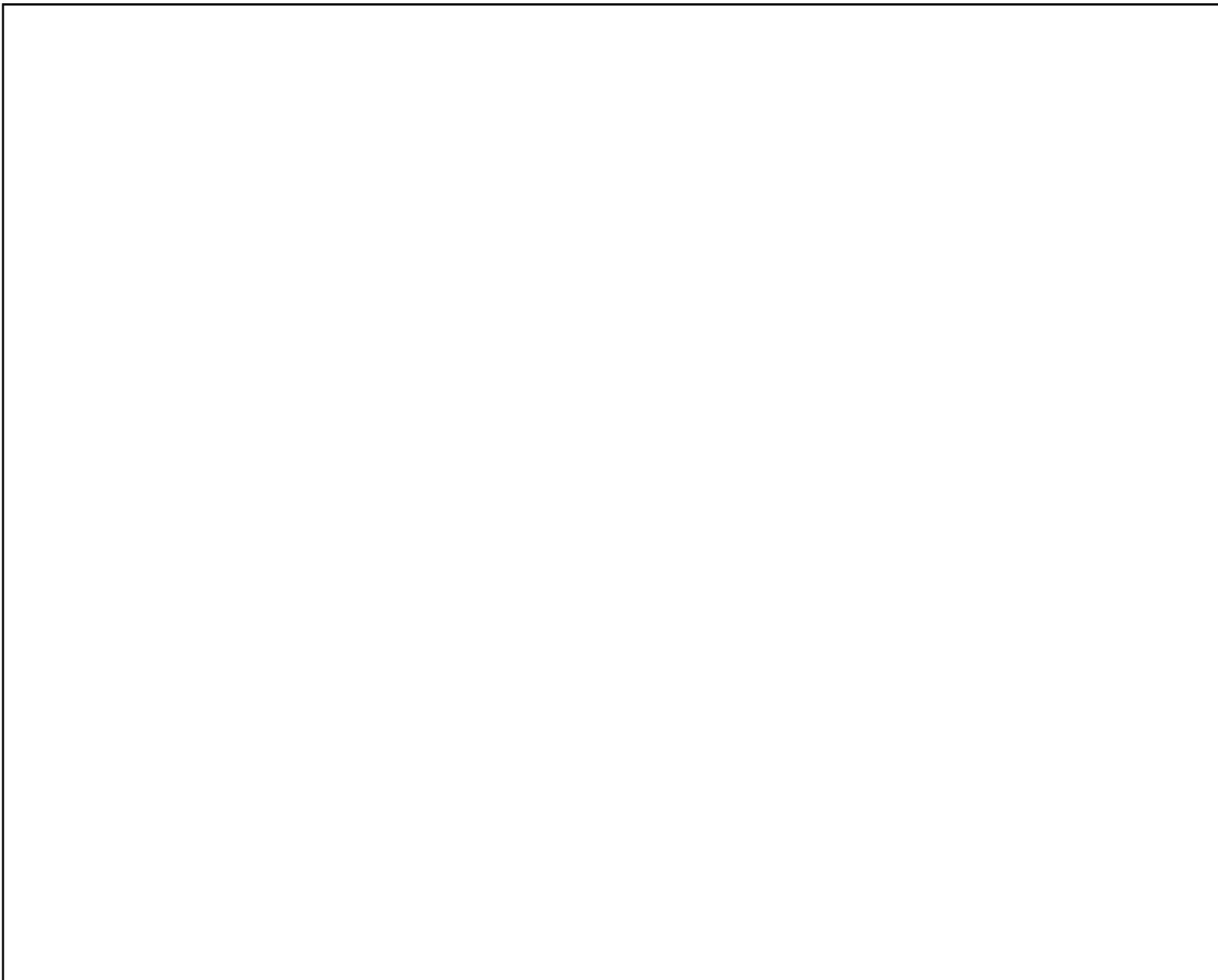


News:
Fort Carson
to thank post
volunteers
Page 16 and 17

Reminder
**Until further notice, the Metro of
Colorado Springs and Baker Street
club complex is off limits to all Fort
Carson soldiers.**



Commanders



Riggs

Specifically, we are wasting dollars by wasting energy, water and gas ...

It's no secret that money is tight in our Army. Every dollar is precious as we seek to train combat-ready soldiers while we maintain a good quality of life. Unfortunately, in the midst of this tight budget, we have a huge drain on our resources and I need all of you to help stop it.

Specifically, we are wasting dollars by wasting energy, water and gas and we must get a handle on this. Here's why: a) We are required by law by the year 2005 to decrease our energy use by 35 percent over Fiscal Year 1985; b) Our new construction will create additional electrical and natural gas demands; and c) Most importantly, if we don't reduce our utility bills, we will be forced to take hits in our quality of life and training dollars.

So how are we doing? Quite candidly, I

have to say not well. Indeed, compared to this time last year, our electric bill is up 3 percent, and our natural gas use is up 2 percent. That's a huge amount of money when you consider we spend about a million dollars per month on natural gas, electricity, water, and oil. In fact, if we keep using energy at this rate, rather than reducing our usage to our mandated levels necessary by 2005, we will be up by 15 to 20 percent.

The bottom line is: We must reverse this trend in electricity and natural gas usage. In doing so, we are in the process of implementing projects that will make the Mountain Post more energy efficient while improving the environmental quality of the front range. Project investments alone will not get us where we need to be; we all have to do what we can to protect our training and quality of life dollars.

I'm asking every one of you on the Mountain Post Team to treat the energy use in your work place or residence as if you were personally paying the bill. I ask all of you to follow the energy and utility saving tips in the box at right.

Let's all do our part to save on power and gas and keep our training and quality of life dollars where they belong.

Proud to serve!

Energy conservation tips

Take advantage of additional daylight when not needed and use as much as possible. Use low-flow light bulbs.

Open drapes on sunny days, close them on days and at night.

Ensure that doors are closed when buildings are unoccupied and windows are closed when the heating is on. Turn thermostats down when you are away and reduce the temperature and wear a sweater.

Have leaking faucets repaired. Wash rack hydrants.

Promptly report any water leakage to the appropriate personnel.

Water grasses and lawns in the afternoon; do not water when washing cars.

Take showers. Operate washing machines using cold water.

Sound Off!

What do you do to conserve energy?



Spc. Josephine Vaughns
HHT, 3d ACR
At work we turn off the lights and computers.



Maria Huckels
Family Member
We use the microwave and turn down the thermostat.



2nd Lt. Richard Ales
Evans Army Community Hospital
I ride my bike.

News

Carson wins DoD and Army environmental

Fort Carson Public Affairs Office
The Secretary of the Army 1997
Environmental Award for Pollution Prevention,
Non-Industrial Installation, will be presented to
Fort Carson and the Pinon Canyon Maneuver
Site representatives in ceremonies at Fort
Meyer, Va., April 27.

In addition, Fort Carson officials were noti-
fied April 2 that they have also won the
Department of Defense 1997 Pollution
Prevention, Non-Industrial Installation Award.

Fort Carson realized a cost avoidance of
\$3 million through decreased hazardous mate-
rial usage and waste disposal, improved ener-
gy efficiency, water management and recycling
efforts.

This initiative, which focused on pollution
prevention, led to a 55-percent reduction in
hazardous materials since 1994. It also high-
lighted a strong training effort.

In bestowing the award, judging panelists
from the Army and other federal agencies used
a set of criteria including program manage-
ment, technical merit, orientation to military
readiness, suitability for use by others, com-
munity interaction and program health.

The installation's success included a reduc-
tion of its hazardous materials inventory by
more than \$1 million. The post had reduced its
hazardous waste disposal costs by more than
\$200,000 since 1993 and has earned more

than a quarter of a million
dollars in 1996 by recycling
nearly four million pounds of
materials.

Projects, such as erosion
control dams and sediment
control, have allowed the
diverse ecosystem of the
area to coexist with the over-
all training mission of Fort
Carson and the Pinon
Canyon Maneuver Site. This
cooperation between the
environmental and natural
resources programs has
included the planting of
3,245 trees that act as air
barriers which help preserve soil and enhance
air quality in training areas.

Besides the obvious benefits of preventing
pollution, our program actually makes life easi-
er for our number one customer, the soldier.
said Team Pollution Prevention Leader Steve
Snyder. According to Snyder, Fort Carson's
parts cleaning system now reduces soldier's
time in performing routine maintenance during
training exercises. Further, the workplace
environment is improved as the troops are now
cleaning these systems with non-hazardous
materials, Snyder added.

Since 1985, Snyder acknowledged that he



The Solarwall atop this hangar is one of the reasons
Fort Carson winning the award.

has seen the pollution
grow to become a
As an example of the
have been made, S
Carson has also re
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Fort Carson has r
awards for energy
Federal Energy Eff
Solarwall. This sol
located in the Avia
hangar and is serv
for all Federal facil

Each year, the

SPORTS & LEISURE

SPORTS & LEISURE

26 MOUNTAINEER
April 10, 1998

32 MOUNTAINEER
April 3, 1998

12 MOUNTAINEER
April 3, 1998

COMMUNITY

Mountain Post Team MVP



Schoomaker

Col. Eric Schoomaker Evans Army Community Hospital

This week's Mountain Post Team MVP is Col. Eric Schoomaker, commander of Evans Army Community Hospital. During the March 18 snowstorm, some 30 individuals were stranded at Evans Army Community Hospital. The list of people included two retirees from

the Upper Arkansas Military Retiree Sub-Council of Fort Carson, which is in Canon City. There were also active duty and family members among the group stranded.

Retired Navy Capt. Frank Romanick, chairman of the sub-council, reports that Schoomaker, hospital commander, came to the rescue. Strandedees were lodged in the hospital, issued pajamas, towels, and slippers. People whose medications were at home were given enough to tide them over.

Romanick spoke on behalf of the council in passing on the heart felt appreciation of the

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Fort Carson, CO
For more informa

Community

Little House a 'home away from home'

by Nel Lampe
Mountaineer staff

The Little House in the Rockies is more than just the food locker—it's also home to the Enlisted Spouses Charitable Organization. And it's the kind of place a person can feel right at home.

According to Gwen Ponder, Little House manager, plans are underway to make the Little House more user friendly.

We're changing a lot of what we do, Ponder said. The ESCO would like people to feel they can just come by the Little House during its open hours for a friendly visit. We're hoping it will become a home away from home, she said.

We have a computer which will be available for writing a resume or doing homework, Ponder said. People are welcome to stop by to chat, read a book or just take a quiet moment. Soft drinks, a few snacks and coffee are available for sale on the honor system.

You can even bring along the wash. A washer and dryer is available—check first to see if they are being used.

That's what I like best, said Joy Clute, an ESCO member.

(Usually) I have to pay \$1.50 per load, and doing it here for free really helps, she said.

There's a kitchen as well, including a microwave oven in

case you want to bring something to eat.

According to Ponder, the ESCO is hoping that military families with only one car will utilize the Little House when the spouse has to shop the commissary or meet an appointment.

Instead of driving the spouse to work, then going home, to the commissary, and back again to pick the spouse up after work, they can just come here (between errands), she said.

Plans are underway to have craft classes, videos, games, books and cablevision available.

This is a fun place to go, Clute said. This is her husband's first duty station, she said. Clute has learned a lot from the people who come to the Little House, because they've all been there.

They pulled me through (my husband's) first deployment. I was new in town and all by myself, Clute said.

The ESCO has planned a fun activity for the first weekend in May. A women only sleepover is planned at Ironhorse Physical Fitness Center. Attendees should bring a sleep-

ing bag and munchies to share.

Movies, pajama contests, safety awareness, makeovers, and self-breast examinations are some of the activities planned throughout the evening.

The ESCO meets the second Monday of every month, at 7 p.m. at the Little House. The meeting is open to everyone, whether or not you have time to volunteer, said Ponder.

Martha Reed is new president of ESCO. Although there presently are no male members of ESCO, they are certainly welcome, she said. The organization is open to spouses as well as active duty soldiers, Reed said.

ESCO doesn't pay for child care, and doesn't allow children during meetings. But during day visits children are welcome if the parent keeps them under control.

The ESCO has various fund-raising events and makes charitable contributions to the United Service Organizations, YMCA and the scholarship program.

