



Gate 1 closed

Gate 1 is closed for six weeks due to ongoing construction to the gate, Nelson Boulevard and State Route 115. Traffic will be detoured to Gate 2, O Connell Boulevard at State Route 115, during this time.

Feature

10th Combat Support Hospital conducts logistics exercise and tests its ability to treat casualties of war.

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Notice

According to the most recent of facilities establishments list, signed by Maj. Gen. John M. Riggs, commanding general, the Funktion and Baker Street Complex is no longer off limits to Fort Carson personnel.

Happenings

The onset of fall brings gold to the mountains of Colorado as leaves of the aspens change color.



Photo by Spc. Jon Parr

Specialist Jim White, gets into his protective gear.

Unit traps, tests rodents

by Spc. Jon Parr
Mountaineer staff

Death comes in many ways, but one of the most amazing killers in this world is viruses. So small, they can only be seen under a microscope, yet so powerful they can kill a man who stands more than six feet tall and weighs more than 200 pounds.

The plague killed millions, Ebola is a feared killer in Africa and the Hantavirus made its mark at the Four Corners area of Colorado in 1993 and it continues to strike humans in small numbers.

Unfortunately, Fort Carson has a large population of the deer mouse, which is the most common carrier of the deadly virus. Many different types of Hantavirus have been identified, but the deadliest, Sin Nombre which means no name is the form of the virus carried by the deer mouse.

With this knowledge, the 223rd Medical Detachment, a preventive medicine detachment, and the U.S. Army Center for Health Promotion and Preventive Medicine, worked together Sept. 8 to 11 for a Hantavirus study.

Although studying viruses doesn't sound like a normal training exercise for soldiers, Maj. Todd Walker, chief, Entomological Sciences Division, CHPPM, said soldiers in the preventive medicine field are trained to do exercises of this nature.

"Our job is to prevent soldiers from becoming casualties," said Maj. Alan Cushen, 223rd Medical Detachment commander. "In every war, sickness has caused more casualties than the enemy. Heat stroke, bacterial infections, viruses and other illnesses can be avoided. It's very difficult, but they can be avoided, and our job is to prevent soldiers from getting sick. We are testing different areas of Fort Carson for the Hantavirus and by locating it, we can help prevent soldiers from getting the virus."

To help prevent soldiers from getting the virus, there are several steps and procedures the detachment must take.

Setting traps for rodents is the first step for the detachment, Walker said. To lure the

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Commanders



Riggs

NCO
leadership
defined

You can be an effective leader if you master these fundamentals and live up to the demands placed on you by your soldiers and the Army. You are the second most important person in the Army. Your soldiers are the first. You are directly responsible for training your squad as a team, maintaining discipline, instilling pride in unit and performance, and improving morale. Your squad's appearance, discipline and skill proficiency are a mirror image of your abilities and dedication. What results are you expected to achieve? What do your own leaders and the soldiers you lead expect and demand from you?

Inspect your squad before any formation, training or mission for proper hygiene, appearance, equipment and physical condition. Make sure that lost or damaged equipment is replaced or repaired quickly and that all equipment and clothing fits, is adjusted properly and is 100-percent serviceable. The only way to do this is through proper training, inspection and reinspection.

You are a tactical leader, always leading by example. You are the leader who must take the plan and turn it into action through proper command and control, selection of fighting and weapon positions, and your ability to maneuver your squad against an equally determined enemy. If you do not take the business of training seriously now, you will never effectively accomplish your mission later.

Serve as an example in your personal and professional life. Conduct yourself as a true professional both on and off duty. If you do, no question will ever be raised about your integrity, loyalty, values or morals. Quell rumors and gossip by keeping your soldiers informed. Your loyalty to your superiors, peers and subordinates will earn you the same loyalty from them.

Be professional. Your valuable experience can be beneficial to all, so share your information, techniques and failures. Deal with the soldiers in other squads or units only through their squad leaders — except when making on-the-spot corrections, and even then keep your NCO leaders informed of your actions.

Treat your team leaders with respect; give them

the opportunity to make decisions, to fail, and to learn from their mistakes. Seek out their opinions and advice. Train them to train their soldiers, and also train them to take your place when the time comes. At the same time, watch your platoon sergeant, and seek advice from him or her, for you may be next in that job.

Assign responsibilities to your team leaders in garrison and in the field, and give them a chance to lead and learn. Issue orders that are clear, simple, and well planned. Ensure that they have the proper guidance and resources to accomplish their mission. Make sure they are carried out properly. Deal fairly and impartially with all of your soldiers. Give them all an even chance, regardless of race, creed, education or ability. Encourage your soldiers to see you and other members of the chain of command or NCO support channel about problems, but try to resolve them at the lowest possible level.

Keep your soldiers out of trouble. "How can I do that?" you ask. "I can't control their every move." True, but disciplined soldiers rarely get into trouble. Soldiers whose leaders have weak morals will soon develop the same tendencies. Be the example, and get your soldiers out of harm's way; don't sit idly by and watch them get drunk, brawl, and embarrass the uniform. Your responsibility to your soldiers does not end at the close of the duty day.

Try to reward positive behavior more often than you hand out punishment, because rewards produce the fastest, most permanent changes in behavior. Think carefully before punishing soldiers, because punishment should be used only after counseling and corrective training have failed. Soldiers should perform out of pride and respect rather than out of fear or intimidation.

Lead the way in difficult tasks or maneuvers. Share hardships and discomforts with your soldiers — don't use your rank or position to evade or shirk them.

Be approachable and even-tempered, but always professional. Remember that familiarity breeds contempt. In all but official morale and off-duty activities, socialize only with other NCOs. Require that all squad members address each other properly and that they observe all the customs and courtesies of the Army. This includes you addressing your subordinates by the rank instead of only their last name. They may be junior to you, but have also earned their rank.

Read and understand regulations, SOPs and training manuals so that you can explain, demonstrate and train your squad to those standards or higher. Engage in occasional "bull sessions" with

your soldiers to gauge your effectiveness as a leader. Remember the indicators of leadership? Discipline. Proficiency. Esprit de corps. Morale. Evaluate these indicators continually. Talk on a soldier-to-soldier basis when discussing performance, complaints, or problems. Learn and apply the rules for counseling, and remember confidentiality as it applies. Use the resources available to help your soldiers when you cannot solve their problems. Identify your at-risk soldiers before they become problem soldiers.

Participate in physical training, organized athletics, and social activities with your squad members, and show them an example of the standards expected — *you*. Expect your soldiers to work hard because you do. Work during the duty day, and take all training as seriously as though your life depended on it, because it does. Be there as long as one soldier needs help, for yours is not a nine-to-five job. Never waste your soldier's time, conduct poor training, or let their problems go unresolved or unnoticed. And don't rest or eat before they do.

Avoid doing or saying things that discourage your soldiers. Instill discipline through earned respect and loyalty for you and your authority, improved by challenging, rewarding and superior training. Never go in "half-stepping." If you're not motivated to excel, how can you expect your soldiers to be?

Keep your superiors informed on the status of your job and your soldiers. Always be honest. Stand by your soldiers through good and bad, thick and thin; it is this kind of loyalty that binds the squad, platoon and company together. This is not to say that you should try to lie or cover up failures or mistakes. Mistakes will be made, but hiding the truth or lying will never be forgiven or forgotten. Your credibility and reputation is on the line, and so is that of the rest of the NCO Corps.

Be punctual, dedicated, honest, caring and honorable. Have the best haircut and uniform, the shiniest brass and boots in the squad. While some may argue that "pretty soldiers" may not know how to fight, "pretty soldiers" demonstrate pride, attention to detail, and discipline — all trademarks of the best fighters in history. Make on-the-spot corrections, punish wrongs and make extra efforts to reward excellence.

Finally, never forget your two most important duties: Accomplish the mission, and look out for the welfare of your troops.

Proud to serve!

Major General John M. Riggs
Commanding General

CFC kick off open to Mountain Post community

Combined Federal Campaign

The 1998 Combined Federal Campaign kicks off on Sept. 25 at Fort Carson with an event aimed at all Army personnel and their families. The kickoff, which has included only commanders and individuals serving as campaign project officers and key-workers has been expanded so that all federal employees will have the opportunity to see how CFC agencies work in our community and around the world.

The agencies expected to attend are representative of the many types

of health and welfare services offered by CFC agencies. International agencies will be present to explain how they alleviate poverty, educate children, provide health care and improve lives in the world's developing nations. The presence of the agencies with a national scope will demonstrate how those organizations work on behalf of military personnel and their families, engage in medical research to find cures for deadly diseases, train dogs to assist people with disabilities or fulfill a dying child's last wish.

Local agencies based in the Pikes Peak region will be on hand to share information about how services can be accessed by military families — dealing with a parent with Alzheimer's disease, counseling for a problem teen or a recreation program for a child.

An agency fair is a way to find out how to get involved. There are volunteer opportunities like mentoring a child, delivering meals to the elderly or building a house for a needy family.

A program will precede the fair.

Major Gen. John M. Riggs, commanding general, will be the key speaker and will encourage federal personnel to use the CFC as their vehicle for supporting the health and welfare organizations of this nation. Master of ceremonies is local news anchor Jon Karroll.

The program begins at 9 a.m. at the Elkhorn Conference Center. The fair runs from 10 a.m. to 1 p.m. The fair will include give-aways, raffles, and a carnival-like atmosphere including carnival food and snacks.

There is no charge for the event.

MOUNTAINEER

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News

Carson duo takes 2nd in first-ever K9 competition

by Spc. Jon Parr
Mountaineer staff

Best friends are essential in life as they listen to our gripes, feel our sorrow and share our most rewarding moments. Specialist Bradley Bengford, a military police officer, 148th MP Team, and his best friend Rocko, a Belgian Malinois, recently worked together and shared a rewarding moment as they took second place in the scouting event at the first-ever Department of Defense K9 competition at Lackland Air Force Base, Texas.

During the scouting event, Bengford and Rocko were given 10 minutes to find a suspect or a lost individual in an open field or wooded area.

The time requirement could have been 45 seconds as the team only needed 38 seconds to meet the objective.

"The purpose of the event is to see how well you can use the dog's ability to locate a suspect in the environment," Bengford said "Some people never found the suspect, but if you've done your training, it was easy."

A combination of time and points were used to determine the winner. Bengford and Rocko finished with a perfect score, but they missed first place by a total of two seconds.

Along with the scouting event, Bengford and Rocko participated in several other events.

Narcotics detection, handler protection, combat obstacle course and building search were the other events. Every branch of the military was represented at the competition, so placing in an event was

an accomplishment, Bengford said.

For narcotics detection, the team worked together to find narcotics in a car and in a building, Bengford said. Handler protection served as a difficult task as well — Bengford was given a scenario that involved numerous suspects.

"During handler protection, you have to decide which suspect to release the dog on, which suspect you just arrest and you have to decide if the situation warrants the use of the dog," Bengford said.

Testing the relationship between the K9 and his owner was the objective of the combat obstacle course.

The final event of the competition was the building search, which required the MP and his K9 partner to find a suspect in a building.

"The competition was a lot of fun," Bengford said. "It was a great opportunity to meet new handlers, and to see old handlers who I've met in the past."

Placing second in the scouting event is rewarding for Bengford and Rocko, but next year the competition better watch out for the duo.

"This is the first time the competition has ever been held," Bengford said. "The hardest part was we didn't know exactly what to train on and be ready for. Now we know."

As for Rocko, Bengford couldn't ask for a better partner.

"He's great," he said. "He is a lot like a person. He's easy to relate with, and it doesn't take much to get him to do what I want."



Spc. Bradley Bengford and Rocko

Whether the team will make it to the competition next year is unknown, but soldiers, family members and civilians of the Mountain Post can feel comfortable when a K9 team is needed.

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Courts-martial

Arson gets soldier 10 years

A private with 3rd Brigade Combat Team was tried by general court-martial for breaking into Memorial Chapel and the bowling center, for setting fire to Memorial Chapel, and for damaging Government property. The private pled guilty to these offenses and was sentenced to a dishonorable discharge, forfeiture of all pay and allowances, and confinement at the U.S. Disciplinary Barracks, Fort Leavenworth, Kan., for 10 years.

Soldier gets 18 months for larceny, fraud

A private with 3rd BCT was tried by general court-martial for larceny and fraud. This private began his criminal activity by stealing another soldier's wallet. The wallet contained a military identification card and checking account information which the private used to order personal checks in the name of the other soldier. The accused thereafter forged and negotiated numerous checks to himself and off-post establishments. Based on this conduct, the accused was charged with stealing money and property from a fellow soldier, the sol-

dier's bank and the off-post establishments. The accused pled guilty to these charges and to charges that he violated Fort Carson regulations, gave false information to a firearm dealer, and attempted to use marijuana. The accused will go to jail for 18 months, will forfeit all his pay and allowances and will be discharged from the U.S. Army with a dishonorable discharge certificate.

