.m. to normal close of business time: MWR Director's Office, NAF Procurement, NAF Central Accounting Office, MWR Marketing, MWR Box Office, NAF Human Resources, MWR Logistics (maintenance), MWR Sportsman's Center and Army Community Service. Barnes Field House will close at 11 a.m. and remain closed until the end of day. Barnes will re-open with regular hours Saturday.

Sign up for Fun Fest softball tournaments

During the Fort Huachuca Fun Festival Sept. 19 - 21, the Sports Branch of the MWR Recreation Services Division will sponsor two softball tournaments. One will be an open men's tournament and the other a coed tournament. The games will be held at Brown and Howard Fields, Veterans Memorial Park, Sierra Vista.

Six men's teams and six coed teams are needed to conduct the tournaments. Entry fee is \$125 per team, and the deadline to sign up is Sept. 12.

One team award will be presented to each of the first, second and third place teams. Sixteen T-shirts will be presented to the first and second place teams.

Stop in at Barnes Field House to pick up an entry form from either Tom Lumley or George Thompson. For more information, call 533-5031, 533-3246 or 533-3180.

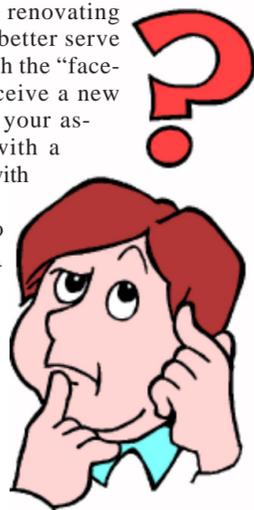


Help us re-name LaHacienda and win

MWR is in the process of renovating LaHacienda Club in order to better serve you, our customers. Along with the "face-lift," the facility will also receive a new name. That's where we need your assistance. Help us come up with a new, exciting name to go along with the new and improved facility.

Submit your suggestion to paula.german@hua.army.mil. Be sure to include your phone number. Deadline for entries is Sept. 30.

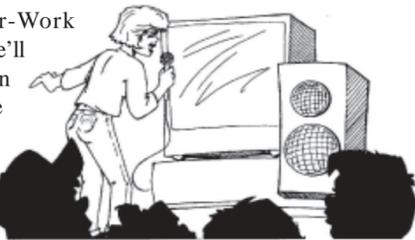
Along with having their entry published in the Scout, the winner will receive a free get-together, including hors d'oeuvres and soft drinks for 20 people, at the newly-remodeled facility. For more information, call 538-0836.



Karaoke at the 19th Hole

Every Friday, 4:30 - 7 p.m., the 19th Hole Clubhouse at the Mountain View Golf Course will present Friday After-Work Karaoke. There'll be plenty of fun plus free munchies, so come out and be a star or just relax after a hard week at work.

In addition to a full-service bar, the 19th Hole also has a great food menu Monday through Friday, including burgers, BBQ sandwiches, chicken wings and the best Philly sandwiches in town. Call 533-3876 for more information.



Coming up at Mountain View Golf Course

Wednesday at 8 a.m., a ladies golf clinic will be held at Mountain View Golf Course.

September 13, MVGC will host the Southeast Arizona Women's Amateur Golf Championship Tournament, beginning at 9 a.m.

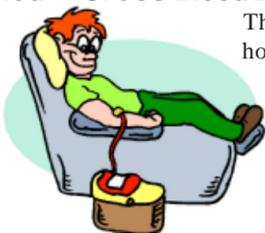
Every Wednesday at noon, the "Wednesday Afternooners" play a mini-tournament at MVGC.

For more information, call the golf course at 533-7088.



Red Cross Blood Drive

The American Red Cross will hold a blood drive Sept. 12, 9 a.m. - 12:30 p.m. at Murr Community Center. For an appointment, call 1-800-448-3543.



Fun Festival set for Sept. 19 - 21 at Veteran's Memorial Park, Sierra Vista



The Directorate of Community Activities, Recreation Services Division, will present the annual Fun Festival Sept. 19-21. The festival will be held at Veteran's Memorial Park in Sierra Vista, to insure easy access for all festival-goers. Admission to the Fun Festival is free.