The Little House can be used by groups on post for meetings or office get-togethers. Call 525-2304 to make arrangements.

And, there is that food locker at the Little House. Anyone with a military ID who is short of food can pick up a three-day supply twice a year, no questions asked.



Photo by Nel Lampe
Martha Reed, Enlisted Spouses Charitable Organization president, left, and Connie Roy, vice president study the food issue list for the food pantry.

County waste collection begins April 18

by Robert Mullins

Department of Environmental Compliance
and Management

Have any old or spent household chemicals or tires? Here's your chance to get rid of them. Twice a year, the El Paso County government has a household chemical waste collection program. Residents of El Paso County (which includes Fort Carson) or Teller County can bring a limited quantity of household products and tires to the collection.

It is scheduled for 8:30 a.m. to 4:30 p.m. April 18 (and Aug. 1) at the Penrose Stadium and Equestrian Center, 1045 W. Rio Grande.

To get to the Penrose Stadium from Fort Carson, go north on Highway 115 until you reach Nevada Avenue. Take a left (west) on Cheyenne Road. Continue until you reach Cresta Road, then turn right (north). Cresta will eventually change into 21st Street. Continue until you reach W. Rio Grande, then turn right (east). After a short distance, the stadium will be on your right.

Another way is to go south on 21st Street from either Highway 24 or Colorado Avenue. When you get to W. Rio Grande Blvd, turn left.

Household chemicals, if disposed of improperly, can be as damaging to the environment as industrial wastes, since they contain the same or similar ingredients. If you don't plan to use a product that's still good, give it to a neighbor or friend or bring it to the collection. It's your chance to get rid of chemicals in a safely and conveniently.

Products that have warning labels with

Flammable, Keep Away From Children, or Use with Caution are hazardous chemicals. Here are some examples: ammunition, batteries (auto, motorcycle and household), car care products, degreasers, floor cleaners and waxes, insecticides (especially diazinon), lacquers, moth balls, oil (used), paint, pesticides, rodent poison, rug cleaners, spot removers, smoke detectors, rust removers, tires, window cleaners.

The county makes every effort possible to recycle the products turned in.

An individual can bring 50 pounds of solid waste, five gallons of liquid waste, and four tires (no rims) per household. The county asks that participants bring a nonperishable food item donation for Care and Share.

The county won't take wastes or tires from business or industry (including items from motor pools), tires with rims, radioactive materials (except smoke detectors), infectious or biologically active materials), kepone, PCB (Polychlorinated Biphenyls) and unidentified or unknown chemicals. Fort Carson organizations can call DECAM at 526-6999 or 526-0979 for disposal information. Individuals and businesses can obtain information or assistance by calling the Colorado Department of Health's Hazardous Materials and Waste Management Division at (303) 692-3320.

To dispose of explosives other than compressed gas cylinders, fireworks, ammunition or gunpowder, please call the Colorado Springs Police Department at 444-7712.

It's important to use care in transporting

the materials, especially if the containers have deteriorated in storage. If not leaking, transport the chemicals in their original containers, but don't mix any chemicals.

If a container is leaking, place it or its contents in a leakproof container that is compatible with the material. Examples are: Plastic milk cartons, glass jar (least preferred), and metal cans. The container has to be able to be tightly sealed. Make sure that the new container has the information from the label. Either tape the label to the new container or bring the label with you. If the container doesn't have a label, is unreadable, or the product is not in its original container, identify the contents to the best of your ability. If you know that a jar contains some diazinon granules, write it on the jar instead of a more general term like pesticide.

Since a brief delay may be experienced during the collection, the county recommends separating wastes by product type, such as paint, oil, or household chemicals, into individual cartons, boxes, or bags.

Load your vehicle from front to back in the following order: explosives, paint products, paint, chemicals, oil, antifreeze, tires, and automotive batteries. It's a good idea to line your trunk or bed with newspaper or plastic.

While you're handling the chemicals, think safety. Don't eat, drink or smoke while handling hazardous materials/wastes. After handling, wash your hands prior to handling food or children's items. Protect your children and pets - don't bring pets or let children ride in



Photo by Nel Lampe

Let's eat

Sergeant James Ahern and Sgt. 1st Class Mario Hernandez, both of Headquarters and Headquarters Company, 1st Battalion, 68th Armor, enjoy lunch at the quarterly Association of the United States Army held at the Elkhorn Conference Center April 2. According to David Ross, president of the Pikes Peak Chapter, AUSA, the chapter sponsors an event about once per quarter. Usually a guest speaker is brought in to speak about new trends, professionalism or some educational aspect of interest to soldiers. Brigadier Gen. Alan D. Johnson, commander of the U.S. Army Element at the U.S. Space Command and director of plans was the guest speaker. Following the luncheon, AUSA recognized the Fort Carson Soldier and NCO of the Quarter, the NCO of the Year for the Army elements of Space Command and the Army Space Command/Forward Soldier of the Year.

CID cracks down on fraud

Misuse of computers, IMPAC cards considered illegal

by Nel Lampe
Mountaineer staff

Fraud costs the Army millions of dollars each year.

The Economic Crime Unit investigates crimes which involve or affect Army interests and tries to put government money back where it belongs, said Economic Crimes Team Chief Agent Kurtis Ketchum. The unit handles embezzlements and frauds of \$500 or more against the Army or \$1,000 against a private citizen (which somehow involves the Army).

The Economic Crimes Team is part of Criminal Investigation Command.

According to Ketchum, \$274,980 in frauds were recov-

ered on Fort Carson last year by the fraud team.

Ketchum said that many of the cases reported included stolen credit cards or checks, and forgery. Fraudulent use of IMPAC cards is another crime the team regularly investigates.

Sometimes people go out and buy personal items with the IMPAC card (they've been entrusted with), Ketchum said. Items such as household cleaning supplies, personal computer items, food and even cat food has been illegally charged on IMPAC cards, he said.

Ketchum said that some people think they can outsmart the system. Sometimes an offender will be caught two or three times.

There are a few stories which might be candidates for The World's Dumbest Criminals television show, such as the forger who passed dozens of forged checks, but was caught when he slipped up and signed his own name to a stolen check.

Ketchum said contract fraud is another area of concern. He told of an incident at an overseas post when a soldier noticed the tubes of grease the unit received

were not quite full. He reported his concern, which was investigated. It turned out that each tube was short about three ounces. The supplier was making a small amount of money on each tube by short-filling. The government saved about \$2 million by uncovering the fraudulent practice.

The CID can present a Fraud Awareness Briefing to commanders or directors, focusing on current fraud trends. Just contact the fraud team to arrange a briefing. The number is 524-1120.

Ketchum said that fraud trends change as technology changes. Increased use of computers has opened up new avenues for technological crimes.

Fraud can be as simple as collecting BAQ or jump pay when not entitled to it. If a soldier has submitted the proper documents but erroneously continues to receive the payment, that's not fraud. But if a soldier is no longer entitled to BAQ or special pay and doesn't stop the entitlement, that's fraudulent.

The fraud team offers another service—crime prevention surveys. If a commander or director

just thinks something fishy might be going on, ask the fraud team for a CPS. The team will come in, look at the problem area, and write a recommendation. An example Ketchum cited was an instance when several soldiers in a unit were submitting college transcripts which looked suspiciously similar. The commander called for a CPS.

There is a Fraud, Waste and Abuse Hotline, available 24-hours per day. The number is 524-1120. If an agent is not available a recording will take the caller's message. The recording is checked every hour for messages.

Callers to the Fraud, Waste and Abuse Hotline can be totally anonymous. There is no need to leave your name or phone number to report a concern. However, agents request that enough information be left so that an investigation can be started.

The bottom line is, if something in your office or unit just doesn't feel right, call the fraud team.

Nothing is too small to report. You don't have to be a director,

A volunteer's voice: spouses contribute

by Becky Poppleton
Volunteer

Amy wives and volunteers are synonymous. While we significantly contribute to the mission and financial resources of our nation, to the civilian world, we are an unknown army of helping hands unto ourselves. April is designated as National Volunteer Appreciation Month, in recognition of the spirit of volunteerism. As a military spouse, I have volunteered over 7,000 hours to the United States Army in the past five years, equal to three years of full time employment. And like me, there are many, many spouses who volunteer for duty, honor, and country. To celebrate and thank the military spouses of our nation who volunteer, I want to share with you, that your contributions to our nation are noteworthy and sincerely appreciated.

Since arriving at Fort Carson, Colo., one of my goals was to complete my college education. I was required to complete a research project (a thesis). So I choose a topic dear to my heart: Army wives and volunteerism. The lifestyle of the Army wife presents a list of challenges due to constant separations and reunions, child-rearing and child care issues, financial difficulties, unemployment problems, relocation every few years, marital stress, and separation from family and friends. The primary purpose of this study was to focus on Army wives who volunteer for their military community. This research project is believed to be the first study of volunteerism among Army wives.

Volunteerism is important to

study because Army wives contribute more than 9,878,000 hours a year to their military community, according to the Fort Carson Installation Volunteer Coordinator's Office. Around the world, Army wives provide their military communities with an invaluable and essential service which can be measured not only in time and money, but by personal satisfaction and increased quality of life for themselves and the soldiers they serve.

The Fort Carson study revealed that the average age of those surveyed was 33. Eighty-one percent of those surveyed reported that they have children. Of the respondents, 55 percent of the wives were enlisted wives, while 39 percent of the wives were officers' wives and 6 percent were unknown. Fifty-one percent of those surveyed volunteer for Army Community Service. The ladies who volunteer for ACS are also splitting their volunteer time with their Family Support Group, the internal support group for each unit or troop.

This study asked the respondents to disclose whether they report their volunteer hours. Forty-four percent of those surveyed report their volunteer hours to the appropriate supervisor for record keeping by the Installation Volunteer Coordinator's Office. In contrast, 56 percent of those surveyed admitted that they do not report their volunteer hours. The Pentagon's Army Family Liaison's Office found this statistic to be consistent Army wide.

The results of the study revealed that Army wives are volunteering 5,159 hours per month

to Fort Carson. Each volunteer donates an average of 70 hours per month of her time. However, because only 44 percent of all volunteers report their hourly contribution, the yearly savings doubles to over \$350,190. This study was based on the work of only 72 volunteers who responded to this study. The true number of volunteers on Fort Carson could easily be tripled, according to the Installation Volunteer Coordinator's Office.

But the true significance of this story (aside from the monetary savings Army wives are contributing) is that volunteerism increases an Army wife's level of patriotism. Volunteers gain compassion, sensitivity, affection, and conviction for the sacrifices soldiers and their families make for their country. They are proud to serve their country, in their own unique way, through volunteer work. The stars and stripes represent the blood, sweat and tears Army wives have shed through the years, the numerous separations they have endured, along with the constant relocations both stateside and overseas.

Most military spouses share in the common goals of freedom through their participation in volunteer service. The respondents of this study revealed that they have encouraged other Army wives to serve their country because of their personal volunteer experience. The wives who serve their country through charitable works are doing more than contributing to their nation. They are learning to value the meaning of freedom, while adapting to their environment. Around the world, Army

wives are experiencing the lessons of American and world history, as well as the consequences of war and peace. Through volunteer service, the wives develop a deep love of country, national allegiance and patriotic pride.

During this time of military downsizing, the helping hands of Army wives is crucial for the survival of many post activities and services. The recent call for volunteers on a national level by retired Army General Colin Powell and President Bill Clinton has brought to light the fact that volunteers are a necessary part of today's society. Indeed, there is no doubt that the Army needs its volunteers in order to accomplish its mission. Army wives are a necessary and essential component of the Department of the Army.

Jeanne Bradner, a nationally known volunteer advocate, observes in her book, *Passionate Volunteerism*, that, volunteerism is too important to be taken for granted, trivialized or patronized. Government can't do it all; the private sector can't do it all. For democracy to work, all must take part in finding solutions... otherwise, we will be part of the problem.

