

Commanders



Riggs

“Soldiers have a basic responsibility to be proficient with their assigned weapons and MOS skills.”

Wilkinson, in his “Life of a Private Soldier,” says: “No matter how brave a veteran soldier may be, he relies on them on either side of him to stand there until they fall.” The characteristics of good soldiers must come from within and must be exhibited in their own actions. However, leaders determine to what degree a soldier fulfills his or her potential. Quality soldiers are the defining feature of a good unit and are our legacy to the Army.

Quality soldiers are disciplined, physically fit, skilled in operating and caring for their weapons and equipment, and proficient in their military occupational specialty tasks. These soldiers are the foundation of effective and lethal crews, sections, and platoons. We cannot hope to field agile and flexible units without investing the requisite time, energy, and personal leadership in training and mentoring our individual soldiers. In this time of decreasing resources and increased OPTEMPO, the quality of our individual soldiers will truly make the difference between mission accomplishment or failure on a high tech, nonlinear battlefield, or in stability operations. The isolation, sustained operations, and presence of media in the area of operations demand more of our soldiers than ever before.

Fort Carson currently leads Forces Command in absences without leave, Chapter eliminations, and DUIs. These are basic indicators of soldier indiscipline. “You cannot be disciplined in great things and undisciplined in small things.” – George S. Patton. Leaders must make their standards known and

enforce them consistently. This applies in all areas, be it training, maintaining or off duty conduct. This starts with setting the example and being at the critical place. Too often I observe groups of soldiers performing their mission with little or no supervision. As a result, soldiers do not have the proper information, direction, or resources to accomplish the mission. Time is wasted and soldiers’ morale plummets. How can we expect our soldiers to do what we ourselves fail to do? It seems the more onerous the task or less popular the standard, the less likely we are to enforce it. Leaders must be present and fully engaged. In the field this means checking weapons, fire plans and safety. In garrison, it means supervising maintenance, checking billets, and having opportunity training prepared to take advantage of the inevitable downtime. Leadership is a 24 hour a day responsibility that doesn’t end when Retreat sounds. We owe our soldiers nothing less.

At the beginning of the Korean War, we sent unprepared, out-of-shape troops into battle with disastrous results. Any way you slice it, soldiers and units must be physically fit, or they will not be able to perform their mission even in training, certainly not in combat where the added stress of physical harm is likely. They will simply fall apart with the very real danger of seriously injuring or killing a soldier due to the environmental conditions in which they train. From my observations, and the reports from my staff, we at Fort Carson, although improving, still do not have a universally effective physical fitness program. I have emphasized the importance of physical fitness as one of the most important aspects of being a soldier. Physical training is scheduled four times per week. You must perform PT at least three times each week to remain fit. Stretching and upper body exercises coupled with a 20-30 minute run are a must. The bottom line is physically fit troops are an essential part of combat readiness.

Soldiers have a basic responsibility to be proficient with their assigned weapons and MOS skills. Our qualification results clearly demonstrate we

have not yet attained this goal. We must plan and resource weapons qualification just as we do collective training. This starts with proper PMI. Leaders must be present to set and enforce standards on the range. Just a bit more coaching would help some of these troops, you know, the stuff NCOs get paid to do ... I coached a soldier who had already fired and failed to qualify twice. With just a little help, she fired sharpshooter! It isn’t rocket science, just a bit of leadership. Two tries and a free pass home is not the answer. Leaders should be present and fully engaged in training soldiers and enforcing standards.

A trained soldier is an investment in the Army’s future, as that soldier will carry these skills wherever assigned. I hold our direct contact leaders responsible for training individual skills. Sergeant’s Time Training is designed as much for the NCO as the troops. I want our soldiers to be trained directly at least once per week by their NCO. I want the troops to look this NCO in the face and demand leadership. I want their NCO to look back at the troops and feel both the responsibility and pride that comes from being a leader.

My daily emphasis since I have been at Carson has been and will remain focused on individual training and the responsibilities expected of our NCO corps. Physical fitness, weapons and MOS proficiency and soldier discipline are my priorities. When physically fit, well-trained troops are coupled with competent, caring, responsible NCO leadership, commanders will then, and only then, have the foundation for a solid unit-training program. Without the above, units are likely to crack under pressure. Leadership does make a difference.

Fort Carson exists to maintain trained and ready combat forces for our Army and our Nation!

Proud to serve.

Major General John M. Riggs
Commanding General

Sound Off!

How do you feel about Mark McGwire breaking the home run record?



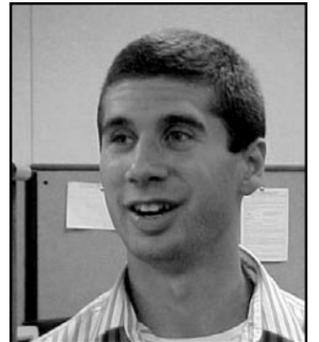
WO Richard Hetrick
60th Ordnance
I think it is great.
Having a record gives people something to



1st Lt. Rajesh Lobrecht
HHC, USAG
It is great for baseball’s image. It is brought the



Pfc. William Gill
HHC, USAG
I hope he doesn’t get too far ahead of Sosa.



Jason Zuboy
American Red Cross
It is interesting to be around when history is

Mountain Post Team MVP



F Troop’s funeral detail

F Troop, 2nd Squadron, 3rd Armored Cavalry Regiment

This week’s most valuable player award goes to the funeral detail from F Troop, 2nd Squadron, 3rd Armored Cavalry Regiment, commanded by Capt. Stuart A. Hatfield. Dr. Alex E. Morse and his wife wrote to the commanding general about his encounter with the burial detail at Logan National Cemetery in the Denver area. The couple was visiting their son’s grave when Mrs. Morse struck up a conversation with a soldier on the detail. She told the

soldier that their son had not received full military honors when he was buried in 1991 because a massive snow storm had prevented the funeral detail from reaching the cemetery. The soldier related the story to Hatfield.

According to Morse, “Shortly thereafter the entire group began adjusting their jackets, caps and white gloves. They then proceeded to our son’s gravesite and meticulously performed the military honors ritual.” Hats off to F Troop’s

MOUNTAINEER

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News

Change to re-up reg eliminates 'paperwork'

by Gerry J. Gilmore
Army News Service

Qualified career noncommissioned officers will be able to skip re-enlistment paperwork and stay in "indefinitely" until retirement, thanks to a personnel regulation change effective Oct. 1.

The Army's Indefinite Re-enlistment Program will affect Regular Army staff sergeants and above with more than 10 years of active federal service, said Sgt. Maj. Jerry L. Pionk, chief of the Department of the Army's retention policy proponent, Office of the Deputy Chief for Personnel.

The indefinite re-enlistment program, in the works for five years and made possible by a change in federal law, is a "win-win" situation for soldiers and Army planners, Pionk said.

"It allows the Army to predict with increased accuracy, without having to rely on (monitoring) re-enlistment contracts, how many (enlisted) careerists will be deployable and ready to move should the Army need them," Pionk said. "For career soldiers who are qualified for retention, the new policy allows peace of mind.

"Soldiers attend their career (training) programs, get promoted through the ranks, and never have to worry about the re-enlistment process again," he said.

As the Army's premier trainers and mentors of the force, career NCOs have earned the right to a career without periodic and sometimes disruptive "re-ups," Pionk said.

"It is just a 'makes-sense' program," he said. "If NCOs keep their noses clean and do what the Army asks of them, we're charging them now, as career noncommissioned officers, to take charge of their own careers."

Master Sgt. Lois M. Barber, a 19-year Army veteran, who is married with a daughter, said the indefinite re-enlistment program would add stability in her life.

"It gives me a secure feeling," said Barber, who works with Pionk in the retention branch. "Right now, my ETS is January 2000. To stay in longer under the old system, I'd have to go in and set up my re-enlistment paperwork and ceremony.

"With this (new program), I just choose when I put my retirement in; I don't have to get a new re-enlistment contract," she said.

Although career NCOs will be provided more responsibility in managing their careers, the Army's 'up-or-out' promotion policy remains in effect, as represented by retention control points, Pionk said. Staff sergeants can stay in for 20 years (Army retirement); sergeants' first class, 22 years; master sergeants/first sergeants, 24 years; sergeants major, 30 years, with some exceptions for 35 years of service, Pionk said.

The staff sergeant, sergeants first class, master sergeants/first sergeants and sergeants major Qualitative Management Program boards will continue to provide quality control for senior enlisted personnel, Pionk said.

Under the new program, as the current one, career NCOs will be able to apply for separation from the service for reasons such as financial hardship, Pionk said. However, with current career re-enlistment rates averaging 93 percent, Pionk said he doesn't expect many NCOs would petition to get out under the new program.

It will take "a few years" for everybody to be on the (indefinite re-enlistment) program, Pionk said, who added that response from the field has been overwhelmingly favorable.

"The program was very well received by groups of soldiers I talked to in Europe, notably in Germany, Bosnia and Belgium," Pionk said. "In fact, I got some phone calls from soldiers saying, 'It is about time senior NCOs are given the type of prestige and status commensurate with their duties and responsibilities.'