Hours of the festival will be as follows: Friday, 4 p.m. - midnight; Saturday, noon - midnight; and Sunday, noon - 5 p.m.

Featured at the festival will be the City of Fun Carnival. Tickets for the carnival are now on sale at MWR Box Office, Desert Lanes and MWR Rents on Fort Huachuca, and at Sierra Vista Safeway. The price is just \$6 for 10 tickets. Buy now and save. During the event, the price will be \$8 for

10 tickets. For more ticket information, call the box office at 533-2404.

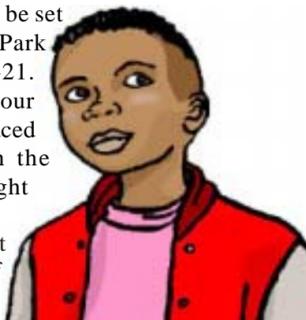
Make plans now for the entire family to attend this fun-filled event. In addition to the carnival, some of the other attractions and activities include: live bands, moon bouncers, laser tag, two softball tournaments (coed and open men's), and the "Mutt March." And be sure to sign up for give-aways for a Nordic Track courtesy of Sears, and two round-trip airline tickets, courtesy of Carlson Wagonlit Travel and American Airlines.

Vendor applications for this event are also available and may be picked up at Barnes Field House. For more information, call Karlie Jo Hale at 533-3858 or 266-0253.

Child ID opportunity at FunFest

Project Kids' Care will be set up at Veterans Memorial Park for the FunFest Sept. 19-21. You will be able to have your child's photo taken and placed in a booklet along with the child's fingerprints, weight and height.

The photo and booklet will be done free of charge, so take advantage of this opportunity to help protect your child.

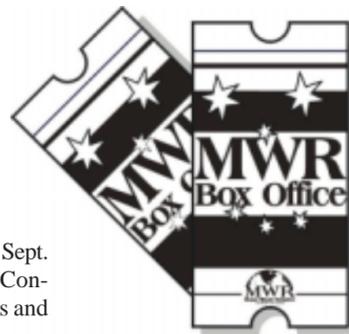


Get Brooks & Dunn tickets at MWR Box Office

The MWR Box Office has tickets available for several exciting entertainment events, including:

- The Sierra Vista Art Discovery Series, which features The Diamonds, Sept. 13, 7 p.m. at Buena Performing Arts Center. Tickets are \$10.
- "Dora the Explorer," Sept. 12-14 at the Tucson Convention Center. Prices and times vary.
- The country music festival to be held Sept. 20 at the Pima County Fair Grounds, featuring country music's top duo, Brooks and Dunn. Gates open at 3 p.m. and the show starts at 4 p.m. Also appearing will be Jamie O'Neal, Mindy McCready, Dierks Bentley and Troy Olsen.

Call 533-2404 for more information or drop by the MWR Box Office located in the MWR Plaza, Bldg. 52008 on Arizona Street. They're open Monday - Friday, 9 a.m. - 5 p.m.



Framing classes will be offered this month

MWR Arts Center will offer a framing class Tuesday, 6 - 8 p.m.

The same class will be offered again Sept. 12, 1 - 3 p.m. Cost for the class is \$15 per person. For more information or to register, call 533-2015.



Fat Burning Workout

Do you need to unwind from your day, or do you just want an invigorating workout experience? If so, here's your opportunity.

The "Fat Burning Workout," including Tae-Bo, kickboxing, step/bench, high-low aerobics and abdominal workout, will meet Mondays, Wednesdays and Thursdays in the Stage Room at Barnes Field House, 5 - 6 p.m. Esther Magalong, certified aerobics instructor with 10 years experience, will conduct the classes.

The class will be taught at beginners, intermediate and advanced level. Cost is \$36 per month, \$18 for two weeks or \$5 per class. Everything that you need for the class is provided. You just have to show up.

A minimum of five participants is needed. Call Kathy Gray at 533-3180 or 533-5031 for more details or to register.



Mutt March during Fun Festival

Here's your chance to show off your best friend at the "Mutt March." The Mutt March is a 5-kilometer walk that will be held Sept. 21, beginning at 7 a.m., on the final day of the Fun Festival at Veteran's Memorial Park, Sierra Vista. The course runs on looped pavement, for easy walking for both you and your pet.

