

See The winding road, Page B4

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Chasing gold

Army coach grabbed for Olympics

BY TIM HIPPS

ARMY NEWS SERVICE

Staff Sgt. Basheer Abdullah, coach of the U.S. Army World Class Athlete Program boxing team, has been selected by USA Boxing as head coach for Team USA in the 2004 Olympic Games at Athens, Greece.

"I'm very excited about my selection as Olympic head coach," said Abdullah, who turns 41 Oct. 12. "I know I have a big challenge ahead of me, but I am looking forward to it. We have a lot of work to do after our showing in the 2000 Olympic Games, but I know our Olympic staff and athletes will make the United States proud."

Abdullah gained international experience as technical advisor for the United States' boxing team in the 2000 Olympics at Sydney, Australia.

He also was named 2002 Coach of the Year by USA Boxing after two of his soldiers won gold medals in the 2002 U.S. National Boxing

Championships at Las Vegas. Abdullah, a light-wheel vehicle mechanic from St. Louis, Mo., also served as an assistant coach for Team USA during the 2003 Pan American Games at Santo Domingo, Dominican Republic.

"We are excited to have a coach of Basheer's caliber leading our athletes at the 2004 Olympic Games," said USA Boxing Executive Director Eric Parthen. "His experience at the 2000 Olympics and 2003 Pan American Games in addition to his work with the U.S. Army athletes will be extremely valuable as he attempts to lead our athletes to Olympic gold."

Abdullah began serving as an Army assistant coach in 1993 after retiring from the ring. He became the Army's head coach in 1996 and since has worked several national and international competitions.

Team USA's assistant coaches and manager will be selected next week. The athletes will be chosen at the 2004 Olympic Team Trials in Tunica, Miss., and the Olympic Box-offs in Cleveland, Ohio, in the spring of 2004.



Photo by Elizabeth Harlan

All aboard

Sgt. Dennis Kunkel, Headquarters 306th MI Bn. helps Adrienne McNamara, 8, out of a Humvee called a Trojan. Members of Headquarters 306th spent the afternoon at the School Aged Services center teaching youth about the army. See related story and photos on Page B2.

Grand opening Friday

You're invited to the grand opening celebration at "Time Out" 4 - 7 p.m., Friday. There will be free hors d'oeuvres (while they last), giveaways, a pay-as-you-go bar and a DJ playing a variety of music for your enjoyment.

Time Out is located on Arizona Street, across from Barnes Field House and the Commissary. The location is within walking distance of Thunder Mountain Village, Prosser Village, the NCO Academy, Riley Barracks and other housing areas.

You can relax and socialize, enjoy items such as burgers, french fries, other finger foods and beverages, watch sports or dance to your favorite sounds.

The facility features six televisions plus a big screen TV with surround sound. There are 13 national sports channels available, plus the NFL Sunday Ticket, with seven different games shown at any given time.

Every Friday and Saturday night, beginning at 10 p.m., a DJ will play for your enjoyment. Friday, Latin music is played. Saturdays, hip-hop/Top 40 music is featured.

Time Out is open the following days and hours: Friday, 4 p.m. - 4 a.m.; Saturday, 10 p.m. - 4 a.m.; and Sunday, 10 a.m. - 9 p.m. For more information, call 533-3802.



Photo by Elizabeth Harlan

Himmelberger has her eye on the future, both in the Army and sports. The West Point graduate has run away with recent cross country victories.

Fast, faster, fastest

Student zips cross country

BY KAREN WEIL

SCOUT STAFF

Liesl Himmelberger isn't a professional athlete, but she is proof how beneficial cross-country running can be.

Himmelberger, of Company C, 304th Military Intelligence Battalion, says running keeps her physically and mentally active.

Along with her unit's physical training, Himmelberger runs six miles a day, four days a week.

"Running is a real release," said the 25-year-old West Point graduate who has been stationed at Fort Huachuca since August. "It's wonderful to remove the worries and free your mind. You're one with the sidewalk."

Not only does running help Himmelberger maintain her weight, but she said she gets a peaceful feeling when she runs.

"It's like a spiritual event," she added. "The best thing is that you can learn to love it."

When she was a little girl, her father took, a West Point sergeant, took Himmelberger out running with her.

"It was nothing too regimented," she said, smiling.

The athletic bug bit her, and Himmelberger swam competitively for 13 years.

"I'm always trying to meet and surpass Army fitness standards," she said. "It's always fun to see if I can."

She also once completed a swim around the Long Island Sound.

Himmelberger said she has always preferred endurance sports, like cross country.

"You get to experience the emotions of the race, the pain and the agony, and the feeling of accomplishment," she said.

Before starting a run, Himmelberger gets up early enough to properly stretch her muscles, prays and makes sure she is hydrated. The most she'll eat is a bagel.

Himmelberger said her goal is to enter the toughest race of its kind, the Ironman Triathlon. To complete the Ironman, a person must swim 2.4 miles, bike 120 miles and run 26.2 miles.



Photos by Elizabeth Harlan

Staff Sgt. Charleene Magwood of Headquarters Company 306th Military Intelligence Battalion applies camouflage face paint on Andrew Camp, 7.

Kids play army for a day

BY KAREN WEIL
THE SCOUT STAFF

It was Army 101 for the elementary set last week, as youngsters gathered at School Age Services during an event known as Lights On After School.

The event started on Oct. 7 and featured the Headquarters Company 306th Military Intelligence Battalion, the 4-H, the nation's largest youth organization, as well and a "mini fair." Children tried on Army gear, had their faces painted and

tried meals ready to eat.

