

MOUNTAINEER

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Visit the Fort Carson Web site at www.carson.army.mil

July 11, 2003

Fort Carson monitors for WNV

Two dead birds on post confirmed to have West Nile Virus

Courtesy Directorate of Environmental Compliance and Management

Two birds collected on Fort Carson tested positive for West Nile Virus July 2, according to the Colorado Department of Public Health and Environment.

The infected magpies were collected from the Ute Hill housing area and mark the first positive WNV cases of the year on the installation.

Birds, such as crows, ravens, magpies and jays, can carry WNV. The virus has the potential to spread to humans and some animals through bites from mosquitoes that have fed on the blood of infected birds. It is important to know that the chances of contracting WNV are extremely small, due to the fact that very few mosquitoes actually become infected. According to the Centers for Disease Control and Prevention, fewer than 1 percent of people infected with West Nile virus will develop severe illness.

Information

For more information, call the WNV action officer at 526-1686.

For WNV symptoms and prevention tips, see Page 4.

As a precaution, the Directorate of Environmental Compliance and Management and the Directorate of Community Activities worked to ensure Fourth of July activities at Ironhorse Park weren't impacted by concerns over WNV. DECAM applied pesticide and DCA mowed tall grassy areas, which provide mosquito habitat.

The specific area where the birds were collected was treated with pesticide by the Fort Carson housing contractor.

DECAM and the housing contractor continue to monitor the WNV situation and treat areas of standing water, which provide mosquito larvae breeding sites. If mosquito populations on Fort Carson test positive for the virus, DECAM and the housing contractor will step up efforts by applying pesticide to targeted areas as required.

The West Nile surveillance and control effort is being coordinated with all concerned agencies including Fort Carson Veterinary Services, Preventive Medicine, DECAM, the housing contractor and the El Paso County Health Department.

For more information, call the WNV action officer at 526-1686.

For WNV symptoms and prevention tips, see Page 4.

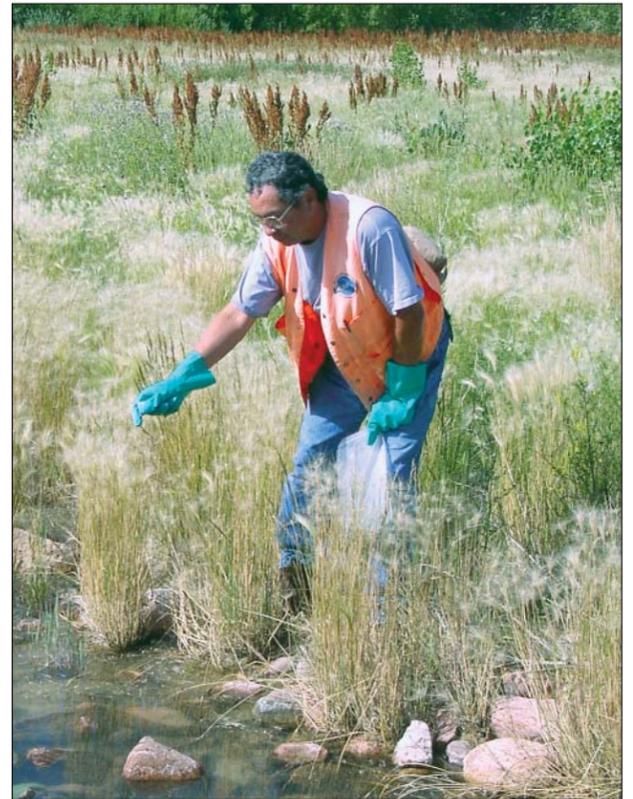


Photo by Susan Galentine-Ketchum

Tony Guerrero, DECAM pest control worker, applies larvicide to control mosquito larvae at a drainage ditch on Fort Carson.

Colorado driving laws change

by Pvt. Aimee J. Felix
Mountaineer staff

New changes to Colorado state laws will result in lower automobile insurance premiums and increased child safety.

Colorado car insurance has changed from no-fault to at-fault status. At-fault laws eliminate the requirement of having personal injury protection on one's premium. PIP coverage was required because no-fault laws stipulate that each individual's insurance policy must pay for bodily injuries and property damages, regardless of who caused the accident. Initially, in 1974, the law was enacted to lower legal costs resulting from an excess of law suits at the

time, said Doug Dean, Colorado insurance commissioner.