You can sign up in front of The Cove, beginning at 6 a.m. Cost is just \$1 per human and \$1 per dog and includes treats for both master and canine.

New this year will be the opportunity to have your photo taken with your pet. For just \$3 you will receive this unique keepsake at the end of the march.

The Mutt March is presented by MWR Recreation Services Division. For more information, contact Michelle Kimsey at 533-5031.

Jeannie's Diner extends hours

Beginning immediately, Jeannie's Diner, located next to Desert Lanes, will be open the following extended hours:

Sunday - 11:30 a.m. - 8:30 p.m.; Monday - 6:30 a.m. - 8:30 p.m.; Tuesday, Wednesday and Thursday - 6:30 a.m. - 9:30 p.m.; Friday - 6:30 a.m. - 10:30 p.m.; and Saturday - 8:30 a.m. - 10:30 p.m. For more information, call 533-5759.





Photos by Elizabeth Harlan

Staff Sgt. Keisha Felder brings the audience to their feet with the closing song.



Clockwise, Spc. Devon Lynch of Roseville, Calif. performs a high-energy song and dance number. Spc. Michael Aceveo of Camp Zama, Japan unleashed a motown for the crowd. Spc. Clifton Hall of Fort Irwin Calif. performs a Native American hoop dance. Spc. McKenzie Quint of Fort Huachuca explains a few things to Spc. Carlyne Horton of Fort Sam Huston, Texas during a medley.

Soldiers belt it out

SCOUT REPORTS

Seventeen talented soldiers from around the world graced the stage at the Buena Performing Arts Center on Thursday and Friday.

The United States Army Soldier Show is a high-energy, MTV-style, 90-minute, live musical review showcasing the talents of active duty soldiers who are selected by audition from throughout the Army. They are amateur artists who have a passion for music, dance and performing. They come from infantry, artillery, transportation, military police, medical, intelligence, armor, aviation, signal and other tactical units. The show is put together in six weeks, and then tours for six months.

The modern version of the show originated in 1983 as an outgrowth of several soldier shows existing in various Army commands with soldier talent selected from world wide competition. In 1998, the Army celebrated the 80th anniversary of the debut of the first Army Soldier Show, and the 15th anniversary of the modern Army Soldier Show.

The motto, mission and philosophy of the show as established during World War I by a Russian immigrant, Sgt. Israel Beilin (Irving Berlin)

"Entertainment for the soldier, by the soldier." The first Army Soldier Show, "Yip Yip Yaphank," conceived and directed by Sgt. Irving Berlin, appeared on Broadway in 1918.

The Army Soldier Show was reincarnated during World War II on Broadway under the title "This is the Army" written, directed and produced by Irving Berlin. Cast and crew were all members of U.S Army Special Services Company #1. The 1943 film version featured a military cast starring, among others,

Ronald Reagan, Gene Kelly and Joe Lewis.

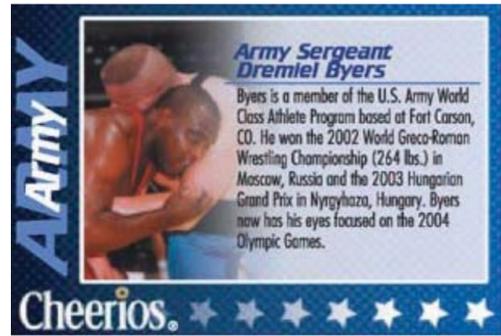
Today, the Army Entertainment Division is the largest producer of live entertainment in the world. Army community theaters alone stage more than 900 productions annually worldwide



Military athletes honored on cereal box

ARMY NEWS SERVICE

Five military athletes will soon make history. They'll be featured on the covers of cereal boxes. The Armed Forces Sports Office has



Army Sergeant Dremiel Byers
Byers is a member of the U.S. Army World Class Athlete Program based at Fort Carson, CO. He won the 2002 World Greco-Roman Wrestling Championship (264 lbs.) in Moscow, Russia and the 2003 Hungarian Grand Prix in Nyregyhaza, Hungary. Byers now has his eyes focused on the 2004 Olympic Games.

teamed with corporate partner General Mills to honor five armed forces athletes on a 2003 commemorative Cheerios box. Army, Marine Corps, Navy, Air Force and Coast Guard athletes are featured on the boxes, which include action shots and short biographies of the athletes outlining their accomplish-



Aviation Maintenance Technician First Class Steven J. Mlujek
Mlujek began his racing career while stationed at Coast Guard Air Station, Cape Cod, MA. After placing first among military competitors in the 2000 Olympic Trials, Mlujek is setting his sights on the 2004 U.S. Olympic Cycling Team. Currently he is stationed at Coast Guard Air Station, Detroit, MI serving as a Flight Mechanic.

