The Scout
TimeOut

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Spurs rake Bulls

BY SPC. MATTHEW E. CHLOSTA
SCOUT STAFF

The Bulls and Spurs basketball game at 10 a.m. on Saturday at Smith Middle School was a classic matchup in the 11-12-year-old division of the Youth Basketball League.

The Spurs made good on their coach Rick Shear's pre-game plan. "We're going to press right from the beginning and try to get the ball into our big men," said Shear.

After jumping out to a quick 6-0 first quarter lead off the turnovers created by their sticky-fingered full court press, the Spurs settled into a rhythm of collecting rebounds from the Bulls' sloppy and disjointed offense, ending the quarter 15-3.

The offensive strategy early on for the Bulls seemed to be to throw up a long-range jump shot and hope it went in.

That game plan proved disastrous in the second quarter; when the halftime whistle blew, the score was Spurs, 32, Bulls, 10.

The plucky Bulls managed to keep fighting back in the face of three pointers raining down on them from the crafty hands of Brandon Stair.

At the end of the third quarter, the score was 39-13 in favor of the Spurs.

Despite the overwhelming size of the Spurs' big men in the paint, the Bulls battled well. In the third quarter the Bulls scored 3 to the Spurs 7.

During the final quarter, the Bulls came out pawing the court, looking for a win.

Tenacious defense by Avrien Anderson and Raymond Ortiz and fast break offensive runs by Gregory Dotts and Emmanuel Daniel kept the Bulls' team spirit, desire, pride and 'never give up attitude' alive.

The Bulls outscored the Spurs in the fourth quarter, 10-6, for a small moral victory.

But, the game and win overall belonged to the Spurs. The final score was Spurs, 45, Bulls, 23.

Richard Gault and Cole Colvin both pumped in 10 points apiece for the Spurs.

"I think we did a good job on the things we needed to work on," Shear said. "We emphasized getting the ball down to the low post and passing. Our goal for the rest of the regular season is to remain undefeated."

"It was great, it was outstanding," said Gloria Daniel, coach, Bulls. "They had a lot of heart, they never gave up. The goals for our next game are to work on the press break, lay-ups and getting a better understanding of the game, build from the bottom up, [and] give them a good foundation of basketball."

Brandon Stair, Spurs, drives to the hoop in first half action during the Spurs victory over the Bulls in a 11-12-year-old youth basketball game, Saturday at Smith Middle School.

Photos by Matthew E. Chlosta

Left, Regina McNair-Larese, Spurs, grabs a loose ball from right, Gregory Dotts, Bulls, during the closing minutes of the Spurs vs. Bulls youth basketball game, Saturday at Smith Middle School.

Company C, 305th kicked about by USAG

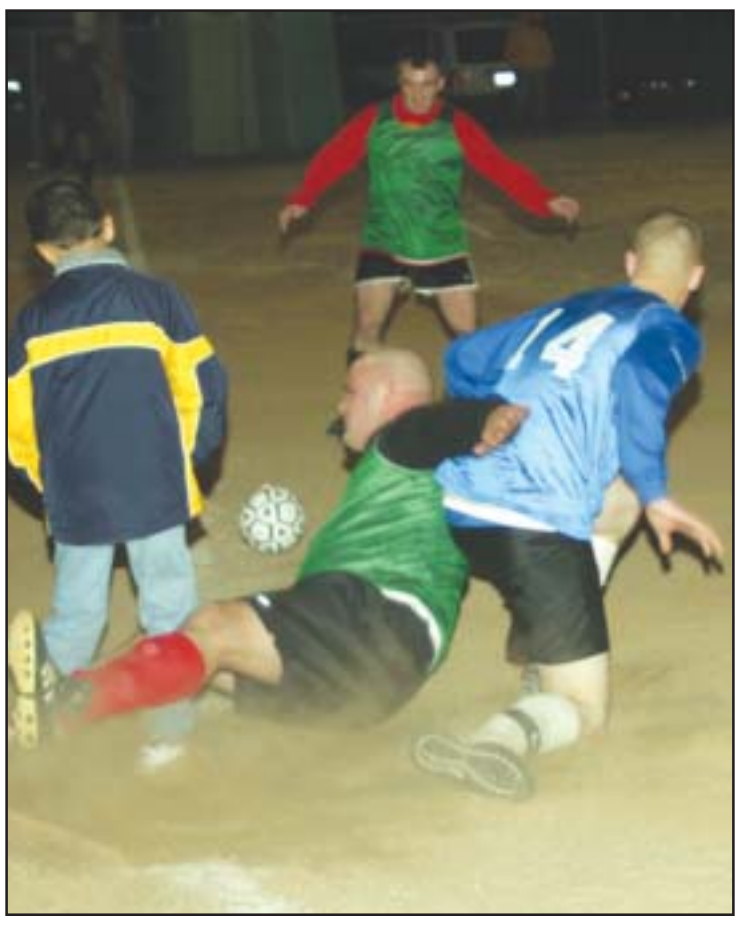


Photo by Matthew E. Chlosta

Left, Carlos Nives, 9, a USAG supporter, stands his ground in the face of James Bean, USAG, who slide tackles, on right, Ryan Maurer, Company C, 305th MI Bn. knocking the ball to teammate rear, Peter Sinclair, USAG, in fierce second half action during intramural soccer, Feb. 21 at Pauley Field.

BY SPC. MATTHEW E. CHLOSTA
SCOUT STAFF

It was cold and windy for the intramural soccer game between United States Army Garrison and Company C., 305th Military Intelligence Battalion at 6 p.m. Feb.19 at Pauley Field.

"Our strategy for tonight's game is to apply steady pressure and continuously attack while playing smart controlling soccer," said Derrick Watt, coach, USAG.

The co-captain, Eric Schreffler, Company C., 305th MI Bn. echoed Watt's comments. When asked about his team's strategy for the contest, he said, "We feel good about ourselves. We've got to attack and attack and once we get a good lead, sit back on defense and let them come to us."

The talk was a lot of hot air for the first few minutes of the first half as both teams remained cold in the scoring department.

There were a few runs on each team's respective goals, as the two teams tried to warm up and get in gear, before Elliot Brandon sneaked past the vigilant Company C., 305th MI Bn.'s defense to smack in the game's opening goal and push USAG out to a 1-0 lead.

Almost immediately after Brandon's goal, Company C., 305th MI Bn. went on a frenzied attack trying to tie the game.

The attacking strategy worked as Chris Black broke through and pushed the ball past Watt, goalie, USAG, to knot the game, 1-1, where the score remained as referee Ricardo Rojas blew the shrill whistle that signified the end of the first half.

With the temperature dropping even lower in the second half, USAG went white hot and on a goal scoring tear, while Company C., 305th MI Bn. faded into the woodwork.

Led by Justin Lux and his four second-half goals, USAG made the defense of Company C., 305th MI Bn. look like shredded wheat during the game's final 20 minute period.

After Lux put USAG on top at 2-1 in the opening minutes of the second half, the game evolved into a constant barrage of shots at Joshua Henderson, goalie, Company C., 305th MI Bn. from the feet of USAG's forward line.