Children were enthusiastic and excited about the day, said Capt. Ira Smith, of the 306th MI Bn.

Darla Moyer, an SAS program assistant, agreed.

"They know what we're doing here, and how the military is honoring them," she said.

Jennifer Lotten, SAS services director, said the military displays were the most popular with children.

"This is the first time we've done something like this with the 306th

MI Battalion," she added.

The Lights On event coincided with National 4-H Week, organizers said.

Pam Verble, a training and program specialist with SAS, said the Army is mandated to start 4-H after-school programs.

In one room, youngsters watched as Sgt. Adrian Salazar and Spc. Shamika Bethea-Brown both of the 306th Mi Bn. showed off flack vests, protective helmets, a field phone, a gas mask, mission-oriented protective suit and other vital equipment that a soldier needs in a combat situation.

When Salazar showed off a flak jacket, and asked, "You really want to try one on?" Alyssa Bowman, 8, who attends Johnston Elementary School, was definitely game.

"It was fun, and it was light," Alyssa said of the jacket. "When somebody pounds on it, it doesn't hurt."

While trying out the field phone, children asked each other such top-secret information as, "What are you going to be for Halloween?"

As they donned the vests, helmets and other clothing, the little ones turned into small, but happy and well-behaved, warriors.

Bethea-Brown and Salazar said it's good for children to know what

their parents do in the military.

"It's a good opportunity for us to spend with our army community's children, and give something back to them," Bethea-

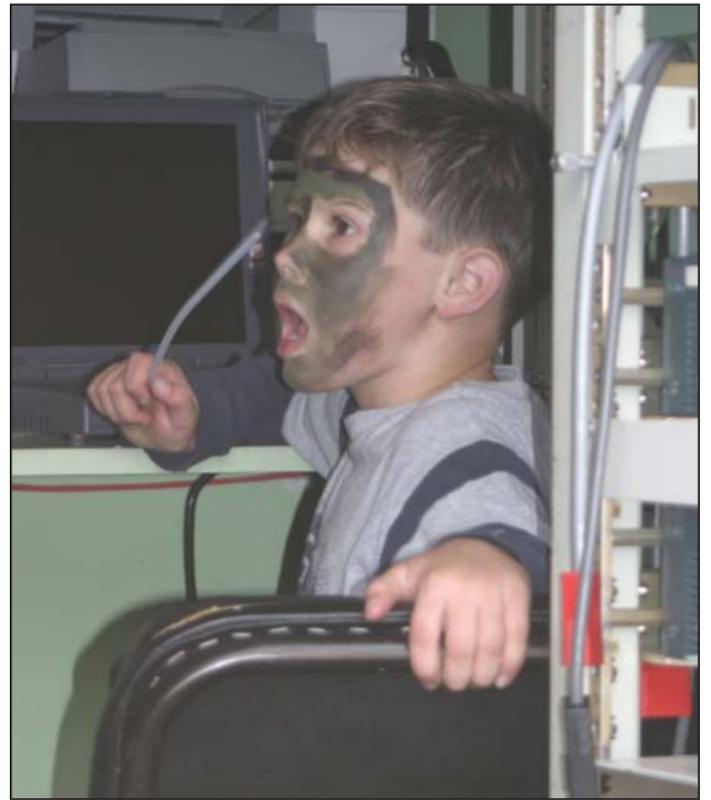
Brown added.

Outside, children had a field day with an Army Humvee, called a Trojan, which is used for communi

See **LIGHTS**, Page B5



Above: Staff Sgt. Elizabeth Cornejo serves up a meal ready to eat to Jimmy Koyler, 8, who is anxiously awaiting his second helping. Right: Jasmine Monett, 10 takes her turn honking the horn on the Trojan.



Austin Carter, 6, is amazed by the equipment in the Humvee





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

A Beverly Hills, CA - Comics Express Presentation

Love-N-Laughter



Barry Neal Helen Keaney

Comedy show set for Oct. 24

La Hacienda will host the "Love-n-Laughter" comedy show at 8 p.m., Oct. 24. The featured comedian will be Barry Neal, the "Counselor of Love." Neal's performance and humor have been described as being about "the hilarity of everyday relationships," and universal in appeal in that "much of it hits home with everyone in the audience."

Also featured in the show, adding a look at relationships from the female perspective, will be Helen Keaney.

The Love-n-Laughter show specializes in clean, family entertainment. It has been described as "funny, clever, meaningful and entertaining ... something for everyone. You can bring your 17-year old daughter and your 75-year old mother and both would have a great time."

Tickets are \$10 in advance and \$12 at the door. They are on sale at MWR Box Office, La Hacienda and Sierra Vista Safeway. The show is open to the public. For more information, call 533-7322.

Halloween Rock 300 at Desert Lanes

Saturday, a mixed doubles handicap tournament will be held beginning at 1 p.m. The entry fee is \$40 per couple.

Desert Lanes has planned a Rock and Bowl Halloween party for 7 - 11 p.m., Oct. 25. In addition to Rock 300 music, there will be a costume contest with giveaways, bowling games and small tournaments.

Tickets for those who want to bowl are \$14 in advance and \$16 at the door. For non-bowlers, tickets are \$8 in advance and \$10 at the door. If you wear a costume, you will receive \$1 off the admission charge. Tickets for the Halloween party are available now at Desert Lanes, and everyone is invited.

For more information on either of these events, contact Randy Carter at 533-2849.

Your chance to help Fort Huachuca's youth

The Fort Huachuca Child and Youth Services Parent Advisory Council will hold a meeting at 6 p.m., Tuesday at

Murr Community Center. This will be a general information meeting for anyone interested in child and youth activities on Fort Huachuca.

