

The Scout TimeOut



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Photo by Elizabeth Harlan

Add five

In barrel racing five seconds is added to the contestant's overall time for knocking down a barrel. Whitney Robinson wound up with a total time of 27.29 seconds after being penalized 10 seconds for overturning two barrels at the Pat Hughes Sierra Stampede Sunday. See related story and photos on Page B2.

Post lifeguard, real lifesaver

BY SPC. MATTHEW CHLOSTA
SCOUT STAFF

A post lifeguard momentarily helped save the life of a heart attack victim on Dec. 8 in Orlando, Fla.

Karlie Jo Hale, post pool's manager, was part of a two-person cardio pulmonary resuscitation team that was able to revive and sustain a pulse in the older male heart attack victim.

"We were in Orlando, Florida for an ABC [Athletic Business Conference] along with aquatics training," Hale said.

Hale was there for approximately two weeks.

"Part of it was classroom training and then the last two days we were

actually in the water," Hale said.

Joe Johnson, Army head of aquatics, was there to oversee the extra training provided to more than 96 personnel from different Army aquatics programs.

The training, which took place Dec. 2 - 12, focused on unusual poolside emergency scenarios, reactions and situations.

Hale described the emotions and scene surrounding her rescue at the ABC training conference in December.

"Basically, Joe had us in the water doing different scenarios," Hale said, "trying to open our eyes to things that you might not think about, when you're making a rescue, after the

rescue or even before the rescue."

The trainees had gotten into the pool about 7:30 a.m. and had been practicing rescue techniques for various scenarios including: heart attack, stroke, bee stings and drowning when a man came into the pool area to stretch out before his swim.

"It was a YMCA [Young Men's Christian Association] pool that we were at," Hale said. "It was a huge pool. A variety of people train there. An older gentleman came running in from working out. He went down to the far end of the pool. He was getting ready to get in the water and he was stretching. [when] We saw him fall.

"The lady from the YMCA came

down and was yelling, 'Is there any EMTs [emergency medical technicians] or doctors on staff?'" Hale said.

"One of the guys that was in our class, who was EMT certified ran down there," Hale said. "I proceeded to follow with the backboard thinking it was a water emergency. The backboard was brought, because if it was a water emergency and he hit his head, it could've been a spinal [injury] and you'd have to use the backboard.

"We get down there and he was already on the ground and they had started chest compressions," Hale said.

Hale said she learned to survey the scene during her past lifeguard and

first aid training.

Hale's lifeguard training took over from there.

Hale explained what a lifeguard looks for when surveying the scene, she said, "if there is going to be a danger or harm to me as the rescuer or if we're going to need to move the victim, because of harm to him, to see if anyone has called 911, has anybody started any activity on him."

Hale said someone from the YMCA called 911.

"When I got down there, we got the AED," Hale said. "It is an automated defibrillator. Basically, I

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Batter up

Members of the Tucson Sidewinders professional baseball team will visit Fort Huachuca Wednesday.

The team will arrive at 9 a.m. and some of the players will have batting practice while members of the Fort Huachuca's 2003 Armed Forces Softball championship team, the Buffalo Soldiers, play the field at Geronimo Field, on Smith Ave. between Youth Services and the Child Development Center.

Sidewinders will be available to sign autographs and answer fans' questions until approximately 10:45 a.m. This event is open to the public. For more information, call 533-1987.



MEDDAC slams 19th Signal Company

BY SPC. MATTHEW CHLOSTA
SCOUT STAFF

The deployment of 11th Signal Brigade soldiers has impacted more than family members in the unit - it also affected their championship-caliber basketball team. Last year 19th Signal Company won the post intramural basketball title, but this season has had trouble on the court and their woes continued Jan. 13 at Barnes Field House.

The team suffered a crushing defeat to the Medical Department Activity 46-28 in which only three of their starters returned from last year's team. "There is no camaraderie right now because we're trying to figure out each other on the court," said 19th Sig. Company Head Coach Jacob Hatcher. "It's been tough to establish chemistry because so many of our former players

are deployed."

Echoing Hatcher's sentiments, returning starter Calvin Buchanan said, "Everybody hasn't played together. We have to put the right players together, but if we can get into the playoffs, we'll have a chance." Whatever chances 19th Sig. Company had of defeating MEDDAC came to an abrupt halt as they failed to score midway through the first half to halftime after being tied 11-11. Cameron Morton and Frederica Hamilton led MEDDAC on a 10-0 run by scoring on easy fast break points.

The first half of the game was marked with sloppy offense by 19th Sig. Company and tenacious defense by MEDDAC. Aware his team was frustrated at the break, Hatcher told them during halftime to play better defense.

See **SLAM**, Page B7



Photos by Elizabeth Harlan

Penny Conway and Kim Vieu, compete against 11 other teams in team roping. The duo received a no time on Sunday because the steer was not successfully roped.

Ride 'em cowgirl

With a jingle, jangle of spurs, pro rodeo comes to town

BY NELL DRUMHELLER
SCOUT STAFF

The rolling hills of the San Pedro River valley have seen many a cow and cow poke. This past weekend the scenery remained the same while the occupants took on a new twist.

The typical rodeo contestant, smudged with arena grime and smears of manure is broad shouldered, often mustached and very male. However, at the sixth annual Pat Hughes Sierra Stamped Women's Professional Rodeo Saturday and Sunday the little women untied their aprons and slapped on their chaps.

More than 50 women from across the United States converged on Sierra Vista to try their luck and brawn against bucking broncs, bawling bulls and one another. They competed in

breakaway roping, team roping, barrel racing, bull riding, bareback riding and tiedown calf roping. This was just one stop on their long trek down the competition road where many contestants hit dozens of rodeos each year.

Rodeo has never been bigger in the United States. Long a testosterone-soaked test of manhood and virility, the sport has come out of America's

backwoods into the mainstream. It is now broadcast at prime time to audiences of millions. Winners of last year's men's finals had a record pay-out of 4.2 million, as sponsorship reached an all-time high.

Yet away from the glitz, cameras and male posturing is a small and fearless, but largely anonymous, band of women.