"One soldier asked, 'What if I'm in this (indefinite re-enlistment) status and I get busted in rank?' I said there is a provision in the policy where such soldiers would be able to serve a minimum of 20 years, unless they are separated from the Army under applicable provisions of Army Regulation 635-200, which is currently under revision," Pionk said.

To learn more about the indefinite re-enlistment program, soldiers should get with their primary duty career counselors, Pionk said.

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Week to highlight prostate cancer awareness

Evans Army Community Hospital

Prostate Cancer Awareness Week runs Sept. 21 to 25. Prostate cancer is the most common cancer in men. According to the American Cancer Society, each year, about 209,000 men will be diagnosed with this cancer, and it will claim about 41,800 lives.

When prostate cancer is detected early, it can be treated effectively. Early prostate cancer has no symptoms, that's why it's so important to have an annual prostate exam after age 40.

The prostate is a gland of the male reproductive system. It is a small, walnut-sized organ located between the bladder (the organ that stores urine) and the urethra (the tube that carries urine to the

outside of the body).

The prostate is made up largely of muscular and glandular tissues. Its main function is to produce fluid for semen, which transports sperm.

According to the ACS, most cases of prostate cancer occur in men older than 50, and more than 80 percent of these cases are in men over 65.

For some unknown reason, African-American men have the highest incidence of prostate cancer in the world. Their death rate from this disease is twice that of white men.

Prostate cancer can be detected in its early stages.

Your health care provider can check you for prostate cancer with two simple tests — a prostate-specific antigen blood test and a digital rectal

At a glance

- Prostate Cancer Awareness Week runs Sept. 21 to 25.
- Prostate cancer is the number one cancer among men.
- African Americans have a higher incidence rate.
- Men over 40 should have a prostate exam as part of an annual check-up.
- Men over 50 should also have an annual PSA blood test.
- To schedule a screening appointment, call Evans Army Community Hospital's Urology Service Clinic at 526-7115 or 526-7125.

Military

EASY ACCES makes access easy

by Douglas M. Rule

Fort Carson Public Affairs Office

Career Army civilian employees are finding it quicker and easier to apply for positions and update their records in the Army Civilian Career Evaluation System.

According to Roxann Dent, acting chief of the Career Management Operation Branch, Acting Chief, Career Management Operations Branch, Office of the Assistant Secretary of the Army for Manpower and Reserve Affairs. EASY ACCES has been four years in the making and is now a reality.

Many hours of studying the needs of the career programs have gone into the making of a user-friendly program, Dent said. "EASY ACCES works efficiently and quickly to update employee records for the purposes of referral in Army career program positions," she said.

ACCES is designed to help career and career-conditional Army employees better manage their careers. Dent pointed out that the program allows for cross-registration if the applicant is qualified in more than one career program. By having access to files on-line, employees can update and change their records and preferences more quickly. Instead of waiting weeks to add new experiences or address changes, it can be done in a time-efficient manner.

Supervisors and reviewers also have the advantage of rating employ-

ees on-line. While Army civilian employee supervisors can register directly at the web site, Dent said that military and non-Army supervisors can be added to the database on a case-by-case basis by the Career Management Operations Branch. Once they are registered, they can rate their employees quickly and efficiently.

Many employees choose not to register for ACCES, but this could be a mistake. Depending on the career field and the GS-level of a job opening, referrals are sent out to ACCES candidates asking if they wish to apply for a certain job. This could be anywhere in the world, including their home station.

According to Dent, Army civilian personnel offices and supervisors are required to use the ACCES referral system for filling permanent, full-time career program jobs at mandatory recruitment levels. This does not prevent the personnel office from creating an Office of Personnel Management certificate of eligibles at the same time to consider other applications.

Employees who have been affected by a Reduction In Force or displaced by any other action that is not the result of a disciplinary action may be entitled to special consideration under the Interagency Career Transition Assistance Plan. The civilian personnel office can help make this determination. If eligible and the

applicants choose to request this additional assistance, their resumes will have to be marked "ICTAP" at the top.

Currently, only career programs 10, 12, 14, 26, 28, 31 and 34 have access to EASY ACCES and only CP-12, -14 and -26 can make immediate changes in their files. All other career programs listed are creating "future files," but current enrollees must reregister before Oct. 30 by reviewing existing files and rewriting narratives. As soon as those career programs are on-line, the old ACCES files will be inactivated.

Other career programs will be on-line this calendar year. Until they are on-line totally, all career program applicants must still apply or submit changes to their files using the appropriate forms available through civilian personnel. See the charts below for information on each of the career programs. Civilian personnel offices can assist you in applying for ACCES and direct you to the local Career Program Manager.

Career program boards for each career field meet every 60 to 90 days. The next deadline for submission of new applications or updated evaluations are as follows: CP-10, Oct. 7; CP-11, Nov. 3; CP 12, Nov. 20; CP-13, Nov. 27; CP-14, Oct. 23; CP-17, Oct. 2; CP-22, Oct. 16; CP-24, Oct. 2; CP-26, Nov. 19; CP-27, Dec. 4; CP-28, Oct. 29; CP- 31, Nov. 27; CP-34 Automation, Oct. 9; CP-34

Librarian, Nov. 6; CP-34 Records Management, Nov. 6; CP-34 Publications/Technical Publications/Visual Information, Oct. 16; CP-34 Telecommunications, Dec. 4. Applications not received by CPOD in Alexandria, Va., by that time will not be considered until the next board.

EASY ACCES provides an electronic interface via the Internet upgrading the ACCES capabilities. In the early 1980s, ACCES replaced the older Skills, Knowledge and Abilities Program referral system. The bulky SKAP application packages were replaced by the more efficient ACCES packages. Now the whole procedure takes another significant leap forward.

For more information on ACCES and EASY ACCES, contact your civilian personnel representative or the Career Management Operations Branch in Alexandria, Va. The Resources Module, CP-10, -11, -26 and -28 can be reached at (703) 325-9285; the Information Management-Plus Module, CP-12, -19, -22, -27, -31 and -34 at (703) 325-9281; and the Acquisition/Logistics Module, CP-13, -14, -17 and -24 at (703) 325-9574. The EASY ACCES web site is at <http://cpol.army.mil>. The email address for the EASY ACCES administrators is EASY@asamra.hoffman.army.mil.



Staff Sgt. Jo-Ann Rucker, 10th Combat support Hospital, connects an outlet to a tent that would be used as an operating room.

Photo by Spc. Jon Parr



Soldiers work as a team to put up one of several tents a



Every tent of the field hospital will connect when it is fir

10th CSH constructs 296-bed



Several soldiers prepare to lift a tent frame at the training site.

Photo by Spc. Jon Parr

by Spc. Jon Parr
Mountaineer staff

The 1970s hit television show M*A*S*H highlighted the lives of soldiers working in a field hospital. The hospital size was meager compared to the hospital the 10th Combat Support Hospital is currently building at Area 6.

Two hundred ninety-six beds, an x-ray lab, operating rooms, recovery rooms and sleeping areas for wounded soldiers are all parts of the hospital the 10th CSH is building.

More than 250 soldiers are working on the hospital that takes up 18 acres, excluding defensive positions, said Larry Godfrey, 10th CSH commander.

With defensive positions, the hospital could take up 35 to 40 acres, Godfrey said. That includes berms and defensive wire, but we are not doing that on this exercise.

The emphasis behind this training is logistics, said Maj. David Budinger, 10th CSH executive officer.

This is an opportunity to get the equipment in the field, set it up in a doctrinal pattern and identify w



Photo by Spc. Jon Parr

t the field site.



Photo by Spc. Jon Parr

ished.

and hospital

equipment is serviceable and what equipment needs to be replaced, Budinger said.

Normally when the 10th CSH soldiers goes to the field, they set-up field hospitals with 35 to a 100 beds, so this exercise isn't an easy task by any means.

Most commanders tailor field hospitals to the size of the mission, Godfrey said. This may be the first time a 296-bed hospital has been set-up since Desert Storm.

Lieutenant Col. Linda Robinette, deputy commander for hospital services, said the training is priceless because field hospitals this big aren't usually set-up.

This exercise is getting soldiers, regardless of rank used to setting up tents, she said. It also provides doctors and nurses the opportunity to see the equipment they would use in case of a deployment.

Godfrey said the 10th CSH is taking longer than normal to set the hospital up.