The PAC is looking for new faces to help as board members, volunteers and committee members to promote, support and help make the public aware of what Fort Huachuca has to offer children. Come out and support the children and youth of the community. For more information, call 439-2804.

Musicians needed for show band

The U.S. Army Entertainment Division is looking for six or seven high energy people to become part of USA Express, a top-40 variety show band. USA Express was initiated as an entertainment resource for mobilization and deployment support. It is geared toward soldiers, 18-25, who are highly deployable and mobile.

Band members are comprised of active duty military musicians and singers, chosen for their outstanding military performance, attitude, musical ability and versatility. UE is currently seeking soldiers who sing and play instruments. Primary instrumentalists include the keyboard, bass guitar, lead guitar and drummer. Applicants must be deployable worldwide.

The tour of USA Express 2004 is set to begin rehearsals around Jan. 5, 2004. The tour will last approximately two and one-half months, beginning around Feb. 5, 2004.

Interested active duty soldiers should submit an application packet to: Army Entertainment Division, PO Box 439, Fort Belvoir, Va., 22060 no later than Nov. 15. The packet must include the following: a detailed resume outlining experience; a copy of the enlisted records brief, their latest Army Physical Fitness Training record and a current Department of the Army photo.

For further information, call Cordell Hall, UE Program Manager, at DSN 656-3220 or 703-806-3220, or e-mail: cordell.hall@cfsc.army.mil, or Sgt. Charles Lier, UE NCOIC, at DSN 656-4530 or 703-806-4530, e-mail: charles.lier@cfsc.army.mil.



Live entertainment at La Hacienda

La Hacienda will present live urban music, featuring local rappers, at 10 p.m., Nov. 1. After the show, a disc jockey will play for your enjoyment.

Tickets are \$8 in advance and \$10 at the door and are

on sale now at MWR Box Office, La Hacienda and Sierra Vista Safeway. For more information, call 533-3802.

Carnivals for youth

On Oct. 24, 7 - 9 p.m., Youth Services will hold a Halloween Carnival for youth up to fifth grade at the Youth Center. The carnival is open to all youth in this age group.



On Oct. 25, 7 - 9 p.m., a Halloween Carnival for youth sixth grade and up will be presented at the Youth Center. This carnival is also open to all youth in this age group.

At both carnivals, there will be games and prizes, including prizes for costumes. Cost is \$2 for Child and Youth Services members and \$3 for non-members, and the cost includes six tickets for games. Extra tickets are available for three for \$1.

For more information about either carnival, call Debbie Wombach at 533-7038 or 533-3212.

Let MWR Box Office help plan your activities

The MWR Box Office has details or tickets for several offers that will give you the opportunity to take advantage of savings, including:

- Tickets for events at the Tucson Convention Center, including "Disney on Ice - Princess Classics" Tuesday through Oct. 26; Matchbox 20 Nov. 5 and the Moscow Ballet's "Great Russian Nutcracker," for two shows Nov. 8.

- Disneyland Resort's Armed Forces Salute offers free multi-day admission to Disneyland California and Disney's California Adventure Park, to U.S. military personnel, plus additional special offers for their family members, now through Dec. 19.

- During the month of October, children 3 - 11 will be admitted free to the San Diego Zoo. The box office has details on this offer.

- Tickets for the Art Discovery Series Buena Friends Concert Oct. 23 at Buena High School. Prices are \$6 for adults and \$2 for children.

- Knotts Berry Farms Veteran's Day promotion is for active duty military, reservists, retired and veterans who have a DD214 form. Promotion includes two free tickets for each eligible person, plus up to six additional tickets at the reduced price of \$5 each. The offer is available Nov. 2 - 27.

- Arizona Cardinals football packages for the game against the San Francisco 49ers at 2:05 p.m., Oct. 26 in Phoenix.

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.

Right Arm Night at LakeSide

The LakeSide Activity Centre will host the next CG's Right Arm Night, Oct. 24 at 4 p.m. Karaoke with Ken Edwards and a pay-as-you-go bar make this a lively spot to relax and socialize. Finger foods will be available.

OCTOBER - MARCH 2004

DIRECTORATE OF COMMUNITY ACTIVITIES • EVENTS AT A GLANCE

OCTOBER	NOVEMBER	DECEMBER	JANUARY	FEBRUARY	MARCH
<p>17 Grand Opening of Time Out Sports Bar and Nightclub - 4 p.m.</p> <p>18-19 Helldorado Overnight Trail Ride</p> <p>24 Right Arm Night LakeSide Activity Centre</p> <p>31 PayDay Scramble Mountain View Golf Course</p> <p>31 Halloween Rock 300 Bowl Desert Lanes</p>	<p>8 Live Urban Music featuring local talent at La Hacienda, 10 p.m.</p> <p>12-15 All Army Boxing</p> <p>14 Right Arm Night LakeSide Activity Centre</p> <p>28 PayDay Scramble Mountain View Golf Course</p>	<p>7 Buffalo Corral All-Day Trail Ride West Gate</p> <p>25 Christmas Day</p> <p>31 New Years Eve Parties at Desert Lanes LakeSide & LaHacienda</p>	<p>1 Happy New Year</p> <p>19 Martin Luther King Birthday</p> <p>30 PayDay Scramble Mountain View Golf Course</p>	<p>14 Valentine's Day</p> <p>16 President's Day</p> <p>27 PayDay Scramble Mountain View Golf Course</p>	<p>31 PayDay Scramble Mountain View Golf Course</p> <p>Coming October 2004...</p> <p>2004 GISM MILITARY WORLD BOXING CHAMPIONSHIP 22 OCT - 1 NOV 04 FORT HUACHUCA • ARIZONA • USA</p>

Time out briefs

Weight loss group

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

All army boxing tickets go on sale

All Army Championship boxing for men and women takes the ring Nov. 12, 13 and 15 at Barnes Field House.