Once Rojas signaled there were less than 10 minutes left, Lux began to take control of the game, the flood gates opened and the rout was on.

Rojas was unstoppable as he scored three unanswered goals over the game's final five minutes without much resistance from Company C., 305th MI Bn.'s defense.

The slaughter ended with USAG on top 5-1 and their victory over the overmatched and soundly defeated Company C., 305th MI Bn.

Both coaches reflected on the game and their team's chances for the playoffs.

"We won with ball control and smash-mouth play," Watt said. "The defense did an outstanding job. They were skittish at first but they came together in the second half. I wasn't too confident after the first half. I was worried."

Watt also commented on Lux's outstanding performance. He said, "This is his first game. He played really well. He was in the right place at the right time. Our goal for the next game is to overcome little mental areas, better communication and sharpen our skills. We will be there in the playoffs."

On the loser's side, Tristan Latawiec, co-captain, Company C., MI Bn., said, "We've got to work on our defense a lot more. Defense wasn't there tonight"

Schreffler added, "We stuck to our game plan all-in-all. We didn't give up. We played a good first half. We're creating scoring opportunities, just not capitalizing on them. Every game is like a building block. We try to press a little, try to go for stuff that isn't there."

Post prepares to host CISM World Boxing Championships in October

BY SPC. MATTHEW E. CHLOSTA
SCOUT STAFF

The 47th Annual Military Sports Council World Boxing Championships will take place Oct. 22-31 on post. "It's going to be spectacular," said Les Woods, director, Recreation Services Division, of the Counseil International du Sport Militaire, commonly known as CISM, event.

CISM's organizational motto is "friendship through sport" and is the equivalent to the Olympics for military athletes from around the world.

"It's gonna be great," Woods said. "It's only the second time it has been held in the states. We're on green ground. We're privileged to get it here. We're getting world-class caliber athletes here."

To help prepare for the competition, Woods attended the CISM Taekwondo World Championships at Fort Hood, Texas, last year.

"CISM is like the Olympics," Woods said. "They have three years of individual sports world championships and then on the fourth year they have world championships, where all the sports get together in one arena, like the Olympics."

Since the Olympics are being held in August, in Athens, Greece, Woods said it would be a coup to get some of those athletes to compete here on post at the CISM World Boxing Championships.

Commenting on what the post is doing to prepare so far, Woods said, "We're in our eighth month of planning already. The biggest issue of course will be the housing and transportation. Those are the biggest monsters, with the biggest wheels turning. We've got some great people working with that.

"Tom Lumley and George Thompson from our branch are handling transportation," Woods said. "Kevin Townsend from DIS[Directorate of Installation Support] is our man on the housing side of the house. He is the man. He's got a huge job."

The athletes who will compete will stay in barracks, and the officials will stay in Sierra Vista.

The idea behind this is to keep them separated so no impropriety goes on and keeps the integrity of the championships, Woods added.

How the post got CISM was, "CISM was looking for a home," Woods said.

See **CISM**, Page B5

War games

Battles don't have to be 'big'

BY AMANDA BAILLIE
CONTRIBUTING WRITER

When Maj. Dusty Miller goes into battle, he really means business.

As he casts his eye over the approaching enemy troops he knows his next move could bring him a glorious victory – or humiliation and defeat.

And it's a simple, lucky throw of the dice which will determine his fortune.

Miller is a war gamer.

It's an age-old hobby for the military enthusiast, the keen amateur historian or for those who simply want to step into the realms of fantasy for a little while.

The opposing armies are made up of painted figures, the battlefield of plastic buildings, hedges and trees, and the commanding generals can be anyone who fancies himself as a leader of men, orcs, elves or even invaders from another planet.

War gaming is also a hobby that maybe few will have heard of, and yet hundreds of thousands play across the world every day.

Dominated by male enthusiasts, it is vastly popular across America and, perhaps unsurprisingly, within many parts of the military.

Miller, 43, has been a keen historian since he was a teenager, when a school lesson on the Napoleonic Wars grabbed his attention and got him hooked.

"There was something about this particular period in history which I really liked," explains Miller, who is the newly arrived British exchange officer at Fort Huachuca. "It was a turning point in history and it was the last age of chivalry before the modern age of war."

His interest was taken a step further when he was introduced to war gaming by a few of his fellow soldiers in the British Army in the late 1970s.

As a result, Miller started to buy Napoleonic war gaming figures and slowly, but surely, built up an impressive army.

But not only does he collect the figures, he paints them too. Each and every one of his Soldiers is historically accurate, and their uniforms are painted exactly as they would have been worn some two centuries ago.

And this is all the more remarkable when you realize these pewter figures are only 15 millimeter tall.

"You can get figures as small as 6 millimeter or as large as 25millimeter, but I prefer the 15 millimeter because when you recreate a battle you can use more men and still see the details of their uniforms and weapons," said Miller, an instructor with 304th MI Bn.

"I find painting the figures very relaxing and also very satisfying, especially when you see your completed battalions set up for a game.

"It can take me anything up to two hours to paint a single figure, maybe longer if it's mounted on a horse."

It was always Miller's ultimate war gaming ambition to recreate and play the battle of Waterloo, which saw the Duke of Wellington lead the British to victory against Napoleon at the famous Belgian battlefield in 1815. To do this, he needed around 4,500 figures to represent the various opposing armies, as well as a recreation of the battlefield itself. His ambition was finally achieved in 2002 when he and other members of the Rheindahlen Wargames Club, based at a NATO HQ in Germany, painstakingly and accurately recreated the battle. "It was something I had always wanted to do, ever since I started war gaming as a young lad," explained Miller. "It took me many years to get there but it gave me a great sense of achievement when the big battle finally took place."

Such is Miller's enthusiasm for the Napoleonic period; he has become something of an expert on that famous part of European history. He even led a few battlefield tours at Waterloo itself during his four-year posting in nearby Germany. More recently, however, Miller has been turning his attentions to another well known and bloody conflict – the American Civil War.

Again, he has built up an impressive and historically accurate collection of figures, representing both the Confederates and Union Armies. But war gaming is not confined to famous and historic battles. It can involve a clash of just about any kind, whether it be the armies of Middle Earth from Lord of the Rings, the various species which inhabit the universes of Star Trek or the weird, wonderful, and often gruesome, characters of the world of science fiction and fantasy.

"There really is no end of possibilities when it comes to war gaming," said Miller. "Different people like different things and all tastes are catered for."

War gamers will usually meet at clubs, where they fight their battles until victory is complete. This can take an hour or, depending on the size of the game and the number of people playing, weeks.

Each war gaming period is governed by a set of rules, written by historians or by people who just like the hobby. The rules, along with the throw of a dice, determine movement, the firing of weapon systems, the clash of forces, number of casualties and the eventual outcome of the game. The players can represent anything from a single character to the general of an army or an empire.

Miller added: "War gaming is everything from board games and computer simulations to figure gaming and even chess, the oldest war game in the world."