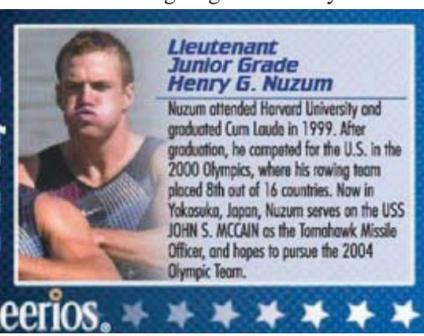
ments as both military members and armed forces athletes. The special boxes will be found exclusively

in commissaries worldwide during September, or while supplies last. "This box is an exciting partnership for the Armed Forces Sports Program," said Suba Saty, Armed Forces Sports secretariat. "The box recognizes more than the five athletes on the box — it recognizes the accomplishments of all armed forces athletes!"

"One of our main goals is to bring visibility to the Armed Forces Sports Program and the accomplishments of our athletes," said Rob Hansgen, also of Armed Forces Sports. The featured athletes will sign autographs and talk to shoppers during appearances at their "hometown" commissary, or near where

they are training for competition, in late August or September. Appearances are scheduled at commissaries at Fort Carson, Colo., Selfridge Air National Guard Base, Mich., Lakehurst Naval Air Engineering Station, N.J., Marine Corps Base, Quantico, Va., Ramstein Air Base, Germany and Los Angeles Air Force Base. Soccer star and Air

Force Female Athlete of the Year Kristy Kuhlman's appearance at Los Angeles Air Force Base commissary on Sept. 6 to coincide with the kickoff of the Defense Commissary Agency's third annual "Worldwide Case Lot Sale." According to Store Director Art Wescott, "This will really generate a lot of excitement. We're thrilled to have a local athlete on a cereal box featured in the commissary." Kuhlman said, "Appearing on the Armed Forces commemorative Cheerios box is going to be a very



Lieutenant Junior Grade Henry G. Nuzum
Nuzum attended Harvard University and graduated Cum Laude in 1999. After graduation, he competed for the U.S. in the 2000 Olympics, where his rowing team placed 8th out of 16 countries. Now in Yokosuka, Japan, Nuzum serves on the USS JOHN S. MCCAIN as the Tomahawk Missile Officer, and hopes to pursue the 2004 Olympic Team.

surreal experience for me. I am grateful for the support the military gives its athletes and the opportunity to compete in armed forces, national and international competitions." "The men and women who participate in the Armed Forces Sports Program while still maintaining a full-time military career should be an inspiration to us all," said Mike Goetzmann, senior development manager for General Mills. Featured on the cereal boxes: Army Sgt. Dremiel Byers, a supply specialist and member of the U.S. Army

World Class Athlete Program in Colorado Springs, Colo. Byers was crowned the 2002 Greco Roman Wrestling champion (264 pounds) and won the 2003 Hungarian Grand Prix. Byers was named the 2002 Male Athlete of the Year for the Army and is now training to make the 2004 Olympic team. Marine 1st Sgt. Dou-

glas Morocco, a senior enlisted advisor at Marine Corps Base, Quantico, Va. In addition to his many military duties, Morocco is one of the armed forces' top triathletes competing in national and international championships throughout the year. Morocco is a former Armed Forces and two-time