Army boxers are scheduled to arrive here Friday, for the boxing trial camp. The championships, which normally take place in January, have been moved up to accommodate the schedule for an Olympic year.

Tickets for the All Army Boxing Championship went on sale Tuesday. Tickets cost \$5 for Nov. 12 and 13, and \$8 for the championship night Nov. 15. A package for all three nights is available for \$15. Children 10 and under get in free.

On post, tickets will be available at the MWR Box Office, Desert Lanes, MWR Rents, and Barnes Field House. Tickets will also be sold at the Sierra Vista Safeway.

Boxing enthusiasts outside the area can purchase tickets with a credit card by calling the MWR Box Office at 533-2404 or toll free at 1-888-921-4745.

New 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. Come join in the worship on Sunday.

October exhibition

The Huachuca Art Association's October exhibition, "Art For The Fun Of It," features artist Katherine Baccaro and includes the work of other association artists. It will be at the Gallery through Oct. 26.

The Gallery will be open Thursdays through Sundays from noon to 4 p.m. Or for an appointment, call Sue Thatcher at 378-2000. All items are for sale. The Gallery is located at 3816 Astro Street in Hereford.

Scratchboard art

The Huachuca Art Association's monthly membership meeting will be held at 10 a.m. to noon, on Saturday.

The presenter will be scratchboard artist, Anne Kelty who has titled her presentation "Scratching the Itch for Fine Art."

Anne Kelty has been an artist all her life. From the time she could hold a pencil she drew — horses, mermaids, etc. Kelty started out as an art major at the University of Redlands and later took classes with master artists around the country. Her pen and ink drawings and pastel paintings have won prizes in various juried art shows including a first in Pastels from the Prescott Valley Art Association in 1996. Anne's favorite medium is now the scratchboard. She will share her love of this art form and show examples of her own work.

Anne and her husband cruised the Mexican and Central American coasts and the Caribbean in sailboats for over 16 years and have recently given up the sailing life for settling in Sierra Vista.

This is a free event and visitors are welcome. The meeting will be at the Huachuca Art Association Gallery and Studio located at 3816 Astro Street in Hereford (Astro Street is less than four miles south of Buffalo Soldier Trail off Hwy. 92). Additional information may be obtained from: Sue Thatcher 378-2000, John Marvin 803-6697, Edie Manion 803-1262, or Wendy Breen 378-1763.

Art around Sierra Vista

The Huachuca Art Association announces its artists scheduled to display their artwork at Sierra Vista businesses in October. Jan Huthoefer will have her work on display at ACE Hardware and at the Ethel Berger Center. Gerald Calvert will show



his work at the Windemere Hotel. The work of Janice Smith will be exhibited at the Bella Vista Water Company. 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.

For more information, call Sue Thatcher 378-2000, John Marvin 803-6697, Edie Manion 803-1262, or Wendy Breen 378-1763.

Madera Canyon renovation

Madera Canyon's popular Left and Right Roundup Picnic Areas has been closed for renovation work began Sept. 8. 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 Mt. Wrightson Picnic Area and Trailhead. For more information about the Mt. 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 website at www.fs.fed.us/r3/coronado.

Fort Huachuca Chapel Teen Groups

How many times have you heard or thought, "There's nothing to do here?" How long have you been waiting for something cool to come along? Well, wait no longer. The Fort Huachuca Teen Groups are here. The high school teen group will meet Sundays from 6 - 8 p.m. at the Main Post Chapel. The middle school teen group will meet Sundays from 4-5 p.m. at the MPC.

So, if you like paintball, sports, hiking, fishing and just hanging out with friends, then this is the group for you. Come join us this week! You will grow in your faith and make friend and memories along the way. Call Mike DeRienzo, director of youth ministry at 227-6059 for more info.

Free concert

"Moonsoon featuring the Tsunami Horn Section," the 36th Army Band's rock group, performs at Veterans' Memorial Park, Friday at 7 p.m. The concert is free and open to everyone. "Moonsoon's" repertoire includes Top-40 hits, pop/rock and country and western.

Parenting programs

Tombstone school district has received funding through a partnership with the Arizona Parents Commission and drug education, the Arizona Department of Education, and the Governor's Division of Drug Policy to offer parenting programs for the 2003 - 2004 school year.

The program is called Common Sense Parenting. The free class consists of two sessions and will be offered on the following days: Tuesday and Oct. 23 from 6 - 8 p.m. at Huachuca City School in Huachuca City. Baby sitting services and dinner will be provided. The class is open to any parents but limited to the first 10 who sign up. The class is intended for parents with children 3 - 16.

For more information, call Bill Wright at 457-3371.

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 Sierra Vista and the surrounding area is Oct. 25. The adoption day is held from 10 a.m. - 2 p.m. at Ramsey Canyon Feed and Pet store, 4107 E. Glenn Road in Sierra Vista.



At the movies

Showing at the Cochise Theater for the next week are:

Today	
The Medallion	7 p.m.
PG-13	
Friday	
Dickie Roberts: Former Child Star	7 p.m.
PG-13	
Saturday	
Cabin Fever	7 p.m.
R	
Sunday	
My Boss's Daughter	2 p.m.
PG-13	

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

Pets of the week



Tiger is my name and I hope that you and I can have a wonderful relationship. I am very nice to other people, though I have not been around dogs so I do not know how well I would do. I am \$42.