Illegal purchase, transfer of guns nets confinement

A specialist assigned to 3rd BCT pled guilty at his general court-martial to conspiring with another soldier to commit criminal acts, giving false information to firearms dealers in order to illegally purchase guns, and illegally transferring those guns. The specialist's sentence included reduction to the grade of E-1, confinement for 23 months, forfeiture of all pay and allowances, a fine of \$1,500 and a bad conduct discharge.

Adultery, sodomy get soldier 7 years

A 28-year-old, married private first class with 3rd ACR was convicted at a general court-martial

of adultery and sodomy by force and without consent of a 17-year-old girl. The court-martial panel sentenced the soldier to a 7-year prison term at the U.S. Disciplinary Barracks, forfeiture of all pay and allowances, reduction to the grade of E-1, and a dishonorable discharge.

Soldier's crimes lead to 10 years' confinement

A specialist assigned to the 10th Special Forces Group (Airborne) was convicted at a general court-martial of issuing approximately \$15,000 in worthless checks to AAFES under two different names and false social security numbers, on closed accounts. The specialist was also convicted of disobeying the lawful orders of a warrant officer, larceny, altering public records, possessing a false identification card, breaking restriction, impersonating an officer and obtaining services under false pretenses. The general court-martial convening authority approved a sentence of reduction to the grade of E-1, forfeiture of all pay and allowances, a dishonorable discharge and confinement for 5 years.

Community

Nation remembers POW/MIAs

by Spc. Bryan Beach

Mountaineer staff

Courage and sacrifices are no strangers to America. In every war since our first struggle for independence, America's prisoners of war have endured terrible hardships and have been called upon to make extraordinary sacrifices. The bravery, perseverance and profound devotion to duty of our POWs and MIAs have earned them a place of honor in the hearts of all Americans.

A proclamation signed by President Ronald Reagan in 1986

Each year the United States observes National POW/MIA Recognition Day on the third



Photo by Nel Lampe

A POW/MIA flag flies near the Veteran's Memorial in Memorial Park.

Friday of September. A solemn event is held at the Pentagon in Washington, D.C., and includes military elements from all the services, former POWs, MIA families and family organizations.

The POW/MIA flag is symbolic of our nation's commitment to

Americans still unaccounted for from all conflicts

Recently the federal government enacted federal laws requiring the POW/MIA flag be flown on specific days at U.S. installations around the world. These days include Armed Forces Day,

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Colorado Springs artist credited with POW/MIA flag

by Nel Lampe

Mountaineer staff

It was just an ordinary assignment, Newt Heisley thought, as he designed an advertising flat. He had been given the assignment by Annin Flag Co. Annin had been asked by a representative of the National League of Families to create a flag to represent prisoners of war and those missing in action.

Heisley, who had been stationed in the South Pacific with the Army Air Corps during World War II, was creative director of the advertising firm in New York City which was used by Annin. Using the symbols commonly associated with the POW camps in Vietnam—the tower and the barbed wire—Heisley made some pencil sketches. Heisley's son had just returned home from Marine boot camp and was very ill with hepatitis and had lost a lot of weight. Heisley thought a POW might look a lot like that, so he used his son's silhouette to depict the POW.

Heisley said although he'd never been a POW, my heart

was in sympathy for the POWs, MIAs and their families.

Heisley added you are not forgotten to the drawing.

Although the symbol was drawn in black and white, as all advertising flats were, Heisley had planned to add color to it. He's not sure what color, but it would have been something more optimistic, he said.

But, before he knew it, thousands of flags were being made, using the black and white design.

Heisley has seen pins, coins, flags, hats, patches and a wind-sock bearing the POW/MIA symbol he designed. He's even seen a flag in red and white.

My part (in the flag) was insignificant, Heisley said, from his Colorado Springs home. He pointed out that it's the veterans who are important. The veterans are timeless, he said.

Heisley often gets requests for his autograph on the POW/MIA flag, he said. Within the past few days he's sent autographed flags to former Senator Robert Dole and Senator John Glenn. A flag has been flown in space, and a flag is at the POW



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Mountain Post promotes we

Wellness center assists community in obtaining a balance of b

by Pfc. Socorro A. Spooner
Mountaineer staff

Are you searching for the solution to obtaining a healthy lifestyle, but the things you've attempted have not quite worked for you? Look no further, your answers can all be found at the new Mountain Post Wellness Center.

Since the opening of the center in June, there has been an increase of clients monthly, said Capt. Kevin Werthmann, exercise physiologist and assistant director at the wellness center. This center is a joint effort between the garrison, Evans Army Community Hospital and the 10th Combat Support Hospital.

The center, since its establishment in June, has tried to create a rigorous regimen in helping clients reach their goal of a healthy lifestyle. The center's main focus is on a three-part concept: the body, mind and spirit. The purpose behind the concept is to help active duty, family members, retirees, and civilian Department of Defense employees find a complete balance between their bodies, minds and spirits, according to Werthmann.

The first step in reaching this complete balance is coming into the center for a personal evaluation, said Werthmann. During this appointment, a clinical evaluation followed by a personal outbrief with a wellness nurse also

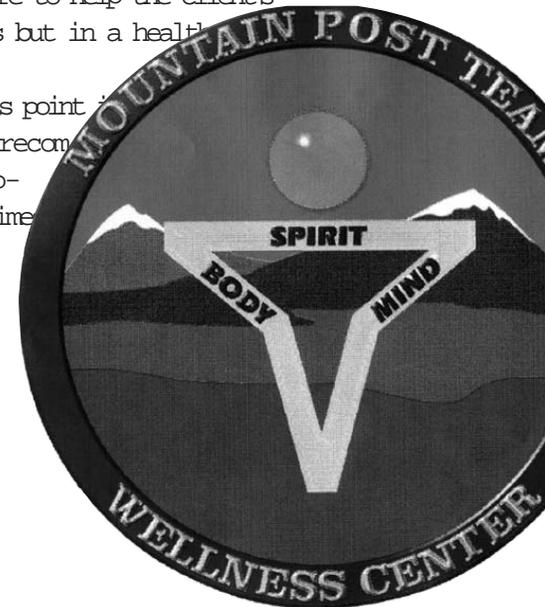
takes place, he said. The nurse will then discuss risk factors such as cardio-vascular condition and stress. After everything has been discussed with the clients, they are referred to one of the two exercise physiologists working at the center, said Werthmann. The exercise physiologists are there to help the clients reach their personal goals but in a healthy manner, he said.

Once clients reach this point in the processes, they are recommended to workout cardio-vascularly three-to-five times a week and workout on muscular strengthening two-to-three times a week, said Werthmann. Patients are highly encouraged to use the state-of-the-art exercise equipment room when first beginning their workout program. Once the patient gets used to the routine, they are encouraged to continue their programs at the center or where ever they would like to continue them, said Werthmann.

Not only do the exercise physiologists work on conditioning of the body

they also help clients of mind and spirit.

We, on occasions, also need a counselor in their lives or a healthier, said W



Blind athletes visit Carson Middle

Pfc. Socorro A. Spooner
Mountaineer staff

Carson Middle School hosted an assembly Sept. 11 for the United States Association of Blind Athletes. Two cycling members of the association participated in the assembly and discussed how they made the team.

Julie Warner, cyclist and Natalie Kelly, cycling pilot, talked to the students about not giving up their dreams and gave them an insight on how they've gotten to where they are currently. Warner talked about how, for most of her life, she had sight, but in her late 20s she began to lose it.

I now have no vision in the center of my eyes, and now I rely on my peripheral vision to see, said Warner. My strongest support team is my two children.

Although she went through high school and college with perfect sight, it has not deterred her from pursuing her athletic aspirations. The loss of her sight was devastating, since she was an athlete throughout her life.

Warner didn't let this setback keep her from becoming the best athlete she could become. Warner surpassed her disability in 1996 when she competed in the Paralympic Games in Atlanta, Ga., during the 1996 Olympic Games and hasn't looked back since then.

Unlike Warner, Kelly is not blind but



Students look on as Natalie Kelly pilots in front with Julie Warner cycle.

she does belongs to the team. Kelly, who is also a 6th grade math teacher, has been on the team for less than a year. Kelly, who is a pilot, plays the part of the eyes for those athletes who can't ride a cycle alone. Kelly was already a nationally ranked cyclist, but didn't really know what to expect when asked to pilot for a blind cyclist. But, once

she was asked to

looked back.
Since the two

they won a couple
to win many more
The two of the
members of the U
International Par

Prostate Cancer a potentially deadly

by Spc. Bryan Beach
Mountaineer staff

According to the American Cancer Society, approximately 185,000 men will be diagnosed with prostate cancer in the United States in 1998 and more than 40,000 will die of the disease.

This is a very serious illness, said Air Force Maj. Jerome P. Limoge, from the Air Force Academy's 10th Medical Group attached to Evans Army Community Hospital here.

Every man over the age of 40 should have an exam once a year, however, many men don't. In my opinion the biggest reason men don't is simply lack of knowledge.

This lack of knowledge is one reason why the American Cancer Society is sponsoring Prostate Cancer Awareness Week Monday to Sept. 25. Evans is encouraging men to schedule a prostate cancer screening with the Urology Service Clinic by calling 526-7155/526-7125.

Men who schedule an appointment receive a blood screening, rectal exam and a simple colon cancer test, said Limoge.

The prostate is one of three male reproductive glands. It is located below the bladder and surrounds the urethra. The prostate secretes a fluid which transports sperm.

According to information from the American

Cancer Society, prostate cancer is unregulated growth of the glandular cells in the prostate. Like all cancers, the basic cause of prostate cancer is a genetic alteration, resulting in the breakdown of the mechanism that normally regulates cell growth. Environmental, nutritional and behavioral factors may cause or accelerate some of these genetic alterations.

Most cases occur in men over the age of 50 and more than 80 percent of these cases are men over the age of 65. African-American men have the highest incidence of prostate cancer in the world.

There is about a 65 percent higher mortality rate for blacks than for other ethnic groups from prostate cancer. Now, whether that is due to socio-economical conditions, a more fatty diet or genetics is yet unclear, said Limoge. Also, if anyone in your immediate family has had prostate cancer you are at a greater risk.

There is little one can do to prevent prostate cancer. There is no clear evidence that behavioral modifications are effective in avoiding the disease. Although there is some evidence that a proper diet is important in reducing the risk, early detection is still the best hope, says Limoge.

There are currently two tests commonly used to detect prostate cancer, the prostate-specific antigen blood test and the digital rec-

tal examination. Neither is accurate by itself, but together they can have both tests performed.

According to information from the American Cancer Society, the PSA test is an important tool for early detection. During the test, the PSA level is measured for a substance called prostatic acid phosphatase by the prostate gland. PSA levels are extremely high in men with prostate cancer. Additional tests to find out if PSA levels of PSA does not indicate if you have prostate cancer. Some conditions could be mistaken for prostate cancer.

Then, there is the digital rectal examination that is often performed. The plain simple PSA test may not save your life. The test results may be a little unclear, says Limoge. I encourage men to get tests done.

As for reasons why men don't have the tests performed, in my opinion many men are just not receptive. Others don't know and others may be afraid. Some men may worry about the treatment taking.

The American Cancer

Chapel

Protestant Sunday School at Soldiers Memorial Chapel will be conducted each Sunday at 9:30 a.m. at the chapel.

An account has been established to receive donations toward the replacement of sanctuary furnishings destroyed during the January fire at Soldiers Memorial Chapel. Send checks or money orders to the chapel or the Installation Chaplain's Office.

Religious Education Classes need volunteers to serve as teachers and assistants in the Protestant and Catholic Religious Education Programs. If interested, call Miki Feldman at 526-0478.

Protestant women of the Chapel will meet every Tuesday at Soldiers Memorial Chapel from 9 to 11:30 a.m. and 7 p.m. Child care is available for both groups. For more information, call Jennifer Wake at 540-9157 or Nancy Beach at 576-4471.