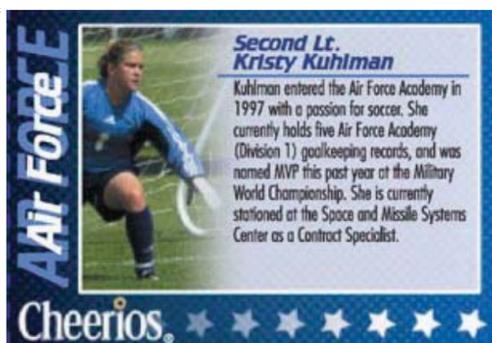
Marine Corps Athlete of the Year. Navy Lt. J.G. Henry Nuzum, is a Tomahawk missile officer and recently served aboard the USS John S. McCain. Nuzum. He competed in the 2000 Olympic Games in rowing and is focused on making the 2004 Olympic team. Air Force 2nd Lt. Kristy Kuhlman is a contracting officer at the Space and Mis-

sile Command at Los Angeles Air Force Base. Kuhlman is a 2001



Marine First Sergeant Douglas Morocco
Morocco, a four-time Military National Triathlon Champion, is one of the top triathletes in the U.S. Becoming an elite athlete came almost naturally for Morocco, who has trained with some of the best professional triathletes here and abroad. Morocco is currently assigned as a Senior Enlisted Advisor at The Basic School in Quantico, VA.

graduate of the Air Force Academy, Colorado Springs, Colo., and currently holds numerous women's soccer records at the academy. She was named most valuable player at the 2002 World Military Women's Soccer Championship and is the reigning 2002 Female Athlete of the Year for the Air Force. Coast Guard Aviation Maintenance Technician Steven Mlujek one of the armed force's top cyclists, placing first



Second Lt. Kristy Kuhlman
Kuhlman entered the Air Force Academy in 1997 with a passion for soccer. She currently holds five Air Force Academy (Division 1) goalkeeping records, and was named MVP this past year of the Military World Championship. She is currently stationed at the Space and Missile Systems Center as a Contract Specialist.

among military competitors in the 2000 Olympic trials. He is currently training for the 2004 Olympic trials.

BALL, from Page B1

years past discipline was not a priority, this year it was, and I think that's what won the gold medal for us."

"We were fired up for this game," said Anthony Shaw, All-Army third baseman, a specialist from Fort Lewis, Wash. "We knew that this game was for the gold medal and we didn't want our destiny to lay in someone else's hands. We wanted to take advantage of the situation and we did."

"We hung together through everything, came out and played hard," said Rex Swartz, All-Army first baseman, a sergeant from Mannheim, Germany. "This team has a lot of heart and it showed."

"I'm proud of our whole team," said Terrell Burton, All-Army leftfielder, a staff sergeant from Arlington, Va. "With only six returning vets, we basically had a whole new team, but we all came together."

Down and dejected after losing to the Army, the Air Force team had no time sulk because they were now in a dog fight for second place. Their next game with the All-Marine team would decide who would go home with silver medals around their neck.

Realizing the Air Force just lost their chance to win it all, the Marines believed a few strong early innings might

take their heart away. And they were right. They jumped on the Air Force team early and often, running away with a 17-4 victory to claim second place.

"Our team did outstanding," said Scotty Cobb, Marines head coach, a master sergeant from Camp Lajeune, N.C. "Just a couple of bad breaks here and there cost us a shot at having gold medals, but our kids bounced back and made it happen."

"Obviously we wanted to win, but I think we represented the Air Force well," said Steve Shortland, Air Force head coach, a master sergeant from Randolph Air Force Base, Texas.

"This tournament takes talent and luck. You need to take advantage of the opportunities given to you and when you don't, you are going to come up on the short end."

After a final game loss to the Navy, the championship Army team finished with a record of 6-2 while the Marines ended up 5-3, the Air Force 4-4, and the Navy wound up 1-7.

At the conclusion of the tournament sports directors from each service named an all-tournament team and picked 15 players from all four Department of Defense services to represent the Armed Forces at the Amateur Softball Association's Men's Major Slow Pitch Tournament, Aug. 29 to 31 in Johnson City, Tenn.

Dove hunters: Don't forget your HIP stamps

ARIZONA GAME AND FISH

Dove hunters: don't forget to purchase a \$3 Migratory Bird Stamp for the Sept. 1-15 early dove season and be sure to use bug repellent when afield, advised the Arizona Game and Fish Department.

Dove hunters age 16 and older are required to have in their possession an Arizona Migratory Bird Stamp, which will validate their license for the federal Harvest Information Program.

