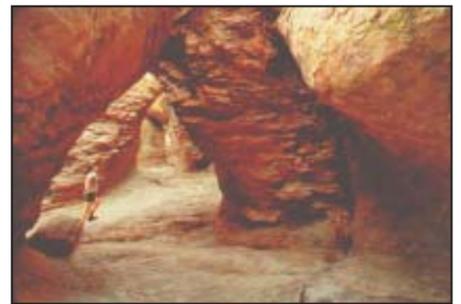


The Scout Time Out



The winding road, see Page B2

Vol. 49, NO. 29 Published in the interest of Fort Huachuca personnel and their families July 24, 2003



Photo by Elizabeth Harlan

Left to right, Mike Walker, Marcus Snell, William Demery, Vicki Hansen, and Phillip Cerami begin their synchronized swimming routine.

Fort lifeguards make splash in local olympics

BY ELIZABETH HARLAN
THE SCOUT STAFF

The Recreation Services Division, sports branch, held its annual Lifeguard Olympics on July 14 at the Irwin pool.

Five teams competed in the olympics. Four were from the Cove, the Sierra Vista swimming pool, and included a junior team with only one certified lifeguard. The fifth team was from Fort Huachuca.

The teams were made up of six members each, and the competition required at least two females.

"We based this year's events on teamwork. We wanted to see how well they could work together," said Karlie Jo Hale, manager of the pools on Fort Huachuca.

The first event was synchronized swimming. The teams choreographed a routine to awe the judges. "We called it the pretty - pretty princess, but basically they had to swim together and make it pretty," Hale said.

The next event was a battle dress uniform trade-off. Teams swam in BDUs from one end of the pool to their waiting teammate who had to put on the same

wet BDUs and swim to the other side of the pool. This event was timed, and teams earned points for speed.

A staged race was the next event. Teams played out a scenario in which they saved a drowning swimmer.

Next, the lifeguards got a chance to show off their "sniper" skills with water guns.

The last event was the leadership reaction course. "The competition was fierce in this event," Hale said.

When the competition was over, seven points

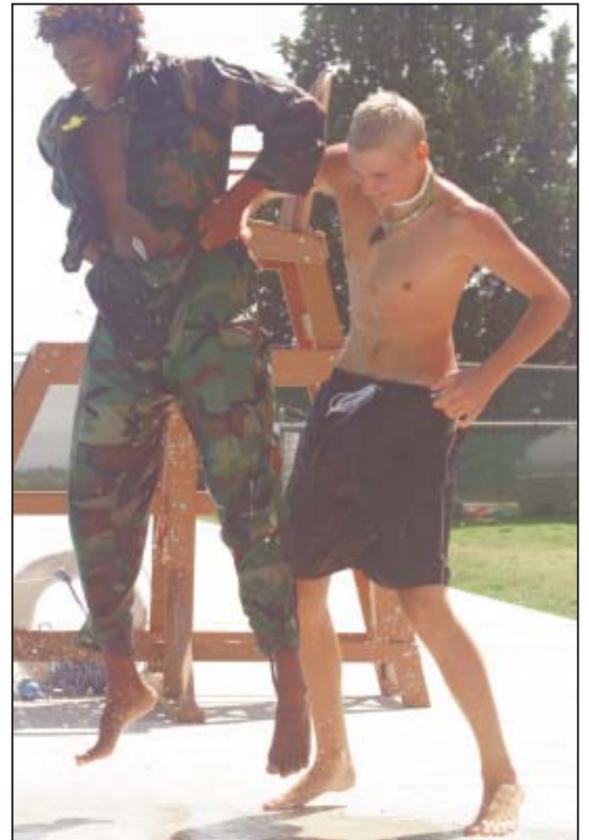
separated the first and second place teams.

The Fort Huachuca lifeguards defeated the Cove lifeguards 113 - 106.

"I think the fact that we work so well together helped us win," said Phillip Cerami, member of the Fort Huachuca team.

"A lot of the other teams were falling apart, but we have really good teamwork," he added.

The Fort Huachuca team consisted of Rebecca Burette, Vicki Hansen, William Demery, Phillip Cerami, Marcus Snell and Mike Walker.



Walker assists Demery as he put on soaking wet BDUs as part of the BDU trade-off.

Creepy crawlies congregate Bugs have heyday in your house when rains come

BY ELIZABETH HARLAN
THE SCOUT STAFF

The rain brings many creatures out and about. You may have noticed increased numbers of several creatures such as snakes, scorpions, tarantulas, centipedes, and millipedes.

"The rain acts as a stimulant for these creatures. It is too hot most of the year for them to come out," explained Jim Hessil, Fort Huachuca wildlife biologist.

"For tarantulas it is an annual thing. They wait until the rain arrives to come out. It is also mating season. The males are out looking for mates," Hessil said. "You really don't see tarantulas except July through October. They stay pretty dormant the rest of the year," he said. "Tarantulas are docile for the most part. You have to really provoke them," he

said. Even though they are not venomous they have large teeth and, if provoked enough, will bite. If you do come across one of these large spiders in your home, you can place a dustpan in front of it and it will most likely walk right onto it. Then you can relocate it outside.