The granddame of women's rodeo, Jan Youren, showed her stuff at the rootin', tootin' gathering outside the gates of Fort Huachuca and took away two wins in the bareback division. Youren, 60, the mother of eight and grandmother of two of the weekend's competitors – Tavia and Tasha Stevenson has been busting broncs since childhood. She started her rodeo career at 12, and has been at it ever since. Her daughters and granddaughters have learned at her side, and kept the bareback prize money in the family. Daughter Tonya Stevenson took second place while her granddaughters came in third and fourth.

The rodeo wasn't just for the contestants; more than 2,800 spectators came out to the Sierra Vista Riding Club for the competition.

It'll be hard to get these women back in the kitchen.



A contestant ties her calf.



Bull rider Melissa Glass gazes at the mountains after a tough ride.



Grace Rogers, 3, spends some quality time with her new found friend at the free petting zoo.



Jan Youren receives an 82 on her ride after being slammed in the dirt.



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

Right Arm Night at Time Out

From 4 to 6 p.m. on Jan. 30 Time Out will host the next CGs' Right Arm Night. This a great opportunity to relax and socialize. A pay-as-you-go bar and finger foods will be available.

Time Out is located on Arizona Street, across from Barnes Field House.

Ladies' Gun Day is Saturday

At 10 a.m. on Saturday the Sportsman's Center will present Ladies' Gun Day. The special coaching day for ladies will include instructions in gun safety and marksmanship, and an introduction to skeet and trap shooting.

The cost to participate in the event will be \$10 per person. Each participant will receive a certificate for the course.

For more information, call the Sportsman's Center at 533-7085. The facility is open Wednesday - Sunday.

AFTB Level I Marathon

Army Community Service will present Level 1 Army Family Team Building in an all-day "marathon" class from 8:30 a.m. to 5 p.m. on Saturday at Murr Community Center.

Registration is required. For more information on the class or to register, call 533-3686 or 533-2330.

B.O.S.S. Valentine party



Better Opportunities for Single Soldiers will hold a Valentine party from 7 p.m. to midnight on Feb. 12 at LakeSide Activity Centre. All single soldiers are invited to attend, there will be no cover charge.

There will be snacks and beverages available, and a disc jockey will perform for your enjoyment.

A "Valentine Auction" will also be held. For more information, call Pfc. Diana Zhou at 533-2776 or Spc. Aaron Mettke at 533-9767.

Post blood drive

A post blood drive will be held 10 a.m. - 8 p.m. on Tuesday and Jan. 28 at Eifler Gym, Building 82401.

For more information, call 533-4723.

Clearing hours at MWR Rents

All Soldiers needing to clear with MWR must do so at the MWR Rents Building 70914 on Irwin Street. Clearing hours are 9 a.m. - 5 p.m. only on Monday, Thursday and Friday.

For more information, call David Wall at 533-6707.

RPM for your auto repair needs

If you're having mechanical problems with your car, have some dents from a "fender bender," or you just need an oil change, why not try RPM, conveniently located on Fort Huachuca, off Irwin Street on Jim Ave., just past MWR Rents.

RPM is open the following hours: 9 a.m. - 3 p.m. Sunday; 10 a.m. - 5 p.m. Monday; 10 a.m. - 7 p.m. Tuesday - Friday; and 9 a.m. - 6 p.m. Saturday.

You can either perform the work yourself, or have it done by qualified mechanics.

RPM does custom rebuild engines and paint and body work.

The facility has 13 indoor bays, six of which have lifts. Some of the other amenities available include: a welding room with MIG, stick and oxy-acetylene welding equipment; a body repair room; a paint spray booth; lube and oil change equipment; a valve grinder; brake rotor and drum turning lathes; hand tools, impact wrenches and more.

RPM offers competitive prices, free repair estimates and they accept any insurance claim. They might even be able to save you deductible.

Call 533-2155 or 533-2156 or stop by RPM today for assistance with your automotive repair needs.

HooaH₂O on sale from DCA

The Directorate of Community Activities has MWR's own brand of bottled water. A 20 oz. bottle of HooaH₂O may be purchased at the Sportsman's Center, Desert Lanes, Jeannie's Diner, Buffalo Corral, the 19th Hole, La Hacienda or Time Out for \$1 per bottle. HooaH₂O may also be purchased by the case at MWR Rents for \$15.

When patrons purchase HooaH₂O, they contribute to the MWR fund-raising effort in support of all MWR activities and facilities.

Watch the Super Bowl at Time Out



Super Bowl XXXVIII is set to be played Feb. 1. Make plans now to come out and watch the game with your friends at Time Out.

The facility has six 19 and 24-inch televisions, plus a big screen television with surround sound.

Time out will open at 3:30 p.m., and remain open until the end of the game, so you'll be able to see and hear all the action, from the pre-game show to the final buzzer.



Photo by Elizabeth Harlan

Rolln' in dough

Steven Wilson, 5, participates in the "Little Hands program. The "Little Hands" children's arts and crafts program is offered every Saturday at the MWR Arts Center. The program is open to children 5 - 12, from 10:30 - 11:30 a.m. or from noon - 1 p.m. Each week, participants fabricate a different craft from clay, paper, glass, beads and more. The schedule for the remainder of this month is: Saturday, clay pottery; and Jan. 24, paint with watercolors. Cost of the Little Hands program is \$6 per class or two classes for \$10. Prepayment is required at the time of registration. You can register your child at the Arts Center, or call 533-2015 for more information. The MWR Arts Center is offering a new program for teens, 13 - 19, every Tuesday, 4 - 6 p.m. The classes are designed to inspire the young artist and offer ideas and instructions into the various aspects of arts and crafts. Some of the classes offered will be: photography, computer graphics, bead work, pottery, painting and scrapbooking. A complete schedule will be released soon. The arts center is also offering a variety of classes for seniors noon - 2 p.m. every Friday. The schedule will be as follows: tomorrow, ceramic painting; Jan. 23, pottery, with or without wheel; and Jan. 30, watercolor. Cost of each of the above-mentioned classes is \$15. Participants are asked to preregister, and payment is due at time of sign-up.