All Arizona Game and Fish Department offices and hunting license dealers have the HIP stamps available. "Just put it on your shopping list when you go to get those extra boxes of shells for dove and quail hunting this year," said Rory Aikens, a Game and Fish Department spokesperson.

Biologists are also recommending dove hunt-

ers and other outdoorsmen wear plenty of insect repellent due to potential for the West Nile Virus in various parts of the state and to wear plastic gloves when cleaning harvested birds.

"Wearing protective gloves while cleaning or skinning wildlife is a common-sense precaution nowadays due to the recent detection of West Nile Virus in five Arizona counties," said Research Branch Chief Jim de Vos, a noted national authority on wildlife diseases.

Also remember that in the southern zones, there are restricted hunting hours from one half-hour before sunrise until noon, except for junior hunters.

"Junior hunters up through age 17 get to hunt doves all day, giving them an opportunity to hunt doves after school just like some of us did while growing up," Aikens said.

Don't forget that junior hunters 14 years and older are required to have a license, while those unlicensed juveniles under age 14 must be accompanied by a licensed adult. Youth under 14 years old can hunt by themselves if they have a hunting license.



At the library

Hardcover fiction

1. The Teeth Of The Tiger, by Tom Clancy
2. The Da Vinci Code, by Dan Brown
3. Blindside, by Catherine Coulter
4. The Sinner, by Tess Gerritsen
5. A Place Of Hiding, by Elizabeth George

Hardcover nonfiction

1. Lies, by Al Franken
2. Benjamin Franklin, by Walter Isaacson
3. Kate Remembered, by A. Scott Berg
4. Treason, by Ann Coulter
5. Under The Banner Of Heaven, by Jon Krakauer

Paperback fiction

1. Red Rabbit, by Tom Clancy
2. East of Eden, by John Steinbeck
3. The Secret Life Of Bees, by Sue Monk Kidd
4. Suzanne's Diary For Nicholas, by James Patterson
5. The Perfect Summer, by Luanne Rice

Paperback nonfiction

1. Seabiscuit, by Laura Hillenbrand
2. It's Not About the Bike, by Lance Armstrong
3. Running With Scissors, by Augusten Burroughs
4. Paige By Paige, by Paige Davis
5. Longitudes And Attitudes, by Thomas L. Friedman



Taekwondo

SCOUT REPORTS

The Fort Huachuca Youth Services offers a variety of programs to educate and entertain young people on post.

Each Tuesday and Thursday evening certified 4th Dan-Master Taekwondo instructor Cyndi Marshall spends an hour and a half helping youths 4 and up learn about self-defense, self-discipline, self-confidence, self-respect and physical fitness.

The earliest records of martial arts practice in Korea date back to about 50 B.C. Taekwondo is a modern martial art, characterized by its fast, high and spinning kicks. There are multiple interpretations of the name taekwondo. Taekwondo is often translated as 'the way of hand and foot'.

According to experts in the field, Taekwondo students can improve themselves physically, and mentally by training. The final goal is to achieve

harmony with nature and oneself. Balance is gained by controlling both evil and good forces (Yin vs. Yang): A true Taekwondo student knows how to behave in all situations.

Objectives of Taekwondo

1. to develop an appreciation for Taekwondo as a sport and as an art
2. to achieve physical fitness through positive participation
3. to improve mental discipline and emotional equanimity
4. to learn self-defense skills
5. to develop a sense of responsibility for one self and others.

The classes begin at 6:30 p.m. and are held at the Youth Services Center. For more information on the program call 456-2448 or 533-3205.



Photos by Elizabeth Harlan

Left, Kimbrey Pembleton, 7, waits for her turn to spar. Above, Assistant instructor Sam Marshall keeps a close eye on sparring Thomas Wewers, 10, left and Jonathan Knapp, 9.

Fit for life

BY DR. GEORGE R. COLFER
CONTRIBUTING WRITER

(Editor's note: This new column, written by Dr. George R. Colfer, an expert in the field of physical fitness, is an addition to The Scout and will run bi-weekly. Colfer is the author of numerous books on fitness and has extensive experience in collegiate and corporate fitness and wellness programs. As a part of this column he will answer your fitness and wellness questions. Please e-mail your questions to thescout@hua.army.mil)

We live in an era where it is difficult not to see or hear how one can improve health, fitness and control body weight.