"Rattlesnakes come out when the weather cools off," he said. "It is important to remember that, unless there is a safety issue, there is no reason to kill a snake or any other creature for that matter," Hessil explained. "You have to have a hunting license to kill black tail, mojave, or western diamondback rattlesnakes. Some species in the Huachuca Mountains are protected, such as the banded rock, ridge nose, and twin-spotted rattlesnakes. It is illegal for anyone to kill



Photo by Elizabeth Harlan

Tarantulas are basically unassuming creatures and will bite only if they are frightened. Even though their bites are painful, they are not poisonous.

See **BUGS**, Page B2

Time Out briefs

Wild Turkey Federation meets

The Huachuca Gould's Chapter of the National Wild Turkey Federation will be holding a Juniors Acquiring Knowledge, Ethics and Sportsmanship Conservation Field Day

Aug. 3. This event will be held at the Huachuca Oaks Baptist Camp, 9502 Highway 92. The day, which begins with registration at 8 a.m., includes lunch and is free for JAKE members.

Those not currently signed up as a JAKE can do so by contacting Judi Snaveley, event coordinator, at 803-0588. This outdoor event is limited to the first 50 children. Parent or guardian must accompany the child, so please contact Judi as soon as possible for registration information.

During this JAKES day the children will learn outdoor skills from local experts and enjoy the chance to participate in some great "hands-on" activities.



Learn to weave

Ever wanted to know how fluffy bits of fleece off a sheep make it into yarn? Tina Benson from Sunizona will show how it is done on her spinning wheel this Saturday, at the Bisbee Farmers Market. She will also demonstrate "Navajo style" weaving on a frame loom. Want your own source for wool to spin and weave?

The farmers market is open on Saturday morning from 8 to noon at the Vista Park in the Warren section of Bisbee.

The Bisbee Farmers Market is co-sponsored by the City of Bisbee and the Chamber of Commerce. Call 378-2973 for more information.

Poets sought

The Friendly Poets Society is offering a \$1,000 grand prize in their latest poetry competition, free to everyone. There are 50 prizes in all, worth almost \$5,000. The contest is seeking poems on any subject, using any style, with a life-affirming inspirational theme.

To enter, send one poem 21 lines or less to: Lavender Augulis, Poetry Contest, 2255 N. University Parkway, Suite 15, 196, Provo, Utah 84604. Or go to www.friendlypoets.com and enter online.

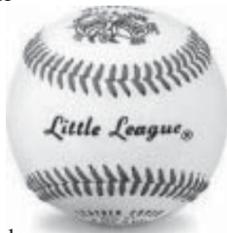
The deadline for entering is Aug. 23. A winner's list will be sent to all entrants. The editors reserve the right to publish the winning poems online or in a pamphlet.

Sierra Vista fall Little League baseball

The Sierra Vista Little League baseball season will run mid-August through October. Registration begins Aug. 2. Youth 8 - 15 are eligible to play. Register at Big 5 Aug. 2 from 10 a.m. - 2 p.m. or

online at <http://www.eteams.com/sierravistalittleleague>. Youths 8 - 11 will play Minors/Majors rules baseball, 12 - 15 will play Juniors rules. Coaches and parents are encouraged to volunteer.

Questions should be directed to Scott Delibac (players 8-11), 458-1186, or delibac@cox.net and Randy Helton (players 12-15), 458-8480, or ranhel4367@aol.com.



TRADOC chaplain is guest speaker

Col. Lilton Marks, Training and Doctrine Command chaplain, will be the guest speaker at a luncheon here commemorating the 228th anniversary of the U.S. Army Chaplain Corps.

The luncheon will take place at LaHacienda on Monday at 11:30 a.m. Cost of the luncheon is \$8.

This special event also serves as a farewell to Installation Staff Chaplain Col. Juan Loya, who is retiring after 24 years of service as an Army chaplain.

Call 533-4748 to make reservations.

Gardening class for youth

"You too can be a junior master gardener," Darcy Tesseman, 4-H cooperative extension agent, will share ways to connect youths, gardening and recycling through educational hands-on activities that meet state and national education standards.

The program begins today at 6 p.m. to allow sufficient time to learn about the program and to explore activities suitable for children. The program will be held in the Mona Bishop Conference Room, Sierra Vista Public Library on Tacoma Street off Coronado Drive, Sierra Vista.

For more information, call Joan Vasey at 378-0311.



The winding road

BY TERRALISSA LEE
USAIC & FH PUBLIC AFFAIRS

Chiricahua National Monument is 40 miles west of Willcox. The mountains are susceptible to thunderstorms during summer afternoons, so plan an early morning visit. It is also particularly beautiful in the fall and after a winter's snowfall.

Twenty-seven million years ago the massive Turkey Creek Caldera volcanic eruption laid down 2,000 feet of ash and pumice. This mixture fused into a rhyolitic tuff rock and eventually eroded into the spires, pinnacles, and fantastic rock formations of today.

