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Single parents
find support on
post
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Cavalry loads
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Commanders



Riggs

... this is the first time a FORSCOM post has won the competition

As you probably know by now, Fort Carson has been selected winner of the Commander in Chief's Award for the 1998 Army Community of Excellence. What an honor for the Fort Carson community and the Mountain Post Team! Fort Carson is indeed one of our Army's best places to train, deploy, live, and work and now, our team is being recognized across DoD.

Of significance, is the fact that this is the first time a FORSCOM post has won the competition.

This isn't my award, nor management's award - it belongs to you, the members of the Mountain Post Team. It represents a lot of hard

work, good ideas put to work, responsiveness to customers, improvements in quality of life, using dollars wisely, and dealing effectively with downsizing.

We've all had to look at new ways to do old things and to do away with the old refrain we've always done it that way. Our team has indeed excelled in finding new ways.

One such new way is the Direct Support Plus Program, in which our soldiers work on tank engines on site, rather than ship the engines to depot. This program saved \$20.5 million last year. Already this year, \$6.3 million has been saved, and that's not to mention our operational readiness rate which has improved, coupled with advanced training for our soldiers. These soldiers are able to do advanced diagnostic work equivalent to mechanics with 20 or more years' experience. What a great program!

Another innovative program was introduced with the closure of Fitzsimons Army Hospital in Denver. Soldiers were being sent TDY by medevac to Texas for referrals. Maybe that's the way we'd always done it, but it made

more sense to send civilian doctors, save lost work time down. A significant. been saved by this.

Our Welcome Center is an example of our team's care of soldiers and their report to their units to work. Ours is one of the Centers in the Army. come to the Mountain Post. late it.

All the credit goes to our superb civilian employees. All of the ideas that had always been new ideas to the leaders who listened about performance. ed to make this possible.

Our special thanks go to Alan Fisher and Reinvention Team. Lobban and the great

Sound Off!

What do you like about

Fort Carson?



Capt. Kent Cassella
14th PA D
The Outdoor Recreation program - the facilities are the best I've ever seen.



Master Sgt. Steve Musgrove
G-3

There is a spirit in the air. I love the people, the weather, the area.



Alan Fisher
G-3 civilian
The people.

News

Mountain Post best in

by Nel Lampe
Mountaineer staff

It's a little like winning an Oscar—the Army's best post award—but instead of a golden statue, the prize is \$500,000.

Fort Carson was notified Friday that it was the Commander in Chief's winner of the Army Communities of Excellence Award for FY98. Twenty-six other Army installations received Chief of Staff awards or runner-up awards.

This is the first time Fort Carson has been selected for the ACOE Award, which was first awarded in its present form in 1993. An outgrowth of the government performance and results initiative, commonly known as recreating government, the award was refocused from its previous theme of post beautification. This award now looks at how the installation is run.

The focus is on efficiency, leadership, customer requirements, business processes, listening, and managing resources, according to Becky Bayer, strategic plans and programs manager. She is a member of the Quality and Reinvention Team.

Fort Carson is the first-ever

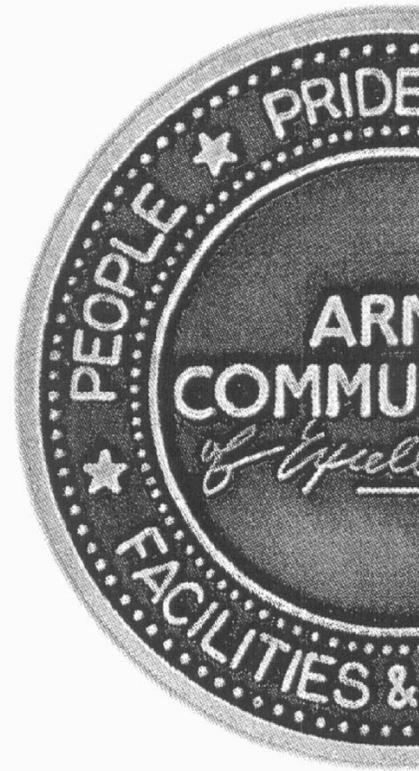
FORSCOM winner, Bayer said.

Fort Carson will receive a trophy and an ACOE flag from the Chief of Staff of the Army and the Sergeant Major of the Army in a ceremony at the Pentagon in May. The \$500,000 prize does have some parameters, Bayer said. For instance, it can't be used for hiring more employees.

In 1995 Fort Carson was named a runner-up for the ACOE.

Management has the responsibility to ensure we are wise stewards of our resources, Bayer said.

We have been able to get good ideas from the grass roots on how to do things better. People are empowered to make decisions and to bubble up good ideas, according to Bayer. Ideas can be passed directly to the support agency, to the Quality and Reinvention Team, to quality council repre-



sentatives or to boards, she said.

An Army Community Team visited the

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March 20, 1998

MILITARY

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March 20, 1998

COMMUNITY

Mountain Post Team MVP

571st Medical Company

This week's Mountain Post Team MVP is the 571st Medical Company.

Soldiers from the unit assisted in the rescue of a hot-air balloon pilot and his four passengers Sunday.

The balloon passengers were stranded between Frisco and the Copper Mountain ski resort.

Rescue teams began climbing the mountain early Sunday afternoon, but conditions made it too difficult to climb.

A helicopter crew from the 571st Med. Co. responded to the call, arriving at the scene at 5:30 p.m.

The stranded balloonists were lifted one-by-one on a line lowered from the aircraft. One hour and 15 minutes later, the balloonists were safe on the ground.

The 571st Med. Co. won the prestigious Dustoff Association Rescue Mission of the Year Award this year for the second year in a row.

The unit provides vital support to Fort Carson units at the National Training Center,

This feature in-
light a soldier, Dep-
retiree, family me-
for an outstanding
nominations to ru-
Each week, the M-
nations from the
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can be reached. Th-
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Public Affairs

Community

Army expects single parents to do it all; Fort Carson's Single Parent Organization helps

by Nel Lampe
Mountaineer staff

In a world where experts say it takes two parents or a whole village to raise a child, a family unit which only has one parent is faced with special challenges.

Complicate the scenario by putting that single parent in a military uniform, subject to field exercises, TDY or other military duties, and the situation becomes even more challenging.

The Army expects single parent to meet the same duty requirements as other soldiers. In AR600-20 there are three main points

1. Enlisted and officer single parents will be counseled by commanders on the need for a family care plan.

2. If a soldier's family or personal problems are affecting duty performance, a soldier may be barred from reenlistment.

3. Soldiers who do not have an approved Family Care Plan will be barred from reenlistment.

It is the single soldier's responsibility to find someone to care for his or her children during the soldier's absence and to have a signed document to that effect. The document must be completed within two months of the soldier's assignment to a unit.

The care must be arranged to cover all absences of the soldier such as normal duty hours, alerts, temporary duty assignments, deployments, unaccompanied tours or special situations such as an evacuation.

It can't solve everything, but Fort Carson's Single Parent Group can help a single parent get started on the right path.

A Sole Parent Resource Guide is available at the office located in Bldg. 1526. The Guide contains a wealth of information on community support groups, child

and youth programs on post, tips on child care and single parenting, and important phone numbers. The Resource Guide also contains a copy of the Family Care Form and helpful instructions for completing the form.

The program is a part of Family Advocacy, Army Community Service. Karen Howard is coordinator for the Single Parent Group.

According to Howard, the program has been around since 1992.

With the changing culture, divorce is more acceptable now, Howard said. There are more than 600 single parent soldiers on Fort Carson, with or without custody.

But budgets and time constraints put a lot of pressure on single parents.

Being a single parent is extremely challenging, Howard said.

The Single Parent Group provides the opportunity for solo parents to have a connection with other single parents and to exchange ideas, according to Howard.

Fort Carson's Single Parent Group meets the last Tuesday of the month from 5:30 - 8 p.m. in the Spiritual Fitness Center, Bldg. 116L. Free child care and food are provided for all meetings. Some meetings are for the whole family, and others are for the parents only. Adult meetings include guest speakers and discussions. Experts from the military and civilian community address subjects of interest to



Andrea Van Bergen and Master Sgt. Kent Thompson share a laugh with his daughter, Jena.

Single parents gather for food, camaraderie

by Nel Lampe
Mountaineer staff

It's easy to see the camaraderie as children enter the Spiritual Fitness Center, accompanied by only one parent. Some parents are still in BDUs, others had changed into casual off-duty attire. Some are civilians, still others wear an Air Force blue duty uniform. But they have one thing in common—they are all single parents, gathering for the monthly Single Parent Organization meeting.

Adults and children gathered for a recent SPO meeting. Attendees helped themselves to do-it-yourself tacos from a table full of ingredients brought by each family. Sometimes it's a potluck dinner, other times pizza is ordered.

Usually there are more people at a meeting, SPO President Sgt. 1st Class Deborah Lindsey said. She would like to urge single parents to come be a part of us.

It gives the children a chance to be around other children (of single parents) and share a common bond, Lindsey said.