Yesterday, (Tuesday) we practiced putting it up and taking it down, he

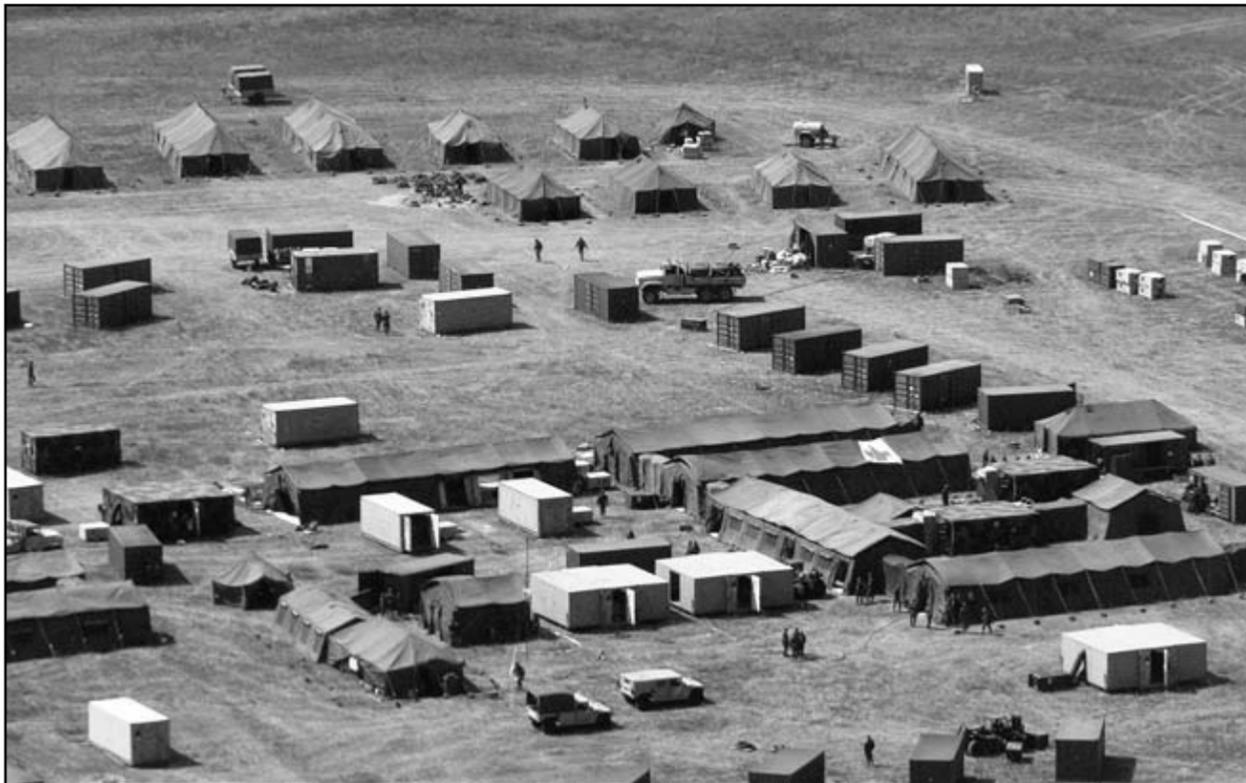


Photo by Pfc. Adam Thornton

An aerial view of the hospital before it is completed.



Photo by Spc. Jon Parr

A forklift is used to carry a generator into a temper tent. The generator is used to provide both air conditioning and heat when needed.



Photo by Spc. Jon Parr

Three soldiers use a gurney to carry equipment from one tent to another.

Helmets help prevent injuries, save lives

Commentary

by Maj. Patricia McKinney
Preventive Medicine Student

Bicycle crashes are the leading cause of brain injury for school-aged children. Most serious bike crashes happen close to home on quiet streets. The majority of crashes do not involve motor vehicles. About 95 percent of all injuries result when a cyclist falls or runs into something like a pole, pothole, pedestrian or another bike.

Imagine this:

Tears fall as parents watch their child struggle to walk down the hallway. It seems just yesterday that their child was smiling, laughing and riding a bicycle. Then disaster struck: the child hit the curb, flew over the handlebars and smashed headfirst into the telephone pole.

Mom watched as the child hit the pole, powerless to change what was occurring. But what if her child had had a helmet on? Oh! It is the "what if" that haunts her and tears at her

heart now!

Bicycle crashes among children younger than 16 years old result in more than 400 deaths and 390,000 emergency department visits each year.

The majority of the deaths result from brain injuries. A brain injury is not like a broken bone. Survivors with brain injuries may suffer permanent disabilities such as seizures, intellectual and memory impairment, and personality changes.

Research published by R. Thompson in the *New England Journal of Medicine* has shown proper use of a bicycle helmet reduces the risk of head-injury-related deaths by 60 percent, and head injuries by 85 percent.

Unfortunately, only 5 percent of the children who ride bicycles wear a helmet.

The effect of legislation and education on bicycle helmet use was studied in three Maryland communities.

One community had no educational programs in effect, one had education alone, and one community had education along with a law mandating bicycle-helmet use. The study indicated that although education did increase helmet use over no education, the highest helmet-use rate was in the county that had both education and a law mandating bicycle-helmet use. Education along with a law increased helmet use to 47 percent, which is much higher than the 5 percent average use.

Education can raise helmet-use rates, but legislation can yield inexpensive, immediate, and far more dramatic increases. More than 1,500 lives a year would be saved, and thousands of head-related injuries prevented, if mandatory bicycle-helmet laws were adopted.

Parents, institute helmet use for your family. As soon as your children get their first sets of wheels, they should wear helmets for every ride. The rule is simple: no helmet, no

bike.

When choosing a helmet, ensure that it meets the consumer-product safety standards. The inside of the helmet should have a label indicating compliance with safety standards.

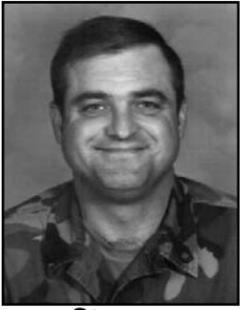
The helmet's purpose is to absorb the energy of an impact to prevent or minimize head injury. Many helmets have a hard outer shell to provide additional protection in the event of a collision with a sharp object. A bicycle helmet should have a snug but comfortable fit on the rider's head. It must have a chin strap and a buckle that stays securely fastened.

Do not substitute other helmets such as football or hockey helmets for bike helmets. Bike helmets are safety-tested for the types of falls that happen while cycling, and other helmets will not give the same protection.

The price for bicycle helmets ranges from \$15 to \$70.

Remember, a helmet today may prevent headaches and heartache tomorrow.

\$how me the money



**by Sgt. 1st Class Paul
Strange
3rd Battalion, 29th Field
Artillery**

As I have mentioned before in this column, there are many aspects to the world of finance. In this article I will focus on debt consolidation.

Strange There are seven basic tips to consolidating your debt that will help put you on the road to financial freedom:

Do not consolidate using a loan with a higher interest rate. For example, do not use a loan with a rate of 14 percent to pay off a student loan that is charging you a rate of 8 percent.

If you can not qualify for enough credit to consolidate all your bills, consolidate the ones with a higher interest rate first.

Always create a plan for paying back the debt within three to five years at most.

Do not be afraid to negotiate for a lower interest rate or fees. You may be able to get a discount at your bank or credit union if you are willing to bring your other accounts there; and/or if you let your payments be automatically deducted from

your account.

Stay away from "balloon" payments (low monthly payments with a large chunk due at the end of the term) unless you will be certain you will be receiving a large enough windfall to pay off the loan when the balance comes due.

If you are shopping around for a consolidation loan, do not give out your social security number unless you are actually filling out an application. Some lenders will run a credit check just to quote a rate, and that results in an inquiry on your credit report. More than four or five inquiries in a six-month period can be reason enough to turn you down for a loan you want, so be careful.

When you use a consolidation loan to pay off a loan or credit card, ask the lender to close the account, and report to the credit bureau that the account is closed. This can bolster your credit rating. In the end, having one or two credit cards that you use wisely will be more than enough.

The next step, after you have consolidated your bills, is to take a hard look at your finances. Otherwise, you run the risk of going into debt again ... and again ... and again. Pretty soon you could be juggling debt consolidation loan payments with newer bills.

To get a handle on where your money goes,

monitor your spending for a month. Write down everything you spend money on, no matter how small (i.e., candy, soda). Do not judge, just keep track.

Once you have monitored your spending for a month, try to create a realistic budget. Your unit command financial noncommissioned officer can help you with this. Look for areas where you might be able to make some changes; like eating out less often, or taking your weekend walks somewhere other than the mall. Also, comparison shop, especially for high cost items like cars, insurance, furniture, clothing and appliances.

Put as much money as possible towards your consolidation loan, so you will pay it off more quickly. The sooner you pay it off, the sooner you can start working on your other goals.

Remember that debt consolidation is only the first step. The next step is to build a solid financial foundation. Once you have paid off your consolidation loan, implement an emergency savings plan.

If after reading all of this you still do not feel confident, see your unit CFNCO. He or she can answer your questions and get you the tools needed to start this process to financial freedom.

Sports & Leisure

Instructor specializes in making you sweat

by Walt Johnson
Mountaineer staff

The action is non-stop and you think it's about to reach its climax, when, all of a sudden, Elizabeth Casciaro turns the energy level up one more notch. The people following her don't seem to mind — in fact, they seem to be enjoying themselves, which is exactly what she wants.

What Casciaro is doing is taking her class through her aerobic specialty, an intensive fat-melting, sweat-provoking, high-energy, non-stop, work-till-you-can't-sweat-no-more, 50-minute step aerobic workout at the Forrest Fitness Center. The classes are held Tuesday and Thursday at 4:15 p.m. and Saturday at 10 a.m. They are designed to help people lose weight and tone up their bodies.

The program is for intermediate to advanced people who do aerobics because it is a non-stop, no-breaks-allowed workout.

"It's a no-joke workout, but it's a lot of fun and that is the important thing," Casciaro said. "The class is designed to burn fat and build endurance since you are constantly moving. This is a hard class for a beginner to take because you have to build endurance."