Now that he has settled down to life in America, Miller is keen to find other war gaming enthusiasts in the hope of starting a local club. Anyone interested in finding out more can contact Miller through Company A, 304th Military Intelligence Battalion.

Photos by Elizabeth Harlan

Maj. Dusty Miller, a British Exchange Officer, says painting the figures is one of his favorite parts.

Miller inspect his 'army' that has taken years to collect.

Miler has always been fascinated by military history.

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

Time Out will host the next CGs' Right Arm Night, 4 - 6 p.m. Friday. 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.

March special at MWR Rents

For the month of March, MWR Rents is offering the weekend rental of any camper for $55.

The facility also has boats, grills, sports equipment, lawn and garden items, camping equipment and many other items for rent.

For a complete list of rental items available or for more information, call David Wall at 533-6707.

Payday Scramble tomorrow at MVGC

Don't miss the next Payday Scramble, with a noon shotgun start, set for tomorrow at Mountain View Golf Course.

For more information, call 533-7088.

Arts Center has programs for children, seniors

The "Little Hands" children's arts and crafts program is offered from 10:30 to11:30 a.m. or from noon to 1 p.m. Saturdays at the MWR Arts Center. The program is open to children, 5 - 12.

Each week, participants fabricate a different craft. The upcoming schedule is: Saturday, paint with watercolors; March 6, wind sock (recycle craft); March 13, oil slick paper craft; March 20, pottery; and March 27, suncatcher (stained glass).

Cost of the Little Hands program is $6 per class or two classes for $10. Pre-payment is required at the time of registration. You can register your child at the arts center, or call for more information.

From noon to 2 p.m every Friday, the arts center offers a program specifically geared toward seniors. Friday the classs offered will be acrylic painting. Cost of the senior classes is $15 each and pre-registration and pre-payment are required.

The arts center will also offer a variety of other classes and workshops in March including framing, ceramics, photography, pottery, oil painting and others.

For a complete class list, stop in at the MWR Arts Center. Their hours of operation are: 9 a.m. - 5 p.m. Friday and Saturday; noon - 8 p.m.Tuesday, Wednesday and Thursday; and closed on Sunday and Monday. For more information, call 533-2015.

Junior lifeguard class

The Sports and Fitness branch of MWR will offer a junior lifeguard class for youth 10 - 14, 2:30 - 4:30 p.m. March 15, 17 and 19 at Barnes Indoor Pool.

Cost of the class will be $20 and includes the necessary book, a shirt and a certificate.

The class is open to the public.

Class size will be limited to 10 students, so please sign up early.

For more information, or to register, call 533-3858.

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," is offered 5-6 p.m. on 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 is taught at beginners, intermediate and advanced levels. Everything 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 533-5031.

Thunder Mountain 10K, 5K event set for March 20

It's time to get in shape for the Thunder Mountain 10K and 5K competitive runs, scheduled to begin at 7 a.m., March 20. The runs are open to all.

Runners will compete in the following categories: active duty military male and female; open division male and female; and master's division male and female (40 plus).

Entry fees will be as follows for the 5K run: active duty military, with shirt, $12; active duty military, without shirt, $5; civilian, with shirt, $14; and civilian, without shirt, $6.

Entry fees for the 10K run will be: active duty military, with shirt, $15; active duty military, without shirt, $8; civilian, with shirt, $20; and civilian, without shirt, $10.

If you're not interested in the competitive runs, there will be several other activities in which you can participate, including: a 10K bike tour which begins at 6:55 a.m. and consists of a leisurely ride of 6.2 miles, on pavement (helmets required); a leisurely 5K walk/jog, with or without your dog, which begins at 6:58 a.m.; and a "diaper dash," beginning at 7:45 a.m., for toddlers three and under, in which mom or dad guides their future runner from 15 yards out, across the finish line.

Cost of each of these events is $3 per person, and ribbons will be awarded to all finishers in each of the events.

All races, including the 10K and 5K competitive runs, will begin at Barnes Field House.

Entry forms for all events are available at Barnes Field House or Eifler Fitness Center. Entry forms for the competitive runs only are also available on the internet at *http://active.com/.*

Visitors and guests to Fort Huachuca are reminded to use the Main Gate, and to allow an extra five minutes for the issuance of a pass to enter the fort.

For your enjoyment, the 36th Army Band will provide live music during the event.

For more information, contact race director Michelle Kimsey at 533-5031/533-3246 or e-mail michelle.kimsey@hua.army.mil.

MWR Box Office

Manhattan Rhythm Kings to perform at BPAC

The Buena Performing Arts Center, Sierra Vista, will present the Manhattan Rhythm Kings at 7 p.m. March 13.

Known for their polished performances of American popular music from the '20s, '30s and '40s, the Manhattan Rhythm Kings, have gained a large and enthusiastic following across the country. While frequently compared with such musical greats as the Mills Brothers and Paul Whiteman's Rhythm Boys, the trio has established a unique character of its own with a combination of close harmony singing, virtuosic instrumental work, and spectacular tap dancing.

Tickets for the Sierra Vista performance are on sale now at the MWR Box Office.

The box office also has tickets available for the Metallica concert, 7 p.m. March 3 at the Tucson Convention Center.

Other upcoming events at TCC include: Tuesday, John Mayer; March 8, the Newsboys, Rebecca St. James and Jeremy in concert; and March 19 - 21, a tribute to Buddy Holly. The box office has tickets for all these events. They may be purchased 10 a.m. - 4 p.m., Monday - Friday.

The box office also has tickets for the 16th Annual Arizona Renaissance Festival and Artisan Marketplace, being held weekends, now through March 28, at Apache Junction, Ariz. Gates open at 10 a.m. and close at 6 p.m. Save by purchasing advance tickets for this event at the box office.

Whether it's tickets for that musical or sporting event you've been waiting to see, a reasonably priced hotel room in Tucson or Phoenix, or information on activities that are available in a specific area, the MWR Box Office can help.

Call 533-2404 for more information 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.

Joseph brothers remain in hunt for Olympic boxing spots

BY TIM HIPPS
ARMY NEWS SERVICE

The Joseph brothers kept the Army's Olympic boxing dream alive in the 2004 U.S. Olympic Boxing Team Trials at Battle Arena Feb. 17 through Saturday in Tunica, Miss.

Clarence Joseph advanced to the U.S. Olympic Team Box-Offs by winning the challengers' bracket of the 165-pound division. Joseph, 21, a member of the U.S. Army World Class Athlete Program at Fort Carson, Colo., must defeat Trials champion Andre Dirrell twice Friday and Saturday at Cleveland to win a spot on the U.S. Olympic Boxing Team.

Edward Joseph, 24, also remains in contention for a spot on Team USA. Because of an administrative fiasco in the 152-pound welterweight division at Tunica, he and three other boxers will resume their Trials today in Cleveland.

Edward will meet Austin Trout of Las Cruces, N.M., in the challengers' bracket. Vanes Matirosyan of Glendale, Calif., and Cory Jones of Brooklyn, N.Y., will square off in the champions' bracket. Edward is one loss away from being eliminated and four victories shy of earning a spot on the Olympic team.