Volunteering for the Army has given me numerous opportunities to be of service, valuable on-the-job training, a sense of purpose and a deep commitment to the soldiers, as well as a unique understanding of the mission of the United States Army. I believe volunteerism creates a natural atmosphere of hope, optimism and opportunity as well as civic responsibility. Whether our Army

Almost April 15 -- have you filed yet?

by Nel Lampe
Mountaineer staff

The Fort Carson Tax Center has saved the community an estimated \$500,000 in tax preparers fees, according to Capt. Roseanne Blead, installation tax officer. Almost 8,000 clients active duty, retirees and family members have used the tax center since it opened on Jan. 20. The busiest time the tax center had was after the arrival of W-2s in late January.

February was our busiest time, said Sgt. Robert Davidson, noncommissioned officer in charge. He said the filings have been slower but steady since then, with the

busiest time of day during the lunch hour and about 5 - 7 p.m.

About 80 percent of the filings have been electronic with refunds on the way quickly, Blead said.

People who have to pay additional taxes mail their returns along with their payment.

There have been a few people who owe a large sum of money, Blead said.

One such instance was a private first class who was erroneously receiving advanced earned income credit. The EIC is for people in certain income levels who have children. The soldier had

no children and was not aware he was receiving the EIC. As a result, he owed IRS more than \$1,800 income tax. The lesson here, according to Blead, is to pay attention to your own pay.

Countdown
to
April 15



Photo by Nel Lampe

Corporal Nolan Adams helps Master Sgt. Robert Rooney, Company B, 3rd Battalion, 10th Special Forces Group prepare a tax return.

Chief of chaplains to speak at Easter Sunrise Service

Installation Chaplain's Office



Shea

The Mountain Post is honored to have Chap. (Maj. Gen.) Donald Shea, U.S. Army Chief of Chaplains as the guest speaker at the Post Easter Sunrise Service.

Shea has served the Army for more than 30 years, rising to the post of chief and has recently been extended to remain as chief of chaplains for an unprecedented fifth year. Shea will preside over the Easter Sunrise Service Sunday at 6:30 a.m. at Provider Chapel.

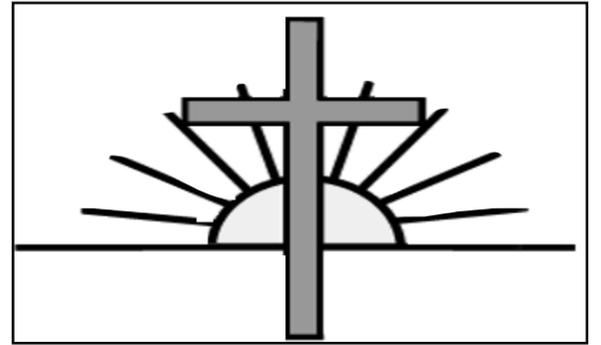
Shea, a Butte, Mont., native, attended Irish Christian Brothers High School. He holds a bachelor of arts degree in philosophy and history from Carrol College,

Helena, Mont., and is a graduate of The Saint Paul Seminary, St. Paul, Minn.

He was ordained a Roman Catholic priest in 1962 for the Diocese of Helena. In 1991 appointed Prelate of Honor to Pope John Paul II

Shea's military education includes the U.S. Army Chaplain Basic and Advanced courses, Airborne, Special Forces Officers Course, Command and General Staff College and the Army War College.

Since commissioning as a U.S. Army chaplain and entering active duty in August 1966, Shea's major assignments have included positions as a battalion chaplain here at Fort Carson, Bad Toelz, West Germany, Panama and in Vietnam. He has also been assigned as brigade chaplain in Fort Lewis, Wash. and Ansbach, Germany. Shea served as division chaplain, 1st



Armored Division, Germany; VII Corps staff chaplain, Germany; and the staff chaplain, U.S. Army Europe and Seventh Army, Heidelberg, Germany.

Shea has served in the chief of chaplains office in Washington D.C. as procurement officer, executive officer, deputy chief of chaplains and chief of chaplains.

In addition to presiding over Fort

Chapel

Sunday worship services normally held at Soldiers Memorial Chapel will be conducted at McMahon 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 information call 540-9157.

A special Easter Sunrise Service will be held Sunday at Provider Chapel at 6:30 a.m. Special guest speaker will be Chap. (Maj. Gen.) Donald Shea, U.S. Army Chief of Chaplains.

A Day off for Women sponsored by the Fort Carson Catholic Parish will be April 25 beginning at 9 a.m. at Soldiers Memorial Chapel. Speaker will be Jane Eisenach and lunch will be provided as well as free child care. Make a reservation by April 22 by calling 391-1792.

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

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
Prussman	Protestant	Sunday	9 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 a.m.	Magrath & Titus	Chap. Simo/526-8890

For additional information contact the Installation Chaplains 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-

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 119 & ICorinthians 15-16
- Sunday, Psalms 119: 41-48 & IICorinthians 1-4
- Monday, Psalms 119:49-56 & IICorinthians 5-7
- Tuesday, Psalms 119:57-64 & IICorinthians 8-10
- Wednesday, Psalms 119:65-72 & IICorinthians 11-13
- Thursday, Psalms 119:73-80 & Galatians 1-3
- Friday, Psalms 119:81-88 & Galatians 4-6

Catholic Schedule	a.m., McMahon Theater; Mass, 12:15 p.m., Provider Chapel;
Today-Stations of the Cross, noon, Provider Chapel;	Protestant Schedule
Celebration of the Lord's Passion, 6 p.m., Provider Chapel.	Today-Prussman Chapel, 10 a.m.; Healer Chapel, 3 p.m.
Saturday-The Easter Vigil, 8 p.m., Provider Chapel.	Sunday-All Protestant service will celebrate Easter at regularly
Sunday-Mass, 8 a.m., Veterans Chapel; Mass, 9:30	

Chaplain's Corner

by Chap. (Lt. Col.) John H. Barnes
Deputy Installation Chaplain

Come, see the place where the Lord lay. And go quickly and tell his disciples that he is risen! (Matthew 29:1-8.) Have you noticed that every Gospel account of the resurrection mentions running? Sounds like good physical training to me. Two women left the scene in haste and joy (Matthew 28:8.) The women who brought prepared spices ran to tell the others. (Mark 16:1-8.) Peter and John raced to the garden to see the empty tomb. (Luke 24:12; John 20:3-4.) Christ's victory over the grave is an exciting truth. It is life changing.

When God chose to reveal himself, he did so through a human body. The voice that spoke and called forth the dead was a human one. The hand that touched the leper had dirt under his nails. His feet were callused and dusty. And his tears came from a heart as broken as yours or mine. Jerusalem was filled with those who had eyewitnessed the crucifixion, heard the rumors of the resurrection and appearances by Jesus and knew the corpse had disappeared. Let's remember that Christianity is the only faith which bases truth upon what its founder did, not on just what he said.

In essence, Christianity is nothing more and nothing less than a desire and an effort to see and know the resurrected Messiah. The Christian is trying to catch a glimpse of a man, not a program, not a plan, not a system, not a doctrine. We are trying to see a man who called himself the Son of God.

Our God is not aloof. He is not so far

above us that he can't see and understand our problems. Jesus is not a god who stayed on the mountaintop. He is the Savior who came down and lived and worked with the people. Everywhere he went the crowds followed, drawn together by the magnet -- the Savior. The life of Jesus Christ, the resurrected Savior, is a message of hope, a message of mercy, a message of life in a dark world.

So people came to him. They came to him at night. They touched him as he walked down the street. They followed him as he walked around the sea. He went fishing with some. Some invited him to their homes and placed their children at his feet. They revered him. Not one considered him too holy, too divine, or too heavenly to touch. There was not one person who was reluctant to approach him for fear of being rejected. We must always remember that it was God who created -- built the bridge to humanity -- to us. We were the ones who created the distance.

In Colossians 1:15-20, the writer explains the supremacy of Christ and how that bridge was built. He did this in order to counter the heretical teaching that Christ was simply one god among many. The Bible uses the most exalted terminology possible to describe God. It is absolutely clear that all God's power and all his divine nature rest in Christ.

Scripture defines Christ's relationship to God the father. Christ is the image of the invisible God (verse 15). This is more than just a likeness. Christ's nature is the same as God's.

When the writer called Christ the firstborn

of every creature he did not mean Christ was one of God's created beings. Rather, Christ is prior to creation, and, in fact, over all creation. This includes all the powers and beings that false teachers claimed were superior to Christ (verse 16).

Scripture clearly declares that Christ was not merely one more exalted part of creation. Instead, all creation had its source and purpose in Christ. In addition, all things are held together by him (verse 17). Another indication of his supremacy.

But Jesus is more than the creator of this world. As the Son of God, he is the head of the body, the church (verse 18). The Lord Jesus Christ is our leader, not just another being in a long list of emissaries from God. And to prove that Christ is indeed God and that he should have preeminence, the Bible referred to Christ's resurrection from the dead (verse 19). Colossians 2:9 proclaims that in Christ dwells all fullness of God's divine nature.

We live in a society that only wants to consider Christ as just another teacher or prophet. But the Christian proclaims that he is God. Christianity is built on the truth of Christ's deity. Jesus Christ was fully God, came to earth in bodily form for us.

The book of Colossians shows us it is not necessary for us to follow the rituals and ceremonies of the Jewish law in order to receive God's forgiveness. Colossians 2:12 explains that through the symbolic act of baptism, we are buried with Christ and rise again with him. In so doing, we put off our sinful nature and

Vet services offers registration, shots, tests

Veterinary Services

The Fort Carson community has the benefit of on-post veterinary care for their pets at the Fort Carson Veterinary Treatment Facility. The Veterinary Services animal medicine mission is aimed primarily at the control, prevention and treatment of diseases that are either transmitted between animals and man or from animal to animal. This is in order to help maintain not only healthy animals, but also healthy humans in the military community.

The Veterinary Services offers a wide spectrum of services to both privately owned and government owned animals. It provides full medical and surgical care for the 26 military working dogs at Fort Carson and Peterson Air

Force Base in addition to the government owned horses at Turkey Creek Ranch. For the privately owned animals, the services are somewhat more restricted and again, aimed at maintaining a healthy animal and human population. The way Veterinary Services does this is by setting minimum health standards for pets and other animals living on the installation. They then provide the services through the Veterinary Treatment Facility to help owners meet these requirements. For example, the minimum health requirements for dogs and cats on Fort Carson are:

The animal must be registered with the Veterinary Treatment Facility within three days of arrival at Fort Carson.

All dogs and cats must have an annual rabies vaccination.

All dogs will be vaccinated against the common canine diseases annually, and cats will be vaccinated against the common feline diseases annually.

All dogs and cats will be tested or treated for intestinal parasites annually.

Other ways that Veterinary Services promotes and maintains public health is through some of the other programs they manage. One of these programs is the ani-

mal bite program. Any animal bite case, either on or off post, that is reported to Evans Army Community Hospital is reported to Veterinary Services. On average, 20 to 30 animal bites are investigated monthly. Our function in this program is to coordinate the quarantine of the biting animal to ensure it was not carrying rabies at the time of the bite, said Maj. Erik Touring, Chief, Fort Carson Branch Veterinary Services.

Family pets can be seen at the clinic for routine care, examinations and treatment for certain diseases and conditions. Active duty, retirees and their dependents can use the facility as long as they have a valid military ID card that states they are afforded medical privileges by the military medical system. One thing that people should be aware of, though, is that Veterinary Services is somewhat restricted by regulation as to what conditions it can and cannot treat. More serious conditions and conditions that are not a public health concern may have to be referred to a civilian veterinary clinic. There is a charge for the care that animals receive at the veterinary clinic along with a mandated DoD \$2 user fee for each transaction.