The road to teaching aerobics for Casciaro began when she was very young. As she remembers, she was "quite successful in track and field and I have an extensive dance background." That background includes teaching ballet, tap, jazz, and modern dance classes. She also competed for the figure skating championships in southern Germany and qualified for the German Olympic team, a spot she didn't accept because it would have meant giving up her American citizenship.

Casciaro began teaching aerobics 11 years ago when she first got her certification. While stationed in Monterey, Calif., she was teaching at Fort Ord as a secondary job. When Fort Ord closed, thereby ending her

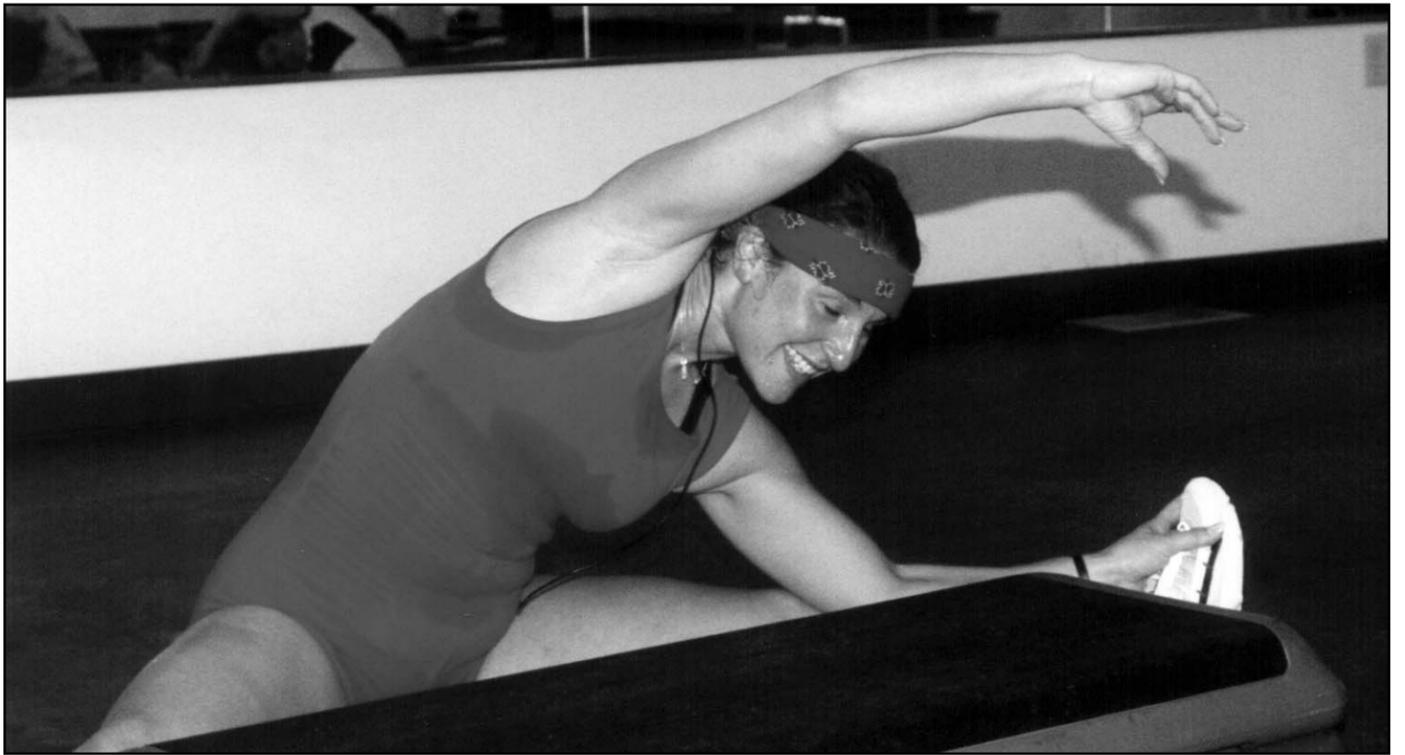


Photo by Walt Johnson

Elizabeth Casciaro puts her class through a strenuous workout during a recent class.

classes there, she turned her thoughts from making aerobics teaching a secondary job to making it a primary job. She auditioned for a job as an aerobic instructor at the Spanish Bay club on Pebble Beach. She was one of 100 people applying for the job and she remembers telling her husband: "I have never seen such competition for a job."

But she competed and got the job as the aerobic coordinator of the Spanish Bay club. She created an aerobic program for an elite clientele that included John Travolta, Mary Lou Retton, Barbara Bush once, Melanie Griffith, Cindy Crawford, Bruce Willis, Clint Eastwood and other high level personalities.

"These kind of people were expecting a lot out of the program because they were paying a lot. The program I prepared and developed for these people had to be a smash and it was. I had a salsa aerobics class, which involved doing aerobics to music like merengue and other South

American dances. I also designed a country aerobics class that incorporated all the country dances into an aerobics program. I also started a slide aerobics class which I designed using my training in figure skating to train for lateral movement which benefited basketball and tennis player because it builds up the muscles around the knee and hips and provides non-impact lateral movement training.

"I also did a body sculpting class to train the upper and lower body and abdomen. I also had a special ATB class which was only for women because it was a target area for women. I also had a step challenge class which started at 6 a.m. for those who wanted a workout before they went to work. These were beneficial to people because after a certain age you burn fat faster in the morning than you do in the afternoon. This was also a good class for men or women who didn't have time to work out during the day and had to exercise

in the morning or they wouldn't be able to get it done."

In Germany she worked with the Morale, Welfare and Recreation Division to put together a step aerobics program at Patch Barracks. The program ran from 6 to 7 a.m. for spouses and military members. The battalion commanders were so impressed with the class that they authorized their soldiers to use the class for PT (physical training) requirements ... soldiers on the overweight program also were able to use the class for credit.

"I started teaching this class with 10 people in a bare gym with a stereo system I provided. At the end of the program there were 80 people participating in the program."

If a high intensity workout is what you have been looking for, Casciaro will be at Forrest Fitness Center Sept. 26 as part of the aerobic marathon. Care to try to keep up with the class?

10th CSH wins championship

by Walt Johnson
Mountaineer staff

The 10th Combat Support Hospital softball team traveled to Lubbock, Texas, Aug. 21 to 23 and won the most prized intramural championship in military sports — the world intramural level softball championship.

In order to be selected to compete in the military intramural championships, teams must enter their state tournaments, place well and then get selected by the state representatives to compete at the world championship.

The 10th CSH was finally able to put its entire team on the field when the players competed for the national title, something they could not do this year during Kit Carson Community

Festival, the post intramural season, or during the post playoffs because of military commitments. Additionally, they were allowed to pick up two players not on the team's roster, but assigned to the same installation, for the championship.

The 10th CSH players had to win the tournament the hard way, playing six games to win the title because they dropped the first championship game after going undefeated through the early rounds of the tournament. In its first game the team defeated a team from Maine due to a forfeit because world situations meant they had to return to their home unit. In the second game they defeated 12th Air Force from Tucson. Next up was Sub Base McKey out of San Diego

(the team that eventually finished second). Next was a hometown rival, 1st Squadron, 3rd Armored Cavalry Regiment in the winners' bracket championship game. 10th CSH defeated them, 10-6.

In the first championship game, Sub Base McKey came out fast and before the 10th CSH knew what hit them, they were down 11 runs after the first half inning. At the time, the 10th CSH didn't know it, but another 11 run inning by them in the second championship game would be the tournament clincher.

But a second championship wasn't on their minds at that time, what had just hit them was.

"Those boys came out flat meaning business. They scored 11 runs in

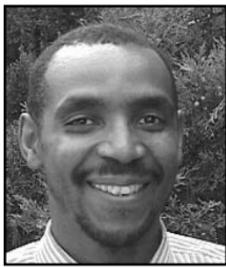
the top of the first inning, seven before they even got their first out. We were looking at each other like what are we supposed to do."

The 10th CSH team kept fighting, eventually getting to the point where they had cut the lead in half at 14-7 but couldn't overcome the big first inning deficit and lost the game 22-17. Along the way, they found out they would be in contention for the title.

"We spotted them 11 runs in the first game and kept fighting back. A couple of people said to me after the game was over, we kept fighting back and we thought we could take the second game. The second game was a

On the Bench

McGwire homer more than just a mark in the record book



by Walt Johnson
Mountaineer staff
The last time I felt a lump in my throat while watching a sports movie was in 1974
when I watched "Cooley High" and Cochise was killed by three thugs at the end of the

movie.

The last time a sports moment brought a lump to my throat was when I was watching the 1996 Olympics and Muhammad Ali was the last person to touch the torch and light the Olympic flame.

That is until Monday, when I was sitting on the couch watching Mark McGwire tie Roger Maris' home run record for most home runs in a single season in major league baseball.

If you aren't one of the people who wished McGwire and Chicago's Sammy Sosa the best while they chased immortality, shame on you. Because you have just missed a moment in time that will rank with Jim Thorpe's generation, and Ted Williams' and Stan Musial's generation, and Henry Aaron's and Willie Mays' generation.