A fatigued Clarence, who boxed gamely with a battered right arm, barely advanced to Cleveland. He rallied in the fourth and final round to a 12-12 tie with Joe Greene of Queens, N.Y., and won the bout 63-51 on a tiebreaker.

"I was trying to stay outside and box him -- get in and out," said Clarence, who did not want to brawl with the stockier Green. "In the third round, he caught me with a good shot but I recovered quickly."

Green, however, carried a 9-6 lead into the final round of their middleweight bout.

"I just said to myself: 'I'm going to the Box-offs. I'm going to throw my right hand no matter how bad it hurts,' " Clarence said. "And that's what I did in that last round – I just pitched it. It's really sore now."

The brothers Joseph are going to Cleveland's Convocation Center at Cleveland State University for the Olympic Box-Offs. Clarence's lone loss in Mississippi was a dismal display against Dirrell, who was leading 28-5 in the third round when Army coach Staff Sgt. Basheer Abdullah stopped the fight.

Edward's remaining road to Athens is even longer than Clarence's, but he thrived in an elimination bout at Tunica, where he stopped Chicago's Rudy Cisneros in the first round with a strong left to the body. He also defeated teammate Boyd Melson 3-0 on paper in a bout he was leading by more than 20 points before the computer crashed. Edward's only setback was a 23-14 decision to Jones, whom he may face again.

Edward couldn't prevent riding an emotional roller-coaster throughout the week as USA Boxing officials deliberated the fate of the welterweight division after a preliminary bout in which Andre Berto was disqualified for throwing Juan McPherson to the canvas. McPherson, who suffered a concussion, left the arena on a stretcher and returned the next day only to be told he couldn't box for safety reasons.

Berto's disqualification, meanwhile, was overturned and he resumed boxing. On each of the next three days, USA Boxing changed its decision on how to deal with the matter – at one point declaring the weight class would be restarted from scratch, likely at the U.S. Olympic Training Center in Colorado Springs. Following a second emergency meeting of the USA Boxing Board of Directors, which overruled and replaced an earlier panel, the decision was made to pick up where they left off Friday in Tunica on Thursday in Cleveland – without Berto or McPherson, two of the better boxers in the weight class.

Time Out Briefs

Cochise County Women's Conference

Workforce training and community education are sponsoring a Women's Conference, Friday and Saturday at the Cochise College Sierra Vista Campus.

Topics covered will include wellness, future planning, communication styles, workplace trust and stress reduction.

The featured speaker will be Roxanne Lee, president, iPowerSpeak.

For more information, call 515-5446, send e-mail to womensconference@cochise.edu. or visit their Web site at wwww.cochise.edu/training

Field trip to volcanic fields

Sierra Vista Parks and Leisure is offering a field trip from 7 a.m. to 5 p.m. on Saturday to the San Bernadino Volcanic Field.

The cost of the trip is $28 per person and includes visiting eruption sites and young volcanoes in southeastern Cochise County. Please pre-register.

For more information, call Jeanette Higgins at 417-6980 or e-mail her at jhiggins@ci.sierra-vista.az.us.

Visitors vote at the Gallery exhibition

The Huachuca Art Association newest free exhibition, titled "Eclectic Art"will be at the Gallery through Sunday. The featured artist is Jane Fults, the exhibition also includes artwork of many more association members. Visitors are welcome.

All visitors may vote for their favorite art piece among the paintings,drawings, and photographs to determine the "Peoples Choice" Award.

The Gallery is open Thursdays through Sundays from Noon to 4 p.m. For an appointment outside of these hours, contact February exhibition coordinator Jane Fults at 459-7662. The Gallery is located at 3816 Astro Street in Hereford (Astro St. is off Hwy. 92, less than four miles south of Buffalo Soldier Trail).

For more information, call HAA President, Jim Coleman at 803-0727.

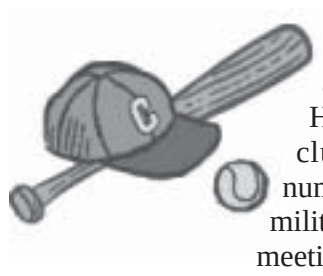
Last days of February local art exhibits

The Huachuca Art Association artists create a wide variety of two and three dimensional art that may be viewed at Sierra Vista businesses.

In February, the following artists will display their artwork around Sierra Vista: Sylvia Rosenkrans — artwork at ACE Hardware. Susan Rae Thatcher — paintings at the Ethel Berger Center and at Fidelity National Title at 333 Wilcox Drive. Mary Okert — paintings at the Windemere Hotel. Maureen Brady — artwork at the Bella Vista Water Company. Jan Huthoefer — paintings at Fidelity National Title at 2435 E. Fry Blvd., Jack Miller and Margaret Griffiths — paintings and pastels at the Southwest Gas Corp.

For more information, call Jim Coleman at 803-0727, John Marvin at 803-6697, Sue Olivo at 803-1035, or Wendy Breen at 378-1763.

Softball pre-season coaches' meeting



The pre-season coaches' meeting for the Commander's Cup coed intramural softball program will be held at 10 a.m., Tuesday at Barnes Field House. Letters of intent, to include the coach's name, phone number, e-mail address and known military commitments are due at the meeting.

For more information, call Tom Lumley at 533-5031/ 533-3246 or e-mail thomas.lumley@hua.army.mil.

Outdoor class offered at Cochise College

A two-hour pond building basics for the do-it-yourselfers will be held from 9:30 a.m. to 11:30 a.m., March 6 on the Cochise College Sierra Vista Campus.

The class costs $19 per person and gives students the information needed to construct a pond themselves.

For more information and reservations, call 515-5492.

High Desert Gardening Landscaping

The 11th annual High Desert Gardening and Landscaping Conference takes place from 5 to 8 p.m., March 12 and from 8 a.m. to 6 p.m. March 13 at Buena High School in Sierra Vista.

The conference is sponsored by the Cochise County Master Gardeners Association in conjunction with the University of Arizona Cooperative Extension Agency.

For more information, call 458-8278.

Art Asssociation offers art scholarship

The Huachuca Art Association, Inc., will award a $1,000 scholarship to a graduating senior high school student pursuing a visual arts degree such as painting, sculpture, photography, fiber, graphic arts, etc. The deadline for entries is March 15.

This scholarship is open to residents of Cochise County. Applications from senior home school students will also be accepted. Application packages are available through art instructors or guidance counselors. For more information, or to get a scholarship application package sent to you, call Jane Pitts at 378-7110.

ASE certifications examinations

The Automotive Service Excellence Certification Examinations will be administered on May 4, 6 and 11 at the Army Education Center, Building 52104, Room 3. Three tests are funded for active duty Soldiers with eligible MOS's.

Unfunded tests are $24 each for regular tests and $48 for advanced tests. All examinees must pay the $31 registration fee. For more information, call an Army Education Counselor at 533-3010, or visit the Education Center. Deadline for registration is noon, March 18.