Along with free admission and door prizes, there will be free popcorn and buffalo wings, while they last.

Time Out is located across from Barnes Field House on Arizona Street.

Tournaments at MVGC

The Mountain View Golf Course Men's Club has scheduled two-man, best-ball tournament with an 8:30 a.m. shotgun start for Sunday. Entry fee is \$10 per person and the cart fee is \$9 per person for MVGC members.



For non-members, there will also be a \$20 green fee. Entries must be received by 5 p.m. today.

A "beat the pro" tournament with a 9 a.m. shotgun start is set for Feb. 1, at MVGC. The tournament will be 100 percent handicap individual stroke.

Golfers will play against the pro, Jason Pitts. Pitts will play scratch, but entrants will be able to use their Arizona Golf Association handicaps.

Entry fee is \$15 with cart for members, and \$35 with cart for non-members. The tournament is open to everyone, and whoever beats the pro will win

prizes.

Registration deadline for the tournament is Jan. 29 at 5 p.m. Register at MVGC pro shop.

The next Payday Scramble with a noon shotgun start has been set for Jan. 30 at Mountain View Golf Course.

Don't forget that MVGC is offering a Sunday special during the month of January. Every Sunday, you can play 18 holes of golf, with a cart, for just \$20 per person. For more information, call 533-7088.

Fat burning aerobics at BFH

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

The "Fat Burning Workout," has resumed after a holiday break, 5-6 p.m. Mondays, Wednesdays and Thursdays in the Stage Room at Barnes Field House. The workout includes Tae-Bo, kickboxing, step/bench, hi-low aerobics and an abdominal workout. Esther Magalong, certified aerobics instructor with 10 years experience, will conduct the classes.

The class will be taught at beginners, intermediate and advanced level. Everything that you need for the class is provided. You just have to show up.

The cost is \$30 per month, \$15 for two weeks, or \$3 per class. Also, if you bring a friend who signs up to participate in the workout, your own fee will be reduced by 50 percent for that month or that two-week time period.

A minimum of four participants are needed for the class to be held. For more information, call Kathy Gray at 533-3180

or 533-5031.

Boating safety class scheduled

A eight-hour boating safety course will be held 8 a.m. - 5 p.m. Jan. 31 at the MWR Rents Building 70914, Irwin Street.

The class is free and open to the public. Completion of a boating safety class is required for anyone who wishes to rent a boat from MWR Rents. A minimum of six students is required for the class to be held.

For more information or to register, call David Wall at 533-6707.

MWR Box Office has tickets for many events

The MWR Box Office has tickets available for several events at the Tucson Convention Center. These tickets may be purchased 10 a.m. - 4 p.m. Monday - Friday at the box office.

Coming up Jan. 30 - Feb. 1 at TCC will be the popular Broadway musical "Grease." Check with the box office for times and ticket prices.

Future events at TCC for which the box office has tickets include: Tucson Ice Cats hockey games; "Los Tigres del Norte;" John Mayer; Metallica; a tribute to Buddy Holly; an evening (including dinner) with Don Rickles; and "Saturday Night Fever."

The 12th Annual Cochise Cowboy Poetry and Music gathering will be held Feb. 6 - 8 at Buena Performing Arts Center, Sierra Vista. Tickets for the event are currently on sale at the MWR Box Office 9 a.m. - 5 p.m. Monday - Friday.

The box office also has tickets for the 16th Annual Arizona Renaissance Festival and Artisan Marketplace, to be held eight weekends, Feb. 7 - Mar. 28, plus President's Day, Feb. 16, at Apache Junction, Ariz. Gates open at 10 a.m. and close at 6 p.m. Save by purchasing advance tickets for this event.

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

Lunch buffet and bingo have moved

La Hacienda is currently closed for renovations. The facility's popular lunch buffet and bingo program have moved to the LakeSide Activity Centre.

The lunch buffet is available 11 a.m. - 1 p.m. Monday - Friday, at the LakeSide. It will remain at that location until the remodeling is completed at La Hacienda.

The bingo schedule at LakeSide is as follows: Tuesdays, Thursdays and Saturdays, bingo starts at 6:45 p.m.; Sundays, bingo starts at 12:45 p.m. Bingo will remain at the LakeSide on a permanent basis.

Food from the bingo menu is available from 5 - 8:30 p.m., Tuesday, Thursday and Saturday, and Sunday, 11 a.m. - 2:30 p.m. For more information, call 533-3802.



Winding Road

Tubac brings history and art into the present

BY KAREN WEIL
SCOUT STAFF

Its history dates back almost 300 years, but the village of Tubac, Ariz., lives very much in the present.

Visitors say it's definitely worth the drive from Sierra Vista. Tubac's motto is "Where Art and History Meet."

Not surprisingly, the town does indeed capitalize on both. Art lovers attend its annual Arts Festival, while hikers, golfers and bird watchers flock to this charming place.

Tubac is located south of Tucson between Green Valley and Nogales along Interstate 19 near the United States/Mexico border. Because of its higher elevation, Tubac offers a cool break from scorching summer temps of Tucson or Phoenix, with weather conditions similar to Sierra Vista.

Tubac's official roots date back to 1752, when Spanish explorers established a presidio, or fort. Today, artists' studios now surround what once as a Spanish military garrison.

Tubac's Presidio State Historic Park, located in the village's Old Town, allows visitors to learn the village's history. More than 90 businesses now line Tubac's streets, and one could easily spend a full day checking out numerous gift shops, galleries and studios. The Tubac Center of the Arts offers programs and seasonal exhibitions.

There are no less than eight eateries in Tubac. Restaurants have everything from deli sandwiches to fine dining.

Tubac also has numerous lodging options from motels to B and Bs for the traveler who'd like to stay awhile.

The village plays host to a good number of events each year. From 9 a.m. to 5 p.m. this Saturday is the annual Santa Cruz Valley Car Nuts Car Show. After the car show comes the major event of the year, 45th Annual Festival of the Arts, from Feb. 4 to 8.

The festival showcases the work of hundreds of visiting artists, craft persons and musicians from around the country and even our neighbor to the north, Canada. Serious paintings share space with sculptures and New Age music.