Following the meal, the children went next door where Rebecca Rosa of Children and Youth Services and two helpers provided child care while the parents listened to a guest speaker.

Staff Sgt. Paul Thorne is executive officer for the SPO group. Assigned to the Company A, 1st Battalion, 12th Infantry, he had been at Fort Carson two weeks when his unit deployed to Kuwait. Thorne was lucky—his parents and siblings live in the Denver area, so the single-parent soldier had a place for his 14-year-old son to stay while he was deployed.

But, Thorne said, had he been a member of the Single Parent Organization for a longer period of time, he probably would have made a different decision about where to leave his son when

deployed. Thorne is going to the field soon, and arrangements have been made for his son to stay with another Fort Carson family.

I was prepared to take Paul Jr. to my family in Denver, but my friends protested they wanted to have him stay with them. And it's better for Paul, as he will still be able to be in school and be with his friends, Thorne said.

He's gotten a lot of tips and short-cuts from other single parents in the group, Thorne said. He's also become more active in the community, thanks to the group. He has gotten out in the community, met people, and volunteered when he could with Army Community Services. I've made the best friends in the world (in this group), he said.

Larry Burke has been a member of the group for six years. He came to the group when he was assigned to the post from duty in Korea. Now that he's a civilian, he still attends as many activities as he can.

Burke has joint custody of his 13-year-old twins and a 12-year-old. They live with their mother in Fountain, and he has them on weekends. At their age, their activities usually dictate where they need to be, but Burke does a lot of camping with his son, who is involved in Boy Scouts.

This is a great group, Burke said. Because of the nature of the Army the membership rotates a lot, he said, but new members seem to connect quickly.

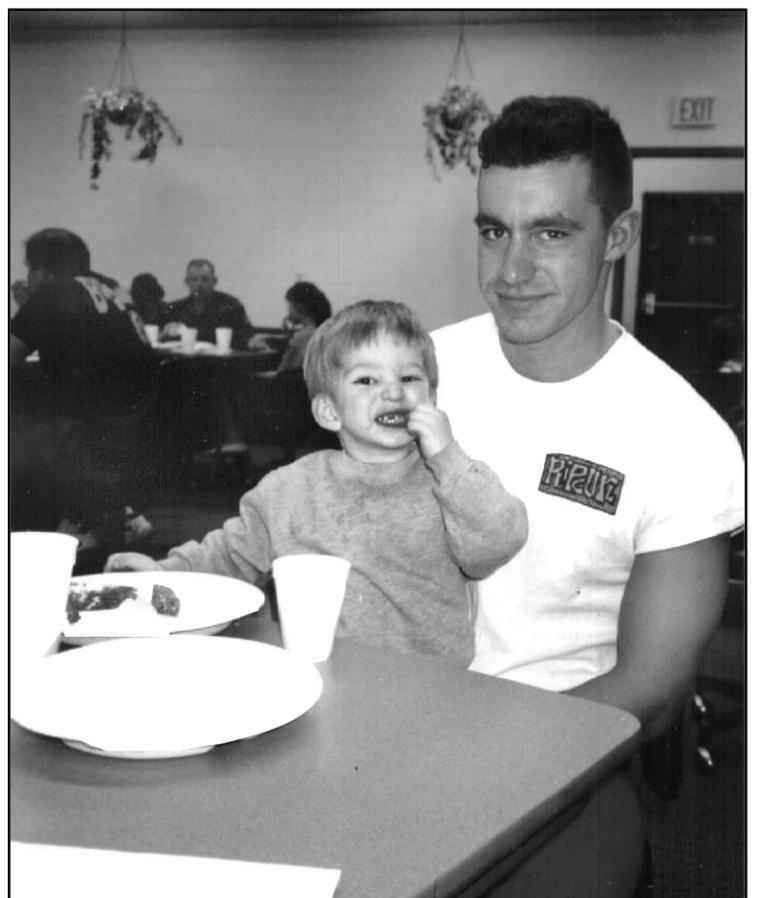
I get tired of being cooped up in the house, Burke said. I come here to

talk to adults

Lindsey said the SPO has had fundraisers in order to cut the cost of participating in family activities.

Family activities are more plentiful in the summer, and include visits to Waterworld, picnics, roller skating and more.

Lindsey urges that single parents attend what-



Specialist Clint Meek, 3rd Armored Cavalry Regiment, and Anthony, 2, enjoyed tacos at the SPO meeting.

Photos by Nel Lampe

Fire hazards eazy to overlook; watch for these potential problems

by Louis Mathews and David Bacharach
Fire Inspectors, Fort Carson Fire and
Emergency Services

The Fort Carson Fire Department responded to a 911 call Jan. 26th when smoke and a possible fire were reported.

Upon arrival, units were directed to a room on the first floor where they found a desk unit moved away from wall fire extinguisher. There was powder on the desk and around the room. The occupant said there had been a fire behind the desk and had extinguished it.

Investigation revealed that the surge protector had overheated and caught fire. The quick action of the individual prevented a major fire loss.

This is not as uncommon as it sounds. The fact that these surge protectors are designed to trip and protect the equipment plugged into them means that there are electrical devices built into them to do their job. One device in them works on heat. Usually they will not start a fire like this, but at least four of these units have.

Because it is known that this can happen, it is recommended that all surge protectors be placed where they can be seen, rather than behind desks. Also, keep them away from combustible material, i.e. paper and wood items.

Electrical type fires are nothing new. Some of the things to think about are:

Are your lightbulbs the proper wattage for your light fixtures? Do your electric cords run underneath rugs? If you answered yes to either of these questions, you have created a potential electrical hazard.

One person is electrocuted in the home every 36 hours. One person is electrocuted in the workplace every day. More than 13,000 preventable electrical fires claim more than 700 human lives, 6,800 injuries, and \$1.2 billion in property damage every year.

If a plug seems to fit loosely in a wall outlet, it indicates that the wall outlet needs repair. A loose-fitting wall outlet may cause overheating resulting in a fire.

Keep all electrical products with cords such as radios, televisions, hair dryers, or curling irons away from water.

Never reach into water to get an appliance that has fallen in without first unplugging the appliance.

Unplug a toaster oven before using a knife or fork to remove a slice of bread or a bagel.

To prevent overheating, make sure there is nothing covering your electric blanket. Don't tuck in the sides or ends of your electric blanket. Make sure your blanket is in good condition. Look for cracks or breaks in the wiring, plugs or connectors, and look for charred spots on both sides of the blanket surface. Any of these conditions indicates a potential fire hazard.

Use only extension cords that have been listed by a recognized certification organization. Use extension cords on a temporary basis; they are not safe as permanent household wiring. Make sure the cord is not wrapped around itself or another object. Be sure the cord you have selected meets the intended use. Check the electrical rating on both appliance and extension cords.

Do not plug one extension cord into another.

er.

Don't run electrical cords underneath rugs, carpets, or furniture. Walking on cords can break wiring and possibly cause a fire.

Keep all electrical cords out of reach and out of sight to keep children or pets from pulling appliances off tables or counters.

Never leave lamp sockets empty. Always replace burned out light bulbs immediately.

Put safety covers on all wall outlets. Avoid ornamental safety caps that may tempt a child to play with wall outlets.

Fuses and circuit breakers are safety devices located on your electrical panel. Use the correct size fuse for your fuse box. Replacing a fuse with the wrong size can be a fire hazard.

Even small appliances such as hair dryers, curling irons, or toasters can be potentially dangerous if left plugged in, especially during an electrical storm.

Never remove the third prong of a three-pronged plug. It can protect you from electrical shock. Instead, convert two-pronged outlets to fit three-pronged plugs using an adapter with a grounding tab.

When using electrical equipment outside, use only weather-resistant heavy gauge extension cords marked for outdoor use. Be sure amperage ratings for outdoor extension cords are higher than the electrical products they are used with. Check owners manuals and electrical labels.

Outdoor electrical equipment should be turned off when being carried or hooked up to attachments such as mower baskets.

Put a Ground Fault Circuit Interrupter

Family Advocacy Program announces Family University

by Katherine Robredo
Family Advocacy Specialist

The Family Advocacy Program at Army Community Service, Fort Carson, is pleased to announce the Family University, a free event. On April 16 and 17, ACS will be offering a series of classes in honor of child abuse prevention month and the month of the military child.

On Thursday, April 16, the following classes will be held at the Elkhorn conference center: 1300-1500: Infant Massage, Money on the Bookshelf and Family Fun. The classes offered from 1515-1715 include Absentee Parenting: Keeping the Bond, What Kids Need to Succeed, The Mysteries of Attraction and

He Said/She Said: Couple Communication. From 1815-2015 will include The Art of Blending Families (for step-families), Fatherhood is Forever, How to Talk so Kids Will Listen and Listen so Kids Will Talk and Parenting Through the College Years.

The highlight of the Family University will be The Seven Habits of Highly Effective Families, presented by John Covey, Director of the home and family division at the Franklin-Covey Company.