Library online

The Fort Huachuca main library is now accessible online at http://mainlibrary.hua.army.mil. This user-friendly system is also used by other military libraries.

The main library is open 10:30 a.m. - 7:30 p.m. Tuesday through Friday and 8:30 a.m. - 5:30 p.m. on Saturday. For more information, call 533-3041.

At The Movies

Showing at the Cochise Theater for the next week are:

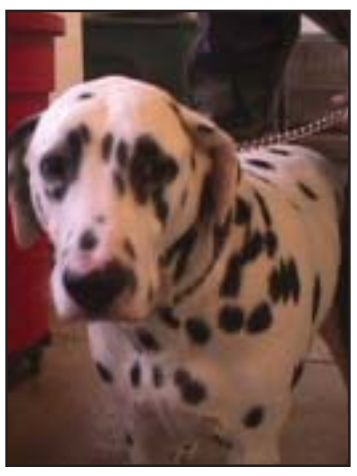
Today	
Chasing Liberty, PG-13	7 p.m.
Friday	
Big Fish, PG-13	7 p.m.
Saturday	
Along Came Polly, PG-13	7 p.m.
Sunday	
Along Came Polly, PG-13	7 p.m.
Monday-Wednesday	
Closed	

Thursday movies are 99 cents. All other showings are $3 for adults and $1.50 for children.

Pets Of The Week

Editor's note: For pet adoption, call 533-2767.

Tiff is a sweet pitbull/lab mix who loves to play with everyone.



TJ is a very calm, but affectionate dalmation.

This cute cuddly kitten is named Peaches. She is very pretty and loves to be held.

Princess is a beautiful mixed dog who loves to run and jump with her friends, but she isn't too fond of cats.

Winding Road

Tucson rodeo hits 79th year, offers old fashioned fun

BY NELL DRUMHELLER
THE SCOUT STAFF

What's that smell? It's the pungent aroma of steers, horses and bulls mixed with roasted popcorn, sizzling hotdogs and processed hops. Put it all together and you know it must be rodeo time.

The Tucson Rodeo is back in town. This 79 year tradition entitled La Fiesta De Los Vaqueros began on Saturday and continues through Sunday. The nine-day event is listed as one of the top 20 rodeos in the nation.

For the first time the rodeo kicked off with a Professional Rodeo Cowboy's Association sanctioned bull riding competition last Saturday with the first performance of the regular rodeo on Sunday.

B-Troop will participate in the Tucson Rodeo Parade today at 9 a.m. Billed as the world's longest non-motorized parade, this two-hour spectacle features western-themed floats and buggies, historic horse-drawn coaches, festive Mexican folk dancers, marching bands and outfitted riders. An estimated 200,000 spectators view the parade each year. The parade route begins at Park Ave. and Ajo Way, continues south on Park to Irvington Road, then heads west on Irvington Road to S. 6th Avenue, ending at the Tucson Rodeo Grounds.

The second performance is today at 2 p.m., beginning with the Mutton Bustin' and Junior Rodeo at 1 p.m. The same schedule continues each day through Sunday.

The Tucson Rodeo features five days of competition with the top 12 athletes in each event competing in a final performance on Sunday. The final performance is part of the PRCA ProRodeo Tour and will be televised in March on Outdoor Life Network on cable television. For more information, visit www.tucsonrodeo.com.

Photo by Elizabeth Harlan

Performances of the Tucson Rodeo continue today through Sunday.

Channel 97

Tune into CAC for troop information, late breaking fort news

Tune in to the Commander's Access Channel (Channel 97) for up-to-date community news and information from Fort Huachuca and around the military.

For the latest in military news, catch Army News Watch at 2 p.m., Air Force News at 2:30 p.m. and Navy Marine News at 3 p.m.

The Fort Report airs at 3:30 p.m. daily with video highlights of local events.

This week, see highlights of the school board meeting, Sgt. Merila's funeral, tech expo, intramural soccer, and dental clinic's visit to CDC.

Don't miss the Army's new Warrior Ethos commercial and a special song written by one of Fort Huachuca's own family members, Evelyn Dubois.

Stay tuned to Channel 97 for more special programming.

To get your message on the Commanders Access Channel, e-mail channel97@hua.army.mil.

Sports Schedules

Coed Intramural Soccer

Time	Location	Home	Away
Cochise Division			
Monday			
7 p.m.	Pauley Field	Co. B, 305th #1	Co. A, 306th
7 p.m.	Brock Field	JITC	Co. C, 304th#2
8 p.m.	Pauley Field	Co. D, 309th	MEDDAC
8 p.m.	Brock Field	NETCOM	Co. A, 309th
Wednesday			
7 p.m.	Pauley Field	NETCOM	Co. D, 309th
7 p.m.	Brock Field	Co. C, 304th #2	DFAC
8 p.m.	Pauley Field	Co. A, 309th	Co. B, 305th #1
8 p.m.	Brock Field	MEDDAC	Co. A, 306th
Huachuca Division			
Today			
6 p.m.	Pauley Field	Co. C, 305th	Co. D, 40th Sig.I
7 p.m.	Pauley Field	Co. E, 309th	Co. E, 305th
7 p.m.	Brock Field	NCOA	HHC 111th MI
8 p.m.	Pauley Field	USAG	Co. C, 304th #1
Tuesday			
6 p.m.	Pauley Field	Co. C, 305th	NCOA
7 p.m.	Pauley Field	Co. D, 40th Sig.	Co. E, 309th
8 p.m.	Pauley Field	Co. C, 304th#1	Co. B, 305th #2
8 p.m.	Brock Field	HHC 111th MI	Co. E, 305th

(Note: For more information on scheduling conflicts or questions, call Michelle Kimsey at 533-5031.)

Youth Basketball

Time	Location	Team 1	Team 2
Pee Wee League, 5-6			
Saturday			
8 a.m.	YC	B	4
9 a.m.	HM	1	A
9 a.m.	YC	D	2
10 a.m.	YC	C	7
Wednesday			
5 p.m.	YC	C	4
6 p.m.	YC	D	5
Mighty Mite League, 7-8			
Saturday			
8 a.m.	YC	A	E
9 a.m.	YC	B	D
Wednesday			
5 p.m.	YC	B	6
6 p.m.	YC	A	5
6:45 p.m.	HM	7	C
Bantam League, 9-10			
Saturday			
11 a.m.	AMS	2	F
noon	AMS	3	E
1 p.m.	AMS	4	D
2 p.m.	YC	C	5
3 p.m.	YC	B	7
4 p.m.	YC	A	8
Wednesday			
6 p.m.	SMS	C	F
6 p.m.	AMS	1	E
Junior League, 11-12			
Saturday			
9 a.m.	SVMS	1	3
10 a.m.	SMS	A	C
10 a.m.	SVMS	2	5
11 a.m.	SVMS	4	6
Wednesday			
6 p.m.	SVMS	6	1
7 p.m.	SVMS	5	4
Senior League, 13-15			
Saturday			
11 a.m.	SMS	B	2
noon	SVMS	1	3
1 p.m.	SVMS	4	A
Wednesday			
7 p.m.	SMS	B	2

Youth basketball game locations key:

AMS - Apache Middle School (Sierra Vista)
HM - Huachuca Mountain Elementary School (Sierra Vista)
YC - Fort Huachuca Youth Center (Fort Huachuca)
SVMS - Sierra Vista Middle School (Sierra Vista)
SMS - Smith Middle School (Fort Huachuca)

(Note: For more information on scheduling conflicts or questions, call Debbie Wambach at 533-5372.)