The Tubac festival began 1959 and is, according to the Tubac Chamber of Commerce, "the longest running event of its kind in the Southwest." If the great outdoors is more to your taste, the Tubac Presidio State Historic Park might be the perfect way to spend a day.

It was established in 1958 as Arizona's first state park. As a Spanish presidio, Tubac is linked in Juan Bautista de Anza's historic march to San Francisco.

The park celebrates this region's history, with static displays and "living history" events that chronicle the many peoples and cultures of Tubac.

The historic park also features the Old School House and Otero Community Hall (listed on the National Register of Historic Places), a museum, an underground archaeology display, picnic area and the Anza Trailhead.

Tubac rests along the Santa Cruz River, offering the benefit of high desert scenery mixed with riparian cottonwood forest. The landscape draws folks who want to glimpse many of Southern Arizona's lesser-spotted birds.

Avid bird watchers should spend time on the Anza Trail, which winds from the Tubac Presidio State Historic Park through the cottonwoods, on its way to the Tumacacori National Historic Park, three miles south. Nearby Madera Canyon, with easy access from Green Valley, also makes for a good bird watching opportunity.

Types of birds found in the Tubac area are the tropical kingbird, Arizona flycatcher, northern cardinal, broad-billed hummingbird, black-chinned hummingbird, Gila woodpecker, Mac Gillvray's warbler, vermilion flycatcher, Cooper's hawk and many others.

The mountains and dirt roads around Tubac give hikers numerous opportunities to experience the desert at its finest. Trails include:

Anza Trail — The 3.2-mile trek between parks takes the hiker through a rare and vibrant desert riparian region. The trail is mostly level with a few traverses across the Santa Cruz River that occasionally results in a wet foot.

Madera Canyon — Scenic high desert vistas surround Tubac, and the highest of these is nearby Mount Wrightson, accessible through Madera Canyon. Besides numerous trails of varying degrees of difficulty, Madera Canyon offers camping and lodging.

The picnic grounds adjacent to the Tubac Presidio State Historic Park lets hikers relax; the tables are at the Anza Trail trailhead.

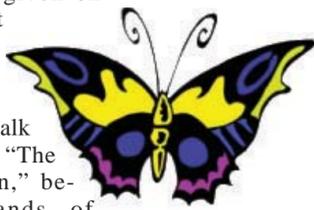
Tubac won't disappoint the golf fanatic, as some 10 courses are located within a half hour of the village. Whatever your tastes may be, Tubac is one place that seems to have it all. To get there, follow state Highway 82 south, past Sonoita and Patagonia, all the way to Nogales. At Nogales, head north on Interstate 19.

To find out more about Tubac, call (520) 398-2704 or info@tubacaz.com. Found a special spot that you'd like to share with the Winding Road? Contact us at thescout@hua.army.mil.

Time Out Briefs

Neotropical connection

A free talk will be given on neotropical connections at 7 p.m. today in the Mona Bishop Room at the Sierra Vista library.



Priscilla Brodtkin will talk about butterflies making, "The Neotropical Connection," between the Sky Islands of southeastern Arizona and the Sierra Madre Occidental of Sonora and points south.

Fort Huachuca Chapel Teen Groups

The high school teen group meets from 5:30 to 7 p.m. on Sundays at the Main Post Chapel. The middle school teen group meets from 4 to 5 p.m. on Sundays at the MPC.

On Sunday, the groups will meet at the regular times at Eifler Gym for dodge ball.

Both groups will have retreats in January and February. For more information, call Mike DeRienzo at 227-6059

Have fun while getting fit

Making new friends, finding an exercise partner, winning neat prizes, playing games.

If this sounds like a great way to start off your new year, come to the University of Arizona Cooperative Extension's Let's Get Movin' Kick-Off Bash.

Join us at 5 p.m., on Jan. 29, at the University of Arizona South.

For more information or to register, call Amy Ambrosini at 458-8278, ext. 2178.

One-day trip



The city of Sierra Vista is sponsoring a one-day trip to Fort Bowie, departing at 7 a.m. and returning at 5 p.m. on Jan. 31.

The trip will examine the historical context of the infamous Apache Campaign at several stops along the trail accessing Fort Bowie National Monument.

Cost for the trip is \$28 per person.

Day trips scheduled for February include the Geology of Southeast Arizona and the Geology of the San Bernadino volcanic field.

For more information, call 458-7922 or e-mail jhiggins@ci.sierra-vista.az.us.

Bisbee Psychic Fair

The Bisbee Psychic Fair and Gift Show will be from 11 a.m. to 5 p.m. on Jan. 31 at the 55 Main Gallery, 55 Main St., Bisbee.

Professional readers offer their insights in relationships, career, travel, finances, personal growth, future circumstance and more.

Appointments are not necessary, although scheduling in advance can be made for John Galleher, psychic astrologer and tarot reader, Angel Runninghawk, native American shaman, healer and transmedium, Linda Romano offers spiritual counseling and is a clairvoyant, Mackenzie offers palmistry and Valerie Rice is a Reiki healer and intuitive.

Mini massages is available all day.

All readings are \$15 for 20 minutes, cash only.

For more information, call 432-3726 or 432-4694 or e-mail mobius@theriver.com

Pre-season soccer tournament

The coaches' meeting for a pre-season soccer tournament will be held at 10 a.m. on Feb. 3, at Barnes Field House.

The tournament will be played Feb. 9 - 13.

A letter of intent, with the team coach's name, duty phone and e-mail address will be due at the meeting.

The tournament will be a nine-on-nine format, with all games played in round robin or double elimination, depending on the number of teams registered.

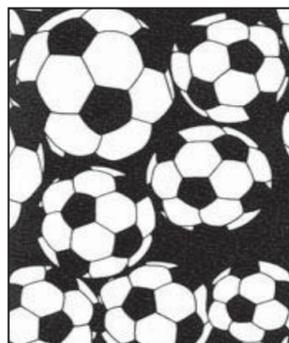
This is a recreational program and the team entry fee is \$100, and due by Feb. 5.