The class will be from 0830-1615 and will be based on the best selling book of the same name. The class will include a Seven Habits keynote address, creating a family mission statement, balancing work and family and

The Family Advocacy Program, in partnership with the Pikes Peak USO is pleased to announce a new class: Rebuilding When Relationships End. This six week course will meet Thursday evenings at the Sand Creek Community Center, child care is provided.

Class is for divorced, widowed and newly single people. Learn how to turn the stumbling blocks following the ending of a love relationship into rebuilding blocks > The building blocks include letting go, grief, overcoming loneliness, building friendships, learning to trust again and helping children cope with loss. Please

Poison Prevention Week: check your home for dangers

Evans Army Community Hospital Poison Proof Your Home. This is the theme for National Poison Prevention Week being observed from through Saturday. This week is designated once a year to heighten our awareness of the importance of poison prevention. Young children are in special danger of poison accidents. They love to explore places where medicines and chemicals may be stored, they get around quickly, are not afraid of hazardous substances, and are not able to read labels and understand warnings.

To help in this awareness effort, Evans Army Community Hospital Pharmacy will have a display in the Outpatient Pharmacy patient

waiting area during Poison Prevention Week.

This display will include informational handouts for patients on poison prevention and guidance on what to do if someone is poisoned.

Most deaths from accidental poisoning are the result of accidents in the home. Many of these poison deaths are caused by accidental drug poisoning or intake of household chemical products. All households with young children should have syrup of ipecac in the home in case of a poisoning. This poison treatment product induces vomiting. It is available through the Evans Army Community Hospital Well Baby Clinic at appointments and from any

drug store without a prescription. It is important to remember that syrup of ipecac is not appropriate for all types of poisonings. You should always call the hospital emergency room for guidance before giving syrup of ipecac.

Poison Prevention Week is a good time to remove any old or no longer needed medications from your home. Patients should bring these medications in to the Hospital Pharmacy for proper disposal. Leaving such medications in the home increases the chance that a child may be accidentally poisoned by them.

Home poisoning accidents are usually caused by carelessness or unawareness.

Health organizations: beware of fad diets

Nutrition Care Center

You've heard the ads: lose all the weight you want, without diet or exercise! or Melt those pounds away...lose up to 30 pounds a month, guaranteed! The American public is faced with an overwhelming amount of food and nutrition information. Despite the aggressive attempts by the Federal Government and various National Health Organizations to educate the public on healthy eating and nutrition, fad diets are everywhere. Unfortunately, it is not always clear how to distinguish nutrition facts from nutrition fallacy. Nutrition facts are those that have been established by research in a laboratory setting; nutrition fallacy consists of erroneous facts or misinterpretation of nutrition science. Fad diets come in all forms: television ads selling a diet plan or product, a book on the best seller list written by a medical doctor or Ph.D., a print ad in the newspaper or magazine, or from your best friend or next door neighbor. How can you tell if a nutrition claim is true? It's hard!

Here is a checklist of what to look for in a nutritional product or diet promotion:

Does it promise a quick fix with minimal effort?

Is it advertised primarily by the use of case histories or testimonials?

Does it contain some secret ingredient?

Does it dismiss currently accepted nutrition theories or practices?

Does it limit the diet to a specific time period (three- or seven-day)?

Is it expensive?

Does it seem too good to be true?

Quick weight loss is not a permanent solution to obesity. Successful weight loss means losing weight and keeping it off. A weight reduction that incorporates changes in eating and exercise habits facilitating gradual weight loss has been proven to be the most successful. The problem with fad diets is that they restrict or limit certain foods or entire food groups which is unrealistic, and possibly dangerous (i.e. The Beverly Hills fruit diet, the

Cabbage Soup diet, the 7-day fat burning diet.) A seven-day diet may allow a person to lose some weight, but what happens after the seven days are over? Fad diets such as these cause a temporary loss of water which gives the false impression of losing weight (high-protein, low carbohydrate diets are known for this.) Once eating returns to normal, the weight returns to pre-diet levels.

Another common fallacy is the fat burning diet. Grapefruit or other foods will not burn fat. You burn fat by either eating less food than your body needs or doing aerobic exercise. To lose weight, you must create a calorie deficit, meaning you burn more calories than you take in. 3,500 calories equals a pound of fat. If you create a 500 calorie deficit each day for a week, you will theoretically lose one pound of body fat. This is why weight loss is such a slow process. Any diet that promises you will lose more than two pounds per week is probably a fad diet. Don't be fooled! Remember the cardinal rule of

Chapel

Sunday worrrship services normally held at Soldiers Memorial Chapel will be conducted at McMahan Theater. Catholic Mass is at 9:30 a.m. and Protestant worship is at 11 a.m. Child care is provided.

Sunday School and Catholic Religious Education classes are held at Soldiers Memorial Chapel. Protestant Sunday School is at 9:30 a.m. and CCD is at 10:45 a.m.

Protestant Women of the Chapel meets on Thursdays at 9:30 a.m. at Soldiers Memorial Chapel. Child care is provided.

PWOC conducts Monday Evening Bible Study from 7 to 8:30 p.m. at Soldiers Memorial Chapel. For more infomation call 540-9157.

Celebrate Lent at Soldiers Memorial Chapel. Mass is conducted at Soldiers Memorial Chapel at 11:45 a.m. followed by a lunch an devotional at noon for Protestants and Catholics. Lenten services will continue through April 8.

A special Easter Sunrise service will be held April 12 at Provider Chapel at 6:30 a.m. Special guest speaker will be Chap. (Maj. Gen.) Donald Shea, US Army Chief of Chaplains.

Chapel Schedule

ROMAN CATHOLIC

Chapel	Service	Day	Time	Location	Contact Person
Healer	Mass	Sunday	11 a.m.	Evans Army Hospital	Fr. Gagliardo/526-7386
Healer	Mass	M-W-F	Noon	Evans Army Hospital	Fr. Gagliardo/526-7386
Provider	Mass	Sunday	12:15 p.m.	Barkeley & Ellis	Chap. Cavanaugh/526-5769
Soldiers	CCD	Sunday	10:45 a.m.	Nelson & Martinez	Ms. Feldman/526-0478
McMahon	Mass	Sunday	9:30 a.m.	Bldg. 1517	Chap. Cavanaugh/526-5769
Veterans	Mass	Sunday	8 a.m.	Magrath & Titus	Chap. Cavanaugh/526-5769

*Monday through Friday, except holidays

Changes in worship services due to the fire at Soldiers Memorial Chapel are denoted in bold type

PROTESTANT

Healer	Protestant	Sunday	9 a.m.	Evans Army Hospital	Chap. Tarvin/526-7387
Provider	Protestant	Sunday	8 a.m.	Barkeley & Ellis	Rev. P.S. Taito/572-6879
Provider	Sun. School	Sunday	9 a.m.	Barkeley & Ellis	Chap. Duvall/526-4416
Provider	Protestant	Sunday	10 a.m.	Barkeley & Ellis	Chap. Stephen/526-4416
Prussman	Sun. School	Sunday	9:30 a.m.	Barkeley & Prussman	Chap. Giles/526-4206
Prussman	Prot./Gospel	Sunday	11 a.m.	Barkeley & Prussman	Chap. Giles/526-4206
Soldiers	Sun. School	Sunday	9:30 a.m.	Nelson & Martinez Dr.	Scheck/526-5626
McMahon	Protestant	Sunday	11 a.m.	Bldg. 1517	Chap. Cooper/526-8011
Veterans	Protestant	Sunday	9:30 a.m.	Magrath & Titus	Chap. J. Hartranft/524-1822
Veterans	Protestant	Sunday	11 .m.	Magrath & Titus	Chap. Simo/526-8890

For additional information contact the Installation Chaplain s Office, Bldg. 6227, at 526-5209. For information and a schedule of Jewish Sabbath services, call the U.S. Air Force Academy Cadet Chapel at (719) 333-2636. Normally, free child care is available for infants and preschool age children during on-post worship services. Some worship services offer a children s church for ages 6 to 12.

Daily Bible Readings

In order to assist in regular scripture reading, the following scriptures are recommended. These are part of the common daily lectionary which is designed to present the entire Bible over a three year cycle.

Saturday --Psalms 104 and Luke 4-5

Sunday -- Psalms 105 and Luke 6-7

Monday -- Psalms 106 and Luke 8-9

Tuesday -- Psalms 107 and Luke 10-11

Wednesday -- Psalms 108 and Luke 12-13

Thursday -- Psalms 109 and Luke 14-15

Friday -- Psalms 110 and Luke 16-17

Chaplain's Corner

by Chap (Capt.) Lawrence Hamrick
1st Battalion, 8th Infantry

Ever heard children say, It's just not fair! when things don't go their way? Undoubtedly you've heard this statement from not only children, but adults as well. Well, since we've all heard this statement, what do we do with it? The fact of injustice is part-and-parcel of the state of the world. We tend, though, to take injustice for granted until, of course, we too become victims of it. The fact of the matter is, (apathetic as it may be) that no one said that our existence on Earth would be fair, just, equitable, etc. Some crime lords live to a ripe old age having been responsible for the deaths of many; yet, they have lived an entire life free from prosecution. I would contend that the injustice which prevails in our midst is rather frightening. In certain settings, one can merely be accused of wrongdoing and lose a career, not ever having been convicted of the crime in which they were accused. Anyone who knows our legal system will say there is a chasm between being charged with a crime and convicted of the same. However, when a prominent figure is charged with wrong doing,

they are, in many a person's eye, guilty.