The insurance laws expired July 1 and the Colorado legislature, upon the advice of Gov. Bill Owens, did not renew the no-fault law, said Dean.

Child restraint laws will also change. Children ages 4 and 5 weighing less than 55 pounds will now have to be placed in child seats. A National SAFE KIDS campaign survey found that 33 percent of children ages 14 and under were riding in the wrong restraint type for their age and size. In addition, 14 percent of the children observed were riding completely unbuckled.

See Driving, Page 4



Photo graphic by Pvt Aimee J. Felix

Colorado car insurance changed to an at-fault status July 1.

Street breakfast

The annual Pikes Peak or Bust Rodeo street breakfast is Wednesday, beginning at 5:30 a.m. The breakfast site is at Tejon and Pikes Peak, downtown. The street is blocked off and hay bales provide the seating.

Fort Carson soldiers cook pancakes for the crowd while "Chute 9" band entertains. There are children's activities and other entertainment.

Fort Carson will provide free shuttle service to the Street Breakfast for soldiers and their families. The buses run from building 1526, Family Readiness, from 5:15 to 8:15 p.m.

Tickets for the Street Breakfast are sold at Information, Tickets and Registration for \$4. Tickets can be purchased at the breakfast site for \$5.

Breakfast is served until 9 a.m.

INSIDE THE MOUNTAINEER

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Feature



The 2003 Army Soldier Show thrills Carson audiences.

See Pages 18 and 19.

Happenings



The Colorado Renaissance Festival is in Larkspur, about 35 miles north on Interstate 25.

See Page 25.

Work week to change

The Fort Carson work week will change Aug. 1 to include changes to Sergeant's Time Training, Mountain Post time and physical training. See story, Page 2.

Post Weather hotline:
526-0096

CG: Work week to change Aug. 1

Mountain Post Time to be replaced by more long weekends

In the pursuit of adding predictability to Fort Carson training calendars and to more efficiently use our time and resources, I have redesigned the Fort Carson workweek.

Within this new workweek, I have reallocated training time and soldiers' leisure time to benefit the 7th Infantry Division, Fort Carson and its soldiers. We owe our soldiers a predictable and a reliable schedule, and this new workweek does just that.

Do our soldiers know our priorities for the day? Do our soldiers know our priorities for the week and month?

As much as we would like to say our training schedules and calendars have predictability, all too often they do not. The 7th ID and Fort Carson new workweek takes this next step towards predictability in our training. The topics discussed below will be published in my fiscal 2004 Training Guidance.

During the past couple of years, Mountain Post Time, or as some have dubbed it, Family Time, has become very important among our soldiers and leaders alike. Yet we have lost the original intent of Mountain Post Time.

In the early 1990s, the U.S. Army, Europe, began to release soldiers early on Thursdays, so that soldiers could schedule appointments off-post, get their oil changed, or go grocery shopping — activities they could not normally conduct because of long hours during the workweek and shortened hours in local establishments on the weekends. Over time, this idea of Sergeant's Time traveled throughout the Army, and evolved into Mountain Post Time at Fort Carson. While the intent of Mountain Post Time was to allow soldiers to take care of personal business, I find that soldiers don't use Mountain Post Time for these purposes. Few locations show any change in tempo on Thursday afternoons, which indicates to me that Mountain Post Time is not meeting the intent. Soldiers and leaders have instead made

Mountain Post Time into leisure time. Now, I am not saying that spending this time with your family is not a noble purpose, but it is not the purpose for which Mountain Post Time was established. In addition, Mountain Post Time was established prior to the advent of our almost-monthly four-day weekends. Eight out of the 12 months of the year have a four-day weekend, with January and November having two four-day weekends apiece. To a degree, these four-day weekends meet the intent of Mountain Post Time, and changes are due in order to better use the hours within our workweek.