Chapel Schedule

ROMAN CATHOLIC

| Chapel | Service | Day | Time | Location | Cont |
|----------|---------|---------|------------|---------------------|-------|
| Healer | Mass | Sunday | 11 a.m. | Evans Army Hospital | Fr. C |
| Healer | Mass | M - W-F | 11:45 a.m. | Evans Army Hospital | Fr. C |
| Provider | Mass | Sunday | 12:15 p.m. | Barkeley & Ellis | Chap |
| Soldiers | CCD | Sunday | 10:45 a.m. | Nelson & Martinez | Ms. |
| McMahon | Mass | Sunday | 9:30 a.m. | Bldg. 1517 | Chap |
| Veterans | Mass | Sunday | 8 a.m. | Magrath & Titus | Chap |

Changes in worship services due to the fire at Soldiers Memorial Chapel are denot

LITURGICAL

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|----------|------------|--------|------------|------------------|------|
| Provider | Liturgical | Sunday | 10:30 a.m. | Barkeley & Ellis | Chap |
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PROTESTANT

| | | | | | |
|------------------|-------------|--------|------------|---------------------|-------|
| Healer | Protestant | Sunday | 9 a.m. | Evans Army Hospital | Chap |
| Prussman | Prot/Samoan | Sunday | 8 a.m. | Barke | Barke |
| Hamrick/526-4206 | | | | | |
| Provider | Sun. School | Sunday | 10:15 a.m. | Barkeley & Ellis | Chap |
| Provider | Protestant | Sunday | 9 a.m. | Barkeley & Ellis | Chap |
| Prussman | Sun. School | Sunday | 9:30 a.m. | Barkeley & Prussman | Chap |
| Prussman | Prot/Gospel | Sunday | 11 a.m. | Barkeley & Prussman | Chap |
| Soldiers | Sun. School | Sunday | 9:30 a.m. | Nels | Nels |
| Scheck/526-5626 | | | | | |
| McMahon | Protestant | Sunday | 11 a.m. | Bldg. 1517 | Chap |
| Veterans | Protestant | Sunday | 9:30 a.m. | Magrath & Titus | Chap |
| Veterans | Protestant | Sunday | 11 a.m. | Magrath & Titus | Chap |

For additional information contact the Installation Chaplain's Office, Bldg. 6. For information and a schedule of Jewish Sabbath services, call the U.S. Air Force Academy at 2636. Normally, free child care is available for infants and preschool age children. Some worship services offer a children's church for ages 6 to 12.

Daily Bible Readings

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

Saturday, Psalms 103 & Song of Solomon
 Sunday, Psalms 104 & Song of Solomon
 Monday, Psalms 105 & Jeremiah 1-3
 Tuesday, Psalms 106 & Jeremiah 4-6
 Wednesday, Psalms 107 & Jeremiah 7-9
 Thursday, Psalms 108 & Jeremiah 10-12

Chaplain's Corner

Commentary

by Chap (Maj.) Michael D. Tarvin
Medical Detachment

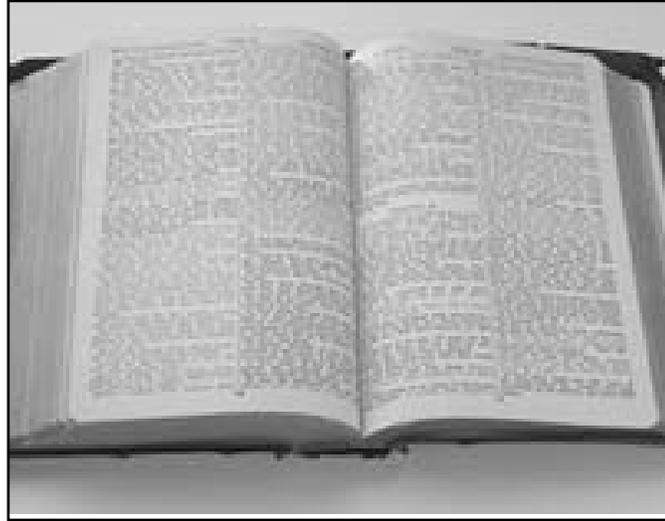
Two men, both seriously ill, occupied the same hospital room. One man was allowed to sit up in his bed for an hour a day to drain the fluids from his lungs. His bed was next to the room's only window. The other man had to spend all his time flat on his back.

The men talked for hours on end. They spoke of their wives and families, their homes, their jobs, their involvement in the military service, where they had been on vacation and many, many other things. And every afternoon when the man in the bed next to the window could sit up, he would pass the time by describing to his roommate all the things he could see outside the window.

The man in the other bed would live for those one-hour periods where his world would be broadened and enlivened by all the activity and color on the outside world.

The window overlooked a park with a lovely lake, the man had said. Ducks and swans played on the water while children sailed their model boats. Lovers walked arm-in-arm amid flowers of every color of the rainbow. Grand old trees graced the landscape, and a fine view of the city skyline could be seen in the distance.

As the man by the window described all



this in exquisite detail, the man on the other side of the room would close his eyes and imagine the picturesque scene.

One warm afternoon, the man by the window described a parade passing by. Although the other man could not hear the band, he could see it in his mind's eye as the gentleman by the window portrayed it with descriptive words.

Then unexpectedly, an alien thought entered his head:

Why should he have all the pleasure of seeing everything while I never get to see anything? It didn't seem fair. As the thought fermented, the man felt ashamed at first. But as the days passed and he missed seeing more sights, his envy eroded into resentment and soon turned him sour. He began to brood and found himself unable to

sleep.

He should be that thought now

Late one night, the man by the ceiling, the man coughed. He was chugging his lungs. The other man lit room as the window groped for the

Listening from never moved, never which would have been. In less than a minute, he was coughing and choking. The sound of breathing

Now, there was silence.

The following day, the nurse arrived to bring water. She found the lifeless man by the window, she called the hospital attendant. No words, no fuss.

As soon as it was over, the man asked if he could see the window. The nurse flipped the switch and after a moment, she left. The man propped himself up and looked out his first look. Finally, he saw it all his life.

He strained to see the window beside the

Where and When

Directorate of Community Activities facilitiesPhysical fitness centers/swimming pools

Garcia PFC

M-F 6:30 a.m.-10 p.m./weekends and holidays 10 a.m.-5 p.m.

McKibben PFC

M-F 6:30 a.m.-10 p.m./weekends and holidays 6 a.m.-1 p.m.

Waller PFC

M-F 6:30 a.m.-10 p.m./weekends and holidays 3-10 p.m.

Mountain Post PFC

M, T, W, F 6:30-9:30 a.m. (Open for after-PT showers only)

Forrest FC

M-F 5:30 a.m.-10 p.m./weekends and holidays closed

Post Field House

M-F 6:30 a.m.-10 p.m./weekends and holidays closed

Indoor Swimming Pool

M-F 6:30 a.m.-9:30 p.m. (lap swimming from 6:30-8:30 a.m./open swimming from noon-10 p.m.)/weekends and holidays, closed

Outdoor Swimming Pool closed

Miscellaneous

Grant Library, building 1528, ph: 526-2350

M-Th 11 a.m.-8 p.m./Fri. 11 a.m.-4 p.m./Sat. and Sun. 10 a.m.-6 p.m.

Multi-Craft/AutoCraft/WoodCraft Centers

W, Th. and F 1-8:30 p.m./weekends and holidays 9 a.m.-4:30 p.m./Mon. and Tues. closed

Community Thrift Shop, building 1341, ph: 526-5966

T, W, Th. 10:30 a.m.-2:30 p.m./ Fri. through Mon. closed

Turkey Creek Recreation Area, ph: 526-3905

W-F 10 a.m.-3:30 p.m./Sat. and Sun. 10:30 a.m.- 4 p.m./Office hours: W-Sun. 8 a.m.-4:30 p.m.

Information Tour & Travel, building 1532, ph: 526-5366

M-F 9 a.m.-6 p.m./Sat. 9 a.m.-1 p.m./closed Sun. and holidays

Carlson Wagonlit Travel, building 1532, ph: 576-5404

M, Th, W, F 9 a.m.-6 p.m./Tues. 9 a.m.-5 p.m./weekends and holidays closed

Outdoor Recreation Complex, building 2429, ph: 526-2083

M-Sun. 10 a.m.-5:30 p.m./holidays 10 a.m.-4 p.m.

Pueblo Deli (Elkhorn), building 7300, ph: 576-6646

M-F 11 a.m.-1:30 p.m./closed weekends and holidays

Fatz Pool and Darts, building 1129, ph: 526-4693

T-Th 11:30 a.m.-midnight/F-Sat. 11 a.m.-2 a.m./Sun. 1 p.m.-midnight/Mon. closed

Decades Niteclub

Wed. 5 p.m.-12:30 a.m., Th. 3 p.m.-2 a.m./Fri. 4 p.m.-2 a.m./Sat. 7:30 p.m.-2 a.m./Sun. 4:30 p.m.-12:30 a.m./Mon. & Tues. closed

The Bowling Center, building 1511, ph: 526-5542

Sun.-Th. 11 a.m.-11 p.m./Fri & Sat. 11 a.m.-1 a.m.

Cheyenne Shadows Golf Course, ph: 526-4122

M-Sun. 6 a.m.-7:30 p.m.

Youth Center

M-Th. 3-8 p.m./Fri. 3-9 p.m./Sat. 1-9 p.m. closed Sun. & holidays

Army and Air Force Exchange Service facilitiesBarber/Beauty Shops

Ivy Troop Store Barber Shop, building 2355

M-F 7:30 a.m.-4 p.m./weekends and holidays, closed

Prussman Troop Store Barber Shop

M-F 7:30 a.m.-4 p.m./weekends and holidays, closed

Barber Shop, building 1161

M-F 7:30 a.m.-4p.m./weekends and holidays closed

Evans Beauty Shop, building 7500 ph: 540-0462

M-F 9 a.m.-5 p.m./weekends and holidays closed

Post HQ Barber Shop, building 1430

**Community Thrift Shop**

Irene Bones, left, cashier is assisted by Pat Pieprosanti, a volunteer at the thrift shop.

Mon. only 7:30 a.m.-4 p.m. (closed holidays but open next business day)

Welcome Center Barber Shop, building 1218

Mon. and Th. only 7:30 a.m.-4 p.m.

Main Store Mall Barber and Beauty Shops, building 6110, ph: 576-6459

M-Sat. 9 a.m.-7 p.m./Sun. and holidays, 10 a.m.-6 p.m.

Mini Mall Barber Shop, building 1510, ph: 576-8013

M-F 7 a.m.-6 p.m./Sat. 8 a.m.-6 p.m./Sun. 10 a.m.-5 p.m. closed holidays

Shoppettes/service stations

B Street Shopette, building 900

M-F 5 a.m.-midnight/weekends 6 a.m.-midnight

Service Station, building 1515

M-F 6 a.m.-7 p.m./Sat. 8 a.m.-6 p.m./Sun. 10 a.m.-4 p.m.

Alterations

Military Clothing Sales Store, building 307, ph: 576-4516

M-F 9 a.m.-6 p.m./Sat. 9 a.m.-3 p.m./closed Sun. and holidays

Mini-Mall, building 1510, ph: 576-4304

M-Sat. 9 a.m.- 6 p.m./Sun. 10 a.m.-5 p.m./closed holidays

Miscellaneous

Burger King (Specker), building 1520

M-F 6 a.m.-9 p.m. (drive thru until 10 p.m.)

Kentucky Fried Chicken

M-Sun. 10:30 a.m.-10 p.m.

Class 6, building 1524

M-Sat. 9 a.m.-9 p.m./Sun.

Class 6 Annex, building

M-Sat. 10 a.m.-7 p.m./cl

Laundromat, building

M-Sun. 7 a.m.-10 p.m.

Car rental, building 98

M-F 7:30 a.m.-6 p.m./Sat.

TV Repair/UHaul, building

M-F 10 a.m.-5:30 p.m./Sat.

days

Sprint Office, ph: 579-

M-F 9 a.m.-6 p.m./Sat. 1

Main Store Mall, building

M-Sat. 9 a.m.-7 p.m./Sun.

Shop, Vitamin Expo, Opti

Main Store Mall Expre

M-F 8 a.m.-3 p.m./Sat. a

Mini Mall, building 1510

Military

Logistics exercise prepares s

by Spc. Jon Parr
Mountaineer staff

Treating 250 casualties of war is no easy task, but having a field hospital that provides the highest level of care for all injuries can make the task easier on doctors, nurses and other medical personnel.

The 10th Combat Support Hospital is conducting a logistics training exercise at Training Area 6 to see how well it can meet its wartime mission by building a 296-bed hospital.

During the exercise, the CSH is constructing the hospital, identifying what equipment is serviceable and providing clinicians the opportunity to see their working environment.

Many steps are taken to achieve these goals. The first step in the process is surveying the land to set up the hospital, said Maj. David Budinger, 10th CSH executive officer.

"The land survey is the most critical piece in setting up the hospital," he said. "Every part of the hospital connects, so everything is measured to the inch. If the survey team is off a couple of inches here and a couple of inches there, something might not plug in."

To make it work, the survey team has to find an area of 18 acres that has less than a 4 percent grade. Once the measurements are double checked, the deployment process begins.