Well, well, we have been a bit too negative here, haven't we? How do we accentuate the positive? To begin with, we must take a close look at some tough theological questions. Questions like, Why did God allow sin and injustice into the world to begin with? Of course, this is a question on which God has yet to give an answer. Even if we did know the answer, what good would it do us? Injustice would still exist. I would say that the beauty of injustice is that it drives us to rely on God all the more. Should you read the gospels in the New Testament, you will find what we call the hard sayings of Jesus. Sayings such as the one in which Jesus said to the rich, young ruler, Go, sell all that you have and give it to the poor, and you will have treasure in heaven; and come, follow me. How difficult it would be for all of us to sell all that we have and to distribute it to the poor! Chances are, we would become the poor in exchange for the ones in which we gave our goods. What is the lesson to be drawn from this saying? The lesson is: we are to trust God no matter what happens. This is the deep theological meaning to this

saying and is not just that we place little emphasis on material goods. The hard sayings of Christ drive us to the cross as our only refuge. My Aunt Billy always said to trust God and love people. When you take this bit of wisdom to heart, you see that is not so important that there is injustice in the world. You will read in the Bible that some day, God will right all wrongs. Yes, in the sweet by-and-by, he will right wrong; but what about now? Until Jesus comes again, we are charged by God to trust him and love people. To practice trust in God and love of people is to live life more fully. Sounds simple, doesn't it? Well, rest assured that trusting God and loving people is simple, but not simplistic. It is only when we move in the direction of placing more trust in God and loving our fellow man that we begin to live as God wills. Yes, the pit falls are most assuredly along the way. Jesus says, In the world, you will have tribulation. However, in the same breath he also says, be of good cheer, for I have overcome the world. This is a statement of harsh reality; yet, it is great comfort in that at last one came to seek and save that which was lost. Believe me, you will not hear greater

1998 holds many tax changes, plan ahead now

Fort Carson Tax Center

Many of you may be struggling to understand the tax law changes made for the 1997 tax year, but there are even more changes in store for the 1998 tax year. The changes discussed below will not affect your 1997 taxes. This article is the first of two that will discuss changes taking effect in 1998. This article will focus on the new child tax credit and on several new educational incentives. Next week's article will focus on the various changes to the law regarding Individual Retirement Arrangements (IRAs). These articles are being published now so that you may plan for next year.

Child Tax Credit

Beginning in 1998, most taxpayers will receive a \$400 credit for each dependent child who is under the age of seventeen. The amount of the credit will increase to \$500 in 1999. In order to claim this credit the taxpayer must be allowed the dependency deduction for that child. For divorced or separated parents, the custodial parent generally has the right to claim the deduction unless there is a divorce or separation agreement that awards the deduction to the other parent. The parent with the right to claim the deduction may allow the other parent to claim the deduction, but he must realize that he is giving up the \$400 tax credit as well.

The child tax credit is reduced in \$50

increments for every \$1,000 of modified Adjusted Gross Income (AGI) that exceeds: \$110,000 for married taxpayers, filing jointly; \$75,000 for single taxpayers; and \$55,000 for married taxpayers, filing separately. Modified AGI will include non-taxable military income.

Educational Incentives

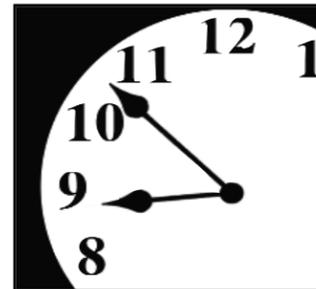
The new tax laws provided several tax breaks for taxpayers paying for higher education. These include two new tax credits, the Hope Scholarship Credit and the Lifetime Learning Credit, a new educational IRA, and a deduction for interest paid on student loans.

The two credits are amounts that will be credited against a person's tax liability. The Hope Scholarship Credit is up to \$1,500 per student for qualified tuition and fees paid during the year on behalf of a student for the student's first two years of post-secondary education (college, vocational school, etc.) The Lifetime Learning Credit is 20% of the first \$5,000 spent on qualified expenses paid by a taxpayer for the third or fourth year of higher education or for education to improve or acquire a job. The maximum credit that a taxpayer may take is \$1,000. Both credits are phased out between \$80,000 and \$100,000 for married taxpayers, filing jointly and \$40,000 and \$50,000 for single taxpayers (including those taxpayers filing as head of household). Married taxpayers fil-

ing separate returns cannot take either credit.

Effective in 1998, taxpayers can contribute up to \$500 annually per designated beneficiary to an education IRA. This contribution will not be deductible for the taxpayer, however, the earnings will accumulate tax free, with no taxes being assessed on withdrawals used for qualified higher education expenses. The phase out amounts begin at \$95,000 for individuals and \$150,000 for joint filers. An educational IRA not used by a designated beneficiary may be rolled over into an IRA of another child in the family.

Another tax break beginning in 1998 will allow for an above-the-line deduction for interest paid on qualified educational loans. An above-the-line deduction decreases taxable income. The maximum deduction allowed for 1998 is \$1,000. The maximum deduction will increase to \$1,500 in 1999, to \$2,000 in 2000, and to \$2,500 in 2001. Deduction is phased out if modified AGI is between \$40,000 and \$50,000 for single taxpayers and between



Countdown
to
April 15



Troopers guide an AH-64 Apache into the back of a C-17 transport plane.

Photos by Vincent Picard

Load out Cavalry s

by Cpl
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Community

From Page 3

Because the nomination content was constrained by page and space limitations, the nomination was actually enhanced by the team's visit, as the team added information which had not been included for lack of space.

The team did a physical examination of Fort Carson, Bayer said. They talked with managers, employees and soldiers.

Although it is not known what tipped the scales in Fort Carson's favor for the award, Bayer cited several innovations at Fort Carson: privatizing housing; the welcome center; the Direct Support Plus program which saved \$20.5 million in 1997; and the direct referral to civilian doctors rather than sending soldiers TDY to Texas.

Fort Carson has a leadership system that is proactive to provide the best possible service to our customers, to provide an excellent working environment for our employees, such as the wellness program starting May 1, Bayer

said. Management also makes on-course corrections in resources and dollars, so that we as an installation want to be the best place to prepare for readiness, the best installation to deploy from and to provide the best quality of life that our allocated resources will allow, she said.

We don't want to take dollars from some other post; just do the best with the money given us, Bayer said.

Fort Carson's senior leadership has emphasized two parts of the installation's strategic plan: training soldiers and providing the best quality of life possible.

The bottom line, Bayer said, is that Fort Carson is here to produce combat ready forces.

It's important to keep in mind our supporting roles as we come to work each day; how does what I do help produce combat ready forces? How do I contribute to making Fort



Private First Class

FEATURE

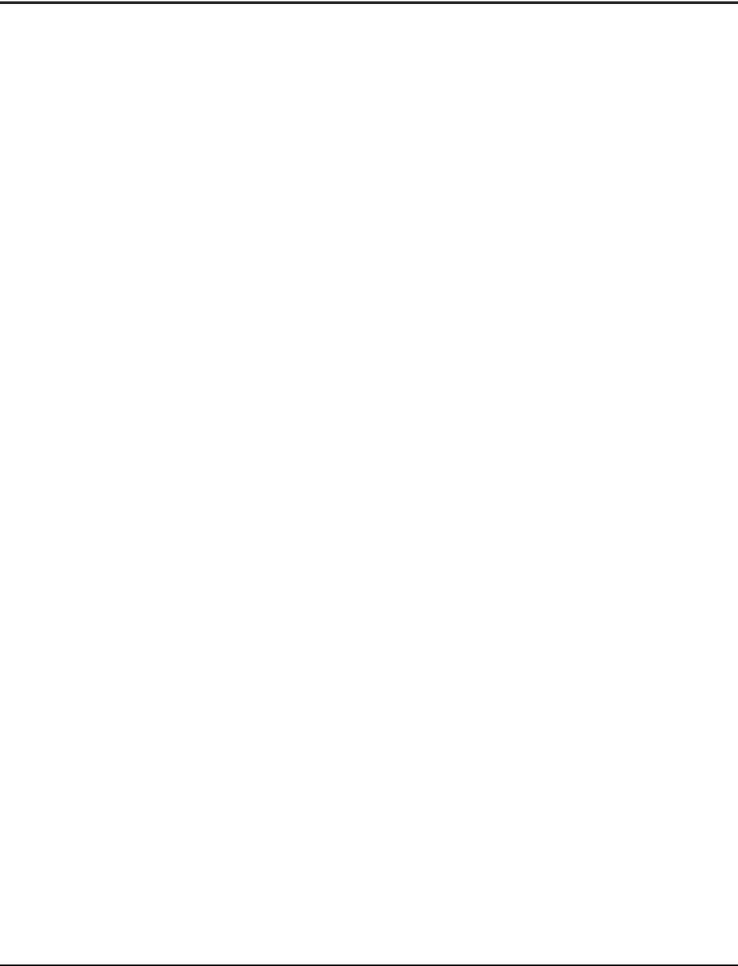


Photo by Cpl. Vincent Picard

air skills at the 3rd ACR's DS Plus center.