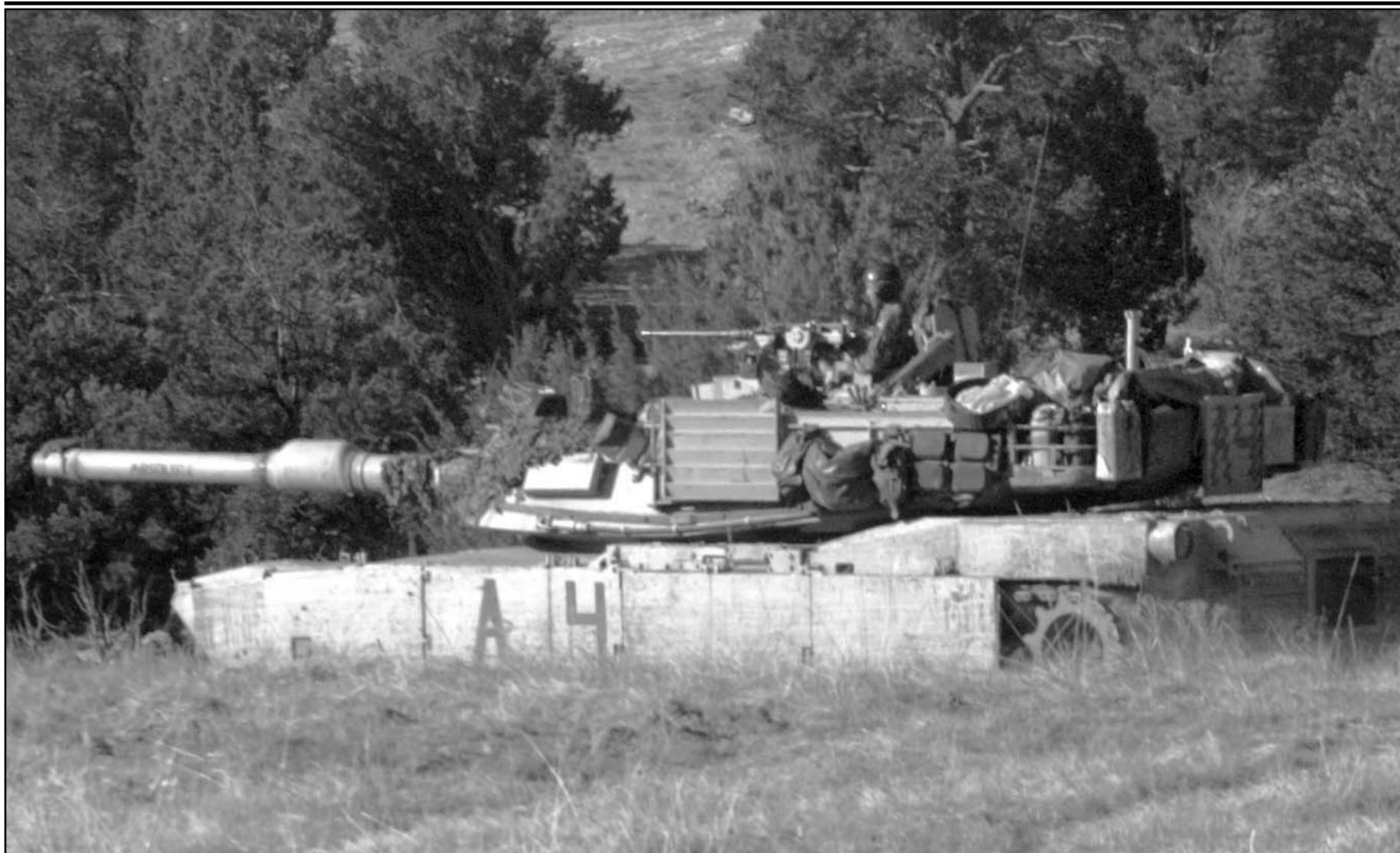
Other services provided for pets are health certificates for indi-

viduals traveling with their pets over the counter sales of shampoos and other pet care items. The clinic also carries a wide variety of flea and tick control products. Carrying flea and tick products is something we are getting more involved in, Touring said.

With diseases like plague in this area and Lyme disease, a potential threat in other areas of the U.S., it is just one more way we can impact on keeping the community healthy.

A less known function of Veterinary Services is the maintenance of the stray animal facility for Fort Carson. Hundreds of dogs and cats that are either picked up by the Military Police or brought in by owners that are unable to care for them anymore, are brought to the facility. These animals are given three days for the owner to claim the animal. After the three days the animals are placed for adoption. Individuals interested in adopting an animal should contact the Veterinary Treatment Facility. There is a small adoption fee which includes all required vaccinations, an examination and a bath. The other requirement before adopting an animal is that the new owner must agree to have the animal spayed or neutered. This surgery is also





Photos by Spc. Jon Parr

A tank crew hides in the shrubbery as they look for opposing forces.

Cavalry conducts platoon-level training

by Pfc. Socorro A. Spooner
14th Public Affairs Detachment

With the enemy directly in sight, he calls his platoon leader and sends up a spot report. Continuing to observe the enemy, he has his driver move the vehicle into a turret down position. Constantly scanning the terrain he notices smoke to the west. At that moment Sgt. Brian Caponi, tank commander, Crazyhorse Troop, 1st Squadron, 3rd Armored Cavalry Regiment, hears a report over the radio that someone has contacted possible biological agent and orders his crew, Spc. Thomas Hampton, gunner, and Spc. Robert Runyon, driver, to go to Mission Oriented Protective Posture Level 4. Donning his MOPP gear, Caponi pops an M256 kit and places it on top of the turret. Remaining focused on the battlefield, the gunner and driver execute their jobs killing the enemy and maneuvering quickly out of sight. As the smoke clears they are the only tank from their original unit left alive.

This type of defensive scenario was common practice on the battlefields downrange throughout the 1st Sqdn., 3rd ACR Platoon Lanes, which finished Wednesday. Ongoing for more than a week, the lanes consist of three different operation

zone recon, movement to contact and defense using a screen all focused on the integration of the battlefield, according to Lt. Col. Mark Maiers, squadron commander.

This annual training integrates tankers, scouts, air, and ground support together on the battlefield. Success here can prepare these soldiers for any mission, he said.

We've gained experience in building a defensive position, said Hampton. This is important because the knowledge we've gained translates directly onto the modern battlefield.

Learning to move in low ground terrain was a definite advantage according to many drivers.

This experience in moving in low ground has helped us to remain hidden from the enemy while moving through the battlefield keeping us alive, said Runyon.

Spc. Danny Groot, driver M1 tank, Crazyhorse troop, 1st Sqdn., 3rd ACR concurred, saying that learning to perfect strategies in using the surrounding terrain was vital to the mission and survival.

Not only were the soldiers of 1st Sqdn. focusing on the essential skill of using the terrain to their advantage so was the enemy, said 1st Lt. Gerald Western, Predator Battery, Air

Defense Attilley, 3rd ACR. As they attempted to kill as many of 1st Sqdn.'s vehicles as possible, they were actually helping the unit.

We're trying to show them their deficiencies so that they can make themselves better, said Western.

The lanes were a focal point for the squadron to practice working with one another on the battlefield. Symbolizing this cooperative effort the 43rd Engineers and the 89th Chemical Company worked hand and hand in successfully breaching an obstacle on one of the missions. This

brought the units together as a team.

The chemical company acted as a screen for the engineers using smoke as a cover while the engineers attempted to breach the obstacle. They were able to breach it and allow the units of tanks and Bradleys to move through the battlefield untouched.

The platoon lanes showed new soldiers how vital a role everyone has on the battlefield.

The soldiers who participated in these lanes all learned many things. Their most important lesson was in working as a team and staying alive, several soldiers



A trio of Bradleys head to the main site for an after-action review of their battle with the opposing forces.

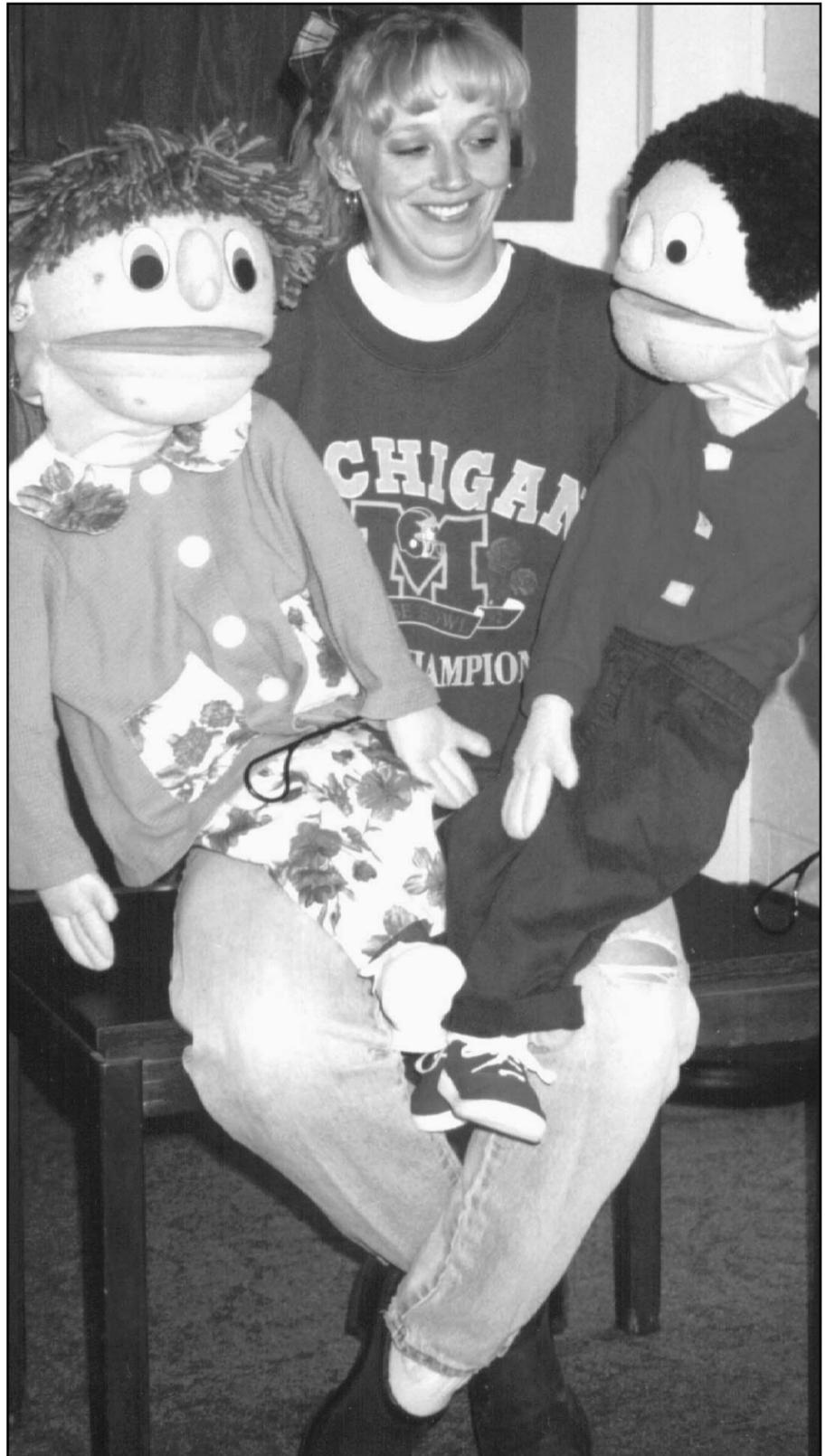


Photos by Nel Lampe

Volunteer Helga Bongibault, left, accepts Thrift Shop consignments from Lisa Arehart.



Eric Jackson, a Colorado Tech student, volunteers at the Directorate of Community Activities computer management office.



Trish Siegrist rehearses with Stephen and JoAnne, two of the "Kids on the Block" puppets used to teach personal safety to children.

Volunteer recognition ceremonies

If a volunteer has ever touched your life - directly or indirectly, please pass on your thanks. The community is recognizing the volunteers in four ceremonies.

April 19, chapel volunteers will be honored at 1:30 p.m. at the Family Life Center.