The monument consists of 12,000 acres and is at the intersection of the Chihuahuan and Sonoran deserts, the southern Rocky Mountains and the northern Sierra Madre in Mexico. It is a mecca for hikers and birders who enjoy the diversity of plants and wildlife. The visitor center is open from 8 a.m. to 5 p.m., seven days a week for maps, park information, and souvenirs.

Chiricahua National Monument is also a popular destination for stargazing with some of the best nighttime skies in the United States. Access to the monument is available 24 hours a day. Picnic areas are provided throughout the monument and the Bonita Canyon Campground has 25 sites. Due to the limited number of campsites, reservations fill up quickly.

The Civilian Conservation Corps camped in the canyon during the 1930s and constructed miles of winding, superbly designed trails, which are immaculately maintained. Trails vary in degree of difficulty from the Echo Canyon trail (3.5 miles) to the more difficult Heart of Rocks Trail (7 miles), which offers spectacular views of various rock formations.

For those of you not inclined to hiking, you can still enjoy the beauty of the monument during the eight-mile scenic drive to the 7,000-foot high Massai Point. There are several points along the drive to pull off and observe the Sea Captain, Organ Pipes, and China Boy rock formations. At the top of the drive, the head of Cochise can be seen on a ridge outside the monument.

At Massai Point there is a stone exhibit house loaded with artifacts, a relief map and geologic information. Several trails branch off, descending into canyons and rock formations. The Massai Point Nature Trail is a short loop that features a spectacular view of the Chiricahua's distinctive rock formation and has placards describing the wildlife and topography.

Within the Chiricahua Nations Monument is Faraway Ranch at the mouth of Bonita Canyon. It was settled by Swedish immigrants Neil and Emma Erickson after Geronimo's surrender. Their daughter Lillian and her husband Ed Riggs, turned the homestead into a guest ranch and worked to make the area a national park.

The Chiricahua Apaches, led by the famous chiefs Cochise and Geronimo took refuge in the Chiricahuas during hostilities with white settlers until the Apaches were defeated in 1886. In the 1870s, a detachment of Buffalo Soldiers, the famous black cavalry, camped at the mouth of Bonita Canyon to prevent the Apaches from escaping into its wilderness. The Buffalo Soldiers built a monument to honor President James Garfield out of stone blocks, into which they had carved their names.

In the 1920s, as the monument to Garfield started to deteriorate and stones were being stolen, Neil Erickson took the leftover stones and used them to construct a fireplace at Faraway Ranch, thus preserving an important part of history. The outside grounds of Faraway Ranch are open at all times but tours of the inside of the house are limited. Please contact the visitor center for additional park or tour information at 824-3560.

Join me next week as we explore Tombstone, the town too tough to die!

Spirit Warrior '03 comes to Fort Huachuca offers spiritual weekend at chapel

"Spirit Warrior Desert '03" takes place Aug. 15-16 at Kino Chapel. "Spirit Warrior" originated in Yongsan, Korea through the efforts of Chaplain (Maj.) Dennis R. Nitschke and a team of volunteers who saw a need for Christian growth and commitment.

Originally for men, it has grown to include women and couples. There have been four events in Korea. This will be the first in the United States.

"Spirit Warrior" budded from a book by Stu Weber entitled "Spirit Warriors" teaching about faith and

spiritual combat in today's world. The original theme and text "Put on the full armor of God" from Ephesians 6:10 - 18 will be the local theme for this initial event.

"Spirit Warrior Desert '03" is an evening and a full-day event, beginning on Aug. 15 at 7 p.m. with a keynote speaker and a contemporary music concert conducted by "SpiritShine" a band led by Bill and Katie Toney (originally the "ROCK" band in Yongsan) from N.C. The activities on Aug. 16 begins at 7 a.m. with a continental break-

fast, a morning of speakers and workshops, lunch, afternoon workshops, and a closing session. Workshops and sessions will be conducted by several chaplains and local clergy. Throughout there will be music conducted by "SpiritShine."

"SpiritShine" will also provide the music at two contemporary worship services conducted Aug. 10 and 17 at 10 a.m. in Cochise Theater.

SWD'03 is open to all people interested in growing in their relationships with Christ, family and friends.

Registration is a non-refundable donation of \$10 per person or \$15 per couple. Registration includes a SWD'03 T-shirt, "Spirit Warriors" book by Stu Weber, SWD'03 Music CD by "SpiritShine" and meals (a package worth over \$50.00).

Registration is limited to the first 320 people. SWD'03 has openings for volunteers in the chorus (band backup), registration, hospitality, setup and cleanup. To volunteer, register, contact Chaplain (Maj.) Dennis R. Nitschke at 538-7379, 538-6416 or 533-4748.

BUGS, from Page B1

these snakes.

"If there is a snake in your yard chances are it is just passing through," Hessil said.

"If you want to prevent snakes from staying in your yard, my advise is to keep it clean. They are looking for a place to hide, so if you have wood piles or garbage that they can get under, it gives them shelter and they will stay longer."

If you do have a rattlesnake in your house or yard you would like removed, you can call the wildlife office at 533-7084.

Centipedes and millipedes are more likely to be found indoors this time of year. They can squeeze through little cracks.