Although well camouflaged, the dark Solar Wall atop this ha



Members of Team Longknife offload an AH-64 Apache from a C-5 at Eielson Air Force Base, Ala.

Cav flies north for Northern

by Cpl. MK Garrott
Mountaineer staff

The mission is this: provide AH-64 assets to the Alaskan Command during Northern Edge 1998. This is an exercise including the Army, Navy, Air Force and Marines. It will be held near the Arctic Circle for 30 days. Who do we send? Colonel Martin Dempsey, 3rd Armored Cavalry Regiment commander, sent 33 of his troopers to form Team Longknife and fulfill this mission.

This was the first time a Fort Carson team had been sent to the exercise and was made up of soldiers from Troops R and T, as well as Headquarters and Headquarters Troop of 4th Squadron, Company K from Support Squadron and Regimental Headquarters and Headquarters Troop. Team members were Apache helicopter pilots, crew members, mechanics and civilian logistics assistance representatives. They also took five of their own air-

craft

The crew conducted five live fire missions, including air assault security, route reconnaissance, hasty attacks and joint air attacks.

Troop R and team commander Capt. John Shawkins said, "The exercise couldn't have gone any better. We met and exceeded all mission requirements."

Working with the Air Force A-10s was a rewarding experience. The joint air attacks went

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EFMB on horizon

The 43rd Area Support Group will host the 1998 Fort Carson Expert Field Medical Badge test from May 3 to 15 at Camp Red Devil. Enlisted personnel must possess a 91 series Career Management Field and officers must be affiliated with the Army Medical Department to participate. EFMB candidate rosters must be submitted no later than April 2. For more information on prerequisites or how to participate, call 524-1968.



AER helps Army take care of i

by Capt. Joseph P. Ryan
Army Emergency Relief
The Army Emergency Relief Campaign is under way until May 1. The AER mission is assisting soldiers, active or retired, and their families in times of severe financial distress. The AER Loan Officer works with the soldier's chain of command, any relevant Army services, and civilian businesses in two ways.

First, assisting via an AER loan or grant to meet the soldier's emergency needs right away. Second, to help the soldier identify what caused their financial distress and develop a plan of action to ensure the difficulty does not happen again.

A sergeant assigned to a combat support battalion here at Fort Carson lived off post with his wife and three children.

While driving his only car to the store on a very cold Sunday

morning, the car stopped running. He had the car towed to an auto repair shop. The mechanic informed the sergeant that the engine was shot and needed to be replaced. The estimated cost was \$2,000 and the repair shop did not extend credit. On Monday, the sergeant went to see his Battalion's Command Financial NCO for help. The CFN called around to see if another repair shop could do the work for less and found one that would do it for \$1,700.

The CFN discussed the situation with the sergeant and decided AER may be the soldier's only option for getting his car fixed.

The CFN helped the sergeant prepare an application packet for AER assistance. With the Company Commander's recommendation, the sergeant went to AER for emergency assistance.

The AER Loan Officer talked



to the sergeant about the situation and determined that the car was essential to the sergeant and his family, and that he did not have the ability to pay \$1,700 to get it fixed. They also discussed the sergeant's budget to determine how much he could afford each month to repay an AER loan without causing financial hardship.

The Loan Officer contacted the repair shop to authorize the

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March Dining Schedule

O = Open

X = Closed

CD = Closed Dinner

OB = Open Breakfast

OL = Open Lunch

4/3 ACR DFAC, Bldg. 9612, serves breakfast and lunch only - no weekends or holidays.

Note: Dining facilities scheduled to close on weekends shown, will close after lunch on Friday before weekend. Signs will be posted.



Sports & Leisure

Soldier preps for All-Army Tae Kwon Do trials

Administration clerk hopes to use hands, feet straight to victory

By Pfc. Socorro A. Spooner
Mountaineer staff

Since the age of 8 years old, Pfc. Tricia Demerath, USA Medical Detachment, had a dream of becoming a world class Tae Kwon Doist.

Demerath is the only soldier on post representing the Mountain Post in the All-Army Tae Kwon Do trials. She will be competing against more than 20 athletes from 12 differ-

ent posts. This is the second time that she will be vying for a spot on the team.

Tae Kwon Do is a self-defense martial art that enables a practitioner to defend him or herself and to build self confidence. Tae

I enjoy competing and practicing Tae Kwon Do, said Demerath. It's a real stress reliever.

Demerath who usually competes in the lightweight division is competing in a new weight division for the first time. She will now compete in the featherweight class for the trials.

It's a new weight division for me this year considering that I've been in the lightweight division since the age of 16, said Demerath.

I have had more training in the featherweight division. Now I know what I need to do.

With the support of her command, she has been given the chance to perfect herself and prepare for all the trials.

The last event she attended was the U.S. Open in Orlando, Fla., where she lost in the finals of the lightweight division to Mexico. Though this was a disappointment, the experience was good and helped her to strive for more from herself for the trials.

Mentally, I know what I have to do, I have to just be able to do it physically, said Demerath.

She has learned this from all of the training camps that she has attended throughout her Tae Kwon Do career. They make us run for endurance, do sit-ups and push-ups to increase body strength at these camps, said Demerath. With this cross training, my Physical Training is taken care of in accordance with Army regulations.

I find the time to practice before and after work.

Demerath's main goal is to make it into the World Class Athlete Program. Once she accomplishes this goal, Demerath can then focus full time on her Tae Kwon Do while in the Army. She will then be able to practice and compete in Korea, where it originated more 2,000 years ago.



Running team seeks runners motivated to participate for Commander's Cup

by Pfc. Socorro A. Spooner
Mountaineer staff

The Fort Carson Running Team has begun the new running season and is setting its sights on the Commander's Cup.

The team primarily focuses on competing in the Army 10 Miler which is held every

October in Washington, D.C. In 1997 the men's team came away with the Commander's Cup and this year the team is focused on winning in all of the categories it competes in.

Currently, the team is practicing at the Post Field House from 6 to 8 a.m. every day except Thursdays. They run cross-country to work on endurance. The team currently has 17 members and is looking for soldiers who are interested in running for the team.

Ideally, by August, women should be running 2 miles in 14 minutes and men in 12 minutes, according to Melissa Wyka, women's captain.

Anyone can be on the team, said Wyka.

All they need to do is come and run with us, she

said. They'll have more than five months to get their run times down to the ideal time needed for the team that goes to D.C.

The main goal of the running team is to prepare runners to participate in the Army 10 miler, she said.

In August, the running team will hold trials for runners who want to compete in the Army 10 Miler to represent Fort Carson. Although they practice for the 10 miler, the team also competes in local and regional running events according to Wyka.

They participate in over 16 local running events throughout the year. The team recently participated in the St. Patrick's Day run in Manitou Springs March 14. Results are still not available for the run.

The team is looking for more members. Anyone interested in the team should show up at one of the team's practices. The team practices rain or shine. All that is needed to run are a pair of running shoes and motivation to run



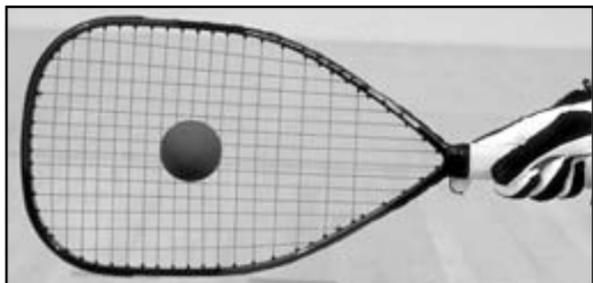
Luck of the Irish hits Ironhorse PFC

by Pfc. Socorro A. Spooner
Mountaineer staff

Smashes, grunts and cheers could be heard throughout Ironhorse Physical Fitness Center during the St. Patrick's Day Racquetball Tournament March 7.

The double-elimination tournament began March 4 with more than 40 athletes. The athletes competed in 5 different categories men's A, B, C, doubles and mixed doubles.

The Men's A category championship game featured Wendell Reddick, 571st Medical Detachment, against Glenn Madore, 721st Communication Company, Cheyenne Mountain Air Station. The two competitors played the championship with all they had to give with Madore win-



ning the championship.

The Men's B category this March had a unique twist with Kathryn Bender, family member, who played in the men's category this tournament. Bender overcame a first round loss in the Men's B category by coming back with one win after another straight to the semi-finals.

According to Bill Reed, Ironhorse sports director, she was competing in the men's division because the women's division was no longer competitive for her. She was competitive and gave the men a run for their money. The final winner for the finals was unavailable. Bender also teamed up with Reddick in the Mixed doubles competition winning the championship.