The media bombards us with various ways to improve our lifestyles usually by advertising a device, pill or plan. If all of these gimmicks worked, why is there a national focus on the consequences of physical inactivity and obesity in adults and children?

Physical activity alone is not a cure for everything, but is definitely a prominent factor in developing the health and fitness lifestyle. As a society, we have become inactive primarily due to technology, transportation and television. Most adults do not engage in the type of physical activity that is associated with being physically fit as part of their work or during leisure time. Generous estimates place the percentage of regularly exercising adults ages 18 to 65 at 35 percent; with about 20 percent participating in exercise that develops a healthy level of cardiovascular endurance. Only one out of three teens 10 to 17 participate in regular school physical education programs and even less exercise outside of school except for those in competitive athletics.

The benefits of being physically fit are numerous; yet physical activity and exercise are only one factor in developing the health and fitness lifestyle. The others are: wellness (the maintenance of good health practices); proper nutrition; and stress management.

Physical fitness is a difficult term to explain. First it means being in a state of good health. From this point on, physical fitness is not the same for everyone, even though the various components are the same. A

person's age, occupation, recreational and play interests are also important in determining fitness. It is further influenced by nutritional habits, body composition, and daily living habits such as physical activity, smoking, stress, use of medications and sleep.

Physical fitness consists of components in two categories, health-related and skill-related.

- | | |
|---------------------------|--------------------------|
| Health-Related Components | Skill-Related Components |
| •Cardiovascular fitness | •Coordination |
| •Agility | •Flexibility |
| •Strength | •Speed |
| •Balance | •Body Composition |
| •Muscular Endurance | •Power- Reaction Time |

In order to be physically fit, one must account primarily for the health-related components, while the skill-related components are more associated with athletic ability. SRC are not essential for a health and fitness lifestyle. The average person past high school age needs to be more concerned with the HRC. Some examples: a high school or college athlete needs to be fit (HRC) but also needs to possess a high level of the SRC to be successful in sports. In contrast, a middle-age adult would emphasize the HRC as a priority. Even in similar professions, needs may be different: a professional football player vs. a professional golfer; in military life, the combat infantryman vs. an aviator. All need to be very fit, but have different priorities in the components based upon the task performed.

One point however must be emphasized. Cardiovascular fitness is the most important component for people of all ages. Without the possession of an efficient cardiovascular system, one cannot really be considered "fit" in the true sense of its meaning. It is the ability of the heart, lungs and circulatory system to provide the body

with the necessary fuel to perform work and activity without undue fatigue. Heart and cardiovascular disease resulting in death or disability, along with obesity, remain as major health problems in the United States. The proper type of physical activity is one of the major factors in combatting these health problems.

Some common fitness questions:

Q. Can physical fitness be stored?

A. Unfortunately, no. There is no quick fix. Fitness must be practiced for a lifetime. That is why it is important to start people when they are young and develop good habits and attitudes.

Q. What are some of the reasons why people don't exercise?

A. Lack of knowledge about fitness; dislike activity; no motivation; laziness/apathy; used for punishment when young. The #1 reason is an alleged lack of time! This can be overcome by improved scheduling. After all, if you can make time for everything else, one can surely schedule time for your own health!

Q. What are some of the reasons people stop exercising?

A. Again, an alleged lack of time; burnout with a certain program; poor instruction (knowledge); embarrassment (self-consciousness); goals set too high. Most of these can be remedied by professional instruction and often exercising with a similar group. Some people need the social interaction of a group or partner for motivation.

Q. What are some of the benefits of being physically fit?

A. First of all you should feel better, have a higher energy level and recover more quickly from fatigue. Your body should move more efficiently and be less prone to illness and injury. One should handle stress better, be less prone to depression and have an improved self-image. The fit individual should be more efficient at weight control management and improve cognitive skills (i.e., healthy body equals healthy mind concept). Other physiological benefits will be discussed in forthcoming writings.



Photo by Staff Sgt. Robert Hyatt

A variety of exercise equipment and programs are available in the fort gyms.