Zoro is my name, and I am looking for someone to love me and make a home for me. I hope that you can come down and adopt me today. I am only \$42.



My name is Spike. I'm a mixed breed young dog. I am already neutered and housebroken. I'm about 2, and full of love. You can come on down and adopt me today for \$42.



My name is Pudgy, I am a very big black cat. I am also a very good cat. I enjoy being with people sometimes, and I love to lounge around the house. My adoption fee is \$42.

The winding road

BY TERRALISSA LEE

USAIC & FH PUBLIC AFFAIRS OFFICE

This weekend is Helldorado Days in Tombstone. What started out as the town's 50th anniversary celebration in 1929 has turned into its oldest tradition. Activities include reenactments, a parade, fashion shows, a carnival, live music, street entertainment, food to suit every taste, and the Tombstone Vigilettes' variety night. Thousands of people show up for dancing and gun slinging. For more information, go to <http://www.tombstone.org> or call Steve Reeder

at 457-3291.

De Anza days is also celebrated this weekend in Tubac, Ariz. Tubac was established in 1752 as a Spanish presidio (fort). The grounds, which once served as the home for a Spanish military garrison, are now surrounded by working artists' studios. Tubac remembers its origins at the Tubac Presidio State Historical Park located in the village's Old Town.

De Anza days is a commemoration of the 1776 trek by Tubac Presidio commander Juan Bautista de Anza II, and more than 240 colonists, to settle what is now the City of San Francisco. This cultural celebration re-

creates the sounds, sights, smells, and textures of historic Tubac with music, dancing, food, crafts, and a variety of living history reenactments. There's a re-enactment of Spanish Colonial soldiers riding horseback from the Tumacacori Mission to the Tubac Presidio along the Anza Trail with all participants dressed in 18th century costumes.

The Bisbee stair climb is Saturday. This event involves a combination of running, walking and climbing 1034 concrete stairs at a mile high altitude. The race starts at 9 a.m., with registration from 7 - 8:30 a.m.

Those who 'walk the talk' can sign up for the Barco IceMan Competition. This

event vividly illustrates the work of icemen who serviced the iceboxes that cooled food in pre-refrigeration times. An 8 lb block of ice, held by tongs, is carried up 153 stairs requiring both strength and endurance.

For a more relaxing evening, try the Huachuca Astronomy Club Public Star Party on Saturday. View through members' telescopes (large and small) or bring your own. This is an excellent outing for families and school age children are welcome. The star party starts at 7 p.m. at the Junk Bond Observatory in Hereford, weather permitting. Call 366-5788 for directions and more information.

Air Force dons back-to-back golds

BY AIRMAN 1ST CLASS SARAH BUSCH
AIR ARMAMENT CENTER PUBLIC AFFAIRS

Back-to-back golds prove to be the sweetest victory.

The All-Air Force team was able to stand in front of the crowd and the other services proudly. They donned gold medals once again after three days of battling for the title during the 2003 Armed Forces Women's Softball Championship held Monday through Wednesday here at Foster Stadium.

"Our goal was not to go undefeated, it was to win the gold," said Air Force head coach Master Sgt. William Hardy, Keesler Air Force Base, Miss.

Which is exactly what happened. The All-Army team defeated the Air Force 4-3 the first day of the tournament.

"That loss in our first game brought us back into reality," Hardy said.

"From the beginning of the tournament, we were struggling with our hitting," said Air Force second baseman Senior Airman Peni Nery, Kadena

AFB, Japan. "However, by the last game, we were showing everybody how we hit. We came through." The 10-run rule came into play for the Air Force when they defeated the Navy 16-4 in the last day of the tournament.

"We played a lot of good defense to keep us in the game until the offense came around," Hardy said. "We had the best team, and the ladies played to their ability."

The All-Air Force team dominated the entire game and pulled out of the Navy's sight in the top of the sixth inning when Air Force Staff Sgt. Alicia Pagan, Ramstein AB, Germany, hit a long ball out in left field, bringing in three runners to make the score 13-4.

Air Force Master Sgt. Wendy Hansen, Davis-Monthan AFB, Ariz.; Senior Airman Toni Owens, Tyndall AFB, Fla.; and Senior Airman Latricia Munday, Hickam AFB, Hawaii, each contributed an RBI to make the score 16-4.

The Navy was unable to retaliate and was shut out early in the bottom of the sixth inning with a

final score of 16-4.

Going into this game, "I knew we had to play an errorless game in order to defeat the Air Force," said Navy head coach Master Chief Petty Officer James Butters, Afloat Training Group, Naval Station Mayport. "However, we kept in there and we fought hard."

"We performed as a team, which is something that we worked for all during the camp," said All-Air Force captain and 18-year veteran Senior Master Sgt. Cheryl Trapnell, Mildenhall AB, United Kingdom. "In the beginning, we had problems with our hitting, but our defense always carried us."

"We had the better team bar none, both defensively and offensively," said Air Force Senior Airman Jamie Thompson, Dover AFB, Del. "I felt like if we played just as hard as we practiced, I knew that we were going to come in and win it."

The final game between the Army and the Marine Corps decided what team would go home

with the silver medal.

"This final game was all about Army pride. We needed to win," said Army assistant coach Master Sgt. Rebecca Baumann, Washington D.C. "We needed to prove to ourselves we didn't come to camp to go home with nothing. We were going to have a medal. That was our goal."