During movement to the field, the battalion-sized element must rely on the Fort Carson team, said Col. Larry Godfrey, 10th CSH commander.

Moving 1.5 million pounds of

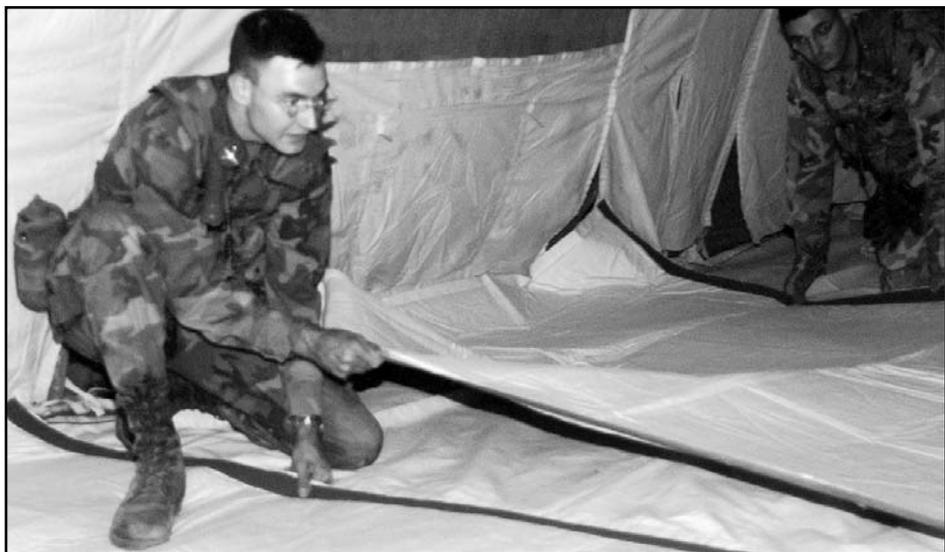


Photo by Spc. Jon Parr

Private Jason Tyson connects floor tiles in a temper tent.

equipment and strategically placing it requires a lot of teamwork. Providing an extra element to the CSH was 68th Transportation, which assisted Godfrey's soldiers in moving 80 millions and placing the equipment in its correct location.

"We moved the equipment out here in six hours," Godfrey said. "68th (Transportation) was very efficient. We couldn't have done this exercise without them. We expected it to take a day and we did it quickly and efficiently without any injuries or problems."

Seventy-two hours may seem like a long time, but that is all the time the CSH is allotted to set up tents, beds, X-ray equipment, recovery rooms, operating rooms, sleeping areas and high-tech equipment. They must sleep too, so a lot is required of the soldiers in a short amount of time, Budinger said.

Actual deployment time is 72-hours, but for this exercise the CSH took four days to set everything up. A day of practice was also used, Budinger said.

"We are taking four days to put it up, that way we can ensure the soldiers know what they are doing and identify any shortcomings with the equipment," Godfrey said.

Learning and working together is critical, as shortcomings are like missing pieces to a puzzle.

"This is a gigantic machine," Godfrey said. "It only functions when put together correctly as a unit. By taking an extra day to set it up, every soldier will know what they are supposed to do and how to do it."

Identifying shortcomings is very important for a hospital of this size. Godfrey said the hospital has sewage, water, laundry and shower capabilities.

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MPs ready for compe

by Capt. Scott Peck

759th Military Police Battalion

Warfighter MP Team Competition 1998 is just one event in which military police from around the globe will participate to celebrate the 57th anniversary of the Military Police Corps and Regiment, at Fort McClellan, Ala., today through Sunday.

Corporal Christopher Butler, Spc. Elizabeth Galaviz and Pfc. Jay Hoffman, of the 984th MP Company, 759th MP Battalion, represent Fort Carson this year.

The competition is a rigorous, three-day event that includes: the Army physical fitness test, weapons qualifications, MP crew drills, 12-mile ruck march/run, common task and MP individual tasks testing (at one skill level above their rank), day and night land navigation, obstacle course, preventive maintenance checks and services of the highly mobile multi-wheeled vehicle and other organic equipment and written examination.



Photo by Capt. Scott Peck

Three MPs train on the tank trails of Fort Carson in preparation for this weekend's competition.

Last year, 43 MP teams from active Army military police battalion size units participated in the competition. Fort Carson's MP team from the 59th MP Company placed fifth overall. "I am confident we will again make the top five," says Team Leader, Butler, from Missouri. "We have been training for 45-50 hours per week for the past two and half months, under

the direction of our platoon sergeant"

Butler is no rookie at the Warfighter MP Team Competition. He was there in 1995 with the 300th MP Company, then stationed at Fort Leonard Wood, Mo., and again in 1996 with the 57th MP Company from Camp Carroll, Korea.

Galaviz, from Michigan, the

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Naval reserve unit helps with Basic Cadet

by Lt. Cmdr. Eddy Baleria

Nurse Corps, U.S. Navy Reserve

Recently the U.S. Naval Reserve Unit here went to Jack's Valley, U.S. Air Force Academy to assist with Basic Cadet Training.

Some called it training. Some called it torture.

The Cadre — senior (Cadet 1st Class) and junior (Cadet 2nd Class) Air Force Academy cadets along with their dedicated alumni provided leadership to the challenge courses that would begin to shape the class of 2003.

Their black Cadre T-shirt logos offered clues to the anxious newcomers with words from the wise, "Punishment is its own reward," "Get dirty," and appropriate to the Confidence Course — "Fear is your worst enemy."

Cadet Basic Training Commander, Col. Michael Brooks welcomed the mutual support offered by the reservists from the Air Force and the Navy. Thirty-two Air Force reservists from the 939th Medical Dental Squadron out of Portland, Ore., scheduled their two-week active duty training to head up the medical support required. Sixteen people — physicians, nurses and corpsmen from the Fort Carson Naval Reserve Unit, CBTZ 23 FH500, Detachment B provided 468 man-hours of medical support as well.

In the 90 - degree daytime heat, the Navy worked side-by-side with the Air Force, attending to muscle strains, ankle sprains, dehydration and minor respiratory problems. The bulk of injuries were heat exhaustion, blisters and foot problems.

Detachment B n by watches at the fo offering first aid with training schedule. Ja Force Captain Matt were kept minimal a closely. U.S. Navy K Camilla Bicknell su health care provider been doing this for n vides unique field tr istic conditions. We own basic training e the challenges many for the first time in year."

Hanta —

From Page 1

"The handling of rodents is very important to 91 sierras (preventive medicine specialists)," Walker said. "Learning how to handle, trap and take samples without being bitten is important to each soldier."

After setting a total of 140 traps at Turkey Creek Ranch, Camp Red Devil, Training Area 6 and Butts Airfield, the soldiers returned the next morning to collect the traps and any rodents caught.

Once the traps are collected, they are tied to the outside of a Humvee, that way the soldiers don't take a chance of breathing in the virus in the confined area of the Humvee, Walker said.

When the traps get to the testing site, safety is the number one priority as soldiers handle the rodents and breathe the same air.

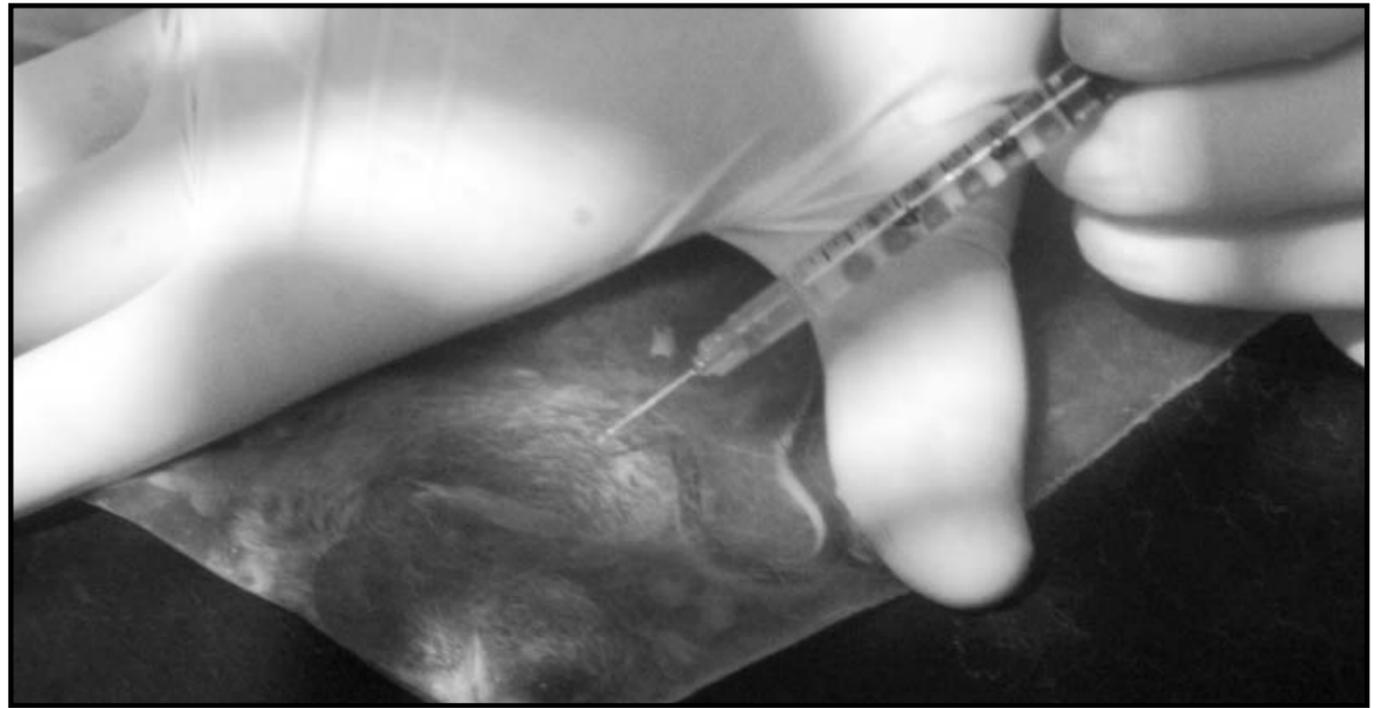
Prior to sedating, taking blood and weighing and measuring the rodents, soldiers get dressed in several layers of protective clothing, plastic gloves and a respirator to avoid any chance of getting the virus.

Once the soldiers are dressed, each soldier takes a station. At the first station, a rodent is released from the trap into a plastic bag. The plastic bag is sealed and a soldier uses a needle to inject a sedative. When the sedative takes effect, the live rodent is then given to another soldier who takes a blood sample.

"The rodents are put into plastic bags because we don't want to chance a soldier getting bit," Walker said. "Protective clothing is used to ensure nobody gets the virus, but the two biggest risks of getting it for us are being bit by a rodent and accidentally sticking yourself with an infected needle."

The blood sample is the most important part of the testing, Walker said. When the blood is taken from the rodent, soldiers have to go underneath the rib cage and into the heart for a sample.

"We have to get the blood sam-



Photos by Spc. Jon Parr

A deer mouse is injected with a sedative.

ple while the heart is still beating," Walker said. "If the animal is dead, the blood coagulates and it makes it very difficult to get one."

After the sample is taken, the specimen is passed to the next station, where it is weighed and measured. Once the data is collected, the neck of a rodent is broken, and it is put into a bag that identifies the rodent, and then it is frozen.

"The animals are euthanized in a humane way," Walker said. "It is important that we keep the specimens because the blood of each one is sent to the University of New Mexico for testing. If the blood comes up positive, we then send the rodent to the university for further study. The rest of the rodents are used at a museum."

Results from these tests won't be available for a couple of weeks, but Walker said the training exercise was a success.

"Twenty-five percent of our traps have been successful," Walker said. "That's a very high success rate."

Along with the success of the traps, Walker said the training the soldiers received was educational.

"This training is excellent," he

said. "There is nothing better than hands-on training. This exercise serves as a refresher and the soldiers are learning new things too."

Hands-on training is what made the exercise a learning experience for Pfc. Stacey Jackson.

"I'm learning a lot, and it's more hands-on than I've ever experienced," she said. "We are providing real-world results, and we are getting a break from our garrison mission. It's a lot of fun."

Although contracting the virus is rare, Walker said soldiers training in the field and in garrison should be aware.

"The virus is carried in the body fluids and fecal matters of rodents," he said. "It can also be contracted through bites. If someone touches the fecal matter and then puts their hand in their mouth, they could become infected."

One of the easiest ways for someone to get the virus is cleaning. Walker said the virus is usually caught by people sweeping out a barn or an enclosed area.