When McGwire blasted his home run down the left field line, there was not one person who wasn't cheering in Busch Memorial Stadium in St. Louis, Mo., or at other places in the country for that matter. Even Sosa was clapping for the achievement McGwire accomplished, showing the true sportsmanship that these two have exhibited throughout this season.

But that is only half the story. That is the beautiful half of the story that I wish was all I could think about when I reflect back on this amazing feat. Listening to sports radio shows over the past month has been enough to make me sick to my stomach. This was not a matter of two major league

players chasing a record, this has shamelessly turned into a Hispanic-white, American-non-American issue between McGwire, who is a home run hitter who happens to be white, and Sosa, a home run hitter who happens to be Hispanic.

The way people were talking, if you were a Hispanic man you automatically had to be rooting for Sosa to win the home run title and be the first to break Maris's record. Likewise, if you were white you had to be rooting for McGwire to break the record. There were even members of the media who played up this disgraceful issue, to the delight of some and the disappointment of others.

Well, let me go on record and let you know that I was, and still am, rooting for both of them to break the record and hit as many home runs as they can. I could care less who does it first, who hits the most home runs or what nationality either of them. Because they all belong to the same race, the human race.

When McGwire got to home plate, the first thing he did was grab his son and pick him up and embrace him. If Sosa had hit the home run he would have done the same thing. What's the point? They are both human beings, not a white man or a Hispanic man, but two marvelously gifted baseball players that I admire.

I'm not rooting for Sosa to hit more than 60 home runs because he is a Hispanic man, no more than I will root against McGwire hitting more home runs because he is a white man. I'm rooting for them to continue hitting home runs because they are both human beings who are giving us a solid example of why race should not be an issue when we deal with each other as brothers and sisters.

Others may want to turn this into a race issue, but McGwire and Sosa refuse to play that silly game, and to me that is the best home run either

has hit this year. Thanks guys for being decent human beings who happen to be a white man and a Hispanic man in the human race.

The 1998 military rugby championship will be played Saturday at Pershing Field at noon. At press time, the two competing teams were not known. Also at 10 a.m., there will be a game for third place followed by a women's rugby match at noon.

In an effort to balance out Morale, Welfare and Recreation funds, the commanding general has closed the Mountain Post Fitness Center.

Forrest Fitness Center has new operating hours. The center is now open at 5:30 a.m. and closes at 10 p.m.

To give soldiers a place to take a quick shower the MPFC will be kept open in the morning on Monday, Tuesday, Wednesday and Friday for showers only from 6:30 to 9:30 a.m.

Also, Forrest FC is still hosting a women's only day of exercise on Saturdays from 10 a.m. to 1 p.m. For more information on the women's only activities at Forrest, contact Martha Reed at 526-7206.

Forrest Fitness Center will sponsor an aerobic marathon Sept. 26 from 10 a.m. to 3 p.m.

From now to Sept. 29 the center will offer step aerobics classes for beginners to teach basic and combo steps movements. Classes, taught by Sharon Haines, are held every Tuesday, for one hour, beginning at 6:40 p.m. They are designed for intermediate and advanced aerobic classes.

The classes will be free during the month of September. For more information, contact the center at 526-2706.

**College/Pro
Pigskin
Picks**



Walt Johnson
Mountaineer staff



Spc. Jon Parr
Mountaineer staff



Pvt. Zach Mott
14th Public Affairs
Detachment



CW2 Billy Johnson
3rd ACR

Virginia Tech at Clemson
Syracuse at Michigan
Iowa State at Iowa
Texas at UCLA
Miami of Ohio at Army
Georgia at South Carolina
Dallas at Denver
Tampa Bay at Green Bay
S. F. 49ers at Washington
N.Y. Giants at Oakland
Kansas City at Jacksonville
Baltimore at N.Y. Jets
Chicago at Pittsburgh
San Diego at Tennessee

Clemson
Michigan
Iowa
UCLA
Miami of Ohio
South Carolina
Denver
Green Bay
S.F. 49ers
N.Y. Giants
Jacksonville
N.Y. Jets
Pittsburgh
Tennessee

Virginia Tech
Michigan
Iowa
UCLA
Miami of Ohio
Georgia
Denver
Green Bay
S.F. 49ers
N.Y. Giants
Jacksonville
Baltimore
Chicago
Tennessee

Virginia Tech
Syracuse
Iowa
UCLA
Army Hooah
Georgia
Denver
Green Bay
S.F. 49ers
Oakland
Jacksonville
Baltimore
Pittsburgh
San Diego

Clemson
Michigan
Iowa
Texas
Army
Georgia
Dallas
Green Bay
S.F. 49ers
N.Y. Giants
Jacksonville
N.Y. Jets
Pittsburgh
Tennessee

10 CSH —

From Page 19

back and forth affair over the first three innings, with the 10th CSH maintaining at least a one-run advantage.

"Then, in the fourth inning, we scored 11 runs in the inning and it kind of took their hearts out of it. Eventually, we won the championship by the run rule."

When the 10th CSH team left Carson for the tournament, the team felt it was good enough to win the title or at least finish in second place, according to coach Jim Bell.

"I told the guys I would be upset if we didn't bring home individual honors, which meant finishing first or second. We knew if we played our game, we could get there. We have seen what the competition was like the last few years — and we know what the competition at post level has been like the past few years — and we felt we could be competitive and compete with almost anybody," Bell said.

Bell said it was the overall strength of his team which gave them the confidence to know they could compete in the military world cham-

pionships. He said the 10th CSH had the combination of offense and defense needed to play at a championship level.

"We had a good, all around team," Bell said. "We knew we had to play good defense and we knew we had to stick the ball."

"At a tournament like this you have to be at the top of your game offensively and defensively or you are going to get crushed.

Chris Hardnick, pitcher, said his team knew they had to be extra good on defense to have any chance of winning the tournament, and they came through.

"You can't afford to give a good team four or five outs in an inning," Hardnick said.

"When our opponents made an error, we would make it hurt," Bell said.

"Everyone on the team could hit and we had a strong defense, especially up the middle and some tremendous leadership in key roles. Defensive strength starts up the middle and for us that starts with our pitcher, Chris Hardnick. Our second baseman Scottie Wolkow, shortstop Frank Saledjic, right center fielder Trent Lloyd and left center fielder Keith Laker were the key to our

defense.

"Our strategy was to take the line away from their hitters. When you do that they try to shoot at you through the middle, but when your pitcher takes that away from you by stopping a lot of what they hit up the middle, they can't get where they want to go. If they can't get where they want to go, they can't beat you.

Hardnick said his defensive ability coupled with his double play duo of Wolkow and Saledjic took the heart out of many of the 10th CSH opponents.

"We turned a lot of double plays during the tournament and that will kill a lot of good hitting teams," Hardnick said. We took the sails out of a lot of teams by making defensive plays, especially double plays with runners on base."

After the championship was secured for the 10th CSH, Bell summed up the feeling, from his perspective on what the moment meant to him and his teammates.

"It's the world championship, what more can I say" Bell said. All I can say is we played as a team, we won as a team and we accomplished what we set out to do, win the world championship."

"Some of the guys won't be back

next year and some will. If we are not deployed somewhere, then we will try to go wherever the tournament is being held and defend our title."

Hardnick said the title culminated a search he has had for the title and put him in a position he has been hoping for.

"On this one day I was able to say I was part of a team that is the best in the world," Hardnick said. Everyone knew what their job was and our attitude was you do your job and I'll do mine. Bell had a vision from day one on how he wanted us to play this year. I supported him during the year and when he called me for advice I would let him know how I felt but I told him to go with his vision, he was the man. His vision came to be and that day I felt like I was the best in the world.

"I have played against a lot of good teams — lost to a lot of good teams — but today was our day."