And they did just that.

The hungry Marine Corps battled hard against the Army, but eventually were defeated 4-3, allowing the All-Army team to take second place.

"We played them straight up," Baumann said. "Mentally and physically, we prepared for this game."

Although the Army didn't go home with the gold, Baumann believes the Army "came together as a team and showed a lot of leadership on the field."

The Army finished the tournament with a record of 4-5, while the Navy took third with 3-6 and the Marines wound up in last place with 3-6.

Trick or treating on post

DEPARTMENT OF PUBLIC SAFETY

On-post trick or treating hours for Halloween are from 6-8 p.m. for children up to 12 years of age. Children, 9 and under, must be accompanied by an adult.

Standard access requirements for the installation remain in effect. This includes the requirement that all persons over the age of 17 entering the installation provide valid picture identification and all motor vehicle operators have in their possession a valid driver's license, vehicle registration and insurance in order to gain access to the installation.

Access personnel must be able to identify persons entering the installation,

therefore do not wear a costume with a mask or makeup when entering the installation.

There will also be an increase in military police presence in the housing areas, both on foot and in military police vehicles. If assistance is needed, please make contact with them or call the military police desk at 533-3000 or in the event of an emergency 911.

As a reminder, juveniles 17 years old and under cannot be out in public on Fort Huachuca, either on foot or in a motor vehicle, without a parent, guardian or custodian between the established curfew hours listed below unless they are in possession of a curfew permit Fort Huachuca Form 190-16-R-E. Copies of the form

can be obtained at the Military Police Station (Building 22336) or the Youth Activities Center, Building 49013. The form must clearly state the reason why the juvenile requires an exception to the installation's curfew policy, be signed by a parent, guardian, or custodian and be in the juvenile's possession.

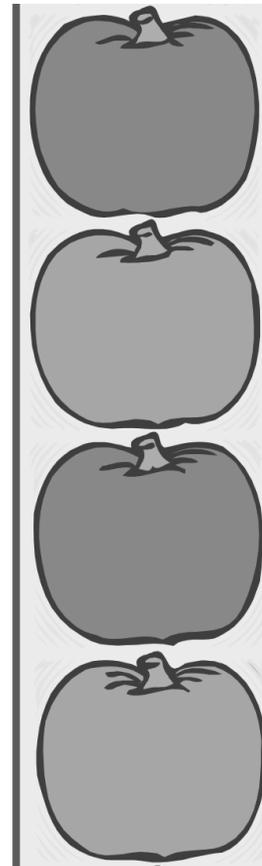
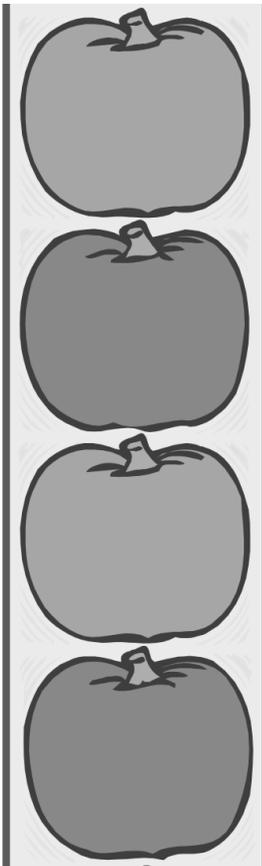
Curfew hours
Sunday - Thursday:
10 p.m. - 5 a.m.
Friday - Saturday:
12 a.m. - 5 a.m.

The Fort Huachuca Military Police will detain and cite juveniles violating the curfew. Should a violation of the curfew policy occur parents will be required to sign for their family members at the Military Police

Station. Should a second offense occur, the juvenile offender will be required to appear before the Youth Council (hosted by the Judge Advocate General's office) with his or her parents, guardian or custodian.

The Directorate of Public Safety also reminds community members that if they choose to dress up, using discretion is advised and no fake knives, guns or swords are recommended. In order to ensure this cherished tradition is a real treat for all, both adults and children are reminded to wear clothing with reflectors, carry a flashlight and continually be aware of their surroundings, particularly when crossing roadways. As always, safety is paramount.

Have a happy and safe Halloween!



Sports schedule

Flag football

Date	Time	Location	Home team	Away team
Today	6 p.m.	Sentinel	Company B 304th	Company E 305th
Today	6 p.m.	Warrior	HHC 11th Signal	19th Signal
Today	7 p.m.	Sentinel	Company B 305th	HHD 504th
Today	7 p.m.	Warrior	HHC 111th MI	Company C 305th
Today	8 p.m.	Warrior	Company C 304th	Company B 86
Monday	6 p.m.	Warrior	Company A 309th	Company A 40
Monday	6 p.m.	Sentinel	Company A 305th	Company D 309th
Monday	7 p.m.	Sentinel	314 TS	CHAOS- R
Monday	7 p.m.	Warrior	MEDDAC	NCOA
Monday	8 p.m.	Warrior	USAG	Company E 309th
Tuesday	6 p.m.	Warrior	Company B 86 Sig.	HHC 111th
Tuesday	6 p.m.	Sentinel	HHD 504th Sig.	Company C 304th
Tuesday	7 p.m.	Sentinel	Company E 305th	HHC 11th Sig.
Tuesday	7 p.m.	Warrior	19th Sig.	Company B 305th
Tuesday	8 p.m.	Warrior	Company C 305th	Company B 304th
Wednesday	6 p.m.	Sentinel	NCOA	MEDDAC
Wednesday	6 p.m.	Warrior	CHAOS- REC	USAG
Wednesday	7 p.m.	Warrior	Company D 309th 1	MEDDAC
Wednesday	7 p.m.	Sentinel	Company A 40 Sig.	Company A 305th