"It's very rare for someone to catch the virus outdoors. Sunlight kills the virus," he said. "Most peo-

ple catch it when they are sweeping out an enclosed area that has poor ventilation and no sunlight. When they sweep the area, dust flies around and they breathe in the virus."

When soldiers are cleaning out a shed at home or a conex in the motorpool, that's when they are at highest risk, Walker said. To avoid any chance of getting the virus, Walker said anyone cleaning out an enclosed area should wear a protective mask of some kind and spray the area with a disinfectant before sweeping.

If someone catches the virus, it is up to their body's immune system to fight it off, as there is no cure.

"Forty to 50 percent of the people who get Sin Nombre die," Walker said. "The incubation period lasts anywhere from two weeks to a month. The first signs of the virus are flu-like symptoms, but there is no cure known for the virus. The earlier it is discovered, the odds of survival are better."

Fourteen soldiers from the 223rd medical detachment went face to face with death as they performed this study, but it's studies of this nature that may help



Dressed in protective clothing, soldiers from the 223rd Medical Detachment conduct testing on rodents.



Private First Class Stacey Jackson holds a plastic bag as Spc. Jessica Bisher places a contaminated trap in the bag.



Specialist Jim White does a cardio-stick on a rat. The blood taken from the cardio-stick is checked for the Hantavirus.



Specialist Jessica Bisher holds her head away from a trap as she checks to see if it is contaminated.

MP ball a good time for all

by Maj. Tom Cioppa
759th Military Police Battalion

The 759th Military Police Battalion hosted the 57th Military Police Anniversary Ball at the Elkhorn Conference Center Aug. 28.

The guest speaker for the event was, Col. Carrie Kendrick, 89th Military Police Brigade commander, Fort Hood, Texas. Colonel Robert Hauser Jr., 43rd Area Support Group commander, and his wife were guests of honor at the head table.

The anniversary ball, attended by soldiers of all ranks, boasted the highest number of junior enlisted soldiers to attend the event in several years. Sister service law enforcement service members, civilian law enforcement officials and retired military personnel were also in attendance. More than 260 soldiers and guests attended the event.

The evening included several highlights. The traditional punch bowl ceremony outlining the history of the Military Police Corps illustrated how the corps has evolved into a combat multiplier in major regional contingencies.

Kendrick, the senior military police officer present, and Pvt. Steven Ritzert, the youngest soldier present, conducted the ceremonial cutting of the cake using the Battalion's Key (a spear that is carried by the most junior officer in the battalion). A seven-minute video compiled by the Training Support Center highlighted the significant events of the past year.

Kendrick provided a motivational speech on adherence to standards and how the 759th Military Police Battalion has continued to do great things for Fort Carson and the Military Police Corps. Harmony in Motion sang several selections and performed flawlessly.

Perhaps the biggest treat of the evening's events was watching Kendrick, Hauser, Lt. Col. J.C. Abney, 759th Military Police Battalion commander and Command Sgt. Maj. Carl Hemler, 759th Military Police Battalion command sergeant major kick off the informal portion of the evening by doing the "Macarena."

The anniversary ball is usually held in September, but was held in August this year so the 59th Military Police Company could attend prior to their deployment overseas.

Abney summed up the event by stating: "I was extremely pleased with how the event was planned and conducted. The most important thing was our guests and soldiers — especially our junior enlisted — enjoyed themselves. It was an opportunity to not only celebrate our corps, but the battalion's birthday as well, which was constituted Aug. 19, 1942. Our young soldiers had the opportunity to appreciate the tradition and camaraderie associated with our Military Police Corps Anniversary." Congratulations to the Military Police Corps and the 759th Military Police Battalion. "Hold the Gate!"

NCOs ente

Fort Carson

Hard work and Mountain Post non were inducted into Murphy Club Sept.

Inducted this q Daniel Stewart, 53- Dawn Weaver, Reg Headquarters Troop Regiment; Sgt. 1st Headquarters, Head ACR and Sgt. 1st S. Army Garrison.

The club is nar who was the most II.

Murphy accom career, so soldiers i required to be acco

To go before th rank between corpo a physical training in charge of two so they must be recom mand.

Mione is proud "It's great to be major from Fort Ca as a soldier and my my junior soldiers,

Show me the money

by Staff Sgt. John Martin
10th Combat Support Hospital

Banks, department stores and credit card companies are in business to make money. Charge cards are a real profit center for them and they make lots of money.

For example, suppose you needed \$2,000 to buy some furniture. If you went to a bank and took out a loan at a 11 percent interest, your monthly payments would be \$43.49 a month for five years. The cost of repaying the loan, principal and interest, would be \$2,609.40.

If you bought the same furniture using a charge card or easy credit at 19% interest, your monthly payments would still be about \$43 a month, but it would take you seven years at a cost of \$3,612 to pay off the loan.

As you can see, the charge card and easy credit would take you two years longer to pay off and cost you \$1,000 more than the bank loan.

So, who came up with this brainstorm for easy credit? In the early 1970s, the economists wanted to get the economy whirling. They figured if they could get people to start spending money, businesses would fire up the factories, jobs would be created, taxes would be generated, and the whole economy would shift into fifth gear.

To encourage spending, they eased the credit barriers. Credit suddenly became available to millions of people who never had credit before.

Easy credit became the new rage. The public was invited to go on a spending spree: buy now, pay later.

Some credit card companies responded to the excitement by mailing pre-approved credit cards to millions of people. This practice continues today. You can't help notice all the signs and advertisements offering easy credit.

Charge cards are not the only forms of credit. Some other types are: Installment Sales Credit which is used to buy a specific item; Installment Cash Credit which provides you with cash in hand; Lump Sum Credit which is a short term bank loan; Service Credit which is used for phone, cable, and utility bills; and Revolving Credit which is retail charge accounts.

All of this easy credit can cause a family to go into debt.

For most families, debt is not built out of necessity. Rather, it is built on impulse. Easy credit has helped make this possible.

Most people love to shop when they are bored, nervous or anxious. A day at the mall can relieve the tensions of everyday life. Shopping offers a few

hours of escape, a chance to relax and treat ourselves.

Here's where "impulse" might head to the mall. Once there our eyes are everywhere. We suddenly pick up things we had to pay for the next day.

It also causes us to buy things we don't need. Buying birthday or Christmas gifts, grabbing the tab in restaurants, or even buying more clothes than we need. We feel silly charging a card.

Keep this in mind: Many of the things we buy are impulse purchases of the moment. Impulse purchases spend nearly three times as much as originally planned to buy. Many things bought this way are not needed.

Impulse items are not always of quality which causes us to regret because we don't know what we're buying.

So, as you can tell, there's a lot about easy credit. You might be a Noncommissioned Officer or give advice to someone. Remember, credit is not a magic increase in salary.

Dining Schedule

Week of Saturday to Sept. 25

Weekday Dining Facilities

3rd ACR Patton House (building 2161)
 3rd ACR CAV House (building 2461) Closed
 3rd BCT Iron Brigade (building 2061)
 3rd BCT Mountaineer Inn (building 1369) Closed
 43rd ASG Cheyenne MTN Inn (building 1040)
 10th Special Forces Group (building 7481)
 Butts Army Airfield (building 9612)

Standard Meal Hours

| Mon., Tue., Wed. and Fri. | Thurs. |
|----------------------------|-----------------|
| Breakfast 7:30 to 9 a.m. | 5:30 to 7 a.m. |
| Lunch 11:30 a.m. to 1 p.m. | 12 to 1:30 p.m. |
| Dinner 5 to 6:30 p.m. | 4 to 5:30 p.m. |

Exceptions

- 10th Special Forces Group is closed Monday. Meal hours are the same Monday to Friday, but do not apply on Thursdays. No dinner meal services on Fridays.
- Butts Army Airfield is open for breakfast and lunch only, Monday through Friday..
- Iron Bde. closed Sept. 26 through Oct. 12
- Cav House closed today through Nov. 2.
- Mountaineer Inn closed Saturday through Nov. 1.

Weekend Dining

3rd ACR Patton
 43rd ASG Chey
 3rd BCT Iron B
Stand

Brunch 9 a.
Supper 3:30

Family member
 meal on Sunday.

Sports & Leisure

Army wins rugby interservice championship

by Walt Johnson
Mountaineer staff

For 80 minutes, members of the U.S. Army and Marines rugby teams beat, battered and bullied each other all over Pershing Field to decide the 1998 interservice championship. The game was so well played and exciting that one of the officials said, "this was the best championship game we have had in the past five years."

And that didn't come close to summing up how great it was.

Army defeated the Marines 28-25 to win its fifth consecutive interservice rugby championship in a game that had all the excitement and elements you could ask for.

For the people who like all-out brutality, there was enough blood to make the Red Cross wish they had vials at the field. For the people who like poetry in sports, there was some of the most beautiful runs and tackles seen on any football field. And for the person who likes drama there was more than enough of that.

The game began innocently enough as both the Marines and Army sought to gain the upper hand. The teams traded successful penalty kicks on two occasions and at half-time the game was tied at six points apiece. Nothing in the first half gave anyone the idea the second half would be one of the classics in rugby tournament history, nor did the beginning of the second half.

Army scored a try (five points for putting the ball across the goal line and forcibly putting it to the ground) as Army blasted into the end zone. The extra point try was no good and Army had an 11-6 lead early in the second half.

Army tallied another try three minutes later as Kevin Reliford found

Then, Army's Dan Flaherty scored a try off a Marine ball handling mistake to give the Army what appeared to be a commanding 25-6 lead with less than nine minutes left. But as one of the Army coaches stated on the sideline, "no lead is safe in rugby, it only takes about five seconds to score a try." His words would prove to be prophetic.

Trailing 2-6, the Marines' assistant coach Todd Desgrosseilliers said the coaching staff turned on a light to the Marines' offense because they came out storming.

"Our attitude was to dig down deep and just keep on scoring, and that's what we did."

Sensing this was the time to rise to the occasion, the Marines did just that, taking just two minutes to score a try and the extra point to cut the deficit to 25-13.

One minute later, the Marines scored again as Ellis Graves ran the ball 60 yards past the Army defense. The Marines missed the extra point, but the score brought them within seven points at 25-18. With about four minutes left, it was definitely anyone's game, and it appeared like the Marines wanted the game more than Army at this point.

The Marines took the kickoff from Army and again mounted a drive. When it looked like Army may have been in a position to stop the Marine advance on their goal line, the Marines got one key offensive play after another to keep the drive and their hopes for a championship alive.

Then, just like water coming through a hole in a water pipe, the Marines finally burst through the Army defense and got the score they needed to get within two points of the Army lead. Graves scored on a beau-



Army rugby players, in white, look to attack strong Marines defense early in the game played Saturday at Pershing Field

right side, he didn't slam the ball down to secure the score, instead he laid on the ground, let the Army defense pass him, and then he got up, moved the ball to the middle of the field, and slammed the ball down to the turf.

All that was left for the Marines was to kick the extra point and the game would be tied, and that is just what they did. Now it would be a matter of which team could find a way to score on the other team in the last one minute and 10 seconds of the game.

Army took charge of the last minute. Then the Marine Corps made a fatal mistake — getting an offside penalty — which gave the Army the opportunity to kick the winning field goal.

Army lined up for a free kick, which sailed directly down the middle of the goal post to give them the victory and fifth consecutive title.

After the game Desgrosseilliers was philosophical about the team's

breaks that w made absolu this is Marin M coach not wi mome "V breako to ove we we advan give th Bu the tea Marin "V we hav ers an combi allowe again St sympa

On the Bench

Forrest Fitness Center hosts first aerobic



by Walt
Johnson
Mountaineer
staff

***The aerobics
instructors of
Fort Carson will
present a heart-***

thumping, blood-
pumping, fun-filled, non-stop aerobic workout when the Forrest Fitness Center presents its first aerobic-a-thon, Oct. 3 from 9 a.m. to 2 p.m., at the Post Physical Fitness Center, according to aerobic coordinator Inez Horn.

Horn said the day will be filled with opportunities for anyone interested in learning about or getting a full aerobic workout. She said it will be taught by people more than qualified in their chosen specialty. Among the instructors participating will be: Christine Schlacter; Sharon Haines; Jon Fukushima; Elizabeth Casciaro; Mary Orange; Horn and guest instructors Davina Overleas and Jill Wayre.

"The aerobics instructors are pleased to be able to bring Fort Carson an event like the aerobic-a-thon. We hope people will come and join some of the finest certified aerobics instructors in the city as we offer a variety of different aerobic activities designed to stimulate beginners and challenge experienced aerobics participants."

Featured at the aerobic-a-thon will be activities such as funk aero-

bics; hi-low aerobics; intro to aerobics; four-step and double-step; step for beginners; weights; kick boxing and super step.

There will also be food, fun and door prizes. For more information, contact Horn at 526-2706.