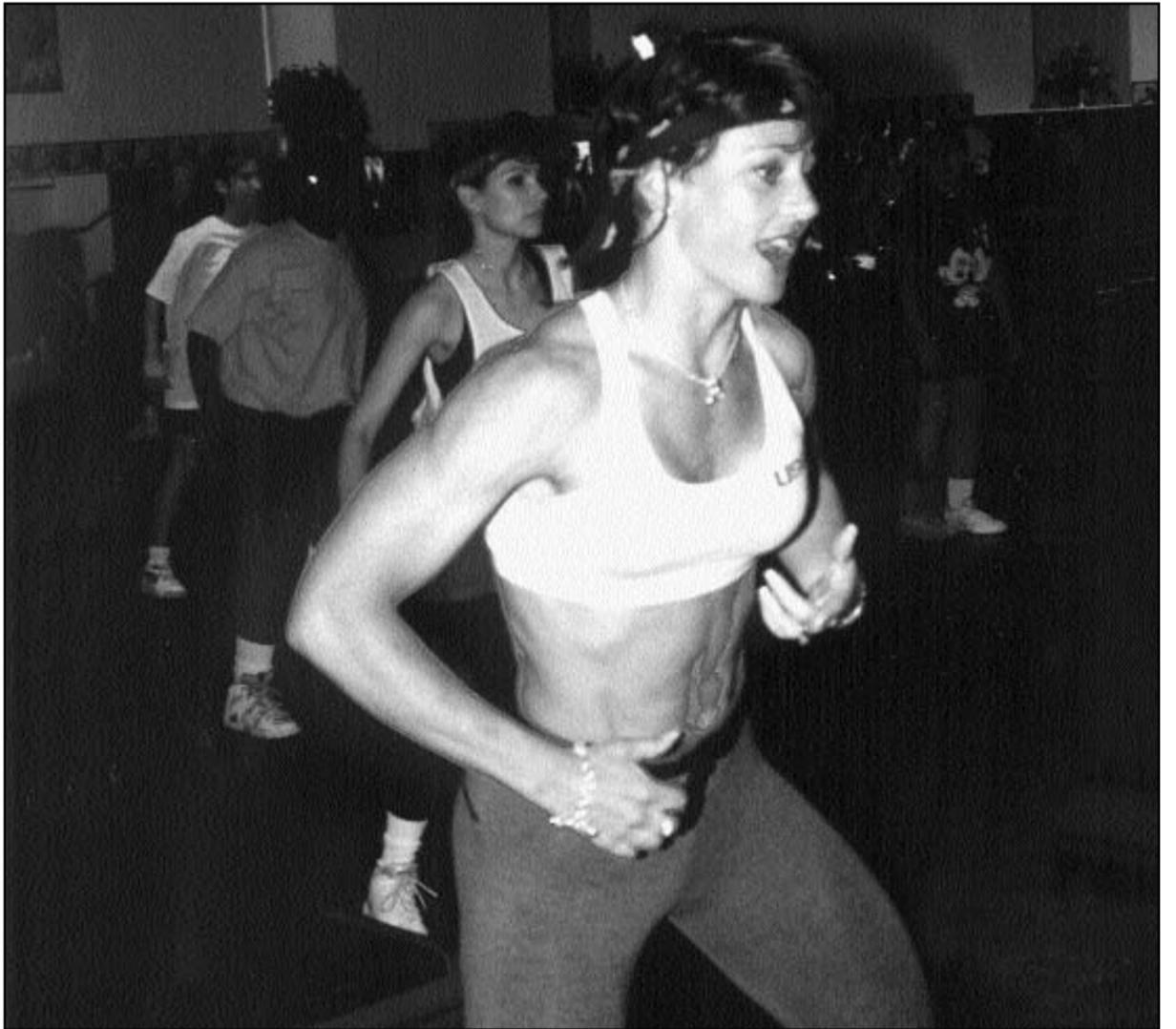
Bell said the championship also completes a cycle for he and Hardnick, who leaves Carson this winter.

"This is the best team we ever played on, and this will give us a common bond for the rest of our lives," Bell said.

New aerobics classes at Forrest Fitness Center

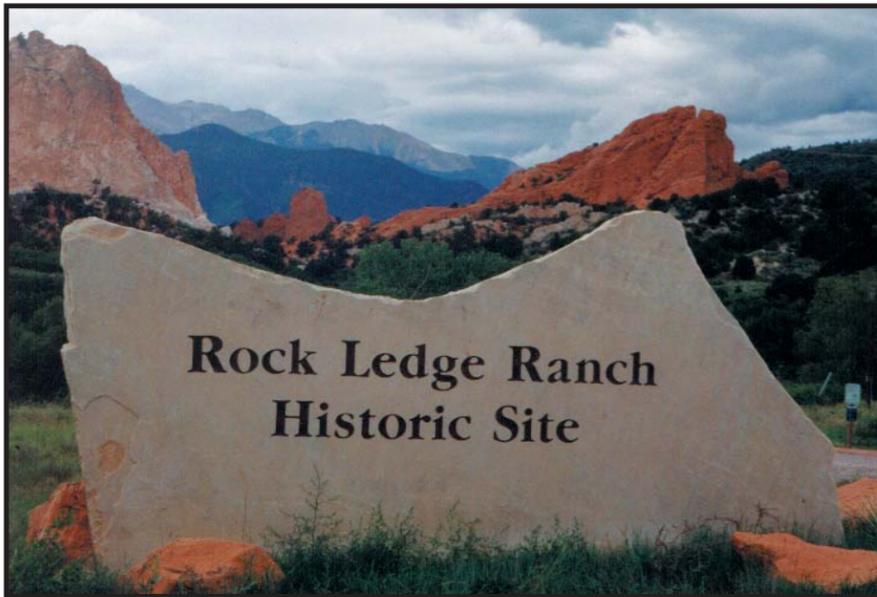
photo by Walt Johnson

Christine Schlacter leads the Monday night aerobics class in a work out. The Forrest Fitness Center has hired two new fitness instructors and added more classes. The schedule for aerobic classes at the fitness center is: Monday, Wednesday and Friday with Mary Orange from 5:15 to 6:15 p.m.; Monday and Wednesday from 6:30 to 7:30 p.m. with Schlacter; Tuesday and Thursday from 4:20 to 5:20 p.m. with Elizabeth Casciaro and Tuesday and Thursday from 5:30 to 6:30 p.m. with Inez Horn. Each class cost \$1 per session. For more information on aerobic classes at Forrest Physical Fitness Center, call 526-2706.



Rock Ledge

... a place to learn about early Colorado Springs area history



The entrance to Rock Ledge Ranch is near the entrance to Garden of the Gods, off 30th Street.

by Nel Lampe
Mountaineer staff



ock
Ledge
Ranch

Historic Site is a place to learn about pre-Colorado Springs area history. The ranch is located

next to the entrance to Garden of the Gods on 30th Street. Special events are held at the ranch, including the largest folk art fest in the region, Sept. 18 to 20.

Walter Galloway originally homesteaded the 160-acre property in 1867. He was required by law to build a home, to make improvements and to live on the property for five years. Galloway built a small cabin, and struggled to make a living.

Galloway's cabin has been reconstructed, and can be reached by taking a hiking trail just past the ticket booth.

In 1874 Robert and Elsie Chambers purchased the property and started a fruit and vegetable farm. The family planted apple and cherry trees and fruit bushes, and created an irrigation system while building a rock home and raising a family. Mrs. Chambers named the home Rock Ledge.

The farm was quite successful, and in a few years had the reputation of being one of the most productive in the area. The Chambers ranch home is still on the property.

The Chambers sold the farm in 1900 to General William Jackson Palmer, whose own home is located on the Glen Eyrie property near the Garden of the Gods.

Palmer was paralyzed when he fell from a horse in 1907. He had the Orchard House built so that his sister-in-law, Charlotte Schlater, and her family could come to Colorado Springs to help care for him, according to Collin Stoddard, junior docent at the historic site. The Schlater's lived at the time in South Africa. Palmer had Thomas MacLaren, a Colorado Springs architect, design the home in a Dutch style common in Cape Town, South Africa, so the Schlaters would be more comfortable there.

The home included many modern conveniences unusual for the time, such as electricity and steam heat.

The ranch was placed on the National Register of Historic Places in 1979 and is operated by the Colorado



Photos by Nel Lampe

Rock Ledge Ranch house was built in 1874 for the Chambers family. The family raised fruits and vegetables on the farm.

Fort Carson Seminole



A pull-out section for the Fort Carson community
September 11, 1998

See Ranch, Page B2



A two-story barn houses farm animals and equipment. The upper level of the barn serves as an auditorium for special programs.

Ranch

From Page B1

Springs Parks and Recreation Department with assistance from the Living History Association. For many years, the site was known as The White House Ranch as the Orchard House was painted white. A



A volunteer works at the ranch's blacksmith shop.

few years ago the house was repainted to the original beige color, and the name reverted to that originally used by Mrs. Chambers.

People may visit the historic site on their own during the ranch's open hours. Volunteers or park employees in period costume bring the site to life in another time. Farm animals are also on site.

Admission fees are used for upkeep and operation of the site. Admission price includes a tour of the Orchard House and a visit with the cook. A blacksmith and farm hands go about their daily duties.

A general store has cold sarsaparilla and other drinks for sale, as well as old-fashioned candy and Victorian-era gifts and cards. A selection of books about local history is also available.

Throughout the year, special programs highlight holidays and/or local or period history. For instance, vintage baseball, using 1860s rules, was featured in August. A Victorian Halloween Party will be held at the ranch on Oct. 31. Legends and stories of the Pikes Peak Region will be presented in November. Holiday traditions are featured from Nov. 28 until Dec. 20.

But the biggest special event of the year is Sept. 18 to 20 the annual folk art festival. Co-sponsored by the Holly

Just the Facts

Travel time 25 minutes
 For ages all
 Type historic ranch
 Fun factor ☆☆☆1/2
 (Out of 5 stars)
 Wallet damage = \$
 (Based on a family of four)
 \$ = Less than \$20
 \$\$ = \$21 to \$40
 \$\$\$ = \$41 to \$75
 \$\$\$\$ = \$76+

Berry House, the festival opens at noon Sept. 18. The art festival is probably the largest in the area, attended by arts and crafts dealers from several states. Wares include unique Christmas and holiday crafts; antiques; clothing and accessories; handmade toys; Halloween and Thanksgiving decorations; home decorations; framed photographs and paintings; Victorian prints; jewelry; hand carved wooden gifts and decorations; cabinet's quilts; birdhouses; stained glass and still more. There are lots of things to buy or just admire.