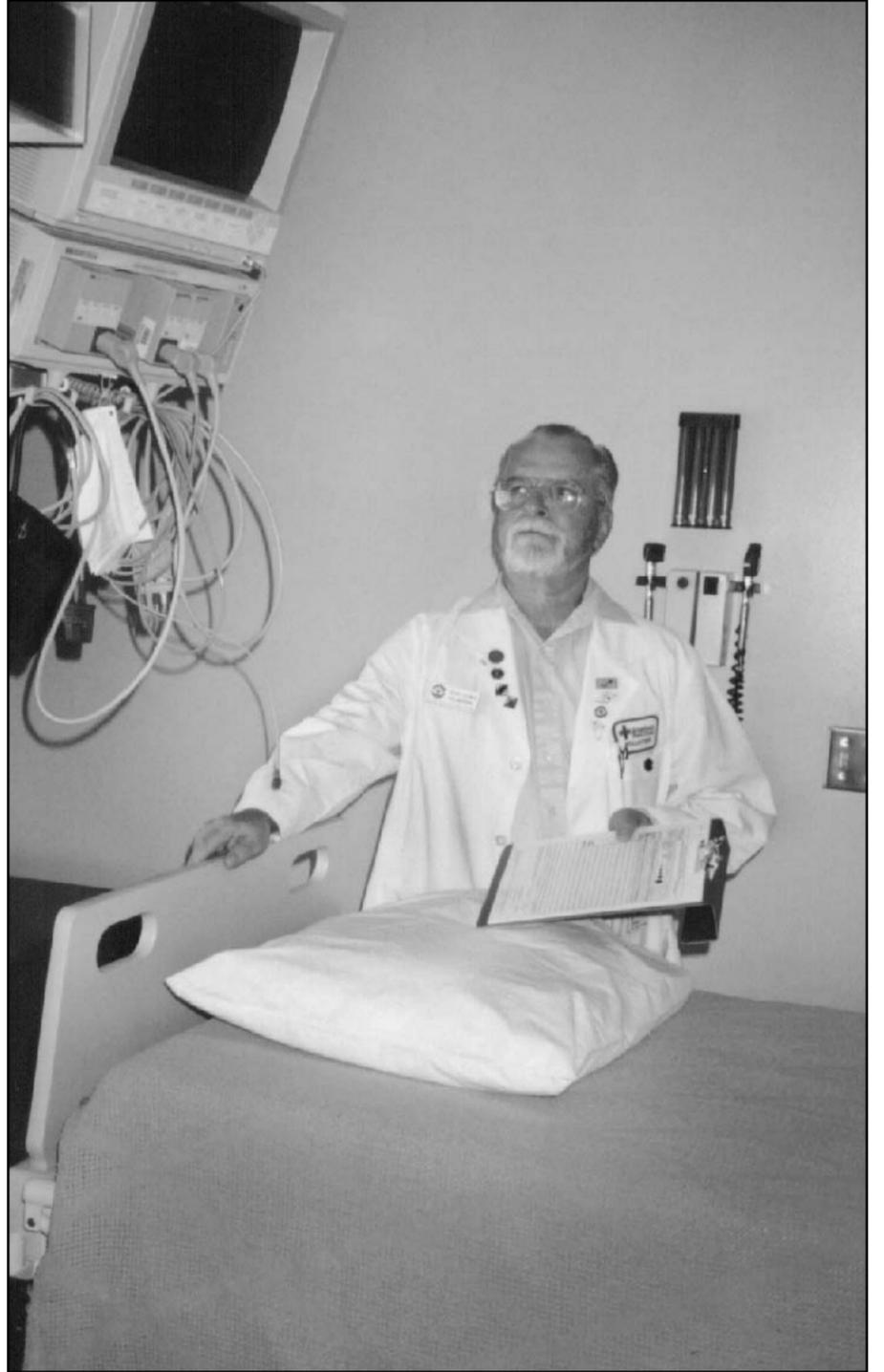
April 23, installation volunteers will be honored at 3 p.m. at the Elkhorn Conference Center.

April 29, Red Cross volunteers will be honored at 1 p.m. at the Elkhorn.

Supervisors, spouses and friends of our volunteers are invited to attend. Please make a reservation for any ceremony by calling 526-



Sonja Musteen, rear, and Elizabeth Gilliland, right, assist Capt. Stefan Olpinski in a dental procedure.



Volunteer George Schwab prepares for an incoming patient in the intensive care unit at Evans Army Community Hospital.

Volunteers essential to Mountain Post

by Nel Lampe
Mountaineer staff

For more than 200 years volunteers have been counted among the Army's oldest traditions. In the early days they repaired uniforms today they repair computers. Volunteers help the Army accomplish its mission.

If they stood shoulder to shoulder, the line would extend from the flag pole almost to the main gate. If you counted their hours, the monthly total would be more than 11,000 hours. If you paid them at the GS-3 level of \$8.03 per hour, they would be worth more than a million dollars per year. They're Fort Carson's volunteers.

The dictionary defines a volunteer as a person who offers himself (or herself) for a service without obligation to do, so a person who performs a service willingly and without pay.

Indeed, the only pay a volunteer receives is self-satisfaction and recognition.

Volunteer Appreciation Week is April 19-25 at Fort Carson. Special events and a recognition ceremony will honor volunteers. A Volunteer Recognition Ceremony will be April 23, at the Elkhorn Conference Center, beginning at 3

p.m. Volunteers from the United Services Organization, Army Child Services, Red Cross, Youth Activities, Wives Clubs, Scouts, Chapels and others will be recognized.

What motivates a volunteer to get dressed, drive to the post and spend a few hours at an office, the thrift shop, a chapel, the hospital, a school, the youth center, or the Little House doing what looks an awful lot like work when there's no paycheck? Lots of reasons, according to Andrea Van Bergen, installation volunteer coordinator.

Many volunteers want to give back to the community; some are retirees looking for something meaningful to do; some are spouses with a career on hold, according to Van Bergen. Increasing job skills, free training and additions for the job resume are other reasons people volunteer.

According to Van Bergen, Fort Carson has an average of 600 volunteers per month, who contribute more than 11,000 hours to Fort Carson programs.

Van Bergen calculates that if the post had to pay those volunteers, it would cost Fort Carson more than \$1 million dollars

Staff Sgt. William Stephens, Company A, 3rd Battalion, 29th Field Artillery, volunteers during his lunch hours at the Army Community Services reception desk. He has been volunteering for almost a year.

I wanted to learn about ACS, Stephens said. He estimates he volunteers about 10 hours per week to ACS, Share Colorado the Little House Food Locker and the USO.

I meet a lot of people and get to know the community, Stephens said.

Stephens will be inducted into the Sergeant Audie Murphy Club later this month, and he credits his volunteer work with helping him pass the boards. He will receive the soldier's volunteer medal, a permanent award which can be worn on his Class A uniform.

Laura Vigil volunteers at the Army Family Team Building office at ACS. Vigil has been volunteering for about a month, and has completed her first 50 hours. She is a veteran with 10 years service and is an Army spouse. Vigil was interested in the outreach program because she thought she could make a unique contribution since she had been in the military.

Vigil volunteers 12 - 16 hours a week. She takes advantage of the 12 hours of free child care available to volunteers. The free child care enables me to volunteer without causing a financial hardship, she said.

I'm able to keep up my administrative skills, add to my resume, and take classes, Vigil said. She has recently completed a Powerpoint class at an on-post school because of her volunteer position, has a course completion certificate, another entry for her resume, and a skill she can use in her volunteer position.

Vigil is proud to be a part of the volunteer community and feels a little like she is back in the corps again.

George Schwab is a retired first sergeant. He retired from a second career as an investigator for the state of Colorado in 1992 when his wife became ill.

After my wife died in 1994, I needed something to do. I had seen the care my wife had gotten at Evans Hospital, so I thought this is the best way to pay them back, he said.

Schwab works three days a week in the intensive care unit.

Becky S. Poppleton says she

Post Soldier and NCO of the Quarter

Spahos learning quickly about getting ahead in Army

by Cpl. MK Garrott
Mountaineer staff

Private First Class Lee Spahos is a brand new soldier to the Army and Fort Carson. But in his last 10 months of service, Spahos, Headquarters and Headquarters Company, 1st Battalion, 8th Infantry, has raked up some impressive achievements, most notably as the post's Soldier of the Quarter.

Upon arrival at Fort Carson, Spahos went to the 1st Bn., 8th Inf. Soldier of the Month board on the recommendation of a friend. He won and proceeded to become his battalion's Soldier of the Quarter and then the 3rd Brigade Combat Team Soldier of the Quarter. Next up is Post Soldier of the Year.

Boards are about general knowledge and being able to convey your thoughts to a sergeant major. At first I was nervous, but now I just try to relax, said Spahos.

With the two years of college he had before enlisting, Spahos was able to come in the Army as a private first class. As he statstak-

ing correspondence courses, Spahos' immediate goal is to make specialist.

I am trying to get a waiver for time in service and hope this helps. I do the boards to further my career and for the achievement of it, said Spahos.

Proud of his job and accomplishments, Spahos qualified as an expert on the M-4 and scored 275 on his last Army Physical Fitness Test.

I plan to retire as a sergeant major. I do the best I can at my job and will try to keep my points high so I can get promoted, said Spahos.

As far as being an infantryman, Spahos doesn't know of anything he would like any better.

The way we think is that we



Spahos

Turner is top NCO

by Cpl. MK Garrott
Mountaineer staff

She has five Army

Achievement Medals, five Army Commendation Medals, qualified as an expert on the 9 mm, scored 270 on her last Army Physical Fitness Test and will soon be inducted into the Sergeant Audie Murphy Club. All this was done with five years in service — and Sgt. Deborah Turner has just begun.

Turner, Headquarters and Headquarters Company, United States Army Garrison, is the Noncommissioned Officer of the Quarter for Fort Carson.

As the executive secretary for the post command sergeant major, Command Sgt. Maj. George D. Ponder, and the actions NCOIC for her office, Turner has learned much from her high profile position.

I love it. I interact a lot with others, deal with the post's sergeant's major, handle all the actions in the office and the brief sergeant major on his calendar, said Turner.

This job is well suited for Turner, whose MOS is 71L (administrative specialist). She previously worked at a Personnel

Services Battalion as the commander's secretary and then in enlisted management for the 2nd Armored Division, Fort Hood, Texas.

Turner is not new to competing in boards. Since she was a private first class, she has been striving to better herself. To do that, and to win Post NCO of the Year, Turner spends a lot of time studying.

I read a lot of army regulations, field manuals and DA pamphlets, she said.

As for the Army, Turner is a firm believer that this is the place for her.

It has discipline, stability and is always challenging. There is always a mission to take care of and it's always different, so that's



Turner

Sports & Leisure

Williams knockout highlights All-Army trials

by Walt Johnson
Mountaineer staff

One knockout and some surprising performances by newcomers were the highlights of the 1998 All-Army Tae Kwon Do championships held at the Post Fitness Center Friday.

Fort Carson's Spec. Trisha Demerath won her first lightweight match against Pvt. Elizabeth Anderson by staying aggressive throughout the match and keeping Anderson off balance. Each time Anderson sought to initiate offense Demerath had a defensive answer for her and then turned aggressive herself.

After her victory over Anderson, Demerath then met the other Fort Carson representative at the games, 1st Lt. Alisha Williams, the number two ranked female tae kwon do artist in the nation. Williams started slowly, seeking out Demerath's game plan and the first round lacked offensive energy from either fighter. The second round was different, as Williams pounced on a defensive minded Demerath to build up points on dead on kicks. In the third round, Williams kept up her offensive pace and cruised to victory.

In the heavyweight medal fight Sgt. Kevin Williams' lightning quick round-house kick knocked out Pvt. Terry Wilson only 50 seconds into the fight. Before the knockout, Williams was in command of the bout but Wilson was putting up a game battle. Unlike most of the bouts matching veter-

ans and newcomers, Wilson came to take the fight from Williams. Early it seemed like a good strategy as Williams wasn't allowed to build up momentum offensively.

Wilson in fact was pressing the action against Williams when he got caught flush with the round house kick ending the match. It was both the most impressive ending and the most courageous fight of the night. Wilson earned a lot of praise for wanting to take the fight from Williams.

The championship was decided in two sessions. The first session was elimination matches designed to see who would fight for the gold/silver medals and the competition was fierce.