The Post "A" soccer team began fall play with a thrilling but disappointing 1-0 loss to Pikes Peak Community College. The team got off to a slow start with only the great goal keeping of Timm Nikolajsen keeping the team from falling into a huge deficit.

Although the game was scoreless until the 70th minute of the game, PPCC kept a lot of pressure on the Carson team, not allowing them to mount any type of offense.

Carson coach Ben Stancati said he saw some good things from his team in adversity. "The team responded very well and eventually started applying some pressure of its own. What I feel good about is the team really could have collapsed under all the pressure PPCC put on us but the team kept it together and played hard, which is a real good sign and will serve us well as we go into the tough part of the schedule."

The Carson "A" team will be in action again when they meet Colorado College's "A" team at 3 p.m. at Pershing Field Sunday.

The post "B" team extended its record to 2-0 on the fall season as

they defeated the Hustlers Over-30 team, 4-3. This was the second consecutive 4-3 win for the post "B" team.

The "B" team had to overcome a 3-1 deficit to win this game as Y. John Kwon, Joseph Guillet and Chris Lackey each scored second-half goals. The "B" team will be in action again on Thursday at Pershing Field at 6 p.m.

Practice sessions are held on Tuesday and Thursday at Pershing field and are open to anyone interested in being a part of the soccer team here. Anyone interested in trying out for the team needs to simply show up at the field. New players will start on the "B" team and work their way up to the "A" team.

The 1998 Fort Carson women's varsity basketball team will begin season action on Oct. 30 at McKibben Gym.

Anyone wishing further information on the women's season can contact Marcia Olivares at 526-7145 or 526-7155.

The Fort Carson men's basketball team will begin play in November.

Tryouts have been taking place but will now be suspended for National Training Center, Fort Irwin, Calif., rotation and will resume on Oct. 28. For more information, contact Don Pitts at 526-1592.

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SPORTS & LEISURE

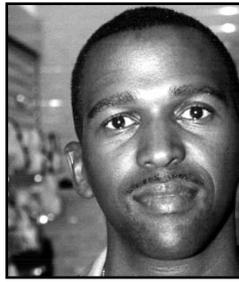
College/Pro Pigskin Picks Week Number 3



Patience Evans
Family Member



Spc. Jon Parr
Public Affairs



Sgt. Ronald Gra
60th Ordnance C

Wyoming at Georgia
Texas A&M at So. Mississippi
North Carolina at Stanford
Missouri at Ohio State
Texas at Kansas State
Cincinnati at Army
Florida at Tennessee
Miss. State at Oklahoma State
Dallas at N.Y. Giants
Detroit at Minnesota
Chicago at Tampa Bay
Washington at Seattle
Denver at Oakland
Pittsburgh at Miami
Green Bay at Cincinnati
San Diego at Kansas City

Georgia
Texas A&M
North Carolina
Ohio State
Texas
Army
Florida
Oklahoma State
Dallas
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Ohio State
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Denver
Pittsburgh
Green Bay
Kansas City

Commentary

by Spc. Jon Parr
Mountaineer staff

Finally ... the American Football Conference has won a championship. Unfortunately, it was those guys from Denver. I was saddened by the Denver Broncos' victory against the Green Bay Packers, but I was glad the AFC ended the drought.

I've been following the Seattle Seahawks since I was knee high to a grasshopper, and it's bad enough they haven't made the playoffs since a guy named Dave Krieg was in his prime and Chuck Knox was running the show. But for the AFC to never win the Super Bowl, it made them look even more pitiful. Now the title is in the AFC again and it makes the Seajocks look respectable.

I hate the Denver Broncos more than any team in the National Football League, except for the Dallas Cowboys. So, whether they are good enough to repeat or not, you won't find them at the top of my list.

This year's race is wide open as the Pittsburgh Steelers, Jacksonville Jaguars, New England Patriots, Kansas City Chiefs and Denver

Broncos all fight for the home-field advantage en route to the Super Bowl.

Each of these teams is in good shape to make a run for the promised land, but I feel the Chiefs, Steelers and Jaguars are a class above the others.

It's easy to say the Broncos have the edge, after all Terrell Davis, John Elway, most of the offensive line and the wide receivers are all intact. However, every team will be aiming to take the champs out and Denver doesn't have the guns to hang.

Pittsburgh lost to Denver by three points in the AFC Championship Game, but Kordell Stewart's inexperience led to three costly turnovers and the curtain came down on the Steelers. This year, you can take it to the bank that if the Broncos and Steelers meet in the playoffs, Steelers win by six.

Although the Steelers easily should have been in the grand finale last year, they may not win their division this year. The Jaguars are tough. Quarterback Mark Brunell is healthy and he has what may be the best offensive line in the NFL protecting

him. Wide receivers Keenan McCardell and Jimmy Smith will drive opposing teams crazy and rookie RB Fred Taylor should do more damage than the departed Natrone Means. On the other side of the ball, the Jaguars look dazzling if they can stay healthy. The 1997 season was miserable as their starting line-up only played two games together and missed more than a combined 50 weeks due to injury. This is my pick to win the AFC, unless they meet the Chiefs in the playoffs. If they avoid the Chiefs, the Jaguars are well on their way to defending the AFC.

Kansas City has an incredibly boring team. Marcus Allen retired and Andre Rison is the only player who can stir excitement. Boring, yes, but this Chiefs team is hard nosed and they won't beat themselves. I think they are the only team that can beat the Jaguars, but the Steelers have their number. They should win the AFC West again, but a Super Bowl will escape them.

New England had the title within their grip two years ago, but last year the Patriots didn't play to their ability

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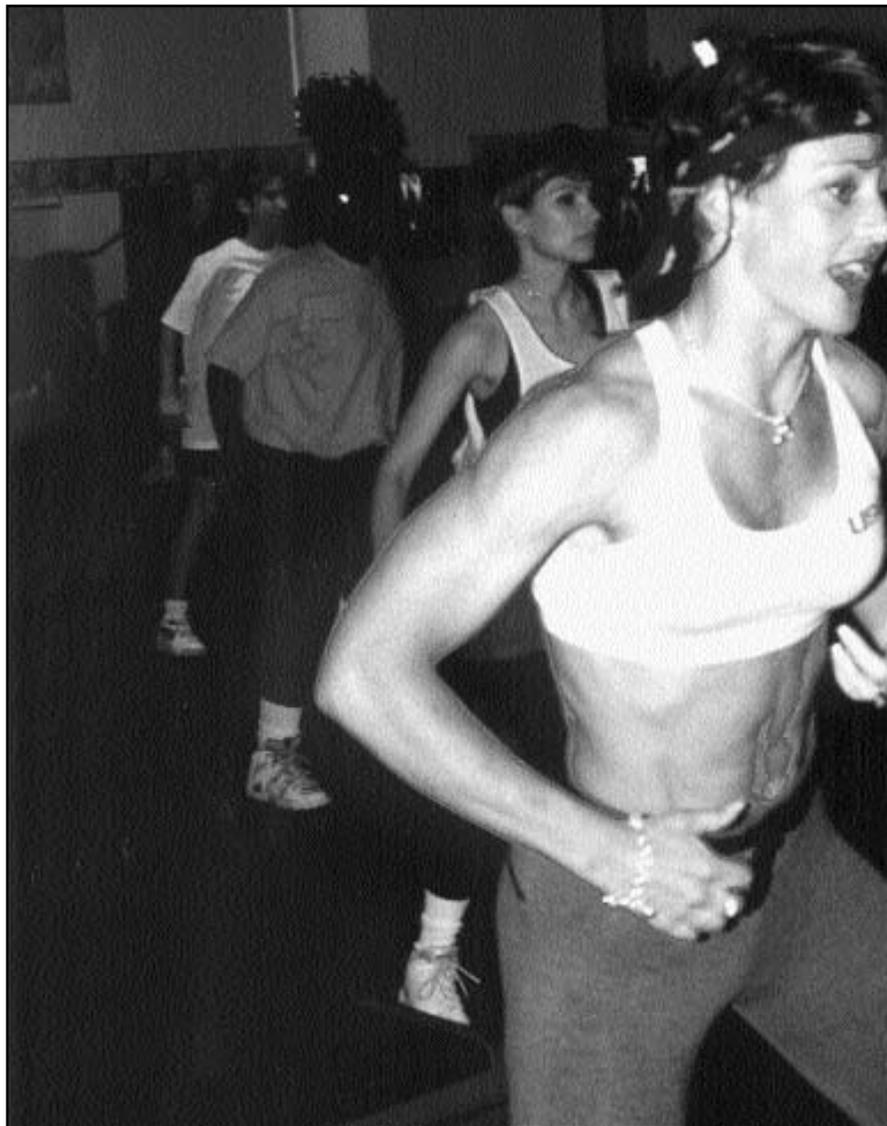
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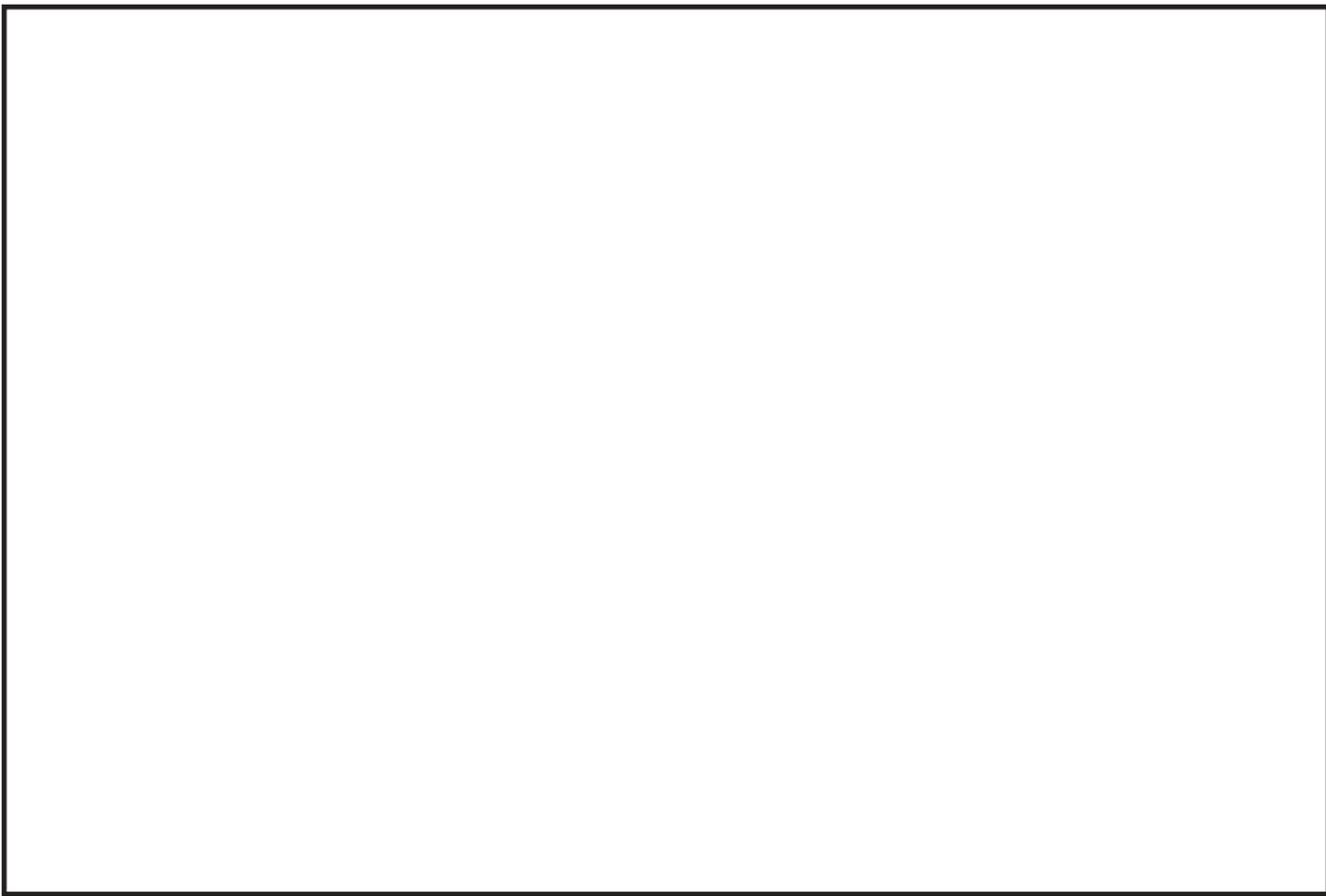
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New aerobics classes at Forrest Fitness Center

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.





Photos by Nel Lampe

The blue water contrasts nicely with the evergreens and golden aspens on the western slope of Colorado.