This is the 20th year the very popular folk art festival has been held at the ranch. Several large tents house the wares, and smaller tents and outdoor displays round out the sales area. As at all successful fests, food is also a focus. Several food vendors cook and serve on the premises funnel cakes; corn on the cob; steak sandwiches; kettle popcorn; lemonade and soft drinks, and much, much more. Although there are a few picnic tables on the ranch, you probably won't be able to resist the aromas and will want to buy fest food.

Admission to the folk art festival is \$5 for adults, \$4 for seniors, and \$1 for children ages 6 to 12. Once you've purchased an admission, it is good for all three days.

Hours for the festival are Sept. 18, noon until 6 p.m. September 19, hours are 9 a.m. until 6 p.m., and Sept. 20, 10 a.m. until 4 p.m.

Because of large crowds, baby strollers are not allowed inside the large tents.

But if there are small children in your party, a stroller would be a big help on the extended walk from the parking area to the fest area, and once you're on site, you'll probably want to explore Rock Ledge Ranch as well.

During the fest, regular ranch activities are ongoing on Saturday and Sunday only,



The Orchard House, constructed in 1907, is open for tours.

Community Events ACS

The Family Member Employment Assistance Program offers a Standard Form 171 and Optional Form 612 workshop Oct. 7 from 1 to 3 p.m. These forms are basic federal employment applications.

The workshop provides insight in completing applications and general hints about the most effective ways to describe professional experience.

To register or for more information, call 526-0452.

The Family Member Employment Assistance Program holds resume workshops Wednesday, and Sept. 30 from 1 to 3 p.m. The workshop includes a variety of resume styles.

For registration and information, call 526-0452.

An Army Family Team Building Level III class will be Sept. 18 and 25 at 8:30 a.m. to 4 p.m. at the El Pomar Center. Facilitator Training will be held Sept. 29 at the ACS conference room. Childcare and lunch will be provided. To register, call 524-2382.

Family Support Group training will be Tuesday from 12:30 to 4:30 p.m. at the Army Community Service building Room B. Day care is provided. To register, call 524-2382.

The Nurturing program is looking for volunteers. Volunteers receive intensive, professional training Monday and Tuesday 9 a.m. to 4 p.m. Active duty volunteers can receive promotion points, and there is child care reimbursement for volunteers.

The Nurturing program for age group 0 to

5 begins today and age group 4 to 12 begins Monday. Registration is from 9 a.m. to 3 p.m. at the ACS building.

For more information, call 526-4590.

Infant Massage Classes are continuing Tuesday with two other classes, Sept. 22

Youth

and 29 from 10 a.m. to noon at the Spiritual Fitness Center. The classes are free and teach parents to relax and soothe their baby. The classes are offered to parents with infants ages 10 months and under. Child care for siblings is available. To register, call 526-4590.

The Fort Carson Child and Youth

Miscellaneous

Services School of the Arts will be holding tryouts for the Missoula Children's Theatre production of *The Fisherman and His Wife* Sept. 21 from 5 to 7 p.m. Auditions will take place at McMahon theater. Those wanting to audition should arrive at 5 p.m. and plan to stay the full two hours. For more information, call 526-3677.

The Directorate of Community Activities will hold its annual organizational day Thursday afternoon. Minimal staffing will be provided to allow DCA personnel to participate in this event.

The Hispanic Heritage Month Luncheon is Sept. 23 from 11:30 a.m. to 1:30 p.m. at the Elkhorn Conference Center. Guest speaker will be Lionel Rivera, assistant vice president from Merrill Lynch and a Colorado Springs City Council member. For more information, call 526-4413.

Construction to Gate 1, Nelson Boulevard and State Route 115 is ongoing and should be completed in October. Gate 1 is closed and traffic will be detoured to Gate 2, O Connell Boulevard, at Highway 115 for six weeks.

The Fort Carson Warrant Officers Association, Silver Chapter is collecting General Mills Box Tops to raise cash for Fort Carson schools. There will be drop boxes at the commissary, post exchange and all Fort Carson schools throughout the year. For more information, call 526-8593 or 526-2922.

The Mountain Post Action Council Meeting is now open to the Fort Carson Community. The next meeting is Thursday from 1 to 3 p.m. at the Elkhorn Conference Center. This forum supports quality of life issues, provides community updates and gives attendees an opportunity to discuss issues and concerns. The meeting is open to everyone. Child care is provided. For more information, call 524-1083 or 526-0430.

The Real Property and Space Management inspector at the Directorate of Public Works has changed phone numbers. The new number and point of contact is Francisco Colon at 526-9249. For more information, call 526-9252 or 526-9256.

The Fort Carson Community Thrift Shop is having a bag sale Wednesday from 10 a.m. to 1 p.m. All clothes and other items that fit into a brown grocery bag will be \$1 per bag. These items can be found in the Thrift Shop Property room. A cashier is needed at the thrift shop. To pick up an application, go to building 1341 by Sept. 24. For more information, call Gail Olson at 526-5966.

Clean Air Campaign of the Pikes Peak Region is presenting the Ridefinders school pool. The program is designed to take the worry away from dealing with school drop-off and pick-up zone congestion. For more information, call 471-7665.

The March of Dimes Association is sponsoring a Genetics Symposium at Colorado College Sept. 24. The symposium is a free service the March of Dimes provides for high school anatomy, physiology and biol-

Military Briefs

The 4th Personnel Services Battalion ID Card/DEERS section is closed Oct. 5 to 7 for training and installation of new RAPIDS equipment. The section is tentatively set to reopen Oct. 8 at 7:30. Closure also affects Peterson Air Force Base, U.S. Army Space Command and the Navy Reserve Center. For more information, call 526-8420.

The Fort Carson Hail and Farewell is Sept. 25, from 3:30 to 5:30 p.m. at the Elkhorn Conference Center. Directorates/units wishing to recognize a particular individual need to submit names of the individuals, section they work in and the name of the person that is going to present the hail or farewell. For more information, call Larry J. Loth at 526-9058.

Accident Avoidance Training will be conducted from 8 a.m. to noon Wednesday and Thursday at McMahon Theater. Attendees must sign in under their respective directorates and be seated by 8 a.m. The training is mandatory for all military and civilian vehicle drivers not assigned to tactical units. Drivers must attend one of the sessions.

The 4th Finance Battalion is now

The Fort Carson Criminal Investigation Command has begun full operation of its Fraud, Waste and Abuse Hotline. The hotline allows members of the community to report incidents of suspected fraud, waste and abuse. To report suspected cases of fraud against the government, call the hotline at 524-1120. Callers can remain anonymous and all information is confidential. Callers must, however, leave enough information

receiving and reviewing all travel vouchers. Soldiers can turn their vouchers in to their Personnel Administration Center or bring them directly to the customer service counter in building 1220. People should no longer submit travel vouchers to the Directorate of Resource Management. For more information, call 524-1125.

Applications are now being accepted for the Judge Advocate General's Funded Legal Education Program. This program allows the selection of 15 Army officers to attend law school at government expense while on active duty. Candidates must have at least two, but no more than six years of active duty at the time law school commences.

Eligible officers interested in applying should register for the fall Law School Admission Test. Applications must be sent through the candidates chain of command and be received by their branch no later than Nov. 1. For more information, call 526-1441.

All file areas are to submit their list of file numbers for approval by Nov. 3. LFN's must be submitted on Forces Command Form 350-R, List of File Numbers, dated Oct. 1, 1989 to the Directorate of Installation Management, management services branch, records management. For more information, call 526-2107.

Sand Canyon Road is closed for construction until Sept. 30. Units traveling down-range must use alternate routes.

An Army ROTC Green to Gold brief is scheduled every Tuesday at the education center, in room 203C at 11:30 a.m. For more information, call 262-3611.

An additional class for all A & R

Fort Carson's Criminal Investigation Command announces a \$5,000 cash reward was paid for information that led to the identification, apprehension and conviction of the perpetrator concerning recent vandalism and arson of the Soldiers Memorial Chapel.

CID announces the following rewards.

A \$25,000 reward for information leading to the identification, apprehension and conviction of the perpetrator(s) concerning the death of Pfc. Jason Chafin.

A \$500 reward for information leading to the identification, apprehension and conviction of the perpetrator(s) involved in a larceny of a Don Stivers numbered print (number unknown) titled *The BRAVE RIFLES in World War II, Task Force Polk Patrols the Saar*, at building 2460, 3rd Armored Cavalry Regiment, between April 21 and 22. The print was signed by Gen. Polk, double matted and framed in a rustic cherry frame. The perpetrator(s) also stole a 3rd ACR poster titled *3rd U.S. Cavalry, 1846* signed by Command Sgt. Maj. Steiner and Col. Dempsey.

A \$500 reward for information leading to the identification, apprehension and conviction of the perpetrator(s) involved in a larceny of two automotive work tables from building 580, Pueblo Army Chemical Depot, between Feb. 19 and Oct. 2, 1997.

A \$600 reward for information leading to the identification, apprehension and conviction of the perpetrator(s) involved in a larceny of electronic and computer equipment from Garcia Physical Fitness Center between 10:15 p.m. Oct. 31, and 9:15 a.m. Nov. 1, 1997.