Sports standings

Flag football

League 1

Team	Win	Loss
19th Signal	3	0
Company C 304th MI	2	1
Company E 305th MI	2	1
HHC 111th MI	2	1
Company B 305th MI	2	1
Company B 304th	1	2
Company b 86 Signal	1	2
HHD 504th Signal	1	2
Company C 305th MI	1	2
HHC 11th Signal	0	3

League 2

USAG	3	0
Compnay E 309th MI	2	1
314 TS	2	0
NCOA	1	1
Company A 305th MI	1	1
MEDDAC	1	1
Company D 309th MI	1	2
CHAOS	1	2
Company A 304th MI	1	2
Company A 40 Signal	0	3

LIGHTS, from Page B2

They climbed into the driver's seat, honked the horn and also got a peak into the vehicle's control room all under the watchful eye of soldiers.

"For MI (the Humvee) is very important," said Sgt. 1st Class Jerry Spangler, who added the vehicle is used in Iraq and Korea.

"Most of these children are in military families, and they don't always get to a chance to see what we do," Spangler added.

One military parent thought so. "It's nice how they put this all together," said Staff Sgt. Jason Houston, a former member of the 18th Military

Police Detachment who is now heading for South Korea.

Houston watched as his 9-year-old son Connor snacked on some MRE treats.

As others ate Western beans and beef steak, Houston said humorously, "Uh-oh, that's dinner."

Houston commented that MREs are OK, for a week or two, "they do have some really good stuff."

For his part, Connor said he liked the crackers the best.

Along with MREs, another popular offering was camouflage face painting. In a sense, it was

an early Halloween treat. Jonathon Vasquez, 7, was especially thrilled to wear the dark brown, black and green makeup on his face. "It feels great," he said proudly of his makeover. "I'm in camouflage. I'm an alien."

Jonathon's father, Sgt. Marcos Vasquez, of Company E, 305th MI Bn., watched with a constant smile on his face.

By trying on gear and eating MREs, children can learn to understand what soldiers go through, Vasquez said.

During the three-day event at SAS, children also participated in a Character Counts exercise which involved a group walking on "magic skis," or narrow wooden planks along with making various displays, one of which included an award-winning quilt, crafted by one SAS group, from the Cochise County Fair.

Darcy Tessman, of the University of Arizona 4-H program, said the goal is to empower youth.

"Children learn to plan their own activities, instead of waiting for adults to plan it for them," Tessman said.



Sgt. Adrian Salazar helps Lowell Jefferson, 7, try on an Army issued vest.

Photo by Elizabeth Harlan

Fit for life

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

Flexibility is recognized as a trait of successful athletes and skilled performers, as well as being important for daily living.

Flexibility is defined as the range of motion available at a joint or group of joints.

Further, flexibility is the capacity of the joint to move through a normal range of motion. The different types of flexibility for general purposes are passive and dynamic flexibility. There is also static and ballistic stretch, which are ways in which flexibility can be obtained. Passive flexibility involves a full range of movement without regard to speed. Static stretch, which occurs when a muscle is held at a greater than resting length for a period of time, is essential to improving passive flexibility. Dynamic flexibility involves a full range of movement with speed and in resistance or opposition of a joint to a particular joint motion. A dancer using a high, flowing kick and a wrestler trying to resist or get free from a hold uses dynamic flexibility. Passive flexibility and static stretch are the keys to improving dynamic flexibility because they provide the potential or capacity to move. Dynamic flexibility, however, must be practiced specifically for best utilization. Ballistic stretch is not recommended as the best way to obtain flexibility. It is defined as the bouncing or jerking of a muscle held at greater than resting length. The injury potential is much greater and the developmental potential is less than with static stretch.

Flexibility benefits are built into many activities, such as basketball and handball, but are absent in activities such as long distance running and bicycling. Here, a program of flexibility exercises will counter the effects of an activity that decreases certain areas of flexibility.

Flexibility procedures vary also. Static is considered safer and efficient development, how should static position is commonly disagreed upon. Variations range from five to 60 seconds in the static hold position. The point of

agreement is that some discomfort, but not pain, must be experienced. Flexibility training can be performed on a daily basis and, in fact, can be done several times per day if needed. Some experts advocate up to three performances per day for maximum flexibility and believe the interval approach is better than repeating the performance several times in one session.

There are a number of factors that discourage flexibility. The number one cause is a sedentary lifestyle followed by obesity. Age is another factor that will affect us all to some degree, but continued activity along with flexibility exercises will delay the aging factor. A loss of flexibility accompanies obesity and weight gain causing some individuals to suffer a loss of functional movement. When excess fat tissue overlaps or surrounds a joint region, it is not possible to move that joint through its full range of motion. Body structure including the size and shape of bones, muscles ligaments and tendons all affect one's flexibility potential.

The female tends to be more flexible than the male; athletes more than non-athletes and physically active persons are more flexible than those who are sedentary.

People tend to take flexibility for granted. Many do not realize its necessity until they are impaired or suffer discomfort. Several muscular ailments can be related to a lack of flex-

and balance.

- It can decrease the incidence of muscular soreness.

People tend to associate flexibility with warm-up. While this is true to some extent, the purpose of warming up is to prepare the body for more strenuous activity to follow. Muscular contractions are dependent upon muscle/body temperature. Thus the purpose of warm-up is not primarily to increase flexibility.