There's gold in them 'thar' hills!



by Nel Lampe
Mountaineer staff
hundred years ago,
people came to
Colorado in search
of gold ore, that
is

Now, every fall,
tourists mingle with
local citizens in a
quest for gold in
Colorado aspen
leaves.

Although Colorado doesn't have the bright and deep red trees in full fall color that are predominant in some parts of the country, the aspen trees bathe the hillsides in gold, and, punctuated by the occasional reddish aspen tree and the deep greens of the evergreens, make Colorado's fall season special. And Colorado enjoys a wonderful Indian Summer.

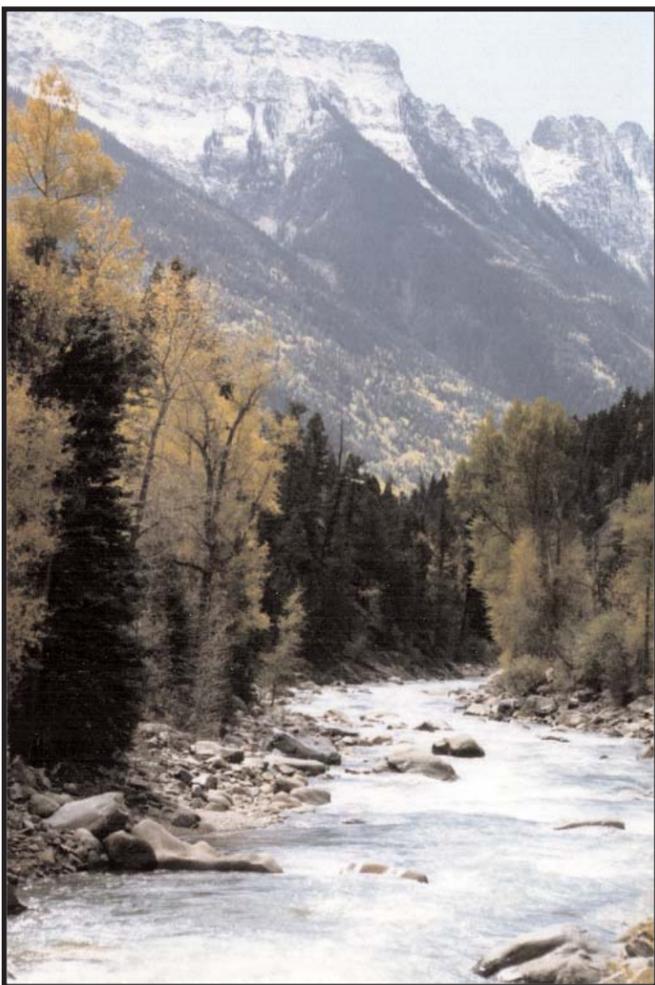
Aspen trees grow best at higher altitudes, usually at 8,000 feet or more. Because nights become cool earlier at high altitudes, the aspens begin turning gold in the mountains first. Scientists tell us that showy autumn colors are already present in the leaves, and when the chlorophyll in the leaves begins to recede, what's left are those yellows, golds and oranges. Aspen trees grow quite straight and tall, maybe reaching a height of 50 feet. Because the stems of the leaves are flat on the sides, the leaves seem to quiver in the breeze, hence the name quaking aspen.

The golden fall show is short-lived however, as the aspens are in their prime color showiness for only about three weeks. Depending on weather and frost conditions, the trees usually are at their glory the last two weeks in September and the first week of October.

As is always the case, particularly in Colorado, the weather isn't guaranteed. Sometimes an early freeze or a snowstorm in the mountains turns the gold leaves to black overnight, and the fall color show is over. And sometimes, as this year, the leaves are late in changing.

Prime viewing areas are near Aspen, Vail, Leadville, Estes Park or Durango, or almost any of the passes. Reaching those sites, however, would require several hours driving time and perhaps an overnight stay.

There are some great aspen colors to be seen in the Pikes Peak region, and a lot of people know about them. Many of the best areas are accessed by two-lane roads, so expect



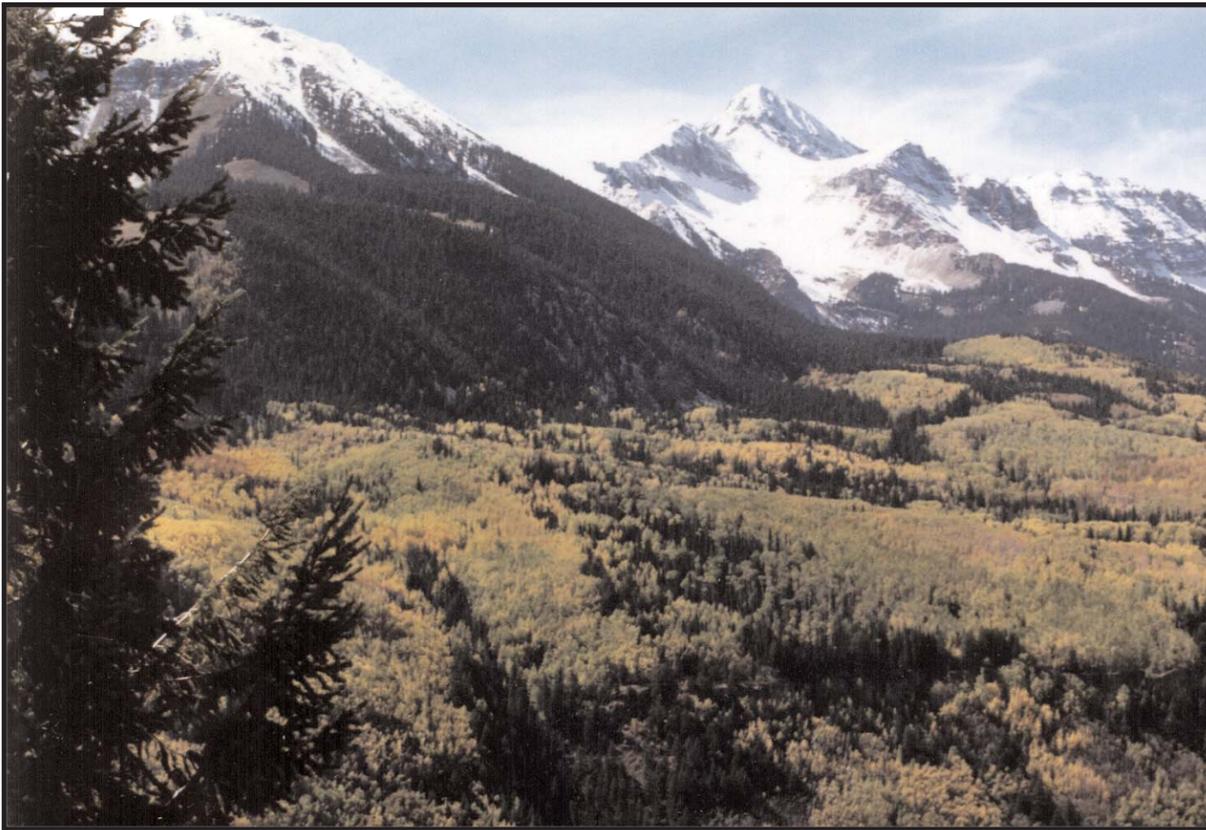
A moving stream, aspen trees and a snow-capped mountain typify fall on the western slope.

ASPEN SUMMER!



A pull-out section
for the Fort Carson community
September 18, 1998

See Aspens, Page B2



Aspens and snow-covered Rocky Mountains make the western slope of Colorado spectacular in fall.

Aspens

From Page B1

crowded roads, especially at the end of the day on weekends. Try to make the trip on weekdays, or get an early start (and return) on the weekends.

One of the most popular viewing areas in this region is the road to Cripple Creek, Highway 67 south from Divide. Take Highway 24 west out of Colorado Springs past Woodland Park a few miles to Divide, then turn left on Highway 67. The mountainsides will be covered with shades of gold, beginning about the middle of September.

The two-mile high, four-wheel-drive club in Cripple Creek provides free rides through the old mine areas, ghost towns and back roads near Cripple Creek. The free rides are scheduled for Saturday and Sunday; Sept. 26 and 27, and October 3 and 4. Meet the club members at city park, on Bennett Street, between 9 a.m. and 4 p.m. The tours take about 45 minutes. The

rides are quite popular, and the earlier at the park, the shorter the lines for a ride. Donations are accepted.

A picturesque alternate route to Cripple Creek is to take Teller 1 from Florissant, which is a few miles further west on Highway 24, past Divide.

Mueller State Park, about five miles from Divide on Highway 67 south, has attractive aspen trees. There is a \$4 entrance fee per car. On a sunny fall day, the park provides spectacular aspen trees and vistas, as well as picnic areas and hiking trails.

Rampart Range Road between Colorado Springs and Woodland Park, provides a glimpse of aspens among the evergreens. Rampart Range Road is rough and unpaved, best suited for four-wheel drive vehicles. It can be entered at the Garden of the Gods near Balanced Rock or at Woodland Park, off Highway 24 west.

Aspen trees will be in full splendor on Gold Camp Road, which is open from behind the Broadmoor (take Old Stage Road until it becomes Gold Camp Road)



Mueller Park, located between Divide and Cripple Creek, offers views of golden aspens and the distant Rockies.

Just the Facts

Travel time varies
For ages all
Type nature show
Fun factor ☆☆☆1/2
(Out of 5 stars)
Wallet damage = Free

(Based on a family of four)

\$ = Less than \$20

\$\$ = \$21 to \$40

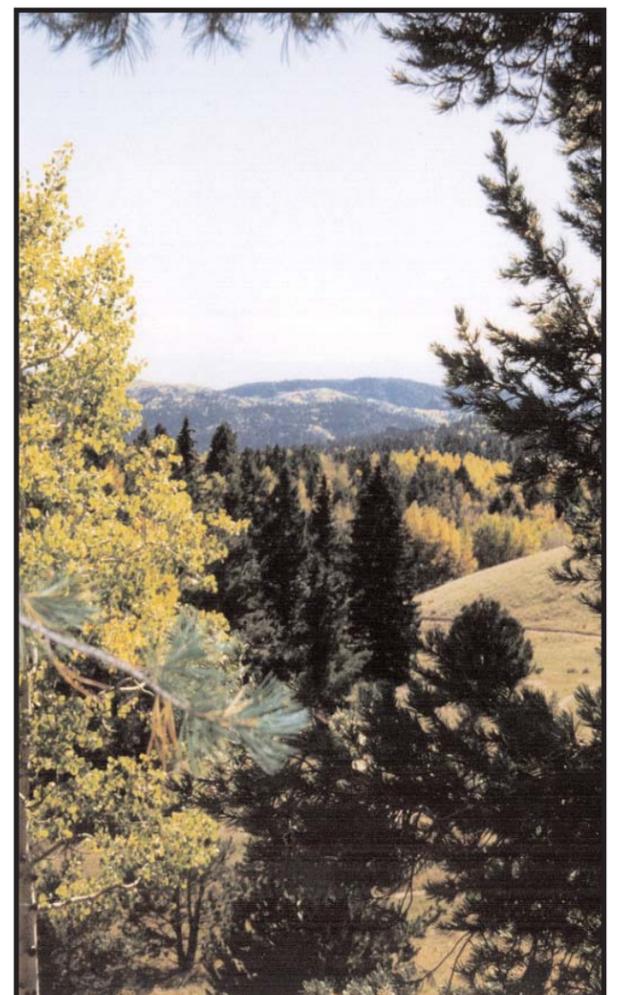
\$\$\$ = \$41 to \$75

\$\$\$\$ = \$76+

and leads to Cripple Creek. It is a rough, washboarded, unpaved road, built on the rail bed of the former Short Line railroad. It is one of the most scenic settings in the area. President Theodore Roosevelt is credited with saying it bankrupts the English language as he tried to describe his trip on the Short Line railroad. You'll want to take another route home.

Another attractive route is the Pikes Peak Highway, which is reached by taking Highway 24, and following the signs at Cascade. Pikes Peak Highway is on the same road which passes North Pole. Pikes Peak Highway is paved only part way and is a toll road. The toll is \$10 for anyone over 16, taking the road all the way to the top or a maximum of \$35 per car. The ticket to the top is good for two days. It is 19 miles to the summit and mostly gravelled road, and a round trip takes two or three hours. The view from the top is spectacular on a clear day. There is a \$3 toll to take Pikes Peak Highway the six miles to the reservoirs. The road is paved to the reservoirs. Fishing is allowed on the lakes, and boats are permitted such as canoes which can be carried from the vehicle to the reservoir. No gas engines are allowed on the lake, and small boats (with electric motors) are for rent at Crystal Reservoir. Highway employees say the drive is beautiful.