Leaders owe their soldiers predictability in their training schedules and dedicated time to train those skills that soldiers need for combat. Soldiers also deserve time off from work for recreation and family. Beginning Aug. 1, 7th ID and Fort Carson will begin to

conduct physical training five days a week. Our noncommissioned officers will begin conducting Sergeant's Time Training on the last day of the workweek, and Mountain Post Time on Fort Carson will cease to exist. To provide compensation for the deletion of Mountain Post Time, I

have placed additional three-day weekends on the training calendar for the four months that currently do not have a four-day weekend. I synched these selected training holidays with our local school systems' teacher workdays so that families can have more time together. Fort Carson's new workweek effectively combines the two competing concepts of training time and leisure time, resulting in a schedule that makes the best use of our resources.

Physical excellence requires a few things from soldiers: a healthy diet, adequate sleep, wise use of alcohol, abstinence from risky behavior and a consistent physical regimen. While the first four requirements are individual responsibilities, the fifth is a leadership

responsibility. I believe that conducting PT five days a week helps us meet this requirement. The new workweek obliges units to conduct physical training five days a week to ensure that 7th ID and Fort Carson soldiers and leaders remain in top physical condition. First formation will be held at 6:15 a.m., followed by PT from 6:30 to 7:30 a.m. Work call will follow at 8:50 a.m. and the duty schedule from 9 a.m. to 4:30 p.m. Lunch will be from noon to 1 p.m. In order to help fight and win our nation's wars, 7th ID and Fort Carson requires physically fit soldiers and leaders, and PT five days a week will help us achieve and maintain combat readiness.

The last day of the new workweek is set aside for our NCOs to train their subordinates. The day will start with formation at 6:15 a.m., followed by PT from 6:30 to 7:30 a.m. Work call will be at 8:50 a.m., followed by Sergeants' Time Training from 9 a.m. to 3 p.m. (lunch inclusive). Leaders' time will be from 3 to 3:30 p.m., and the day will end with a battalion formation and retreat. When Friday is a training holiday, Sergeant's Time will move to Thursday. Regardless of the training cycle, units will always conduct Sergeant's Time training, unless deployed to the field. Generally, PT on the last day of the week will be executed at the lowest practical level so that our junior NCOs can lead their soldiers through PT. Times will arise when commanders will want a larger formation on the last duty day of the week; that is a commander's call. After PT, our NCOs will have from 9 a.m. to 3 p.m. to train their soldiers on those individual and collective tasks essential to proficiency in unit Mission Essential Task List tasks. Leaders are encouraged to eat lunch with their squads, crews or platoons in the field, in the dining facility, or with a "brown bag" at the training site.

At 3 p.m., units will assemble in preparation for the weekend — leaders will conduct administrative meetings, safety briefings and will put out all necessary information. Buddy teams and small units will huddle and ensure they all have good situational awareness on the upcoming weekend and what is expected the next week. At 4 p.m., battalions will conduct retreat formations and following these formations, I expect every unit to release its



Wilson

soldiers. No last-minute meetings or calls to duty. Soldiers and leaders alike will go home. Command Sgt. Maj. Terrance McWilliams and I will select two battalions every week to visit to ensure compliance with this directive.

Likewise, I expect my deputy commander, brigade commanders, command sergeants major and senior staff officers and sergeants major to attend battalion formations to ensure the formation is the last activity of the day. I want our soldiers to be able to count on the work/training week to be over at 4 p.m. on Friday (or Thursday, when Friday is a holiday).

One of our most valuable resources is time. The new workweek forces leaders to make better use of their time by making them get their unit's work done by close of business on Thursday. Our soldiers and leaders will know that while in garrison, they will be released immediately after the retreat formation on the last day of the week, be it Thursday or Friday. The new workweek also provides more time for our NCOs to train their soldiers, benefiting both the soldier and NCO. In the new workweek, our soldiers may lose an hour or two of leisure time, but they gain four additional days off during the year. All in all, I believe that the new workweek is a better use of time for Fort Carson, its soldiers and its leaders, and we will all benefit from its institution.

Maj. Gen. Robert Wilson
7th Infantry Division and Fort Carson
commanding general

MOUNTAINEER

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News

Post passes state inspection with flying colors

by Susan Galentine-Ketchum
Directorate of Environmental Compliance and Management

The Environmental Protection Agency and the Colorado Department of Public Health and Environment conducted an annual inspection of Fort Carson June 23. The installation received high praise for its compliance efforts in managing its hazardous materials and waste, with zero findings of noncompliance.