The men's C championship was played by Leo Casey, 4th Personnel Service Battalion, and John Simmons, Company K, 158th Aviation. The players played hard and strong ending with a victory for Casey.

The next tournament is scheduled for May 5 through 9. The entry deadline is April 27 and it is open to active duty military, family members over 18, retirees and DoD civilians. The categories fea-



Photo by Socorro A. Spooner

Leo Casey warms up before the men's C championship game.

Park hidden in plain sight

by Nel Lampe
Mountaineer staff

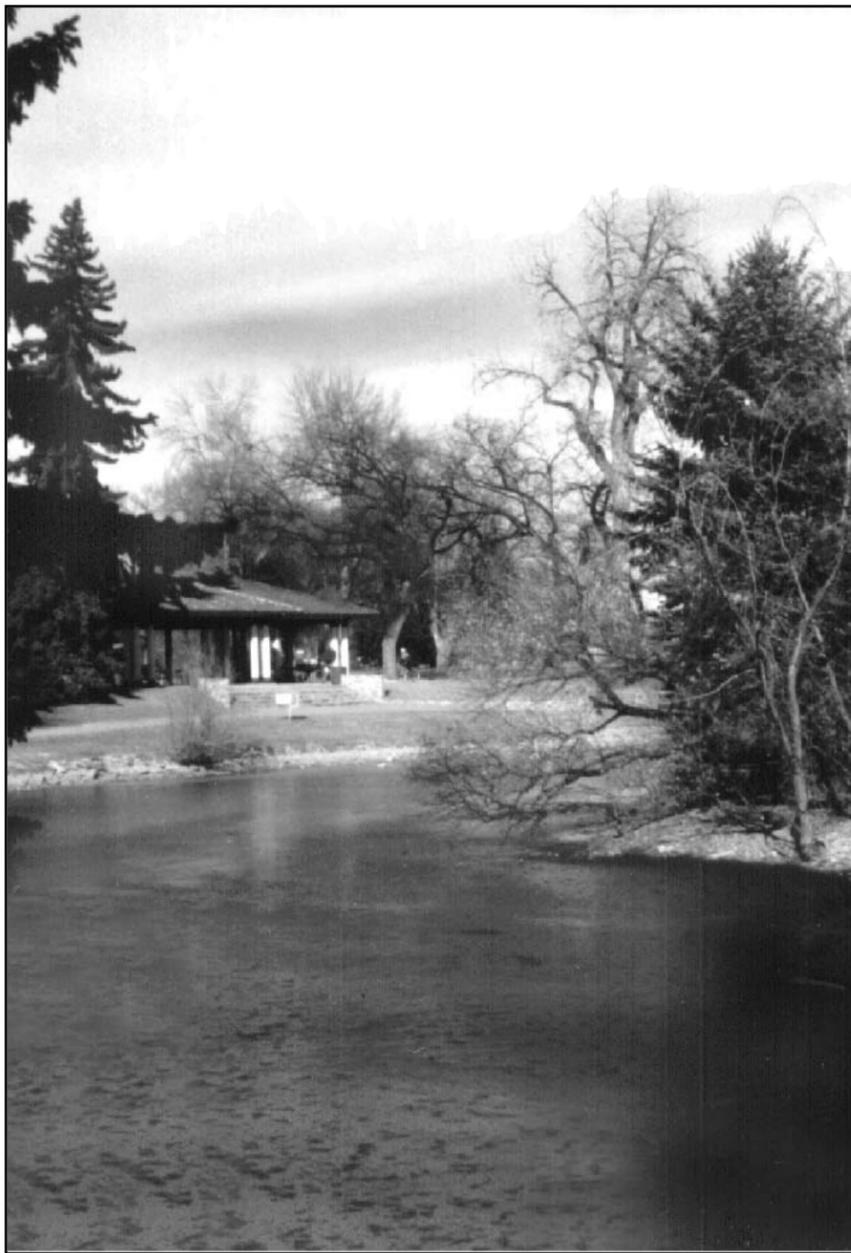
Hidden in plain sight, the Monument Valley Park stretches two miles from Kiowa Street north to Monroe Street, along Fountain Creek and I-25. The park can be reached by car by taking the I-25 Bijou Street exit, taking Cascade Avenue north and then west at Dale Street. Drive past the Fine Arts Center. A parking lot is on the left.

A pedestrian entrance is located on East Bijou Street, just before the I-25 overpass.

Monument Valley Park was a gift to Colorado Springs from its founder, General William Palmer in 1886. Palmer gave many such parks as part of his vision for a beautiful city. In tribute to General Palmer, Colorado Springs citizens erected a statue which is located in the middle of Nevada Street at Platte Avenue.

The park is open from 5 a.m. until 9 p.m. from November to May. The rest of the year it is open from 5 a.m. until 11 p.m.

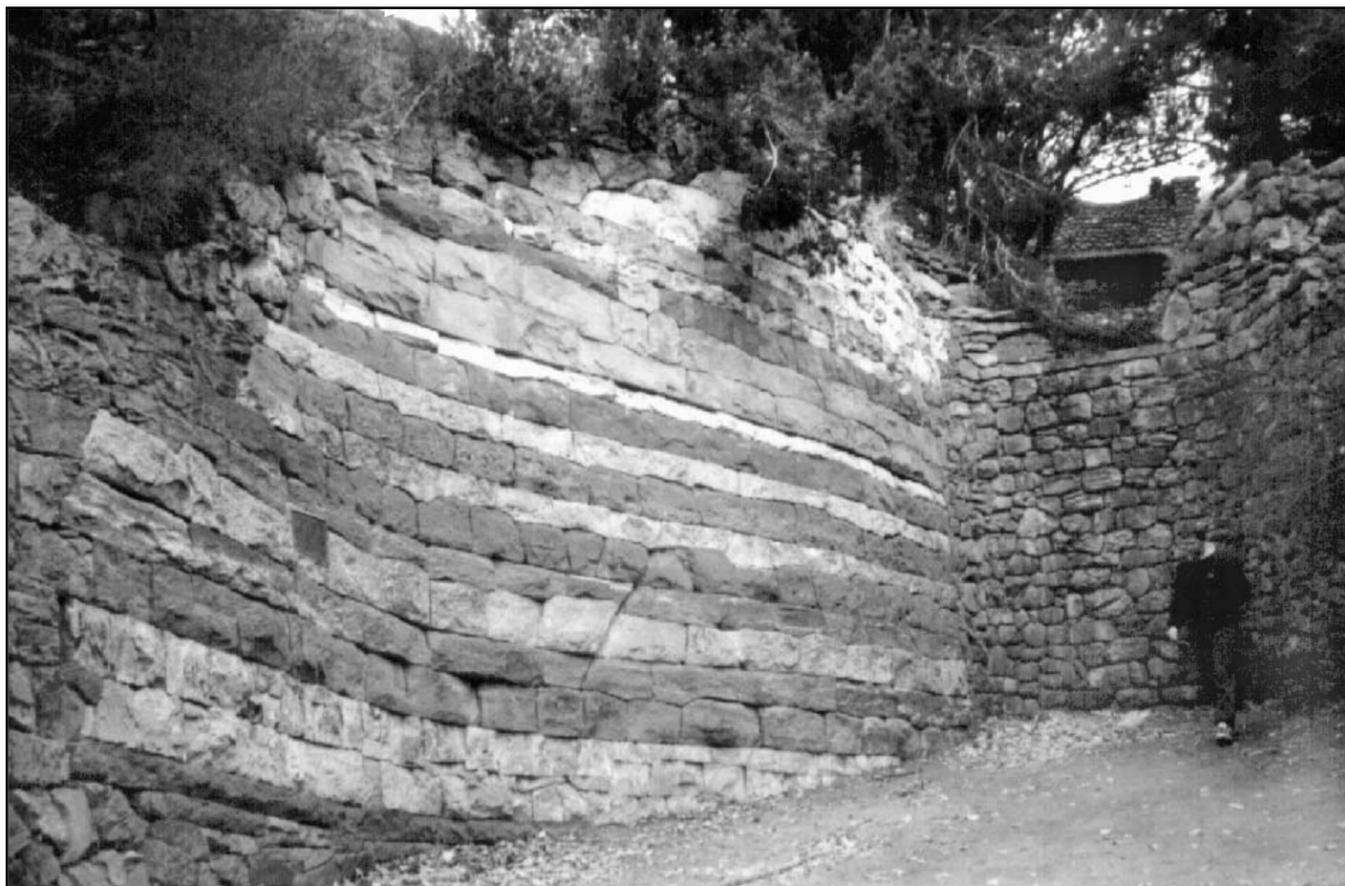
Several tennis courts for public use are located near the parking lot. Players may use the courts for an unlimited time unless people are waiting, and then there is an hour limit. No



Photos by Nel Lampe

Covered pavilions, gigantic trees and ponds are located throughout the park.

See PARK, Page B2



A geological column depicts the underlying layers of rock formation in the Pikes Peak region.

What's inside

Community Page B2

The Annual Army Community Service Volunteer Recognition Ceremony will take place April 9 from 3 to 6 p.m. at the Elkhorn Conference Center. Commanders are asked to encourage soldiers to attend.