"P O O R weatherstripping could be to blame for some of these creatures getting inside," Hessil explained. They are venomous but not fatal. "Getting bit by a centipede or a millipede is similar to getting stung by a wasp. It may swell a little," Hessil said.

According to Barb Ogg, extension educator at the University of Nebraska, when the rain comes, millipedes may become a nuisance because they migrate away from feeding areas and invade homes. Because they crawl along the ground, they are usually found in lower floors

and basements. Once inside the home, they usually die due to desiccation, although in moist basements they can survive longer.

Millipedes live in organic matter (leaves, mulch, piles of wood or wood chips) and other material close to the house. Over mulching or over watering in the garden can result in millipede attack on vegetable plants. Removing the organic debris or mulch materials near your home will help reduce the potential for invading millipedes.

Outdoors, you may wish to treat a 10-15 foot strip around the house perimeter with an insecticide. Do not forget to treat the exterior basement wall, window frames and doorsills.

Scorpions and

vinegarroons are more active this time of year, as well. According to Hessil, there are many different species but it is very hard to differentiate between them. Desert USA states the species, *Centruroides exilicauda*, is found over much of Arizona. The venom of this scorpion may produce severe pain and swelling at the site of the sting, numbness, frothing at the mouth, difficulties in breathing (including respiratory paralysis), muscle twitching, and convulsions. Death is rare, especially in more recent times. An antivenom is available for severe cases.

According to Desert USA, scorpions are difficult to control with insecticides alone. Therefore, the first control strategy is to modify the area

surrounding a house. For example, remove all trash, logs, boards, stones, bricks and other objects from around the home. Keep grass closely mowed near the home. Prune bushes and overhanging tree branches away from the house. Tree branches can provide a path to the roof for scorpions. Install weatherstripping around loosefitting doors and windows. Keep window screens in good repair and make sure they fit tightly in the window frame.

Hessil stated that there has been a rise in the number of bat sightings on Fort Huachuca. This is the time of year bats are having their young, he said. "The most important thing to remember is never touch a bat," he stated.

Bats can carry rabies, which is 100 percent deadly in humans. Bats are protected and cannot be killed. If you encounter a bat in your house call the wildlife office to remove it.

With the much needed rain come these creatures. "My best advice is to watch where you put your hands and feet and where you sit. If you don't bother them, chances are they won't bother you," Hessil said.

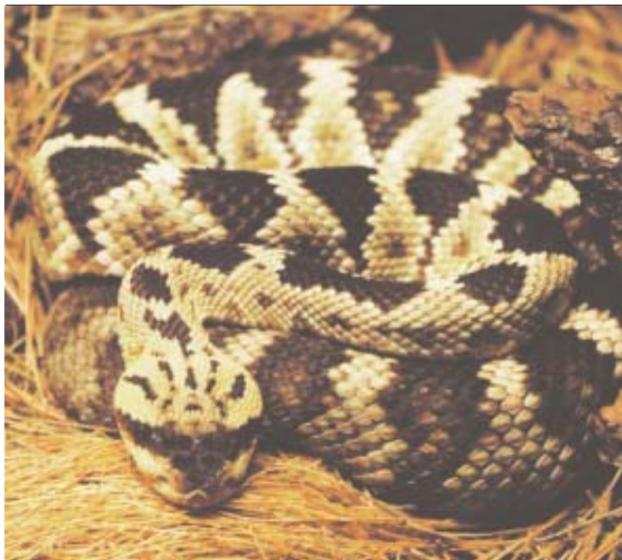


Photo by Staff Sgt. Robert Hyatt



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

New league forming at Desert Lanes

It's time to sign up for the Marvel Action Hero Bowling Club at Desert Lanes. The youth/adult league will start Sept. 1 and end Dec. 15. Participants will bowl three games every Monday at 6 p.m.



Teams will consist of one youth and one adult. If you do not have a teammate, you will be paired with someone.

Cost is \$12 per person per week. At the end of the league, each bowler will receive their choice of a bowling ball featuring Spider Man or the Incredible Hulk. Spaces are going fast, so stop in at Desert Lanes today to sign up.

Also happening at Desert Lanes will be Thrifty Thursday July 31. From noon - 5 p.m. that day, you can bowl for just 75 cents per game

For more information, call Randy Carter at 533-2849.

Coming up at Mountain View Golf Course

Saturday, Mountain View Golf Course will host a benefit tournament for Susan G. Taylor. Proceeds will be used to help defray medical expenses. The tournament will have a 7 a.m. shotgun start.



The Commander's Payday Scramble will be held July 31 at MVGC. Signup is in progress now for this tournament.

For more information or to sign up, call 533-7088.

For more information, call Rita Battle at 533-0903.

August arts and crafts classes offered

MWR Arts Center will hold arts and crafts classes for children 5-15, 10 a.m. - noon, on the following dates: Aug. 7, tie dye T-shirts; Aug. 8, pottery (coiled clay pots); Aug. 9, ceramic painting; and Aug. 10, glass art (paint on glass).

The cost is \$7 per class or \$12 for two classes. Classes must be prepaid at the time of registration.