Fees will be used for awards.

For more information, call Michelle Kimsey at 533-3180 or e-mail michelle.kimsey@hua.army.mil.

Coed Intramural Soccer

The coaches' meeting for the 2004 Commander's Cup coed intramural soccer program will be held at 10 a.m., Feb. 3, at Barnes Field House.



A letter of intent, with the unit coach's name, duty phone and e-mail address will be due at the meeting.

The soccer program will be a nine-on-nine format.

Games will be played at 6, 7 and 8 p.m., Mondays through Thursdays, beginning Feb. 17.

This is a major Commander's Cup sport.

For more information, call Michelle Kimsey at 533-

3180 or e-mail michelle.kimsey@hua.army.mil.

An Opera evening

The Cochise Children's Choir is hosting an "Evening at the Opera", with a social hour beginning at 6 p.m. and dinner at 7 p.m. on Feb. 13 at the Windemere Hotel in Sierra Vista.

This benefit performance will feature Reynaldo Romo, operatic baritone from the Arizona Opera Company with tenor, piano and the Advanced Ensemble of the Cochise Children's Choir.

Tickets are available at the Sierra Vista Mall Office or the Children's Choir Office at 458-3432.



Parent/Tot playgroup



Army Community Service Family Advocacy Program has a Parent/Tot playgroup, which meets 9:30 - 11:30 a.m. on Wednesdays, at the School Age Services Building 52056, off Hatfield Street, across from the Main Post Chapel.

Parents and their children up to 5 are invited to participate.

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

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

Volunteers are always welcomed.

At The Movies

Showing at the Cochise Theater for the next week are:

Today	Honey, PG-13	7 p.m.
Friday	The Human Stain, R	7 p.m.
Saturday	The Last Samurai, R	7 p.m.
Sunday	Stuck On You, PG-13	2 p.m.

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

Does your non-profit club have an event you'd like to see in the Time Out Briefs? Send it to thescout@hua.army.mil.

Pets Of The Week



My name is Mojo. I am energetic and very loveable. I'm good with other animals and kids, too. Please come adopt me today.



I am Porthos. Don't be alarmed by my size, because I am a very sweet dog. I love to play all day long. Please come adopt me so we can play together.



My name is Sara. I am a little shy, but I will open up in time. Adopt me today so I can come home and play with you and your family.



Sonya is my name. I like to lay in the sun all day long. If you adopt me we can sunbathe together. So hurry and adopt me today!

Check out the Scout online at www.army.mil/USAG/PAO

Sports Standings

Coed Intramural basketball standings:
Includes games played Jan. 15

Co. C, 305th	1	7	.125	6
HHC 306th MI	1	7	.125	6
NCOA	1	7	.125	6

Co. A, 309th	53	HQ 504th Sig.	45
Co. C, 304th #2	38	JAG Office	22

San Pedro Division

	Won	Lost	Pct.	GB
*Co. E, 305th	7	1	.875	—
*Co. A, 309th	6	1	.857	½
*Co. B, 305th #1	7	2	.778	½
USAG	6	3	.667	1 ½
Co. D, 309th	5	3	.625	2
Co. E, 309th	3	4	.429	3 ½
HQ 504th Sig.	3	5	.375	4
Co. C, 304th #2	2	6	.250	5
JAG Office	1	7	.125	6
JITC	0	8	.000	7

* Clinched Tournament Spot

Game results:

Date	Team 1	Score 1	Team 2	Score 2
Jan. 6	MEDDAC	58	Co. C, 305th	21
	HHC 111th MI	41	Co. C, 304th #1	35
	19th Sig. Co.	36	HHC 306th MI	35
	Co. B, 305th #2	40	Co. A, 40th Sig.	35
Jan. 7	Co. E, 305th	55	HQ 504th Sig.	27
	Co. D, 309th	52	JAG Office	31
	USAG	59	JITC	32
	Co. B, 305th #1	44	Co. C, 304th #2	19

Date	Team 1	Score 1	Team 2	Score 2
Jan. 13	Co. A, 40th Sig.	35	HHC 306th MI	30
	NETCOM 9th ASC	44	Co. B, 305th #2	31
	MEDDAC	48	19th Sig. Co.	26
	NCOA	2	Co. C, 305th	0

Date	Team 1	Score 1	Team 2	Score 2
Jan. 14	Co. E, 305th	2	Co. E, 309th	0
	Co. D, 309th	64	JITC	30
	Co. A, 309th	39	USAG	34
	Co. B, 305th #1	38	JAG Office	23
HQ 504th Sig.	48	Co. C, 304th #2	44 OT	

Date	Team 1	Score 1	Team 2	Score 2
Jan. 15	MEDDAC	44	Co. A, 40th Sig.	34
	19th Sig. Co.	42	HHC 111th MI	40
	Co. B, 305th #2	2	Co. C, 305th	0

Pima Division

	Won	Lost	Pct	GB
*Co. B, 305th #2	7	1	.875	—
*NETCOM 9th ASC	7	1	.875	—
*MEDDAC	7	2	.778	½
Co. A, 40th Sig.	5	3	.625	2
HHC 111th MI	4	4	.500	3
19th Sig. Co.	4	4	.500	3
Co. C, 304th #1	3	4	.429	3 ½

Date	Team 1	Score 1	Team 2	Score 2
Jan. 8	Co. A, 40th Sig.	49	19th Sig. Co.	40
	MEDDAC	2	NCOA	0
	NETCOM 9th ASC	70	HHC 306th MI	33
	Co. C, 304th #1	35	Co. C, 305th	26
Co. B, 305th #2	35	HHC 111th MI	25	
Jan. 12	Co. E, 305th	41	Co. B, 305th #1	40
	Co. D, 309th	50	USAG	49

Reminder:
The top four teams in each division will qualify for the playoffs, which begin Monday. Read the Scout for game results and schedules.