For example, a former Olympic running coach says "commence running," in regard to training sessions. "No need to waste time with exercises."

Former world class marathoner Bill Rodgers stated, "the best warm-up for running is running. Run slow before you run fast."

Other famous coaches disagree and advocate an exercise-type of warm-up. A major point to make here is that any warm-up session is not the proper time to try to improve one's flexibility.

A cooling down period should follow any strenuous activity. Usually this involves a less strenuous form of activity or movement to slowly return body temperature and heart rate to pre-exercise levels. When the cool-down is near completion, i.e., muscular contraction lessened and body temperature slightly elevated, it may be the optimal time to attempt to

increase flexibility with static stretch exercises. After a strength

tion.

Readers' Questions:

Q: I run about 60 miles per week and compete in races, yet I have trouble touching my toes without bending my knees. What is wrong?

A: You lack flexibility in the low back and hamstring muscles common to some runners and road cyclists. In the future, it will increase your chance of injury such as a pulled hamstring, chronic low back pain and even Achilles' tendonitis. To immediately counter, I would recommend a prolonged hamstring stretch, either standing or on a floor. Increase the range of motion gradually. Use static stretch. NO PAIN! Perform the exercise four times for five seconds, switching legs each time. On a fifth rep, hold 15 seconds. Do the five reps three times daily. Within two weeks you should be touching your toes and running more efficiently. Don't neglect to stretch the Achilles' tendon and also do abdominal muscle exercises (sit-up/crunch/curl). When you feel the benefit, you will probably develop a flexibility routine for the rest of your body and stick with it.

Q: Sometimes when I stretch, I feel a cramping or sharp pain in the muscle. What is this and what am I doing wrong?

A: You are overstretching and activating what is known as the stretch reflex. When a muscle is stretched beyond its capability (amplitude), an automatic contraction occurs, which is the pain you feel. This is a defense mechanism built into the body to prevent injury. If you continue through the pain, you may cause muscle injury or at minimum, develop muscle soreness. Pay heed to the "no pain-slight discomfort only" rule and decrease the length of your stretch. Also you may be performing ballistic stretches and bouncing or jerking into the stretch position. Avoid that and use static stretches only. The stretch reflex warns you when you are stretching beyond your capability.

Q: What exactly is a "loss of functional movement?" You have mentioned this in three articles.

A: It refers to a person who basically cannot perform normal movement skills without impairment and no medical reason. It is usually associated with obesity, lack of flexibility and relative strength. Some examples may be: inability to support oneself while bending or squatting; inability to change body positions without assistance; and alterations in performing neuromuscular skills. All joints of the body have a known range of motion in degrees. A person who cannot move within these ranges would fit this description also.



ibility. Flexibility is specific to each joint. One joint or group of joints may be extremely flexible, while other joints remain stiff. Specific exercises or training is necessary at each joint.

Strength training exercises will actually benefit flexibility as long as they are performed with a full range of motion. However, they should not be considered as a substitute for specific flexibility training.

The primary areas for improving and maintaining flexibility would be at the shoulders, lower back and legs. More specifically, exercises that will stretch the shoulder joint and muscles of the shoulder girdle (upper back) are necessary for upper body movement and flexibility. The lower back and pelvic girdle region along with hamstring, quadriceps, calf muscles and Achilles' tendon stretches provide lower body flexibility necessary for locomotion activities. Possessing flexibility enhances performance in physical activity and daily living in the following ways:

- It can limit energy expenditure.
- It can aid in the prevention of muscular-skeletal injury.
- It permits freer muscular movements; the opposite of muscular resistance (i.e., tightening up).
- It can improve coordination, agility

training session is another good opportunity to stretch. Remember, your strength exercises should be performed with a full range of motion. In both of these situations, be sure not to stretch any area with a "bounce" (ballistic movement).

Flexibility exercises are quite numerous and there are individual differences to be considered. If you lack knowledge or are unsure about what to do, your best source to consult would be a licensed physical therapist or a certified fitness professional that has expert knowledge of anatomy and kinesiology (study of human movement).

The average person's need for flexibility ranges from daily living to recreational and athletic performance. A highly skilled athlete uses dynamic flexibility in many instances and that is normally acquired through practice, conditioning and usually at a young age. For the purpose of physical fitness, work (including military) and sport/recreational activity, passive flexibility developed by static stretch should satisfy most needs. The person who is physically active will probably need less flexibility training since benefits are also gained through strength training and some sports participa-

At the Library

Hardcover fiction

1. The Five People You Meet In Heaven, by Mitch Albom
2. Split Second, by David Baldacci
3. Bleachers, by John Grisham
4. The Da Vinci Code, by Dan Brown Brooks
5. The Wedding, by Nicholas Sparks

Hardcover nonfiction

1. Lies, by Al Franken
2. Who's Looking Out For You?, by Bill O'Reilly
3. Flyboys, by James Bradley
4. The Burning Tigris, by Peter Balakian
5. Madam Secretary, by Madeleine Albright with Bill Woodward

Paperback fiction

1. Four Blind Mice, by James Patterson
2. Lawless, by Nora Roberts
3. Answered Prayers, by Danielle Steel
4. Q Is For Quarry, by Sue Grafton
5. East Of Eden, by John Steinbeck

Paperback fiction

1. Under The Tuscan Sun, by Frances Mayes
2. Seabiscuit, by Laura Hillenbrand
3. Tuesdays With Morrie, by Mitch Albom
4. A Child Called "It," by Dave Pelzer
5. Bringing Down The House, by Ben Mezrich

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