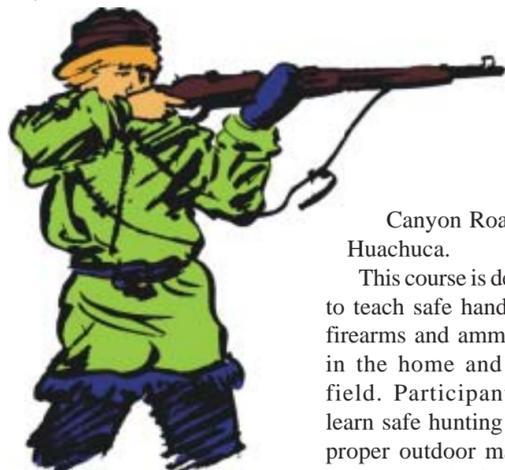
A full selection of adult art classes will also be offered in August, including framing, ceramics, basic jewelry, watercolors and stained glass, to name a few.

For a complete schedule or to register for a class, drop by the MWR Arts Center or call 533-2015 for more information.



Hunter education class will be offered

The Sportsman's Center and the Arizona Game and Fish Department will present a hunter education program beginning Aug. 4. The class will be held at the Sportsman's Center.



Carth

Canyon Road, Fort Huachuca.

This course is designed to teach safe handling of firearms and ammunition in the home and in the field. Participants will learn safe hunting habits, proper outdoor manners, outdoor survival, wildlife

management techniques and more.

The course is open to all ages, and family participation is encouraged. It is taught by volunteer instructors certified by the Arizona Game and Fish Department.

Cost is \$5 per participant. This class is required, by law, for youth 10 - 14 who wish to hunt big game.

Another event coming up at the Sportsman's Center will be Ladies Familiarization Day Aug. 2 at the Plinker Range. Cost is \$10, and each participant will receive a certificate.

August 2 and 3, the Garden Canyon Trap Club will hold a trap shoot. Registration begins at 8 a.m.

Call 533-7085 for more information or to register for any of these events.

Right Arm Night at LakeSide

The LakeSide Activity Centre will host the next CG's Right Arm Night, tomorrow 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.

Army Soldier Show

The United States Army Community and Family Support Center will present the 2003 Army Soldier Show Aug. 28 and 29 at Buena Performing Arts Center, Sierra Vista.

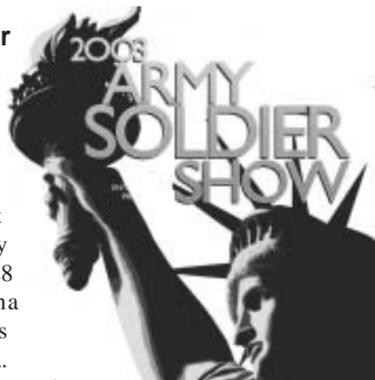
There will be one show Thursday at 7 p.m. and two shows Friday, at 5 and 8 p.m.

Admission to the show is free, but you must have a ticket. Tickets are available now at Sierra Vista Safeway and MWR Box Office.

The U.S. Army Soldier Show is a fast-paced 90-minute family-friendly musical medley featuring 17 soldiers performing a variety of music styles ranging from current pop hits, to patriotic, to country, to rhythm and blues, contemporary Latin, to nostalgic rock and roll. It pays special tribute to Irving Berlin, the "founding father" of today's Army entertainment program.

Great dancers in the cast allow more dancing than in previous years, with jazz, tap, ethnic, Bob Fosse-styled choreography and even a Native American hoop dance worked into the show.

For more information, call 533-2404.



MWR Box Office has some great offers

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

- Waterworld in Tucson. Cool off with discounted tickets available for military or DoD ID card holders.
- The Tucson "Passport to Savings" coupon book. You can double your fun.
- Free tickets for the Army Soldier Show Aug. 28 and 29.
- Stovall's Best Western, located near Disneyland and California Adventure in Anaheim, Calif., Get one free night with every two nights booked with MWR vouchers. Offer effective through Aug. 24.
- Universal Studios Hollywood salutes the armed forces with a free, unlimited use admission pass. Active duty personnel also may purchase passes for family and friends for just \$39 per person. All other members of the military community may purchase two-day passes for the price of one.

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

Mercedez and S.N.A.F.U. will be featured in outdoor concert Saturday

The Directorate of Community Activities, Recreation Services Division, will present the second in the series of outdoor "Summer Sunset Concerts" at Pauley Field, Saturday, here. Gates open at 6 p.m., and the show starts at 7 p.m. Cost is just \$2 per person, and children 12 and under are admitted free. The concert is open to MWR patrons and their guests. Concessions will be available.

Alternative rockers S.N.A.F.U. will open the show, followed by headliners, Mercedez. The band features recording artist/songwriter/actress Mercedez as lead singer. Originally from Texas, Mercedez now lives in Willcox, Ariz. She has appeared in several movies, commercials, music videos and on television. She writes, produces and performs original music in the pop, rock and country genres. Mercedez has won the ASCAP (American Society of Composers and Publishers) Popular Music Award for three consecutive years.