The road to Tarryall Reservoir, at Lake George on Highway 24 west (the next



Aspens in fall splendor cover the mountains near Cripple Creek.

Photos Nel Lampe

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 workshop Sept. 30 and Oct. 4 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 is today and Sept. 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. Child care and lunch will be provided. To register, call 524-2382.

The ACS Food Locker is no longer part of ACS. If you need assistance please contact your unit budget counselor or Command Financial Non Commissioned Officer for guidance.

Youth

ance on where to go downtown for assistance.

For more information, call Carolyn Heath at 526-0451, ext. 4590.

The Fort Carson Child and Youth Services School of the Arts Program holds tryouts for the Missoula Children's Theatre production of *The Fisherman and His Wife* Sept. 21 from 5 to 7 p.m. and the play *Addict* Sept. 29 from 6 to 8 p.m.

Miscellaneous

Auditions take place at McMahon theater. Those wanting to audition should arrive on time and plan to stay the full two hours.

For more information, call 526-3677.

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

Annual leave donors are needed for James Hardy, an employee in the Fire Department. He needs annual leave donations to help cover his absences due to the exhaustion of his available paid leave.

For information, call Sharon Gayle at 526-1695.

The Fort Carson Officer and Civilian

Yard of the Month winners for September

Shoshoni Village: Sgt. 1st Class Jose Colon and wife, Raquel

Cherokee Village: Sgt. John Young and wife, Stacie

Sioux Village: Sgt. Jack Byington and wife, Christine

Arapahoe Village: Staff Sgt. Raymond Baum and wife, Martina

Cheyenne Village: Maj. Ricardo Garcia and wife, Mary

Choctaw Village: Staff Sgt. Brian Burridge and wife, Nancy

Apache Village: Sgt. 1st Class Marty Lash and wife, Sherri

Spouses Charitable Organization is having an ice cream and bunco social today at Christopher's at 7 p.m. No RSVP required. Feel free to bring a friend.

For more information, call Doris Ruffoom at 527-8101.

The Fort Carson American Red Cross is looking for an after hours worker. Duties include providing emergency services such as emergency communications, financial assistance, and referrals to military service members and their families. Applications are available Monday through Friday from 8 a.m. to 4:15 p.m. at building 1641. For more information, call 526-2311.

The Fort Carson Smith Woodcraft Center is holding a furniture building contest Saturday at 9 a.m. The center is located at Polio and Wetzel building 2426.

For more information, call 526-3487.

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 for Merrill Lynch and a Colorado Springs City Council member.

For more information, call 526-4413.

Mayors are still needed for Cheyenne and Arapahoe villages. Mayors are responsible for village events, attending meetings, etc. Those interested should contact Nancy Montville at 526-4590.

The Fort Carson Warrant Officers Association, Silver Chapter is collecting General Mills box tops to raise cash for Fort Carson schools. There are 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 Real Property and Space Management inspector at the Directorate of Public Works has changed phone numbers. The new telephone number and point of contact are Francisco Colon at 526-9249.

For more information, call 526-9252 or 526-9256.

The Fort Carson Community Thrift Shop is looking for a cashier. To pick up an application, go to building 1341 by Thursday.

For more information, call Gail Olson at 526-5966.

The Army Community Alumni Program

will be holding a seasonal job search Oct. 14 from 10 a.m. to 2 p.m. The positions are for temporary part-time jobs at the Army and Air Force Exchange Service.

Spouses and family members are welcome. The search will be at building 1118, room 182. For more information, call 526-1002.

Harmony in Motion, a vocal group which provides patriotic music for ceremonies, practices each Tuesday at 5:30 p.m. and Thursday at 1 p.m. at Provider Chapel. Singers are needed. Contact Staff Sgt. Marquis Williams, at 526-6581 or 637-9208.

The Mercedes-Benz Club, Pikes Peak Section presents the Best of Germany Benefit Car Show Sept. 27 from 10 a.m. to 4 p.m. at Stratton Preserve. Cost is \$5 per person and children under 12 are free.

For more information, call 380-0451.

Colorado Springs School District 11 will have early release today, Oct. 2 and 16 and Nov. 6 and 20. Students will be released three hours early for building repairs.

The Community Partnership for Child Development is looking for volunteers to help with a one-day project Oct. 3. Volunteers will help stain a deck at the new CPCD Early Head Start modular at Pikes Peak Elementary.

For more information, call 635-1536 ext. 233.

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.

A Family Issues Work Shop is scheduled at St. Joseph's Church in Fountain, Co., Thursday at 6:30 p.m. The guest speaker will be Tom Nelson, a licensed counselor will cover: communication, anger management and young people.

For more information, call 382-7171.

Colorado Springs official show choir the Songspinners, is accepting qualified interested people for their holiday performance season. Those interested should contact Master Sgt. Patrick Durr at 526-1312 or 282-3807.

The Fountain Valley Senior Center is holding a Fall Arts and Crafts Bazaar and Raffle Oct. 3 from 9 a.m. to 3 p.m. There will also be home-made chili and home-made baked goods. For more information, call 520-6470.

The National Association of Black Military Women is holding the 11th Biennial Reunion and celebration Oct. 1 through 4 in Atlanta. Women of all services: Army, Navy, Air Force, Marines, Nurse Corps, Coast Guard, DOD Reserves, College ROTC, and Veterans are invited to attend. For more information, call (404) 346-3245.

The Humane Society of the Pikes Peak Region will host its K-9 5 km/Pet Fest fun run and walk Sept. 26 at Antlers Park downtown. The 5 km run/walk or one-mile stroll will also feature contests and canine demonstrations.

Registration is \$25 per person and includes an event T-shirt, snazzy doggie bandanna and breakfast snacks. Former Pound

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, sections 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.

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

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

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. LFNS 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 officer/NCO representatives is scheduled for Wednesday at Garcia Physical Fitness Center from 1 to 2 p.m. Representatives who attended the Aug. 5 class don't need to attend.

Effective Dec. 1, American Express will no longer be the government travel card contractor. All Government American Express Cards expire Nov. 29, and they will no longer be available for travel use. Cards should be cut up and thrown away. NationsBank Visa is the new government travel card.

The Fort Carson Fire and Emergency Services Wildlife Suppression Division starts its fall fire program in October. The program is designed to reduce the possibility of

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 Fort Carson Sports Division will send three teams to run in the annual Army 10-mile race in Washington, D.C. Oct. 11 to help the post 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 Recreation office offers an introduction to fly fishing class Thursday and Sept. 26. The eight-hour course is designed to teach fishermen 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 is 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 offered Tuesday, Wednesday and Thursday 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 are 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, is offered by the Fort Carson Outdoor Recreation Division Sept. 26. The ride starts at an elevation of more than 11,000 feet and goes deep into the mountains of the Pikes Peak region. The day consists 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 receives a crash course in basic mountain biking skills. The group then descends 25 miles back to Colorado Springs, descending almost 5,000 feet in elevation.

Outdoor recreation provides 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.

The Outdoor Recreation Office offers a wall climbing certification course from Oct. 8 through 28 at the Fort Carson Outdoor Recreation Complex.

The climbing wall looks and feels like natural rock in every detail. It is a mold from a climb in Yosemite National Park and is 19 feet wide and 30 feet high.

The three-hour class gives instruction on policy and procedures for wall climbing. The certification is good for one year and allows a person to climb any time after that for a minimal amount.

Outdoor recreation provides all equipment. The cost for the class is \$9 per person with a two person minimum. For more information, call 526-2083.

The Rocky Mountain Sports Officials Association is looking for anyone interested in officiating intramural and park and recreation sports. Call Walt Johnson at 390-4637.



Photo by Nel Lampe

Pikes Peak Center on south Cascade is the site for the Air Force Band of the Rockies Concert.

Children's crafts

Each Sunday in September, from 1 to 2 p.m., children can participate in a revival of old-time craft work at the Children's Museum. Quilling, a chemical magic show, and making Krygystani hats are scheduled. The Children's Museum is located in the upper level of the Citadel Mall. Admission is \$3.50 per person;

Get Out!

children under one year old are admitted free.

Senior citizen talent show

For the seventh year, the Fountain Valley Senior Center presents its annual talent show fundraiser called Mission Possible. The show will be presented in the Fountain Valley Senior Center, 5745 Southmoor Drive in Fountain at 6:30 p.m. Sept. 25. Tickets are \$6 in advance, or \$7 at the door, beginning at 5:30 p.m.

Grandparents' Days

The Cheyenne Mountain Zoo will host Grandparents Days Saturday and Sunday. Each senior citizen will receive half price admission.

Theatreworks

All in the Timing a comedy is a series of miniatures, each a variation on the theme of time and timing the strange, the familiar, the witty and the poignant. Dwire Auditorium at the University of Colorado at Colorado Springs is the place. Performances are Thursdays through Saturdays at 8 p.m., with matinees Saturdays at 2 p.m. and Sundays at 4 p.m. Admission is \$15, \$5 for students with ID. Call the box office at 262-3232.

Band concert

The U.S. Air Force Band of the Rockies

presents A Rockies Showcase Sept. 28, at 7:30 p.m. at the Pikes Peak Center. The concert, which features all performing units of the band, is free, but tickets, obtained from Ticketmaster, are required. Pikes Peak Center is at 190 S. Cascade Ave.

Walk where dinosaurs walked

The Dinosaur Depot, 330 Royal Gorge Blvd. in Canon City is hosting Garden Park Fossil Area - Dinosaur Day Sept. 26. The Depot is one of 18 sites nationwide to receive Department of the Interior funds for the event. The event will be free to the public and features tours of the Dinosaur Depot and guided walking tours of the Garden Park Fossil area. To reserve a spot on the tour, call (800) 987-6379.

Rock Ledge Ranch

The Christmas Folk Art Fest is at Rock Ledge Ranch today, Saturday and Sunday. The fest is open noon to 7 p.m. today. Tomorrow it is open from 9 a.m. until 6 p.m., and Sunday from 10 a.m. until 4 p.m. Admission is \$5 for adults and \$1 for children ages 6 to 12. Rock Ledge Ranch is on 30th Street, near the entrance to the Garden of the Gods.

Waterquest '98

Action packed entertainment is free at the Starsmore Discovery Center, 2120 S. Cheyenne Canon Road Sept. 26. Waterquest is a water fair for the whole family. Dancing, storytelling, gold panning, flyfishing demonstrations, reservoir tours, face painting and Native American dances are just part of the entertain-

Commentary

by Spc. Jon Parr
Mountaineer staff

Role models, who are they? How do they become role models? Why do we make them role models? In the 1960s, kids wanted to grow up to be just like Roger Maris. In the 70s it was Lynn Swann, Jack Lambert and Kareem Abdul Jabbar. Hall of famers Joe Montana, Mike Singletary, Magic Johnson and Larry Bird were the idols of the 80s.

In the 90s, things have made a downward spiral. Sure some athletes have provided positive role models in their respective sports, but Latrell Sprewell, Anthony Mason and Michael Irvin are setting bad examples for today's youths.

I'm in agreement with Charles Barkley that role models should be found at home. However, I disagree with him when he said athletes aren't supposed to be role models.

Dead wrong! Like no time in history, athletes should be and are role models. At no other time have athletes received so much media coverage. You can't flip through the

channels without finding a sporting event on television.

Today's athletes are paid millions of dollars to provide entertainment to the world. Yes, they can't go out for a night on the town without being harassed and yes, they can't live like an ordinary Joe.

But they can live like civilized human beings. They don't need to choke their coach, try to run over trick or treaters, sleep with teenagers or partake of drugs and prostitutes.

Yeah, they are human and they make mistakes. But it is the same people over and over again making the headlines for various acts. What does it say to a child when Michael Irvin gets busted for drugs and soliciting prostitution?

Personally, I feel it is telling children that no matter what you do, short of rape and murder, you can get off if you are a great athlete. Sure the athletes aren't the ones who determine the punishment for their crimes, but they can avoid these acts, because whether they like it or not, they are role models.

I'm not saying today's athletes have to take part in charities, donate money or give an autograph to every fan that asks for one. Fans should consider timing when they ask for autographs, so asking an athlete for an autograph when he or she is eating is inappropriate. But a child can be scorned by an athlete who is rude and inconsiderate.

Although a rude athlete can scorn a child, nothing is worse than athletes who set bad examples. One experience can determine how a child looks at his future.

There are many athletes today who provide great examples for children, just like there were many athletes who provided bad role models in the 1930s. However, there has never been a time when athletes are followed so closely by the public eye.

One of the most touching events in sports this decade was when Mark McGwire hit his 62nd home run. After crossing home plate, the first thing he did was hug his child and tell him he loved him. That example shows children there are more important things in life than