In the first bout of the day, Pfc. Hunter Samuels met Spc. Ashley Kandarappalil in a bantamweight division match. Samuels dominated the match from beginning to end, scoring on a number of kicks and punches enroute to his convincing win. The next bout was also a bantamweight match that featured Pfc. Douglas Coucha and Spc. Chris Rangel. As the fight began both men came out throwing kicks and punches at each other in a very aggressive fashion. It was obvious from the start this match wouldn't be dominated by either fighter, and, as round two ended, it seemed like Coucha had a slight edge. The third round went decisively to Coucha as Rangel had a point deducted for holding and Coucha scored a knockdown. The impressive round was enough to earn a

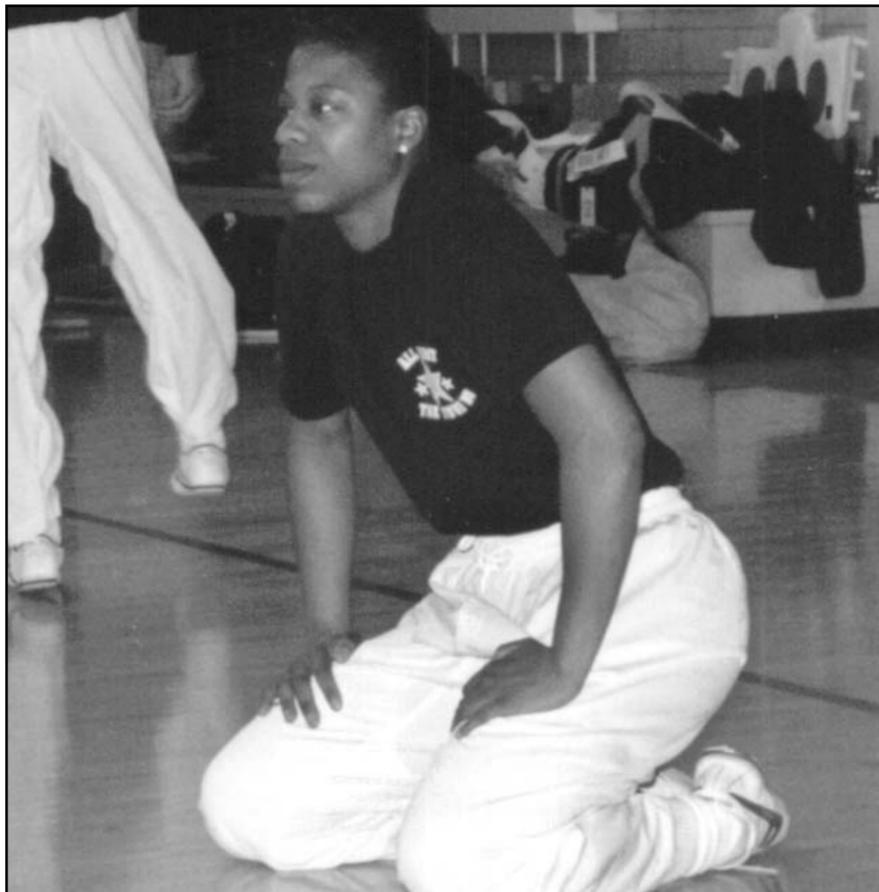


Photo by Walt Johnson

1st Lt. Alisha Williams is the nation's second ranked female tae kwon do artist.

victory for Coucha and set up the bantamweight title match with Samuels.

There is an old saying in boxing: don't leave it up to the judges if you can help it, and the Samuels-Coucha bout was a clear example of what that saying means. Coucha came out fast and furious and scored a head kick to Samuels in the first round. Although Coucha was more offensive, Samuels countered most of his attempts effectively throughout the match. Samuels chose to play

the counter game, letting Coucha be the aggressor and at the end of the fight it appeared Coucha had won. When the judges' decision was announced there were many amazed people when Samuels' hand was raised in victory. However, tournament officials said Samuels won the match on counter kicks and effectively answering Coucha's aggressive style to earn the bantamweight gold medal.

In the welterweight elimination

See Tae Kwon Do, Page 22

Tae Kwon Do

From Page 21

round Spc. John Swan met Sgt. Tim Gardner in the first bout. It was a match short on clean shots but long on aggressive tactics. Both fighters came out in an offensive frame of mind, missing head kicks that would have put the opponent out of the contest. After the first two rounds, it appeared to be anyone's fight, and both fighters came out to start the third round like they knew it. Each scored some points during exchanges but Swan seemed to land the more effective blows and he won the match.

Next up for Swan was Sgt. Darryl Woods in the welterweight title match, and it was clearly a mismatch as Woods used superior skills and technique to keep Swan at bay, knocking his headgear off in the second round, and easily cruising to victory.

The first of two middleweight bouts found Pvt. Eugene Larocca meeting Spc. Todd Angel. Larocca came out the aggressor and had Angel backing up for most of the first round. Angel appeared to hurt his hamstring in the first round, grabbing at it constantly while Larocca built up confidence. Then at the one minute mark, Angel shook off the effects of the

hamstring injury and got aggressive himself.

Angel followed up his first round momentum by dominating the second round. Angel knocked Larocca down in the second round, hurting Larocca, who had to take a standing eight count. Larocca couldn't answer the bell for the third round sending Angel to the title match.

His opponent for that match would be determined by the winner of the Sgt. Eric Laurin and Pvt. David Washington. Laurin put this contest away quickly as he scored a head kick hurting Washington and forcing him to take a standing eight count. The rest of the round found Washington fighting defensively and Laurin moving in to finish off his opponent. Washington survived the first round but was unable to mount any offense in the second round, and still appearing to be hurt from the first round kick, his corner threw in the towel, giving Laurin the victory.

In the middleweight title fight, Laurin used his superior reach advantage to score a mild upset victory over Spc. Todd Angel. Laurin scored big early and then used his height and reach leverage to keep Angel at bay. Angel tried to mount offensive surges but each time he did, Laurin would step away from the attack or counter it by hitting Angel as he came forward.

The flyweights, Pfc. Dyal Deevan and Spc. Boobie Simeona, engaged in a spirited matchup that saw fist and feet flying in a frenzy. Both fighters came out aggressively, each seeking to score a first round knockout. The fighters expended so much energy that they slowed down at the start of the second round to a less aggressive but still fighting style. In the third round, Simeona scored the only knock down of the fight at the one minute thirty second point, and seemed to be in control of the match. Deevan however, kept to his game

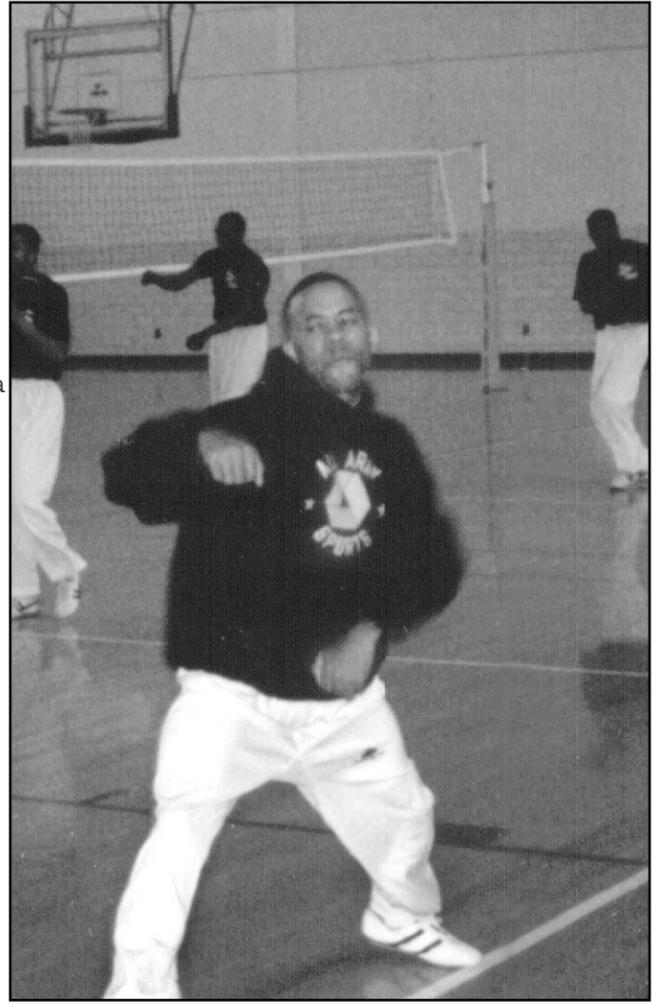


Photo by Walt Johnson

Tae Kwon Do team members warm up during a recent practice.

plan which allowed him to score enough points with the judges to overcome the knockdown and win the match.

Corporal Andrew Roberts and Spc. Nicolau Andrade hooked up in the lightweight title match and early on it looked like it would be Roberts winning the gold. Roberts started the match with combination kicks and counter kicked effectively, scoring a head kick of a missed kick by Andrade. Sensing the match

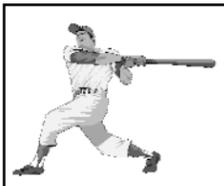


Post soccer team captures second straight victory

by Ben Stancati
Soccer coach

The past two games have been great for the post soccer team in terms of victory, as they have defeated the Hustlers 4-2, and Colorado College JV team, 1-0.

In the game with the Hustlers on March 29, the post team came into the game after two weeks off and the changes that occurred in the team's attitude and work ethic paid off. The last time these teams met the game ended in a tie. But a measure of the progress of a team can be seen by how they progress or regress after playing a



**"...a
great
place
to play"**

good team like the Hustlers and what the next games result is.

The Hustlers dug themselves a deep hole by falling to the post team, 2-0. Two goals by mid fielder Spc. Tom White gave the Mountain Post team their advantage, a situation they

haven't enjoyed many times this season. One of the post team's Achilles heels is they have to fight from behind in many games because they start games very slowly. This time the team got out early and it seemed like they would be able to cruise to a victory. But that was deceiving.

The Hustler team showed why they are the division leading team by digging in and fighting back. The Hustlers cut the two point deficit in half near the 30 minute mark of the first half and continued their relentless pace up to the half-time whistle. While not scoring the tying goal, they served notice that they would not roll over for the post team and the second half would be competitive.

In the second half, the Hustlers came out just as strong as they had finished the first half and eventually got the tying score. The tying goal put the post team right back on the defensive and placed the pressure to win squarely on the post team's shoulders. Now it was a question of the post team answering the challenge or wilting under the

relentless pressure of the division's top team.

The answer became obvious as the post team started making good runs on the Hustlers' net, netting the winning goal and then an insurance goal while holding the Hustlers scoreless the rest of the way.

Sunday, the post team rode the momentum from their victory over the Hustlers to a 1-0 win over the CC JV team, though it was a less than pretty performance.

The post team gave a gallant effort but had to fight through the emotional win of a week ago, and the loss of key players due to injury during the CC contest. Staff Sgt. Wayne Thompson suffered an ankle injury, Pfc. Marko Harkama suffered a hyperextended knee and Phil Campbell suffered a bruised shin.

The post team scored the only goal of the game 10 minutes into the contest when defensive stopper Pvt. Ken Martinez put the ball past the CC net minder. After that goal, the bruising contest turned into a defensive struggle that could have turned to disaster if

4th Infantry Division Association sponsors annual charity golf tourney

The 4th Infantry Division Mountain Post Association will sponsor its third annual golf tournament May 1 at the Fort Carson Cheyenne Shadows Golf Course.

The association is a non-profit organization and does not keep any money in their treasury according to Sgt. Maj. Tommy Williams of the Mountain Post Association. All proceeds from the tournament are used to help serve the needs of people on post who can use help from activities such as the little House of the Rockies food locker, post

scholarship fund, and any special request from an enlisted soldier that needs financial help.

Trophies will be awarded for first, second and third place finishes.

There will also be prizes for the following activities: putting contest, closest to the pin and longest drive.

The registration deadline is

April 29. After April 29 the entry fee for late registration goes up by \$5 per person. Registration includes 18 holes of golf, a golf cart, barbeque, raffle tickets and many other prizes.

At 8 a.m. a shotgun start will kick off the competition part of the tournament.

Mulligans will be available during the tournament.

Army wins free style wrestling title

by Walt Johnson
Mountaineer staff

One pound separated the U.S. Army wrestling team from capturing an impressive sweep of 1998 Armed Forces wrestling championships March 26 at the Olympic Training Center.

The Army team won the freestyle event and finished a close second in the Greco-Roman competition due in part to the loss of the team's heavyweight competitor.

Prior to the competition, it was determined that the new weight limit adopted by the U.S. wrestling committee would be used instead of the previous Olympic level limit. This meant the team's heavyweight had to lose 10 pounds to reach the limit by match time. He shed nine of those pounds but couldn't lose the tenth and therefore was not eligible to compete.