The installation's Resource Conservation and Recovery Act Part B Permit, requires the state to inspect our facilities at least once a year, explained Burla Martin, Hazardous Waste Program manager for the Directorate of Environmental Compliance and Management.

It is not unusual for both the state and the EPA to visit at the same time. While the state is primarily responsible for implementing the RCRA program in Colorado, the EPA maintains oversight responsibility. The two agencies can choose to re-inspect Fort Carson at any time with little or no announcement, which makes following environmental regulations a

year-round responsibility.

During site visits, inspectors' focus is on identifying whether Fort Carson handles, stores and disposes of its hazardous waste and materials properly and look for evidence of past and current waste mismanagement, environmental contamination, public health threats, permit violations and similar types of issues.

On this particular inspection, the team went to five locations: the post exchange photo lab, the Defense Reutilization and Marketing Office 90-day storage area, the LB&B Paint Shop, the Directorate of Logistics (building 8000) and the Hazardous Waste Storage Facility. The inspectors generally pick about six units or directorates to visit on each inspection.

The potential consequences from findings of noncompliance can be serious. Depending on the type of violation, the number of counts, number of days the violation existed and the environmental impact, Fort Carson could easily be fined hundreds of thousands of dollars and individuals can face criminal charges, said

Martin. Compliance success is a team effort. Everyone on Fort Carson, whether Department of the Army civilian, contractor or soldier, is responsible for ensuring

compliance with environmental regulations. It is through everyone's cooperation, proper training and individual efforts that successful inspections are achieved.

"This year's inspection outcome speaks highly of all involved throughout the year with hazardous waste," said Jana Brooks, DECAM Environmental Compliance and Restoration branch chief.

Martin has one final word of advice for everyone at Fort Carson in order to maintain positive inspection findings in the future.

"Pay close attention to general housekeeping," she said. "If inspectors walk into an activity with general untidiness, you can bet they will give the place a more than thorough check."

For more information about hazardous waste compliance, call Martin at 526-0973 or the DECAM staff assistance visit personnel at 526-0979.

Other types of environmental training available through DECAM include:

Environmental Protection Officer Training
526-4666

Maneuver Damage Control Officer Training
526-4667

Building Energy Monitor Training
526-4666

Satellite Accumulation Point Manager Training
526-8000.

"This year's inspection outcome speaks highly of all involved throughout the year with hazardous waste."

Jana Brooks
Environmental
Compliance and
Restoration branch chief.

Tips, precautions to take against WNV

Courtesy Directorate of Environmental Compliance and Management

People who become infected with West Nile Virus may show mild symptoms, no symptoms at all, or in the case of some individuals, especially the elderly and people with compromised immune systems, may show very serious and life threatening symptoms. Symptoms usually occur within five to 15 days and may appear as:

Mild: fever, headache, rash, swollen glands and pink eye, or

Severe: severe headache, high fever, stiff neck, disorientation, paralysis, coma and death if (not treated).

The presence of WNV should not

cause people to cancel outdoor activities. Using sensible precautions against mosquitoes is suggested. The following tips can help reduce the risk of mosquito bites:

Who to call:

Report dead crows, jays, ravens, magpies and other birds to the DECAM Pest Control Facility at 526-0979 or 526-5141; the Fort Carson Wildlife Office (576-8074) or the Military Police (526-2333) during nonduty hours, weekends and holidays.

- Wear white or light colored long sleeve shirts, long pants and socks when outdoors, especially in the early mornings and evenings in areas where mosquitoes are most active. Dark colors tend to attract mosquitoes.

- Apply insect repellent containing DEET when outdoors. Be careful applying repellent to children under 12 years old. For young children, only apply repellent that contains 10 percent or less DEET. Avoid spraying or applying DEET to their

hands and mouth areas.

- Make sure screens on doors and windows are tight fitting, and repair any holes or tears.

- Avoid standing water in stagnant puddles, wetlands and ditches. Standing water provides an ideal breeding sites for mosquitoes.

- Change the water in birdbaths, pools and other containers of standing water at least every two to four days.

- If you notice standing pools of water on Fort Carson, call Pest Control at 526-5141.