Mercedez's band is made up of veteran musicians who together create a unique sound that should appeal to almost anyone's taste. Recently, the group performed at the Independence Day celebration at Davis -Monthan Air Force Base.

The concert will be hosted by Arizona's own comedian, Amy Blackwell.

Tickets are available at area Safeway stores and at MWR Rents, Desert Lanes and MWR Box Office on Fort Huachuca, or at the gate. For more ticket information, call 533-2404.



Opening act S.N.A.F.U.



Vendor applications for Fun Festival available

The Directorate of Community Activities, Recreation Services Division, will sponsor the annual Fun Festival Sept. 19, 20 and 21. The festival will be held at Veterans' Memorial Park in Sierra Vista, to ensure easy access for all festival-goers.

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

Scuba classes coming up at BFH

Barnes pool will be offering a scuba class starting Sunday, 10 a.m. Classes will be held on weekends at Barnes indoor pool. This class is open to the public and will cost \$150. Those completing the class will receive scuba diving certification.

For more information, please call Dennis Ballard at 803-0308 or Barnes pool at 533-3858.



NAF property sale

Saturday, 8 a.m. - 2 p.m., Army lodging will hold a non-appropriated fund property sale. Items from Holman Guest House, such as mirrors, dressers, activity tables, night stands, headboards, drapes and others will be sold. The location of the sale is Building 52054, next to the Main Post Chapel.

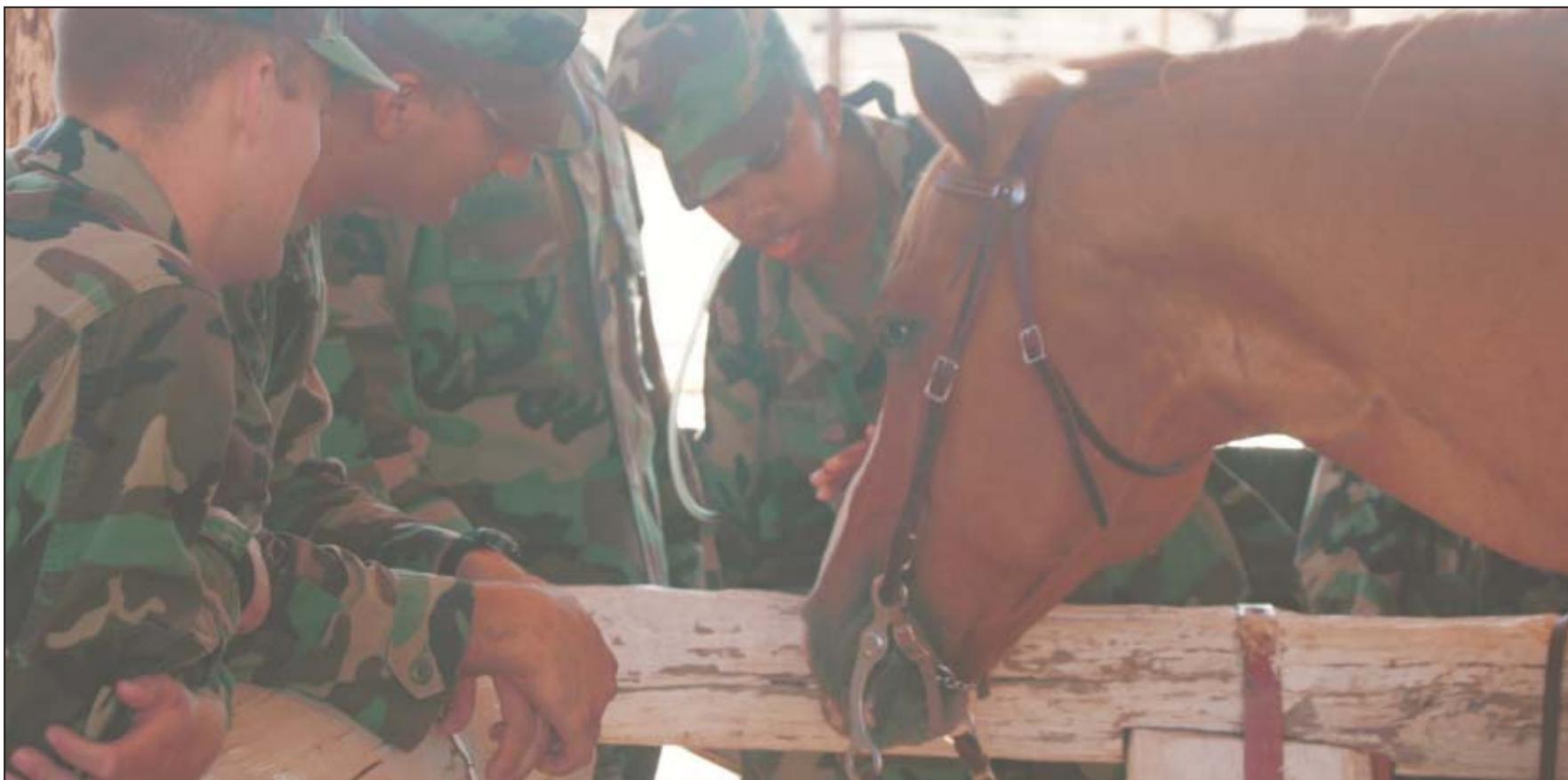


Photo by Elizabeth Harlan

Pfcs. Clint Fielding, Jeffery Haynes, and Tashauna Bertram introduce themselves to one of the horses before the trail ride on Saturday. The soldiers are students with Company E, 309th Military Intelligence Battalion.