A \$500 reward for information leading to the identification, apprehension and conviction of the perpetrator(s) involved in a larceny of government property (battle dress uniforms, field jackets, fax machine and a microwave oven) from the Alterations Shop Nov. 24, 1997.

If you have information on any of the above cases, please contact Special Agent

Sports & Leisure Athletics

The Colorado Avalanche will play their Burgundy/White game Tuesday at the Colorado Springs World Arena at 6:30 p.m.

The Colorado Springs World Arena now has tickets for the Avalanche Burgundy/White game on sale.

Two of the premier players for the Avalanche and in the NHL, Joe Sakic and Peter Forsberg, will face-off on Sept. 15.

The game will also feature the top-40 players at the Avalanche training camp, which includes Patrick Roy and other members of the 1997-98 team.

Ticket prices will be \$15 for lower bowl reserved seats and \$10 for upper bowl, general admission.

Tickets can be purchased at the Information Tour and Travel office here and at the Air Force Academy; the Colorado Springs World Arena box office by calling by calling 576-2626; at the Citadel Mall, Independent Records and Video; Colorado Music Hall; and the Pueblo Convention Center.

The Fort Carson Sports Division will send three teams to Washington D.C. Oct. 11 to run in the annual Army 10-mile race.

The post's will help defend the Commander's Cup trophy won last year.

The men's open team will consist of Sammy Ngatia, Perez Noe, Joseph Shrigley, Simon Oswald, Craig Webb, Ron Dean, Mike Berke, Tim Johnson, Thelmar Wilson, Lavon Shelton and Keith Wheeler.

The women's open team will consist of Jane Schillaci, Sara Knight, Lilia Easter, Brigitte Netteshelm, Taynee Teetor and Carolyn Martus.

The men's master team will consist of Michael Barnes, Tim Carlsson, N.L. Murphy, Michael Tarvin, Bill Phifer and Tim Dotson.

The teams are now practicing for the event at the Forrest Fitness Center running track Monday, Tuesday, Wednesday and Friday from 6 to 9 a.m. The point of contact is Lavon Shelton at 576-3974.

The Fort Carson Outdoor Recreation Center offers an introduction to fly fishing class Sept. 24 and 26. The eight-hour course is designed to teach fisherman the basics of fly fishing and is taught by professional instructors.

The class is divided into two four hour blocks of instruction. The first four hours are in the classroom and the second four hours are on the Platte River. Equipment and transportation will be provided however, individuals must provide their own Colorado Fishing License.

The cost for the class is \$55 per person.

A mandatory hunter education course is Sept. 22-24 at the Outdoor Recreation Complex on Specker Avenue for anyone at Fort Carson interested in hunting in Colorado. This course is mandatory for anyone born after Jan. 1, 1949, who wants to hunt in Colorado. The course consists of 12 hours of instruction, four hours each night, from 5 to 9 p.m.

All class materials, weapons and ammunition

will be provided. The certification awarded from this class is good for a lifetime and is accepted in all 50 states, Canada and Mexico.

Fort Carson hunters are invited to hunt Area 25 in the Flat Tops Wilderness, known for one of the largest Elk herds in North America. Outdoor recreation will provide all accommodations, such as lodging, food and game retrieval for a minimal cost for the two-season event.

Season one will be a draw for cow elk and will run from Oct. 9 to 14. The second season will allow hunters to buy an over the counter tag for either cow or bull elk and will run from Oct. 16-21.

The cost is \$360 per person. Call 526-2083 for an information packet.

A 25 "mile high" tour, great for beginners, will be offered by the Fort Carson outdoor recreation division Sept. 26. The ride will start at an elevation of over 11,000 feet and go deep into the mountains of the Pikes Peak region. This is a full day of unforgettable fun consisting of 90 percent downhill exploration through single track trails, historic mining roads and railroad tunnels built in the 1800s. The 25 "mile high" tour is guaranteed to provide an unequalled mountain biking experience for individuals of any physical conditioning.

From the drop off point the group will receive a crash course in basic mountain biking skills before descending back to Colorado Springs.

Outdoor recreation will provide transportation, food and equipment. Bikers should dress for current weather conditions. The cost is \$20 per person with \$5 off for having your own bike.



Photo by Nel Lampe

The grounds of the Rosemount Museum in Pueblo is the site of a Victorian picnic.

Victorian picnic

Rosemount Museum in Pueblo celebrates its 30th anniversary Sunday with a Victorian picnic on the grounds, from noon until 4 p.m. In addition to Tom O Boyle and his rag time piano, the Sweet Adelines and Pride City Union Quartet will entertain. Vendors will be selling hot dogs, ice cream, pie, cotton candy, popcorn and soft drinks. The festivity will include antique vendors, antique cars on display, children's games and carriage rides. The

Get Out!

Rosemount Museum is located at 419 W. 13th in Pueblo take the 13th Street Exit off I-25 going south.

Daughters of the American Revolution

The Zebulon Pike Chapter of the Daughters of the American Revolution meets at noon Saturday in the Falcon Room, Air Force Academy Officers Club. The program Shifting Sands: Mission Creep in Somalia will be presented by Capt. Michelle Moyd, an Air Force Academy instructor. For information, call 531-5745.

Denver Center Theatre Company season

The Denver Performing Arts Complex, located at Speer and Arapahoe downtown, hosts the Denver Center Theatre Company's 20th season. Tickets are \$23 to \$36. Travels With My Aunt, written by Graham Greene, is Oct. 8 to Nov. 14; Picasso at the Lapin Agile, by Steve Martin, is Oct. 15 to Nov. 14; A Christmas Carol, is Nov. 27 to Dec. 26;

Dream on Monkey Mountain, is Jan. 14 to Feb. 20; The Rivals, is Jan. 21 to Feb. 20; Gross Indecency: The Three Trials of Oscar Wilde, is Jan 27 to March 4; The Tempest, by William Shakespeare, is March 11 to April 17;

Master Class, is March 18 to April 17; Kingdom, is April 29 to June 5; and The Elevation of Thieves, is May 6 to June 5. Call (800) 641-1222.

Memory Walk

The 4th annual Alzheimer's Association Memory Walk will be held Sept. 19, at Antlers Park (behind the Antlers Doubletree downtown). The 5 km event proceeds are used to support local services for Alzheimer patients. Registration and check-in is at 8 a.m. and the walk begins at 9 a.m. To register for the walk or for more information, call Kim Harris at 266-8773.

Gem and mineral show

The Denver Gem and Mineral Show is Sept. 18 to 20 at the Denver Merchandise Mart, 451 E. 58th Ave. (I-25, exit 215). Hours are 9 a.m. to 6 p.m. Sept. 18; 10 a.m. to 6 p.m. Sept. 19, and Sept. 20 from 10 a.m. to 5 p.m. Adult tickets are \$4, and children 13 to 17 are charged \$3. Children under 13 are admitted free with an adult. In conjunction with the mineral and gem display, fossil remains of dinosaurs, insects, plants, sea life and animals will be displayed.

Fall colorfest

Winter Park Saturday and Sunday is the place for Celtic music, Oktoberfest brats and beer, and other fest-like activities.

Military Days at the zoo

Saturday and Sunday are Military Days at Cheyenne Mountain Zoo, sponsored by the United Services Organization of the Pikes

W orth Hearing

Ratings:

☆☆☆☆☆

5 = a must buy

4 = pitch in with a friend

3 = see if a friend bought it

2 = wait for radio release

Artist: Various

Title: How Stella Got Her Groove Back

Label: MCA

Tracks: 14

Time: 66:16

Rating: ☆☆☆☆

by Mark Simon

Mountaineer columnist

I'm not sure exactly when it happened, but I think it was about 20 years ago when the Saturday Night Fever soundtrack was released, but just about every movie made today features tracks by current artists, or classics from our past. Even if the movie is a stinker, the soundtrack has the ability to make money for the studio and the producers. The How Stella Got Her Groove Back soundtrack could be one of those soundtracks.

There is no question that this CD will be a big seller. Just the participating artists are enough to sell this soundtrack. Stevie Wonder and Wyclef Jean, Shaggy, Mary J. Blige, Boyz II Men, Diana King, Maxi Priest and others make up the all-star cast of performers. Like most soundtrack CDs, there really isn't a clunker on How Stella Got Her Groove Back soundtrack.

The music on this collection moves from straight ahead R & B to hip-hop to island influenced, and back again. The one thing every track on the How Stella Got Her Groove Back soundtrack has in common is a sensual groove. Many of the tracks on the album are mixed together to keep the sensuality and beat grooving. The one thing you won't get from any of the songs is a statement, unless you count love as such a statement. This is love music, pure and simple.

Some of the songs may end up on the radio, especially Your Home Is In My Heart by Boyz II Men, but they will all end up being club favorites for years to come. The beat and groove comes straight out of the stereo and onto the dance floor.

As you know, late summer movie releases are very rarely great movies. They tend to be movies that are either teenage comedies, low-budget horror films, or other B-movie types. How Stella Got Her Groove Back may be just another B-movie, or the sleeper hit of the summer. I haven't seen the movie yet, so I don't know. But I do know that the How Stella Got Her Groove Back soundtrack should be a big hit. It definitely never loses its groove.

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Happenings

B6 MOUNTAINEER
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Happenings

B4 MOUNTAINEER
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Happenings