At The Library

Hardcover fiction
1. The Last Juror, by John Grisham
2. The Da Vinci Code, by Dan Brown
3. The Five People You Meet In Heaven, by Mitch Albom
4. Divided In Death, by J. D. Robb
5. Seduced By Moonlight, by Laurell K. Hamilton

Hardcover nonfiction
1. The Price Of Loyalty, by Ron Suskind
2. American Dynasty, by Kevin Phillips
3. Give Me A Break, by John Stossel
4. My Prison Without Bars, by Pete Rose with Rick Hill
5 . The Fabric Of The Cosmos, by Brian Greene

Paperback fiction
1. Angels & Demons, by Dan Brown
2. Deception Point, by Dan Brown
3. Chesapeake Blue, by Nora Roberts
4. The King Of Torts, by John Grisham
5. The Jester, by James Patterson and Andrew Gross

Paperback nonfiction
1. Reading Lolita In Tehran, by Azar Nafisi
2. The Devil In The White City, by Erik Larson
3. Tuesdays With Morrie, by Mitch Albom
4. Bringing Down The House, by Ben Mezrich
5. Touching The Void, by Joe Simpson

Former heavyweight champ pins Sergeant Major at USASMA

BY DAVID CROZIER
USASMA PUBLIC AFFAIRS,

It was standing room only as Master Sgt. Randy Manns took to the stage Monday to face off with his boyhood friend. Weighing in at a mere E-8, Manns, a Class 54 student attending the U.S. Sergeants Major Academy at Fort Bliss, Texas, took his 19-0 career another step further and now weighs in at E-9. While Manns was successful at stepping up in class, he was outclassed by a true heavyweight who struck the final blow and sent the new sergeant major into the annals of USASMA history.

That heavyweight was none other than four-time Heavyweight Champion of the World Evander Holyfield, and the history was the fact that he was there to help a friend pin on the rank of sergeant major.

The event took on a "Saturday Night at the Fights" atmosphere as Holyfield was introduced to the crowd of more than 700 students, faculty and guests. Receiving a standing ovation and shouts of encouragement from the crowd, "The Real Deal" stepped up to his smaller opponent and hit him with his best shot by placing the sergeant major rank on Manns' right collar.

"We have known each other since we were 13 years old. We grew up in Atlanta, Ga., went to high school together and graduated together," said Manns after being promoted to sergeant major. And it was in school in Atlanta, Manns added, where he remembers another historic moment between the long-time friends.

"It goes back to when we both made a comment about our careers," Manns explained. "He announced that one day he was going to be the heavyweight champion of the world and I said 'Okay, I am going to join the Army and be a sergeant major one day.'"

Manns said while the two went their separate ways to achieve their goals, he never missed a Holyfield fight and if he could make it to the fight he would be there to help cheer on his friend.

When it was Manns' turn to achieve his goal, Holyfield eagerly jumped at the chance to be in his friend's corner.

"You know all the planes [to El Paso] were packed and I couldn't get a flight out here so I rented a plane just to be out here and be a part of this," said Holyfield. "It was an honor for me to come out here. It was a great feeling."

Holyfield said he believed it to be uncommon to find high school friends who started out with goals, were able to achieve them and have remained good friends. He said he always knew he wanted to be the heavyweight champion of the world and he accomplished that. But he said he felt just as good about Manns achieving his goal also.

"It was just good to see somebody else in school had goals and that you could be proud of them just as they were proud of you," he said.

Holyfield said he has a great respect for the military and believes that the events of Sept. 11, 2001, made more people come to the same feeling.

"I truly believe that our freedom has a lot to do with the people that are in the service and all the things they go through that we don't have to worry about," he said. "When you look at this country, we have been free all this time because we have a great military and our freedom depends on how good our military people are. The events of 9-11 made people realize that the military is very important."

Each year Holyfield shows his respect to the military by hosting a barbecue at his home and invites anyone with a military ID card to come join the festivities.

In looking back at his high school days Manns recalled a friend who he said had a lot of energy.

"He was always a person who made you laugh, always full of energy. He was always a happy kid," Manns said. "You never saw him feeling down about anything."

As for his old friend coming to El Paso to take part in his promotion ceremony, Manns said it was great.

"He and I talked about this and I said to him, 'Man, you know what? My blessing is getting ready to come true and since you have already had your blessing I want you to come down and share one with me,'" Manns said. "So that's why he came down here to do this for me and it really meant a lot."

CISM, from Page B1

Department of the Army, came out to our installation three years ago," Woods said, "to witness the venue and how we produce it[All-Army Boxing Championships]. He was just pleased as punch and on the spot gave us the OK, gave us the authorization for the bid to put on CISM boxing."

"There is an MOI [memorandum of instruction] that's in the process of being published right now," Woods said, "that is going to list the taskings. Of course we're looking for volunteers and we will use volunteers, but the majority of the actual work stuff, will be done by the organizations, 'installation folks' tasked on post to help out.

"We need people who can not only work those ten days, but also for the planning process," Woods said.

Woods also said the installation command group, garrison command group, the City of Sierra Vista and the organizing committee, which includes Dan Valle, post director, Morale Welfare and Recreation and Jim Chambers, deputy garrison commander, are working in partnership to give their support to helping the post host the best CISM Boxing Championships possible.

The post will also host the All-Army Boxing Championships again in January 2005 and the All-Armed Forces Boxing Championships in February 2005.

CISM provides a venue for Soldiers from different countries, who speak different languages to come together in a common goal , which is to win their sports competition and than afterwards celebrate each other's victories.

"It is the neatest thing, not unlike the Olympic spirit," Woods said. "Finally, when you add the military aspect to it, your job is basically combative. But, sports really does provide the venue for Soldiers to let their guard down and just have a good time."

An active duty military athlete anywhere in the world is eligible to qualify for CISM.

Woods said, "How you qualify for CISM in the United States for the American team is you win the Armed Force's Championship. Each country has their own Armed Forces Championship. So our Armed Forces Team has already been selected. The team that wins Armed Forces, that coach usually is the CISM head coach for boxing. In our case, our head coach was selected for the head coach of the [2004]Olympic [boxing]team. His schedule has changed a little bit."

So he had to release his responsibilities as CISM head boxing coach to Air Force Staff Sgt. Ronald Simms, the Air Force coach, Woods added.

"It is going to provide Soldiers and civilians a venue to see the best boxing in the world," Woods said. "What I want to emphasize is that for those new to boxing, this is not professional boxing. This is amateur boxing. These guys wear the headgear. They go four two-minute rounds and they win on points. This is a little more sport combat than professional boxing. That is what civilians and military have to look for on a positive side. They're going to see the best boxers in the world coming here on the amateur side."