Military Page B5

Requests for use of the Harmony in Motion choir must be written and submitted to office of Command Sgt. Maj. George Ponder, Fort Carson command sergeant major, at least 14 days prior to the performance. For more information,

Sports & Leisure Page B5

The All Army Boxing team will be competing in the 1998 Everlast U.S. Championship Finals Saturday in Pueblo at 5 p.m.

Military discounts are available at IIT.

For more information, call



A pull-out section for the Fort Carson community

March 20, 1998

HERAPROGENESIS

Park

From Page B1
black soled shoes are allowed.

An outdoor swimming pool is open in summer. There are many miles of walking and running paths. Several covered pavillions are in the park, including a large one for groups which must be reserved in advance. Park benches and various playground equipment are located throughout the park, as are ponds, bridges and gar- dens.

Trees and shrubs of every kind that grows in Colorado were planted in the park.

Near the north end of the park, entered at Fontanero Street, is a spe- cial gift to the city by Palmer.

A Geological Column, designed and constructed by the park s design- er, Edmund C. Van Diest replicates the rock formations of the Pikes Peak area. A small parking area is nearby.

Take a picnic lunch, the kids and the dog (on a leash) and spend a few hours exploring Monument Valley Park.



A formal garden lies just beyond the pedestrian entrance to Monument Valley Park.



Century-old trees are located throughout the park.



A park visitor walks on a frozen pond in Monument Valley Park.

Just the Facts

Travel time	25 minutes
For ages	All
Type	Park
Fun factor	☆☆
	(Out of five stars)
Wallet damage = \$	
(Based on a family of four)	
\$	= Free
\$\$	= Less than \$20
\$\$\$	= \$21 to \$40
\$\$\$\$	= \$41 to \$75
\$\$\$\$\$	= \$76+



Wide sidewalks and miles of paths entice joggers and walkers to enjoy the park.

Community ACS

The Annual Army Community Service Volunteer Recognition Ceremony will take place April 9 from 3 to 6 p.m. at the Elkhorn Conference Center. Commanders are asked to encourage soldiers to attend.

The Family Member Employment Assistance Program will be presenting a Resume Workshop April 8. The workshop will include a variety of resume styles in which to showcase your experience and hold the attention of the employer. For registration and information on this and other workshops, call 526-0452.

Family Member Employment Assistance Program and the Youth Services on Fort Carson will be sponsoring a Teen Job Fair April 26 from 10 a.m. to 2 p.m. Marketing for the job fair will include the US Air Force Academy, Peterson Air Force Base, Fort Carson and many local high schools. The target audience is ages 14 to 18 and will take place in Fort Carson's Child and Youth Center in Bldg. 5950.

Family Advocacy presents the first annual Family University at the Elkhorn Conference Center April 16 and 17. The 16th will feature a workshop parade from 1 to 8:30 p.m. and the 17th will feature a special event,

Youth

Seven Habits of Highly Effective People.

Child and Youth Services Announces the following events for March: SPRINGQUEST, a week long camp of activities for middle school youths held from March 23 to 27 from 8 a.m. to 3 p.m., call 526-2680; Teen Council, any teens interested in making a difference, meetings are held on Wednesdays at 5 p.m., call 526-1235; Preteen Bowling Challenge, at the youth center March 16 at 4 p.m., call 526-2680; Family Bingo Day, at the Youth Center at 4 p.m., call 526-2680; Dance,

Miscellaneous

Dance, Dance, March 13 from 7 to 10 p.m., call 526-2680.

The Family Member Employment Assistance Program will be sponsoring a Colorado Springs Employment Information Program April 8 from 10 a.m. to noon. Topics of discussion will include what employers are looking for, what the pay rate is, and why they do business the way they do. For more information and registration call 526-0452.

The New Parent Support Program Theater presents 1-2-3 MAGIC! This video will take the anger, screaming, yelling, hitting and frustration out of parenting. Bring your own soft drink and enjoy popcorn while you relax and learn easy methods to discipline your children. Free child care is provided. This event is held the second Thursday of each month from 2 to 4 p.m. in Bldg. 1526. To register or for more information call 526-4712.

Scholarship applications for the Fort Carson Joint Scholarship Fund are now available at the Army Education Center and at local high school guidance offices. Deadline for submission is today. For more information, call Annette Ahrens at 579-5313.

The Noncommissioned Officers Association is offering scholarships for children and spouses of NCOA members. There will be 35 new awards for the 1998-99 school year. Additionally, the first distinguished scholar award from the Excalibur's Pfingston Pfund will be awarded. The deadline for submission of applications is March 31. Call 576-0757 for more information.

The Air Force Academy Cadet Dental Laboratory is looking for a volunteer to be trained in making dental prostheses. The training will last eight hours a day, five days a week over a six month time period. The program will start as soon as possible. For more information call Nicole Grier at the American Red Cross at 556-7590.

The Fort Carson Officers Wives Club has an Easter Bunny costume for rent. The cost is \$15 per day with a \$30 refundable deposit. Call Pat at 527-6297 to reserve.

The Association of the U.S. Army is hosting a barbeque luncheon April 2 beginning at 11:30 a.m. at the Elkhorn Conference Center. Tickets are \$6 and will be available from unit sergeants major beginning Monday.

Due to construction on Hancock Avenue, traffic will be affected from 8:30 a.m. to 4 p.m. Motorists are advised to take alternate routes until early April.

There will be a Fort Carson Job Fair, Wednesday at the Elkhorn Conference Center, 9 a.m. to 3 p.m.; SCORE sponsored seminar, March 26, Bldg 1219, \$10 fee; Trucker Recruiter Day, April 3, Bldg. 1118, 10 a.m.; and Corrections/Law Enforcement Recruiter Day, April 17, Bldg. 1219, 10 a.m.

Head Start is now open for enrollment for the 1998-99 school year. This is a free, comprehensive preschool program that offers a broad range of activities for low-income and special needs children. Call 635-1536 to make an enrollment appointment. Classes are filling quickly.

Family Advocacy Program is sponsoring a Learn to Massage your Baby class running each Tuesday through March 31, except this Tuesday. The time is 10 a.m. until noon and will be at the Spiritual Fitness Center, Bldg. 1161. This is recommended for parents with infants ages 10 months and under. The class is free as is the child care provided for siblings. Call 526-4590 to register.

The Community Partnership for Child Development has an urgent need for volunteers due to the addition of three new classrooms. Volunteers are needed to help two to four hours per week until May in an office and in the evenings working one-on-one with children 5- to 11-years-old. For more information call Susan at 635-1536.

The Enlisted Spouses Charitable Organization is sponsoring a trip to Cripple Creek Saturday. The bus will depart Little House in the Rockies at 9 a.m. and leave Cripple Creek at 5 p.m. The cost is \$10 and covers transportation, a meal and a coupon book. Call 526-2304 to sign up.

A free financial aid workshop will be

Fort Carson Tax Center

The following forms are needed to obtain assistance at the Fort Carson Tax Center: Military ID; Social Security cards/numbers for you and any dependents all W-2s.

If relevant, the following forms are also needed: A voided check for direct deposit of return; Form 1099s (interest statements); information on child care expenses; information on IRA if you did or plan to contribute; mortgage interest statement; alimony information (copy of divorce or separation agreement); information on the sale of stocks, mutual funds or bonds; previous year tax return (optional but very helpful).

Hours for the tax center are: Monday, Tuesday and Wednesday from 9 a.m. to 7 p.m.; Thursday from 1 to 6 p.m.; and Friday from 9 a.m. to 6 p.m. The tax center is also open from 10 a.m. to 4 p.m. on the following Saturdays: April 4 and 11.

An IRA Information Session/Workshop will be held at 9:30 a.m. every Tuesday through April 14. The location is the Office of the Staff Judge Advocate, Bldg. 6285. Sign in at the front desk of Legal Assistance.

For more information, call the center at 524-1012 or 524-1013.

held Thursday from 3 to 4 p.m. at the Mountain Post Training and Education Center, Bldg. 1117. If you would like to apply for financial aid bring two copies of your December leave and earnings statement. For more information call Virginia Frazier at 526-5544.

Directorate of Resource Management will conduct a sealed bid zone sale Thursday. Inspection will be Monday, Tuesday and Wednesday from 7 a.m. to 4 p.m. For more information call sales section at 526-6836.

The Fort Carson housing area monthly yard sale will be held April 4 from 8 a.m. to 5 p.m. For more information, call 526-4590.

The American Red Cross will be conducting a Community First Aid and Safety Instructor Course Friday, Saturday and Sunday at the Red Cross Center. Upon completion, individuals will be certified to teach Red Cross Community CPR, First Aid, Adult CPR, and Infant and Child CPR. The price of the course is \$65. For more information call 526-2311.

Dear Editor,

I am a 4th grade student. Our class is studying the United States. As part of our unit, we are each researching and reporting one state. I have chosen Colorado.