At The Library

Hardcover fiction

1. The Da Vinci Code, by Dan Brown Brooks
2. The Five People You Meet In Heaven, by Mitch Albom
3. The Big Bad Wolf, by James Patterson
4. Truth Or Dare, by Jayne Ann Krentz
5. Trojan Odyssey, by Clive Cussler

Hardcover nonfiction

1. Lies, by Al Franken
2. Dude, Where's My Country? by Michael Moore
3. Flyboys, by James Bradley
4. Who's Looking Out For You?, by Bill O'Reilly
5. Benjamin Franklin, by Walter Isaacson

Paperback fiction

1. Key Of Valor, by Nora Roberts
2. The King Of Torts, by John Grisham
3. Digital Fortress, by Dan Brown
4. Angels & Demons, by Dan Brown
5. Cold Mountain, by Charles Frazier

Paperback nonfiction

1. Tuesdays With Morrie, by Mitch Albom
2. Seabiscuit, by Laura Hillenbrand
3. Bringing Down The House, by Ben Mezrich
4. The Lord Of The Rings: Weapons and Warfare, by Chris Smith
5. Portrait Of A Killer, by Patricia Cornwell

Submit your sports, leisure and recreation story ideas or briefs to thescout@hua.army.mil. The deadline for briefs is 4 p.m. on the Friday prior to the publication date. Story ideas must be submitted at least 10 days prior to the event.

Sports Schedule



Photo by Staff Sgt. Sharron Stewart

Raquetball Double Elimination tournament at Barnes Field House

Monday

6 p.m.	game 1	MEDDAC	vs.	NCOA #4
6 p.m.	game 2	Co. C, 304th	vs.	NCOA #6
6 p.m.	game 3	JITC #2	vs.	HHC 11th MI
7 p.m.	game 4	Co. B, 305th #2	vs.	MEDDAC #4
7 p.m.	game 5	MEDDAC #3	vs.	NCOA #5
7 p.m.	game 6	NCOA #4	vs.	Co. D 309th
8 p.m.	game 7	Co. A, 306th	vs.	NCOA #7
8 p.m.	game 8	JITC #1	vs.	(winner game 1)
8 p.m.	game 9	Co. B, 305th #1	vs.	(winner game 2)
9 p.m.	game 10	MEDDAC #1	vs.	(winner game 3)
9 p.m.	game 11	NCOA #1	vs.	(winner game 4)
9 p.m.	game 12	HHC 306th MI	vs.	Co. B 305th #3

Tuesday

5:30 p.m.	game 13	ITRADS	vs.	(winner game 5)
5:30 p.m.	game 14	NCOA #2	vs.	(winner game 6)
5:30 p.m.	game 15	(loser game 7)	vs.	(loser game 4)
6:30 p.m.	game 16	(loser game 9)	vs.	(loser game 5)
6:30 p.m.	game 17	(loser game 10)	vs.	(loser game 6)
6:30 p.m.	game 18	(loser game 1)	vs.	(loser game 13)
7:30 p.m.	game 19	(loser game 2)	vs.	(loser game 14)
7:30 p.m.	game 20	(loser game 3)	vs.	(loser game 8)

Note: The tournament will be held Monday through Jan. 30 at Barnes Field House. It is a double elimination tournament.

If a team loses a game they are placed in the losers bracket and continue on in the tournament.

Once a team loses a second game they are eliminated from the tournament.

Also, in the event of a tie in the individual play, there will be a third and deciding doubles game between both teams.

For more information, call George Thompson at 533-3246.

Heartworms

Prevention is available at post vet clinic

BY CAPT. AMY PIKE
POST VETERINARIAN

Heartworm is a disease caused by the organism *Dirofilaria immitis*.

The larval stage of the parasite is carried by mosquitoes and can infect dogs, cats, ferrets and even humans.

The biggest concentration of disease occurs in the Southeast, East and the Mississippi River Valley. However, due to the increase of man-made lakes, ponds and golf courses the disease is becoming more and more prevalent in this area.

Heartworm infection follows the lifecycle of the feeding female mosquito. The mosquito feeds from an infected animal and then passes on the larval stage of *Dirofilaria* to its next meal.

In colder parts of the country, where mosquitoes become dormant during the winter, the risk of infection is minimal during colder months. Here in Arizona mosquitoes often do not go through a dormant stage, therefore the risk is still prevalent during the winter months and animals should continue on heartworm prevention year around.

In an infected animal, up to 200 worms may live in the heart at any one time. The earliest clinical signs are usually intolerance to normal exercise, cough and weight loss.

However, there are often no clinical symptoms and animals are usually diagnosed at their annual exam and Heartworm test.

The disease, if undetected, can lead to severe difficulty breathing and eventually death.

It is extremely important to keep your pet on monthly heartworm prevention and make sure you give it at the same time each month.

The monthly prevention has the added benefit of also covering your pet against common intestinal parasites. These intestinal parasites can be transmitted to humans and can be a health risk to young children and the elderly.

Come see us at Fort Huachuca Veterinary Services to get your pet's annual Heartworm test and monthly prevention.

For more information or to schedule an appointment, call the reception desk at 533-2767.



Photo by Elizabeth Harlan

Molly gets her temperature taken at the post veterinarian office. One way to proactively prevent heartworms in your pet is by taking them in for regular check ups and an annual heartworm test.

Fit For Life

Developing a healthful, fitness lifestyle

BY GEORGE R. COLFER, PH.D
CONTRIBUTING WRITER

Lifestyle has to do with the way one lives and the things you do that affect your health. A health and fitness lifestyle is one that includes sound physical and mental health practices.

The factors involved in the health and fitness lifestyle are wellness, nutrition, physical fitness, and stress management. This lifestyle can be applied to persons of all ages. However, in our society, an unhealthy lifestyle is the rule rather than the exception for many people.

Health problems such as obesity, stress, heart attack, hypertension, drug and alcohol abuse, excessive eating, depression, frequent minor illness, and general unhappiness can all be related to an unhealthy lifestyle.

The responsibility for a health and fitness lifestyle is yours. Most people must be educated to the facts before they can regulate their own lifestyles independently. No one can be forced to change lifestyles. The decisions must be internal. As changes are made, the improvement in one's quality of life should be sufficient motivation to continue.