Cowboy up!

A day in the saddle

BY ELIZABETH HARLAN
THE SCOUT STAFF

Shortly after the sun rose over the Arizona Mountains on Saturday, the Buffalo Corral was swarmed by anxious people ready to saddle up and head out. The Corral entices both locals and visitors with guided trail rides every Saturday and Sunday and routinely scheduled all day rides.

Riders of all ages and skill levels are welcome. Anyone under 18 must be accompanied by a parent or guardian and is required to wear a helmet.

Both Saturdays and Sundays have a morning ride, 9 – 11 a.m., and an afternoon ride, 2 – 4 p.m. Reservation and payment are required by the previous Friday. It is recommended by the staff that you arrive 30 minutes before the scheduled time to fill out necessary paperwork.

Each rider is carefully matched to a horse and given a quick lesson on how to properly hold the reins and a few helpful riding tips. This is followed by a short lecture on some of the things that may be encountered on a ride, such as rattlesnakes, deer, or javelina. Then, the ride begins.

The experienced staff lead the riders through the rustic mountains. Halfway through the ride there is a place to rest and stretch. After a short break, the ride continues. Once back at the Corral, it is time to say goodbye to your horse.

The Corral offers other recreational activities, such as open riding. Wednesday through Sunday, 9 a.m. to 2:45 p.m., the horses can be rented on an hourly basis for unguided leisure riding.

They also offer western riding lessons that can be scheduled Wednesday through Sunday from 9 a.m. to 3 p.m. Group classes are available for a minimum of three people on Saturdays, 8 – 10 a.m., for three weeks.



Browen McDermott looks back to check on her son on the horse behind her.

Monthly horse leasing is also available for \$150 a month with everything included. Horse boarding is available in the private mounting area. Pens are \$28 a month, tack room is \$10 monthly, and full board is \$175 a month. For more information on any of the programs offered at the Buffalo Corral, call 533-5220.



The trail ride starts off head-to-tail through the brush and trees and continues into the scenic Huachuca Mountains.



Chris Huddleston an employee at the Corral fits Kayla Armstrong, 12, with a riding helmet.

Snag some healthy snacks

BY CARRIE WILLIAMS
DEFENSE COMMISSARY AGENCY

Snacking sometimes gets a bad rap. Our "junk food" culture instills in many people the idea that snacking is bad. In fact, if done wisely, snacking is the opportunity for our bodies to refuel in between meals.

A snack-savvy consumer will fill the pantry and refrigerator with these items from the commissary: Cheese, nuts, cereal and granola, milk and yogurt, peanut butter and jelly, fresh fruits and vegetables, bread products including English muffins, frozen biscuits and bagels, and boxed gelatin.

For children, snacking can be not only nutritionally sound, but necessary. Children need to refuel their growing, active bodies many times throughout the day, and their small stomachs are suited for frequent, small portions.

Involve the children in the search for healthy items at the commissary. Let them help pick out ingredients. Engage them in assisting with snack preparation in the kitchen.

Plan snacks as part of the daily food plan. Snacks should be mini-meals. They should be small, but satisfying. Serve small portions and provide more if they ask. Dole out snacks at the same time each day, but not too close to meal times. Use a clock or timer with your child to determine snack times; the benefit is two-fold: The child learns to tell time and becomes mindful of the regularity of snack times. Midmorning and midafternoon are appropriate snack times.

Prepare extra servings at meal times to be saved for snacks later. Set aside a

"snack spot" in the refrigerator and cupboard and keep it stocked with nutritious, ready-to-eat snacks.

Remember your food habits set the example for your children. Make healthy snack choices for yourself as well as for your children. Don't let children nibble all day long and never offer food as a reward for good behavior. Limit intake of sweet beverages and avoid beverages containing caffeine.

The healthiest snacks do not include a lot of refined sugars or carbohydrates such as chips, cookies and crackers, which are high in fat and low in protein. When using yogurt or other dairy ingredients in snack preparation, opt for the nonfat or low-fat versions.

Here are some fun, healthy and quick snack ideas for the young or young at heart:

- **Ants on a log:** Wash and cut two celery stalks into pieces (about 5 inches long). Spread peanut butter in u-shaped part of the celery, from one end to the other. Press raisins into the peanut butter.

- **Stuffed apple:** Core and remove seeds from an apple. Stuff with peanut butter.

- **Healthy "ice cream" sandwich:** Spread yogurt between graham crackers, then wrap and freeze.

- **Breakfast banana split:** Top a split banana with yogurt or cottage cheese and sprinkle with toppings such as fresh berries and crunchy cereal.

- **Tuna boat:** Hollow out a peeled cucumber and fill with tuna salad. Hoist the sails using triangles of cheese on toothpicks.