According to Woods, the top team that usually wins is the Russians, since they just focus on standing toe to toe and just score and get points.

During the championships, Barnes Field House will be closed to the public for use by the athletes for training, including the installation of a second training ring in the current aerobics room, Woods added. It won't be any different than an All-Army or Armed Forces Championship; Barnes Field House can only hold 2,500.

In terms of prestige and media coverage, Woods said, ESPN, Armed Forces Network and other international media may cover the CISM Boxing Championships here. Some VIPS will also attend, including Lt. Gen. James J. Lovelace, Chief of the United States CISM delegation. More than 21 countries will be represented.

There is also a big opening ceremony just like the Olympic style, where they bring in the CISM flag and raise the CISM flag, said Woods. "We will also have a culture day, which will be on a rest day. On that day, all the athletes will have an opportunity to get together and get exposed to and enjoy the Western culture out at Buffalo Corral."

Health News

Hands shake? Tremor common disorder

LT. COL. ROMAN BILYNSKY
WBAMC PEDIATRIC NEUROLOGIST

Tremor is the most common movement disorder. There are a number of possible causes of tremor, but essential tremor is the primary cause. Think of essential tremor as a primary disease, like essential hypertension, i.e. high blood pressure. Before deciding that your tremor is essential tremor it is important to be evaluated by reviewing a detailed history and having a general and neurological examination.

Essential tremor typically occurs or is noticed with actions like reaching or holding a cup of coffee, cutting with scissors, writing, eating, zipping up, buttoning, brushing your teeth or with certain postures like standing in formation at the position of attention or while holding the flag. It is important to realize that everyone has some tremor, termed 'physiological tremor,' and essential tremor is in essence a significantly exaggerated form of that.

Diagnosis of essential tremor requires the following: visible and persistent tremor for greater than one year, no tremor inducing drugs or systemic diseases, no other neurological problems, normal intelligence, and no history of perinatal (birth or developmental) anomalies or disorders. In about half of patients there is a family history of tremor, because it is an autosomal dominant disorder. This means that the gene, if passed from generation to generation, will result in tremor in the affected child or adult. It does not predict the severity of the tremor, i.e. a person with severe ET may have children who are minimally, moderately or severely affected. In cases where there is no family history but the rest of the criteria are met, neuroimaging (with MRI of the brain) should be considered. A particular feature of ET is that alcohol use, i.e. a beer, wine or mixed drink, reduces or results the tremor temporarily. This is not an endorsement for drinking alcohol but an observation to note if applicable. Tremor has its onset anywhere from about two and into old age, so being a school-age child does not mean you can't have essential tremor.

Other causes of tremor include Parkinson's disease, dystonia, certain tremorogenic medications like bronchodilators (albuterol), stimulants (e.g. Ritalin, Dexedrine, Concerta, Adderal), anticonvulsants (i.e. anti-seizure medications, e.g. Depakote) and dietary factors (too much coffee, tea, nicotine, or caffeinated beverages). Medical disorders that can also present or manifest tremor include Huntington's Disease, Wilson Disease, thyroid, and vitamin B12 deficiency in small children, among many others.

There is no specific blood or other test to confirm or make a diagnosis of essential tremor. It is a clinical diagnosis based on the history and physical examination. I generally recommend screening blood labs in my patients on the initial visit and neuroimaging in many cases where there is no definite familial (hereditary) component.

Treatment of tremor is only required if it bothers the people who have it. If it affects their occupational, social or academic functioning or typical activities of daily living (i.e. around the house) to a degree that is physically or psychologically disruptive, then medical therapy should be considered. If you or your child suffer embarrassment or don't participate in activities because of your tremor, then you should consider treatment. The mainstay of treatment has been the beta-blockers, i.e. medications that affect the muscle peripherally (i.e. in the arms, legs, and head), like propranolol (Inderal). The other commonly used medication to date has been primidone (Mysoline), an anticonvulsant that at very low dosages seems to improve ET. Other medications that have been used in the past include acetazolamide (Diamox), clonazepam (Klonopin), alprazolam (Xanax), and methazolasmide (Neptazane). With the introduction of many new anti-convulsant medications in the last several years, a number have been tried in patients with ET. The most promising results to date have been with gabapentin (Neurontin) and topirimate (Topamax). Tremor refractory (not responsive) to medication therapy, usually severe, may benefit from surgery by stereotactic thalamotomy, which is basically brain surgery that causes a mini-stroke in a specific part of the brain to suppress the excessive movements. This treatment option is, needless to say, potentially risky and usually reserved for the most severe cases.

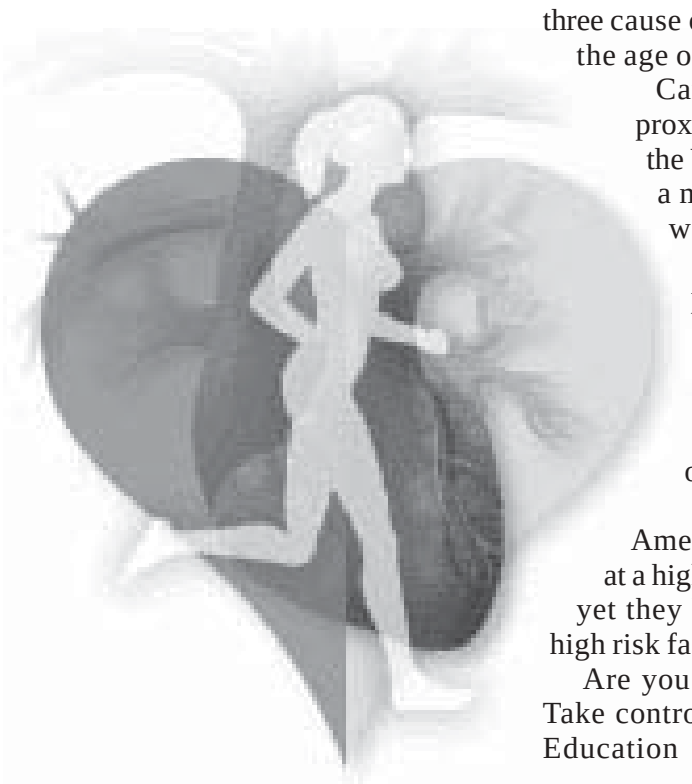
There are a number of Web sites about essential tremor on the Internet, including various support groups. For more information on tremor and other neurological disorders affecting children and adults, please see my Web sites at www.rbilynsky.neurohub.net or www.rbilynsky.yourmd.com. If you have symptoms suggestive of essential tremor or other tremor, see your primary care provider for evaluation and treatment. Children should be referred to a pediatric neurologist after screening labs and/or MRI brain is completed for a neurodevelopmental evaluation.