Achieving this lifestyle should be an enjoyable process, but keep in mind that any changes may be painful initially until the body regulates itself and the change becomes part of your daily routine. Many school age children are innocent victims of unhealthy lifestyles simply because that is what their parents practice.

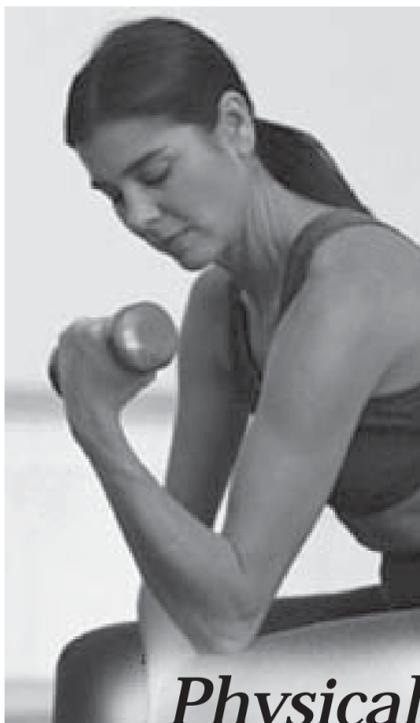
A sad fact is that probably the major-



Wellness

ity of people in our society have never known the feeling of being physically fit and in excellent health as a result of physical activity and other lifestyle practices. It is a feeling or dimension of life that once you have experienced it, you will never want to lose it.

A healthy lifestyle depends on more than activity alone. In our contemporary society, life is often very complex. It would be a great world if physical activity could solve all of our health problems. Unfortunately, this is not the case. However, on the brighter side, the knowledge that is present about our health and well-being is greater than ever before in history and offers us both



Physical Fitness

quantity and quality in life.

Wellness - first step

Wellness is a term that can be used to denote a combination of physical and mental health, which are usually reached and maintained by following good health practices. Regardless of how much you exercise or how well you eat, you must recognize that certain health practices must be maintained at specified intervals throughout life to keep you aware of any possible conditions that may affect your state of wellness. Some specific health practices are as follows:

1. Have a complete medical or physical examination by a physician at least every two to five years. This time interval is often determined by symptoms, results of previous examinations, and your age. The older one becomes, the more frequently the exam should be conducted.
2. Have a dental examination (including x-rays) by a dentist and thorough cleaning of teeth by a dental hygienist every six months, regardless of your age.
3. Have an eye examination by an optometrist once every two years to note any changes in vision or prescription for those who wear corrective lenses.
4. If any unknown symptoms develop, have them checked by the proper medical professional.
5. Do not use drugs or over-medicate. Take prescription drugs only when necessary and as prescribed by your physician.
6. Do not smoke cigarettes.
7. Do not abuse alcohol.
8. Be sure to get enough sleep to satisfy your needs.
9. Keep a current check of your resting heart rate, blood pressure, body weight, and body fat percentage (body composition) or body mass index.

Other wellness practices do exist, both for physical and mental health and are accessible to the soldiers, dependents and others at Fort Huachuca by way of the Health Education Resources Center located in the Raymond W. Bliss Army Health Center.

The Resource Center provides information about all aspects of health concerns and questions one may have. It is a member of the Arizona Health Information Network and has its own health library with the most recent and credible medical information available. This includes books, videos and on-line databases on various health and wellness topics.

The person in charge of the Center is Salina Jeanise, a former army combat medic and graduate of Stephen F. Austin State University in Texas. Her contact phone number is 533-5668 and e-mail address: RWBAHC.Library@amedd.army.mil

As a note of caution; one needs to be somewhat careful about how health and wellness information is obtained. Just because it's published, on television or the Internet does not always mean it's credible. Much of this material may be placed into the categories of promotions, sales or advertisements in which the data may be biased. If in doubt, check with a qualified health professional.

Reader's question:

Q - Does the mechanics of running (Jan. 8, column "Fitness begins with good health") differ for sprinting and faster running such as interval training?

A- Yes, there are some differences in sprinting mechanics. To avoid repetition, only the variations from sustained running will be presented.

The basic definition of sprinting is to run at a pace that requires an all out effort for the entire duration of the run. Sprinting posture is very individual and proper form is usually attributed to the fastest runners. In sustained running, sprinting posture can also pertain to acceleration of a run, increase of the pace and stride, and can be incorporated into interval training.

leg action

The length of the stride will depend upon the size and body type of the runner.

The knees are carried through forward and fast in order to keep under the body's weight. Upon surface contact, the landing is on the balls of the feet with the first contact being made on the outside edge. The feet are pointed directly towards the line of the run. The driving or pushing time off the toes can be shortened by pulling the toes upward towards the knee immediately after the contact occurs. The heel will still make contact with the ground but the contact period will be lighter and shorter. The lead foot should land at the center of body gravity. Once maximum speed or desired acceleration has been

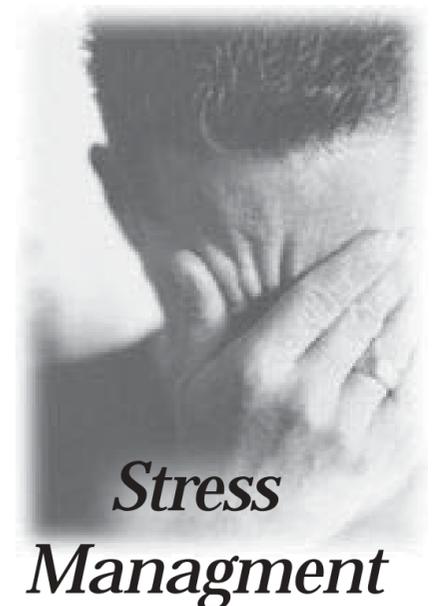
attained, the knee is lifted only high enough to obtain maximum stride length. It is a false concept that running with the knees high will produce faster speeds. When sprinting, the runner should always run high on the toes and project himself forward instead of up. The secret of sprinting is to have a long stride that carries you low to the ground.

body alignment

Faster speeds require more body lean mainly due to acceleration and increased wind resistance. However, the lean still should not be exaggerated. Any increase in body lean should be a result of maintaining one's equilibrium and balance or to account for any change in the center of body gravity.