- **Rabbit rollups:** Spread a creamy salad dressing on a large lettuce leaf and layer with meat, cheese and cucumbers sliced thin. Roll and serve.

- **Sandwich shapes:** Use a cookie cutter to make interesting shapes out of an ordinary sandwich, no matter the filling.

- **Pizza faces:** Spread a little prepared sauce on an English muffin and let children use toppings to make the faces. Bake for 8-10 minutes.

- **Fruit shakes:** Blend 1/2 cup yogurt with 1/2 cup fresh fruit juice.

- **Banana yogi-sicles:** Peel a banana and stick a Popsicle stick in one end. Dip the banana in yogurt and roll in crushed breakfast cereal.

- **Cereal parfait:** Layer yogurt, fruit and whole grain cereal in a cup.

- **Bunny bag:** Slice and dice fresh fruit and vegetables such as carrots, apples, oranges and cauliflower. Put them in a ziplock bag. The oranges will give everything a nice flavor and the citric acid prevents the apple slices from turning brown.

- **Sweet potato chips:** If a crunch is what you're after, slice two medium sweet potatoes and rub with vegetable oil. Sprinkle lightly with sugar and cinnamon and place on a lightly greased baking sheet. Bake at 400 degrees Fahrenheit for 20 minutes, turning midway.

- **Plain old summer fruit:** Watermelon, strawberries, kiwi, pineapple. Wash it, slice it and serve. What could be healthier? Or easier?

- **Classic frosty root beer float:** Ever noticed diet root beer tastes virtually indistinguishable from regular root beer? Capitalize on the great taste and wide availability of sugar-free products: Add a scoop of "no sugar added" vanilla ice cream to a serving of cold sugar-free root beer and you've got a refreshing antidote to the summer heat.

Sports standings

volleyball

unit	wins	losses
Co. E, 305TH MI	7	0
Co. D, 309TH MI	7	1
Co. C, 304TH MI	7	1
HHC, 111TH MI	5	3
Co. E, 309TH #1	5	3
HQ CO, 306TH MI	4	3
MEDDAC	3	5
Co. D, 309TH MI	2	1
Co. B, 304TH MI	2	2
Co. B, 305TH MI	2	2
Co. E, 309TH #4	1	5
USAG	1	6
Co. E, 309TH #2	1	7
63RD DIVISION	1	8

golf

unit	points	matches
HQ CO, 306TH MI	123	14
ISEC #1	95	14
111TH MI	84	14
Co. A, 306TH MI	81	14
JITC #2	80	13
Co. C, 304TH MI	62	12
ISEC #2	60	13
MEDDAC	59	12
ISEC #3	52	12
JITC #3	52	13
IEW MAINT	51	12
IEWTD	40	11
Co. B, 305TH MI	39	11
JITC #4	38	11
JITC #1	26	13

Volleyball schedule

tonight

6	MEDDAC	Co. E, 309th MI #4
7	HQ, 306th MI	Co. C, 304th MI
8	Co. A, 305th MI	Co. B, 304th MI

Monday night

6	Co. B, 305th MI	HQ, 306th MI
7	Co. E, 305th MI	B Co, 304th MI
8	111th MI	Co. E, 309th MI #1

Tuesday night

6	Co. E, 309th MI #4	Co. D, 309th MI
7	USAG	MEDDAC
8	Co. E, 309th MI #2	Co. A, 305th MI

Wednesday night

6	Co. B, 305th MI	Co. C, 304th MI
7	Co. B, 304th MI	HQ, 306th MI

Send your sports updates to:
thescout@hua.army.mil

At the movies

Showings at the Cochise Theater for the next week are:

Today

2 Fast 2 Furious (PG-13m 108 min.) 7 p.m.

Tomorrow

Wrong Turn (R, 84 min.) 7 p.m.

Saturday

Hollywood Homicide (PG-13, 116 min.) 7 p.m.

Sunday

Rugrats Go Wild (G, 84 min.) 2 p.m.

Wrong Turn (R, 84 min.) 7 p.m.

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

At the library

Hardcover fiction

1. The Da Vinci Code, by Dan Brown
2. Johnny Angel, by Danielle Steel
3. The Lake House, by James Patterson
4. White Death, by Clive Cussler with Paul Kemprecos
5. The Lovely Bones, by Alice Sebold

Hardcover nonfiction

1. Living History, by Hillary Rodham Clinton
2. Benjamin Franklin, by Walter Isaacson
3. Kate Remembered, by A. Scott Berg
4. Treason, by Ann Coulter
5. The Kennedy Curse, by Edward Klein

Paperback fiction

1. East of Eden, by John Steinbeck
2. The Shelters of Stone, by Jean M. Auel
3. Eleventh Hour, by Catherine Coulter
4. Killjoy, by Julie Garwood
5. An Accidental Woman, by Barbara Delinsky

Paperback nonfiction

1. Seabiscuit, by Laura Hillenbrand
2. Running With Scissors, by Augusten Burroughs
3. It's Not About the Bike, by Lance Armstrong with Sally Jenkins
4. Tuesdays With Morrie, by Mitch Albom
5. Fast Food Nation, by Eric Schlosser