Still the Army team did well at the championships, dominating their Air Force and Navy opponents while beating back a game and determined Marine Corps squad.

Soldiers won gold medals in the freestyle 118, 167 and 275 pound classes. In 118 pound competition Pfc. Justin Weber defeated Marine Lance Cpl. Timothy Mazzocchi. In 167 pound competition, Spc. Keith Sieracki defeated Marine Cpl. Patrick Owens and in the 275 pound match Spc. Dominic Black beat Airman 1st Class Cory Farkas of the U.S. Air Force.

Winning silver medals in the freestyle competition were Spc. David Nieradka and Spc. Jason Loukides.

The overall team standings were: Army 6 points, Marines 4 points, Air Force 2 points and Navy 0 points.

While finishing second in Greco-Roman wrestling the Army team had impressive showings in the gold and silver medal round.

Specialist Glenn Nieradka defeated Airman 1st Class Paul Gagich in the 138 pound class, and Spc. Miguel Spencer defeated Cpl. Patrick Owens of the Marines in the 167 pound class to win gold medals.

Specialist Anthony Gibbons, Spc. David Nieradka, Pfc. Herbert House, Sgt. Kenneth Owens and Spc. Dominic Black each won silver medals.

Owens said the Army team has a tradition of winning wrestling armed services events but they can't rest on their laurels because the other services are beginning to catch up to them. He said the Navy, Air Force and Marines got closer than ever last year and that forced the team to put more emphasis on free style wrestling this year.

We never want to lose at the inter service competition. The tradition of Army wrestling began long before we got here, but it has been passed down to me and I'm passing it down to people when they reach this level. We

Bowlathon to aid troubled youth announced by local organization

by Walt Johnson
Mountaineer staff

Bowlers from Colorado Springs will lineup and knock down some pins at two locations in April to support the Big Brothers Big Sisters 16th annual Bowl for Kids Sake Bowl-a-thon.

The bowl-a-thon will occur on two consecutive weekends, April 18 and 19 and April 25 and 26, at the U.S. Air Force Academy bowling lanes and King Pin bowling lanes respectively. The King Pins lanes are located at Academy and Carefree near Penrose Hospital. Matches will take place at 1 and 3 p.m. each day. Each participating team, consisting of five players each, will bowl two games and can bowl only at one site and at one of the designated times according to Carlson.

Fort Carson point of contact, 2nd Lt. David Sterling said, a person does not need to be a bowler to take the time to help with this bowl-a-thon.

There are no bowling skills needed to participate and there is no entry fee for teams. All you and your team need to do is find sponsors to pledge money for this outstanding cause, said Sterling.

Prizes will be awarded for teams that raise the most money with the top fund raising team winning a trip for two to anywhere Delta Airlines flies in the 48 contiguous states.

For more information or to register a team, and/or get sponsor sheets, should



Gorge a royal treat

Royal Gorge a breath taking experience

by Nel Lampe
Mountaineer staff

The Arkansas River has etched a deep gorge during the past few million years as it passed near Canon City. The Royal Gorge Bridge now spans the chasm as the river flows some 1,053 feet below the bridge.

The Royal Gorge was the setting for a real-world railroad war in the 1860s. In a dispute known as The Royal Gorge War two railroad companies wanted to use the route along the river as the quickest way to Leadville. The two railroads faced off with each other from opposite ends of the gorge.

General William Palmer, Colorado Springs founder, was laying out the Denver and Rio Grande Railroad. The Santa Fe Railroad also wanted to use the route. The dispute resulted in threats, and Palmer feared for



Photos by Doris Chandler

The Royal Gorge Bridge spans the deep chasm cut by the Arkansas River.

the safety of his family. An all out battle was expected, and indeed, occasional shots were fired. Eventually the courts decided in favor of Palmer's railroad, and the railroad track running along the Arkansas is the Rio Grande's

A show depicting the railroad wars is shown in the theater.

Billed as the highest suspension bridge in the world, the bridge was completed in 1929. Steel towers anchor the quarter-mile bridge. It cost a quarter of a million dollars to construct the bridge which was completed in only six months time. The bridge doesn't go anywhere only to the other side of the gorge. But that's the attraction just getting there.

If driving across the suspended bridge doesn't appeal to you, there are several other ways to get there. One way is to walk across the bridge, but the swaying bridge can be unsettling to some people especially on a windy day. If that's the case, take the trolley across the bridge or the 35 passenger aerial cable car. If you're really adventurous, take the world's steepest incline railway to the floor of the gorge. Maybe you'll be lucky enough to see a train come through on the tracks which still run along the Arkansas River.

A special military discount is available at the Royal Gorge beginning Saturday through the month of May. An ID entitles active duty or retired military and Department of Defense personnel to a 50 percent discount for the whole family. Regular admission price is \$9 for adults and \$7 for children 4-11 until May 1. Admission during the summer is \$12 for adults and \$9 for children, beginning May 1. All attractions are included in the one-price-admission cable car, theater,



The incline railway car approaches the landing on the world's steepest incline track.

HEARTS SUNNYS



A pull-out section for the Fort Carson community

April 10, 1998

See GORGE, Page B2

What's inside

Community

Page B3

Starting Monday Pacific Architects and Engineers will conduct landscaping work at the B Street Gate for approximately four weeks. This work affect both the right incoming and outgoing lanes as they will be closed during that time.

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

Page B5

The All-Army Tae Kwon Do Team will be decided at the Post Field House today.

The first matches start at 3 p.m. with the finals beginning at 5 p.m.

The competition is free and open to the public.

Gorge

From Page B1

and the incline railway train and of course, crossing the bridge. Beginning about May 1, the carousel, trolley and playground and all food outlets will be open. In winter the bridge is open from 10 a.m. until 4:30 p.m. In summer, the bridge is open from 9:30 a.m. until 7:30 p.m.

Other special activities include a Fiddlers Contest in August; an Oktoberfest the last weekend in September and the first weekend in October; a bridge dance July 25; and special events on Independence Day. Mothers are

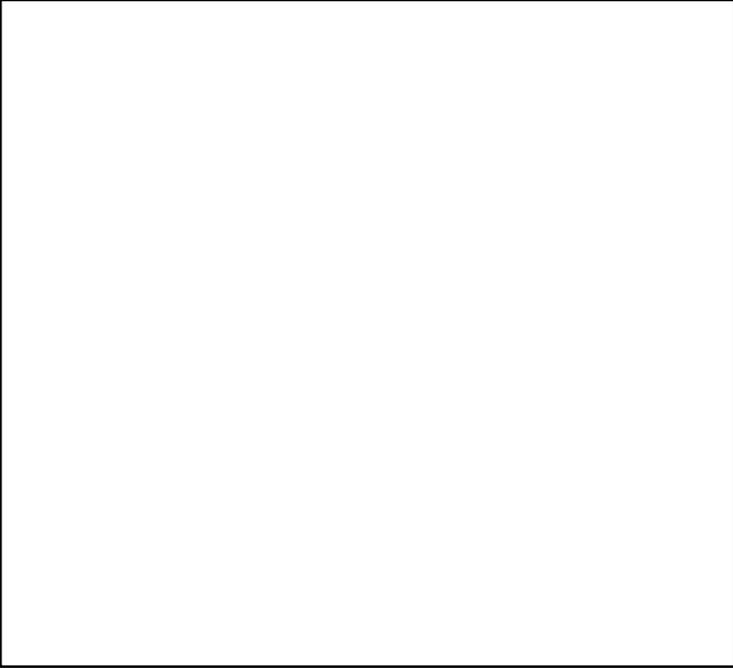
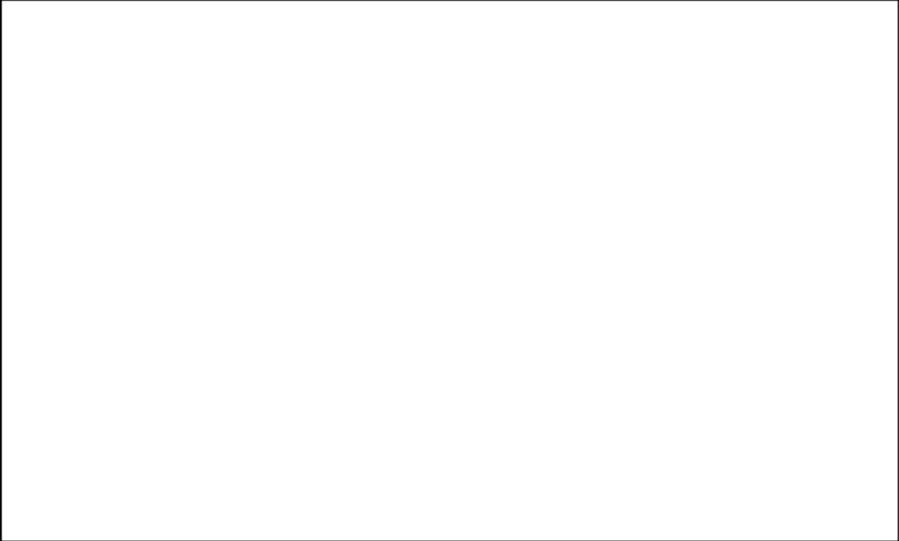
admitted free on Mothers Day and fathers are admitted free on Fathers Day.

A sunrise service is held on Easter, and a festival of lights is held in December.

Pack a picnic lunch or buy something to eat at the bridge.

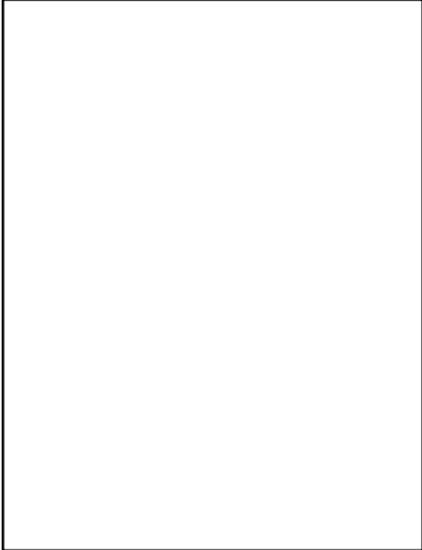
Included in the Kid s Krazy Komer are slides, a climbing apparatus and a carousel.

Another upcoming Canon City attraction is the Apple Blossom Festival May 2 and 3. The parade starts at noon and features a high school marching band competition. There is also a rodeo. Call



Courtesy photos

Snowcapped mountains provide background for the spectacular bridge.



The incline railway goes 1,200 feet below the bridge.

Just the Facts

Travel time 45 minutes

For ages All

Type scenic/rides

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+

April

Mountain Post Monthly Planner

Community Events ACS

Family Advocacy presents the first Family University at the Elkhorn Conference Center Thursday and April 17. Thursday will feature a workshop parade from 1 to 8:30 p.m. and the 17th will feature a special event, Seven Habits of Highly Effective People.

Rebuilding When Relationships End will be presented by the Family Advocacy Program on Thursdays from 6:15 p.m. to 8 p.m. through May 7 at the Sand Creek Community Center. This event is for divorced, widowed or newly single people to learn to overcome fear of loneliness, grief and to build trust in new relationships. Child care provided, call 526-4590 to register.

ACS announces a new program, the Victim Advocacy Program. Designed to screen, evaluate, inform and otherwise help domestic violence victims, volunteers will be an integral part of this organization and will receive comprehensive training on the subject.

Youth

The first training session will take place in May. For more information, call Jo Taylor at 526-4590.

The United Services Organization of the Pikes Peak Region is hosting a Kid's Adventure Day April 25. Military children ages 6 to 11 are welcome and the day will include skating, crafts and swimming. Cost is \$4 and it will be held from 11 a.m. to 3 p.m. Each child must bring his own lunch. To register call 329-7222.

Child and Youth Services Announces the following events for March: Teen Council, any teens interested in making a difference, meetings are held on Wednesdays at 5 p.m., call 526-1235; Family Bingo Day, at the Youth Center at 4 p.m., call 526-2680.

The Salvation Army will be operating its Summer Camp for 10 weeks beginning June 8 and running through Aug. 14 at its community center on Yuma Street. The day camp is for grades 1 to 5 and will be open Monday through Friday from 9 a.m. to 5 p.m. for a cost of \$45 per week plus a registration fee of \$5. The program includes swimming, weekly field trips, crafts, movies and educational activities.