arm action

As in sustained running, the arm action governs the quality of the leg drive during



Stress Management

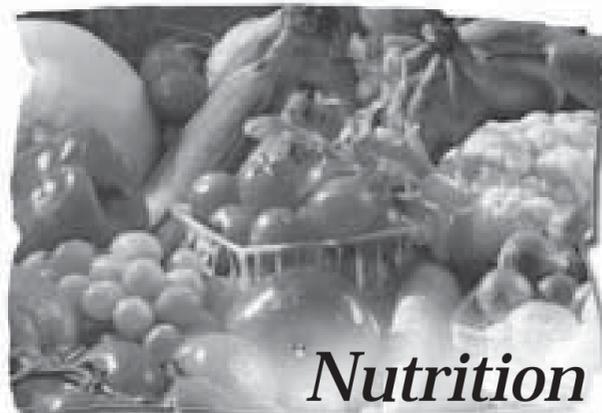
the pushing action. The position of the arms and hands is basically the same. The speed of the arm action is directly related to the speed of the leg action in order to maintain the alternate synchronization. However, a strong, powerful arm action can be most beneficial when accelerating to faster rates of running speed.

head position

Irregular head movements during sprinting can upset the body alignment and the center of body gravity. The face, jaws, and neck should be as relaxed as possible. Eye focus is straight ahead. The head and back should form a nearly straight line. The

head is held in the natural position. At faster running speeds, there is less margin for error in regard to head movements as these can alter one's entire running posture instantly.

I trust this answers the question. There are also various ways to improve running speed. A future article will detail information and programs on speed improvement.



Nutrition

Monthly Health Observances

As an example of the Center's involvement and activities, the following monthly health observances will be held in 2004.

- January - Mental Health Awareness Month
- February - American Heart Month
- March - National Nutrition Month
- April - Cancer Awareness Month
- May - Women's Health Month
- June - Men's Health Month

- July - Children's Health Month
- August - Healthy Aging Month
- September - Substance Abuse Awareness Month
- October - Physical Fitness Month
- November - American Diabetes Month
- December - Preventive Health Month

More information will be forthcoming on these observances and their activities in the Scout and other media outlets. Be sure to take advantage of these and the center's other resources as per your needs to ensure that you get a good start for a healthy lifestyle this year.

GUARD, from Page B1

ended up stripping him of everything that he was wearing except for his shorts. He had glasses on, so we took all that off, watches, rings, everything.”

The rescuers rolled the victim over and put blankets underneath him before they hooked up the AED machine and gave him three shocks.

“He had no pulse when we started,” Hale said. “We had done three chest compressions and did three shocks by the time the EMTs [Emergency Medical Technicians] showed up, [and] they hooked him up to their own defibrillator.”

“We started with two-man CPR, regular chest compressions, mouth-to-mouth,” Hale said. “When you add the AED, you don’t do anything, it delivers the shock itself. And, all you’re required to do is check the pulse after about a minute. The pads are sticky. We don’t actually hold them on the victim. It triggers it [the heart]. It gives it a shock to either start it pumping again or it just sits there.”

“His basically wasn’t going anywhere, when we first started,” Hale said. “All the blood will circulate straight to the heart first. And if you don’t have any pumping there you’ll lose circulation. He was blue and gray by the time we got there.”

The victim had been revived enough by the rescuers that he had a slight sustained pulse when the EMTs arrived.

“He did end up dying though on the way to the hospital,” Hale said. “He was basically gone when we started. He just kind of collapsed. He had a massive heart attack.”

“I’m guessing he had to be in his forties or fifties, maybe,” Hale said. “He was a triathlete. So he was not in bad shape. From what they [YMCA staff] said he was a regular at that pool.”

“Afterward we got everybody together that assisted with it and talked about it,” Hale said. “What was really ironic was all of this that we had been doing all morning training wise is exactly what we did that afternoon with this gentleman. It kind of opened everybody’s eyes up to having an AED. Everybody got back in the pool. We went on with training.”

“It was nerve wracking,” Hale said. “It was my first one, in as many years as I’ve been guarding.”

According to Hale, she has worked in the pool/life guard business for the past two years on post and before that, 12 years in Miami with only two previous lifesaving incidents but nothing as life threatening as this.

I’ve only in my whole career [14 years in pool industry] of guarding had to go in twice for a drowning victim, but nothing like this.”

“It was an eye opener to Hale to realize that for as many years as she has been doing this people don’t take life guarding seriously, she added.

“It all comes down to training,” Hale said. “We’re there and we’re trained to save people’s lives.”

“We’re there to make the pool and a beach or a waterfront a fun environment, but it is a serious job and it opened my eyes to more training, a different kind of training,” Hale said. “I can still to this day see that guy laying there. But, I know that what I’m certified in and how I train my employees and how I was trained, it can help save somebody’s life and we’re needed.”

Hale has been trained in many Red Cross certifications over her career, which she was able to draw on that December day.

“I’m trained in Certified Pulmonary Resuscitation for the professional rescuer, your basic first aid,” Hale said. “I’m trained in AED Automated Defibrillator, to use one of those.”

“Like I said earlier, there is a reason for us being here,” Hale said. “It all comes down to training.”

SLAM, from Page B1

On the opposite end of the bench, MEDDAC Head Coach Josh Baker pushed his team to continue harassing the 19th players. The second half was more of the same for both MEDDAC and 19th Sig. Company. After the referee’s whistle blew to start the second half, the rout was on.

MEDDAC continued to capitalize on their defensive rebounding by running a buttery smooth fast break offense that created many quick scoring opportunities.

“We went outside in, played match-up 2-3 zone and forced a lot of turnovers,” Baker said. The end result was as dominating a performance by MEDDAC during the second half as the first half, in their rush for a coveted playoff spot.

MEDDAC was led by Freddrick Reynolds, who poured in 20 points and Morton, who added 15 points. “It wasn’t easy,” said Reynolds. “I took what was given to me. Normally we start our offense inside out, but tonight we went outside in establishing our front court players.”