February proclaimed American Heart Month

Cholesterol testing Friday at Raymond W. Bliss

BY SELINA JEANISE
CHIEF, HEALTH EDUCATION RESOURCE CENTER

President George W. Bush has proclaimed February as American Heart Month. At Fort Huachuca the folks at Raymond W. Bliss Army Health Center last year coined February as Healthy Heart Month. Why all the fuss? What about SARS ? HIV/AIDS ? And what about all the other 100s of things we should be worried about ?



Here are the facts:

The number one cause of death in American men and women is cardiovascular disease.

Cardiovascular diseases are the number three cause of death among children under the age of 15.

Cardiovascular disease kills approximately one woman a minute in the United States. That's nearly half a million a year. (You thought it was a man's disease. It's not.)

According to statistics compiled by the Centers for Disease Control and the National Center for Health Statistics, in 2001, 498, 863 women died of CVD while 432, 245 men died of CVD.

Among women, African-American and Hispanic women are at a higher risk than white women. But yet they have the lowest awareness of high risk factors.

Are you at risk? How do you know? Take control of your health. The Health Education Resource Center along with Raymond W. Bliss Army Health Center challenges you to taking control of your health. Help arm yourself against CVD through education and awareness.

What is CVD?

Cardiovascular diseases are diseases of the heart and blood vessels, essentially the circulatory system. Some diseases of the circulatory system include high blood pressure, coronary heart disease, congestive heart failure, stroke and congenital heart defects.

Am I at risk for CVD?

Risk factors include being overweight, physical inactivity, diabetes, smoking, high cholesterol, and a family history of heart disease.

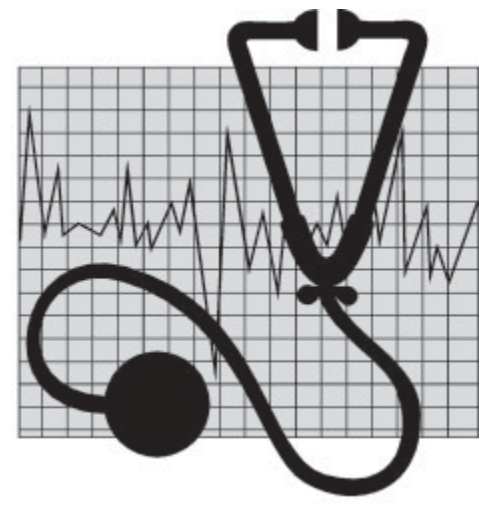
What can I do?

Take control of your health, stop smoking, start exercising, lose weight and get regular check-ups. When was the last time you had your blood pressure checked? What about your cholesterol? You can significantly reduce your risks of CVD.

Be proactive in the fight to be healthy. Many of these risk factors are within your control. Talk to your health care provider. Ask questions. Educate yourself and your family. For more information, please call or come by the Health Education Resource Center on the first floor of Raymond W. Bliss Army Health Center. We are in the Preventive Medicine Wellness and Readiness Service department. Our phone number is 533-5668.

The Health Education Resource Center has many resources available. We have a patient health library that contains books and videos as well as online databases. There are computers and televisions available. The risk of cardiovascular disease is real. Don't ignore the risks. Another great resource for information is the American Heart Association Web site at http://www.americanheart.org.

(Editor's note: RWBACH will be doing cholesterol checks in the front of the health facility on Friday from 8 a.m. to noon.)



Headeaches could mean injury, disability

LT. COL. ROMAN BILYNSKY
WBAMC PEDIATRIC NEUROLOGIST

Many of you have had or know someone who has had a head injury. Traumatic Brain Injury refers to the spectrum of head injuries ranging from a mild bump all the way to massive head injury with skull fracture. The unifying feature of these is the fact that there is an associated brain injury, from clinically undetectable (i.e. you don't notice any difference) to obvious neurological and/or neuropsychiatric disability. There are an estimated one million significant TBIs in the United States each year, with over a quarter of a million requiring hospitalization and 50,000 involving children. It is important to understand the possible consequences of even mild head injuries to recognize the signs and symptoms of TBI, because about five percent of people never recover from TBI.

Mild head injuries account for 90 to 95 percent of TBI and patients may be seen in the emergency room for evaluation. Often after a physical and neurological examination by the attending physician, sometimes including radiological imaging studies (x-rays), the patient is discharged home with a head injury sheet and instructions on when to return if symptoms change. Even though these injuries are 'mild' and a patient appears to recover 'completely', over time or with repeat injuries, noticeable changes or problems may be noted in the affected person. Two back to back mild head injuries may result in a 'second hit phenomenon' or 'second impact syndrome' resulting in brain swelling and possible death. You don't want to be the first one in your area to die from this well recognized neurological phenomenon.

Moderate to severe head injuries (five to 10 percent of all TBI) are often associated with more serious effects on the brain. Many appear to recover completely, but many also suffer long term consequences. Temporal lobe (a part of the brain) injuries affect immediate and short term memory, thinking, speech and coordination of movements. Frontal brain injuries may result in loss of inhibitions and/or aggressive behaviors. Injuries may result in seizures or epilepsy, stroke, paralysis, blindness, or other neurological impairments.

Many times a person appears to recover completely from a head injury or multiple head injuries, i.e. the headaches, dizziness, balance and coordination problems resolve. What might not be noted are the emotional consequences that are often attributed to other causes. The most common problem is depression, seen in up to 70 percent of TBI patients over time – far higher than the general prevalence of this problem in the general population. Other issues or problems include aggression, agitation, altered sexual functioning, anxiety, mood and personality disorders. Children and adolescents as well as adults may manifest learning difficulties, shallow self-awareness, impulsivity, and social disinhibition.

A medical study of approximately 200 adolescents revealed that the 28 percent who had a history of mild head injury had sleep problems, whereas only 11 percent of those without head injury had sleep problems. This was a statistically significant difference. Additional risk factors for sleep problems in adolescents include being overweight and having parents who failed to complete high school. The take home message is that sleep problems in adolescents and adults may have a head injury component, so preventing TBI will reduce the number of people affected with sleep problems.

The treatment of traumatic brain injured patients first requires an understanding of the nature of the problem. Unfortunately, optimum treatment is still unclear. One thing that is clear is that patients with TBI do better in controlled environments with minimal sensory input, i.e. one should avoid over stimulation. Antidepressants may be an option for sleep disturbances but there is little data on the use of antipsychotic medications. The take home message is clear – if you, your loved one or child suffers a head injury, you want to minimize the chance or risks of sustaining a second head injury. Utilize appropriate safety equipment, i.e. helmets. Conditions that contraindicate participation or competition in contact sports (that means participation is not recommended at all) include permanent neurological sequelae from head injury (of any kind or degree), persisting post-concussion symptoms (of any kind), hydrocephalous (from any cause), spontaneous subarachnoid hemorrhage (i.e. a bleed of the brain; from any cause). If a head injury occurs, don't rush back in to finish the game. Depending on the nature and degree of injury wait days or weeks to start playing again. Remember, one game won't change your life, but the effects of brain injury may affect you for your entire life.

For additional information of various neurological conditions in children and adults, see my Web sites at www.rbilynsky.yourmd.com or www.rbilynsky.neurohub.net.