I would appreciate it very much if you would print my letter so your readers can help me with this project. They may send information and postcards to: Lauren Giffen, Lansing Intermediate School, 300 East Olive Street, Lansing Kansas 66043. Thank you for your time and newspaper space.

Sincerely,
Lauren

Giffen

Military

The Expert Infantryman Badge Test will be conducted by 1st Battalion, 12th Infantry throughout the month of April. Training will begin April 6; testing will begin April 20. Eligible candidates must:

- Possess a primary MOS in CMF 11, 18B, 18C, 18E or 18Z;
- Volunteer for EIB testing;
- Meet Army weight control standards;
- Be recommended by current unit commander;

Qualify as expert with the M16A2 rifle or M4 carbine using field fire for record only.
For more information, call 526-3669.

Requests for use of the Harmony in Motion choir must be written and submitted to office of Command Sgt. Maj. George Ponder, Fort Carson command sergeant major, at least 14 days prior to the performance. To submit a request by fax, use 526-3851.

For more information, call 526-2545.

The 4th PSB ID Card/DEERS Section will be closed April 29 and 30 for relocation. The section is tentatively set to reopen May 1 at 7:30 a.m. The section will remain in Bldg. 1526, but will move to Room 182.

For more information, call 526-8420.

The Civilian Personnel Advisory Center will sponsor two Pre-retirement Planning Seminars in May. The first seminar, May 19 and 20, will be held at the Elkhorn Conference Center. The second, May 21 and 22, will be held at the Outdoor

Recreation Center.

Each class will be limited to 40 participants. Employees may have their spouse attend at no extra cost and will share the materials.

Names should be submitted to the Civilian Personnel Advisory Center as soon as possible.

3rd Squadron, 3rd Armored Cavalry Regiment will use smoke on Range 155 Sunday to Thursday while conducting CALFEX troop/company evaluations.

For more information, call 526-3039.

The 60th Ordnance Company Change of Command Ceremony will be held at McKibbin Physical Fitness Center April 17 at 10 a.m.

For more information, call 526-8933.

Fort Carson officials announce the death of Spc. Adelia Lemos. Anyone with indebtedness to or claims against Lemos estate can contact Capt. Greg Vibber, 526-3991.

The Ammunition Supply Point will be closed April 17 for the 60th Ordnance Company change of command.

For more information, call 526-8933.

The 223rd Medical Detachment will teach a 40-hour Field Sanitation Team Training Course on the following dates: Monday to March 27 and April 6 to 10. Classes will be held at the Education Center, Bldg. 1117, Room 316A.

The course is open to all military members.
For more information, call 526-5661.

Nonappropriated Fund job openings

The Nonappropriated Fund Civilian Personnel Office has vacancies for the positions indicated below. Applications may be received Monday through Friday 8:30 a.m. to 4 p.m. at the NAF Civilian Personnel Office, 1500 Wetzel Ave., (ACS) Bldg. 1526, Room 153. Visit the NAF Office for more complete details, or call 526-4445.

Custodial Worker, \$5.81/hr, flexible times, Neon Sports Saloon, Fatz, Child and Youth Services, Cheyenne Shadows Golf Course, open until filled;

Food Service Worker, \$5.81/hr, flexible times, Christopher s, Elkhorn Conference Center, open until filled;

Laborer, \$6.04/hr, flexible times, Bowling Center, open until filled;

Lifeguard, \$6.25/hr, flexible times, Sports Division, open until filled;

Maintenance Worker, \$6.85/hr, flexible times, Material Management Division, first cutoff March 17;

Operations Assistant, \$6.25/hr, regular part time hours, Cheyenne Shadows Golf Course, first cutoff March 16.

Sports & Leisure Athletics

be held March 6 and 7 at the Post Field House.

Admission is free and many Fort

The All Army Boxing team will be competing in the 1998 Everlast U.S. Championship Finals Saturday in Pueblo at 5 p.m.

Military discounts are available at ITT.

For more information, call 578-4506.

The Armed Forces Wrestling Championship is Thursday and March 28 at the United States Olympic Training Center.

The first night will feature freestyle competition and the second night will feature Greco-Roman. There will be over 80 athletes competing.

The event is free and open to the public.

For more information, call 556-4462.

The All-Army Tae Kwon Do team will be decided at the Post Field House April 3.

The first matches start at 3 p.m. with the finals beginning at 5 p.m. There will be 23 competitors from 12 different posts

The competition is free and open to the public.

For more information, call 526-3712.

The Fort Carson Running Team trains

from 6 to 8 a.m. at the Post Field House.

Practices are Monday through Friday except Thursday. The team is open to all active duty.

For more information, call Melissa Wyka, 526-4708, or Luvan Shelton, 526-2015.

Fort Carson Ironhorse Physical Fitness Center racquetball tournament will be May 5 through 9.

The double elimination tournament is open to active duty soldiers, family members, retirees and DoD civilians. The tournament will feature men s A, B, C, women s, mixed doubles and men s doubles.

Entry deadline is April 27.

For more information, call 526-2706.

The Fort Carson All-Stars Shooting Sports 4-H meets Tuesdays at 7 p.m. in Bldg. 5510.

The club is open to any children between the ages of 10 and 18 interested in firearm safety and marksmanship practice with .177 pellet air rifles.

For more information, call Ron Noakes at 636-8922 or 636-8920.

The Pregnancy PT program Healthy Beginnings, meets Mondays and Fridays at the Post Field House and Wednesdays at the Indoor Pool Bldg. 1446 from 6:30 to 7:30 a.m.

The post partum group meets Monday, Tuesday, Wednesday and Friday at the Post Field House from 6:30 to 7:30 a.m.

The Colorado Springs Sports Corporation will be holding a luncheon Tuesday featuring members of the 1998 Senior

Women s National Basketball Team.

The players attending are Theresa Edwards, Lisa Leslie and Cheryl Swoops. The luncheon begins at 11:30 a.m. at the Penrose Room of the Broadmoor Hotel.

Cost is \$20 for CSSC members and \$25 for non-members.

For more information call, Gabi Stephenson at 634-7333.

The City of Colorado Springs Soccer program is looking for coaches for the 1998 season.

Coaches are required to register and attend an American Sports Education Program class.

A soccer coaching clinic will be March 28 from 9 to 11 a.m. at Memorial Park. If interested, preregistration is required.

For more information call, 578-6981.

The American Red Cross is offering a Water Safety Instructor Course April 6 to 24 and a Lifeguard Instructor Course through March 31.

Classes for water safety are scheduled to meet every Monday, Wednesday and Friday from 5:30 to 8 p.m. and classes for lifeguard safety are scheduled Monday and Wednesday from 5:30 to 8 p.m. Class fees for both classes are \$100.

For more information, call 526-3107.

The Colorado Springs World Arena will be featuring The Monster Truck Show March 27 and 28.

For more information 477-2150.

The Colorado College Native American Student Association will present Arizona s

Children's theater and performing arts groups form

Fort Carson Public Affairs Office Children of Fort Carson, Peterson AFB, and the Colorado Springs Community will now have the opportunity to be part of one or two different theatre and performing arts groups.

The opportunity for young entertainers to again shine on stage is just around the corner with the start of the, The Rainbow Kids and The YMCA Live Yers.

The Rainbow Kids show format is a touring children's song, dance and comedy group dedicated to presenting family style entertainment in a variety of settings. The music includes routines from the 1930s, 40s, 50s, 60s, Broadway, modern and country and western. The non-profit group will present programs ranging from 20 minutes to one hour at schools, churches, community and military events, youth centers, shopping centers and patriotic events. The first meeting of the kids will be held April 7 at 7344 Colonial Drive in Fountain (Widefield) starting at 6:30 p.m.



The "Rainbow Kids" group presents family entertainment.

This meeting is an introduction with rehearsal to begin shortly thereafter. For more information on The Rainbow Kids, call 591-4322 or 526-1264.

The YMCA Live Yers is a Children's Theatre Workshop that is open for boys and girls 6-12 years. Participants will learn acting skills, stage make-up, costuming and then present a full stage production. This group is scheduled to begin on Saturday, April 4th at the Downtown YMCA from 9 a.m. to 11 a.m. The first production is a 10-week session that will present a Laugh-in slapstick comedy show. For more information on Live Yers, contact Janet Fleming at 329-7242.

The Live Yers and The Rainbow Kids are under the direction of Ron Joy, who has developed similar groups in Phoenix and Lakeside, Arizona; San Bernardino and San Diego, California; Stuttgart and Frankfurt, Germany; Hickam AFB and Mililani, Hawaii; Scott AFB, Illinois; Osan Air Base, South Korea; Fort Monmouth, New Jersey; Wright-Patterson AFB and Trotwood, Ohio; and El Paso and Fort Bliss, Texas. Many past members have gone onto professional careers in movies (Poltergeist and Annie) on television shows (Happy Days, The New Dick Van Dyke Show, and Webster) and on stage (Opryland and with country and western stars). In addition, the Osan group won the 1991 Korea Star Search for best performer under the age of 13 and best performing group for 13 years and



Courtesy photos
Members of the "Rainbow Kids" group perform.