The Commanding General's Newcomers Expo and Briefing is today from 1 to 3 p.m. at the Elkhorn Conference Center. Spouses are welcome and child care should be prearranged. This briefing is mandatory for all newly assigned soldiers and officers to Fort Carson.

Call 636-3891 or visit the office at 908 Yuma St. to register.

Family Member Employment Assistance Program and the Youth Services on Fort Carson will sponsor a Teen Job Fair April 25 from 10 a.m. to 2 p.m. Marketing for the

Miscellaneous

job fair will include the Fort Carson, the U.S. Air Force Academy, Peterson Air Force Base, 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.

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.

The Mountain Post Wellness Center needs your creativeness in finding a new logo and name for the facility. The center focuses on all areas of health: physical fitness, mental health, nutrition, smoking cessation and spiritual health. Ideas should encompass the facets of the above and the community of Fort Carson. Prizes will be awarded for the winning entries at the grand opening May 29. Turn in ideas to 1st Lt. Peterson no later than today by calling 524-4224.

Christopher's Pub and Dominoes Nightclub presents Comic View Live. Saturday at 8 p.m. Tickets can be purchased at Christopher's or Dominoes and are \$13 in advance and \$15 at the door.

Starting Monday Pacific Architects and Engineers will conduct landscaping work at the B Street Gate for approximately four weeks. This work affect both the right incoming and outgoing lanes as they will be closed during that time.

Annual leave donors are needed for the following civilian Medical Command Employees: Diana Rose, absences due to surgery and Mary Deal, absences due to surgery. Civilian employees interested in donating leave days can call Janice at 526-7248.

Lt. Gen. Thomas A. Schwartz, III Corps and Fort Hood commander, during a recent visit, encouraged soldiers with children to attend Parent Teacher Conferences. Usually held in the spring and fall, soldiers should notify their commanders of the exact day and leaders should approve attendance if mission allows.

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. They also are sponsoring a Talbot's Fashion Show for their April

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's 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 Saturdays.

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

meeting. The show will be April 15 at 6:30 p.m. at the Elkhorn Conference Center. Dinner cost is \$7. Call for reservations by Thursday. A-L: 540-2249 and M-Z: 392-4075.

Grant Library has a number of new books available to help build web sites. From the basics to making a web site move, there is a book for everyone. Many other books on the internet are available. The library is open from 11 a.m. to 8 p.m. Mondays through Thursdays, 11 a.m. to 4 p.m. Fridays and 10 a.m. to 6 p.m. Saturdays and Sundays. Grant Library is located in Bldg. 1528 and can be called for more information at 526-2350.

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 up quickly.

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 Tuskegee Airmen, Incorporated will be at the Air Force Academy today at 4:30 p.m. for a rededication of the Tuskegee Airmen Memorial. On Saturday at 8:30 a.m. there will be a Tuskegee Airmen Golf Tournament at the Air Force Academy Gold Course. The cost is \$66 for civilian, \$46 for E-5 and above and \$38 for E-4 and below and includes green fees, a cart and lunch. For more information call 333-4727.

The Enlisted Spouses Charitable Organization is having a Ladies Only Slumber Party May 2 at the Iron Horse Gym beginning at 9 p.m. RSVP by April 25 by calling Joy at 635-9298 or Janet at 579-9380.

The next Fort Carson Town Meeting will be April 22 at 6 p.m. at McMahon Theater.

Military Briefs

The 10th Combat Support Hospital will use CS gas in conjunction with NBC training on Range 72 Thursday.

For more information, call 526-8080.

Company A, 4th Engineer Battalion, will be using smoke pots on Training Areas 17, 30 and 31 May 4 through 8.

For more information, call 526-6351.

Company B, 3rd Battalion, 10th Special Forces Group, will be using C-4, TNT, Dynamite, and shape charges on the demolition range May 19 and 20.

For more information, call 524-1543.

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

For more information, call 526-8933.

The Fort Carson Video Teleconferencing Facility is available to all military and civilian personnel to conduct official government business.

The facility is located in the Post Headquarters building 1430, room 238 and is open 24 hours a day, seven days a week. All essential equipment to run teleconferencing is available in the room.

For more information, call 526-5111.

The Records Management class featuring instruction on the Privacy and Freedom of Information Acts, the Modern Army Recordkeeping System and Army Correspondence and Forms Management will be April 22 from 9 a.m. to 4 p.m.

The class will be held at Directorate of Information Management in classroom C.

For more information, call 526-2107.

Directorate of Environmental Compliance and Management will begin training sessions to assist in getting rid of unwanted weeds in rock areas around units beginning Tuesday at Bldg. 3711 from 9 to 11 a.m.

The program provides military personnel the opportunity to receive the necessary training, safety gloves, a sprayer and pre-mixed Round-up herbicide to treat weeds in the rock areas around their unit.

For more information, call 526-5141.

The Fort Carson Mounted Color Guard is conducting tryouts for the team every Wednesday through Friday by appointment only, until its vacancies are filled.

The team is looking for highly motivated, self motivated soldiers who are good with horses.

For more information, call 526-4985.

To meet the needs of soldiers in the 3rd Brigade, 3rd Armored Cavalry Regiment, 43rd Area Support Group and 10th Special

For more information, call 526-2706.

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.

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

The club is open to any child 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 Physical Training program Healthy Beginnings, meets Mondays and Fridays at the Post Field House and Wednesdays at the Indoor Pool, building. 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.

Walk America will be April 25 to benefit the March of Dimes. The event will begin at 6 a.m. at Memorial Park and continues eight miles through downtown. There will be prizes, entertainment and lunch following the walk.

For more information call 473-9981.

The El Paso Unit of the American Cancer Society is looking for teams to participate in its

Forces Group, the 84th Medical Detachment (Combat Stress Control) is providing mental health services on Tuesdays and Fridays at troop medical clinics 2, 5, 6 and 7. Leaders are encouraged to refer soldiers who may be exhibiting signs of stress overload.

The Fort Carson Inspector General's Office is recruiting quality soldiers to become Assistant Inspectors General. Openings include positions for a cranch qualified captain to serve as the Deputy IG and an 11 series 50 noncommissioned officer to serve as the office NCOIC. The office also has three Staff Sgt. and Sgt. 1st Class positions open. Primary MOS's are 92

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.

Sports & Leisure Athletics

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

Admission is free and many Fort

The annual Fort Carson Memorial Day Weekend Softball Tournament will be held May 23-24 at the Mountain Post Sports Complex. The entry fee is \$125 per team. The entry deadline is May 22 at noon. Cash prizes, \$500 for first place, \$200 for second place and \$100 for third place, will be awarded. For more information contact Becky Rudder at 524-1155.

The All-Army Tae Kwon Do Team will be decided at the Post Field House April 17.

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.

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.

Relay for Life fundraiser May 9 at the Colorado College track.

The event will begin with an honorary lap led by cancer survivors. After the 12 hour-event, teams will raise funds through pledges. The event is open to the public. There will also be food, games, sports activities, entertainment, massages, gifts and prizes.

For information, call 636-5101.

The American Red Cross is offering a Water Safety Instructor Course Monday to April 24. Classes for water safety are scheduled to meet every Monday, Wednesday and Friday from 5:30 to 8 p.m. The fee for the class is \$100.

For more information, call 526-3107.

The Post Varsity Softball team will hold tryouts at McKibben Softball Field Monday, Tuesday, Thursday and April 10 at 5 p.m.

For more information contact Staff Sgt. Christopher Hardnick at 526-1662

The post Women's Volleyball team was defeated by the Sunsetters in action on Tuesday at Match Point. The post team lost 15-6 and 15-7. The team plays each Tuesday night at Match Point at Powers and North Carefree. They face Court Martial next.

The sports office has announced that teams interested in practicing for this year's softball season can reserve practice time at the Mountain Post softball complex beginning Monday through April 17.

The practice time is designed to give teams a chance to get used to playing in the complex where all league games will be played.

After practice time through April 17, prac-

Fort Hood's women's powerlifting team pulls its weight in nationals

Army News Service

The Fort Hood Powerlifting Women competed February in the 1998 USA Powerlifting Women's National Championships in Seattle, Wash., bringing home their share of awards.

With lifters from around the country and overseas competing, and international referees keeping a watchful eye on the event, it was by far the hardest event for the women to date, according to Johnny A. Graham, Fort Hood powerlifting coach.

Although several former world champions were disqualified for not making the proper depth in the squat and the new benchpress rule in effect, the women of the Phantom Corps team all brought home awards.

Ninety-nine pound Kimberly Half Pint Compton, lifting in her first national championship, finished third in the 105-pound class. What makes this so great, is that this was her second contest ever, Graham said. And the first and second place winners were former world champions.

Compton lifts included a 209-pound squat, 115-pound benchpress, and 242-pound deadlift.

In the 132-pound class,

defending teenage national champion Carrie Bone placed third in the Junior Division. With the very hard judging, she had a great 236-pound squat, 115-pound benchpress, and a 281-pound deadlift, Graham said. Carrie probably made a shot for America's Funniest Home Videos when she lost her balance on her last deadlift attempt and flew into the head referee's lap.

Lynne Smith also missed her last deadlift, dropping her to fifth place in the open 132-pound class. She did give us a scare as she missed her first two squats, Graham said, but came back to make her third attempt to stay in the contest. After that, she went on to post a 143-pound benchpress and a 330-pound deadlift.

Donna Covington, a former member of the team who was recently stationed in Korea, came back to join her teammates and placed third in the 148-pound open class. With very limited training, she posted a 336-pound squat, 148-pound benchpress, and a personal best deadlift at 385 pounds.

With more than 100 lifters from around the country vying for a chance to represent the USA in

Soldiers take titles at U.S. Track and Field competition

Army News Service

Editor's note: the following is a U.S. Army Community and Family Support Center News Release.

Three Army World Class Athlete Program soldiers won their events in the USA Indoor Track and Field Championships at the Georgia Dome in late February.

Niambi Dennis, the 1997 Army Female Athlete of the Year, won the triple jump with a leap of 44 feet, 5 1/2 inches. In June 1997, she took the national outdoor triple jump title, jumping 44 feet, 8 3/4 inches—the first soldier in more than two decades to win a U.S. outdoor track and field title.

Dawn Burrell, sister of former 100-meter world record-holder Leroy Burrell, recently entered the Army World Class Athlete Program. She repeated her long-jump title performance leaping 22 feet, 8 1/2 inches, second only to Jackie Joyner-Kersey, the only American to have jumped farther indoors.

Commenting on her back-to-back titles, Burrell said she didn't feel any added pressure having to defend her title. I felt good out there today, even though my jumps weren't that great. My training has been strong, so I knew I had it in me, she said.

Dan Browne held off 1996 Olympian Marc Davis to win the 3,000-meter race with a time of 7 minutes, 50.49 seconds, the fastest time by an American in 1998. He took the lead at 1200 meters, but was overtaken by Davis at 2400 meters. Browne was in the lead with a lap to go and held off Davis on the final turn.

[Marc] is one of my best training partners out in Boulder, Colorado, and we're really good friends and I was glad to be able to run with him. With about 800 meters to go, he went around me, Browne said. To be honest, I was glad because I let the pace lag and needed somebody to push me. With 300 meters to go, I figured it was time to do it or time to give up.

Kinderfest coming to Fort Carson

Carnival, education part of event

Child and Youth Services is once again sponsoring its annual Kinderfest, a summer fun and travel show that will be held April 18 from 10 a.m. to 2 p.m. at the Youth Services Center, building 5950.

This event is free and open to families, youth and the community in general. There will be a carnival midway with free games for kids as well as caricature artists, balloons, computer workshops, bingo, prizes, magic shows, pony rides, a Sega/Sony Playstation Challenge, a visit from McGruff the Crime Dog, information on discounted tickets, the Project ID safety program and more. Refreshments

will be available for purchase and there will be a special drawing for two free airline tickets to anywhere in the contiguous United States.

A special invitation is extended to youth to bring their bicycles to the Kinderfest for a special bicycle safety course and inspection by the Military Police. This is an opportunity for parents to make sure their children know bike safety rules for the summer.