- Please report dead crows, jays, ravens, magpies and other birds to the DECAM Pest Control Facility (526-0979 or 526-5141); the Fort Carson Wildlife Office (576-8074) Monday through Friday between the hours of 7:30 a.m. and 3:30 p.m.; or the Military Police (526-2333) during non duty hours, weekends and holidays.

Driving

From Page 1

Recent data from the crash Injury Research and Engineering Network project indicate that inappropriately restrained children are nearly three and a half times more likely to suffer a severe injury in a crash than appropriately restrained children.

Colorado will allow for a year of public education about the new law before enforcement begins. When enforcement begins Aug. 1 of next year, police will give warnings, not tickets for one year. The maximum fine for a first offense will be \$50.

Fort Carson follows state laws, said Sgt. Joshua Pondo, military policeman here. Residents are to assume these new statutes apply on post as well, he added.

Military

Operation Sidewinder

Soldiers wrap up another success

by 1st L. Francis S. Blake
1st Battalion, 8th Infantry

BALAD, Iraq — Operation

Sidewinder is under way and as an integral part of the operation, the soldiers of 1st Battalion, 8th Infantry Fighting Eagles have wrapped up their latest successful mission in Central Iraq.

During the night, the action in part focused on taking into custody high-ranking leaders of Saddam Hussein's infamous Fedayeen terrorist organization. During the day, the focus shifted to finding schools to rebuild, medical clinics to resupply and youth centers to repair.

One of the immediate challenges is changing the attitude between daytime and nighttime operations. The operation kicked off June 29, not with a bang, as some earlier missions have, but with a polite knock on the door. This change in technique reflects that during the next few days, the same soldiers who conducted this mission will be working

hand-in-hand with local Iraqis to make their lives better and their community safer.

"If we are too rough during the night, then the local citizens will be reluctant to work with us during the day," said 1st Lt. Eric Sunderland, a staff officer for 1st Bn., 8th Inf.

Another challenge faced by the Fighting Eagles was the extreme conditions in which they operate. During the day they cope with thermometer shattering temperatures, and at night they flip on their night vision equipment to turn night into day.

According to battalion commander Lt. Col. Nate Sassaman, "during the day it is Africa hot with Central American humidity." The heat, coupled with the heavy equipment each soldier is required to wear, can make even the simplest operation difficult.

It is that very equipment, the Interceptor Body Armor System bullet-proof vest, which saved the life of Spc.



Courtesy photo

Soldiers of 1st Battalion, 8th Infantry Fighting Eagles wrap up their latest successful mission in Central Iraq.

Timothy Biggs of Company C. During a recent operation, he was shot at point-blank range in the chest, but escaped

with only a dent in his body armor and a new appreciation for life.

See Sidewinder, Page 7

Military Briefs

Hours of operation

Information, Tickets and Registration Office and the Outdoor Recreation Complex Information Desk have been combined in an effort to better serve customers. Hours of operation are Tuesday through Saturday, 10 a.m. to 5:30 p.m. For information, call 526-2083 or 526-5366.

For official travel services, Carlson-Wagonlit Travel, in building 1012 on Long Street, is open Monday through Friday from 7:30 a.m. to 4 p.m., and until 3 p.m. on training holidays.

Travelers are reminded to bring three copies of travel orders when picking up tickets for official travel. Soldiers and family members must have one original and one copy of their "travelopes" and three copies of each order, to include amendments, for overseas permanent changes of station. If you cannot pick up your tickets in person, you can fax a copy of orders to 526-1142 or 576-5262 for issuance of an e-ticket.

Please call 576-5188 to confirm

receipt of faxed orders. Tickets will not be issued without orders. If you do not use your ticket, you must bring it and two copies of your orders. If you were issued an e-ticket and did not travel, you still must bring in two copies of orders to process a refund for the unused ticket.

Legal Assistance hours — Hours at the Legal Assistance are back to normal. Walk-ins to see attorneys are Mondays and Fridays only; sign in is at 12:30 p.m. on a first-come, first-served basis. Powers of Attorney and notaries are done on a walk-in basis 9 a.m. to 4 p.m., Mondays, Tuesdays, Wednesdays and Fridays and Thursdays from 1 to 3 p.m.

New CIF Hours

Effective immediately, individuals may conduct their business at Central Issue Facility (draw, turn-in, direct exchange) during the following times:

Building 330: Mondays, Tuesdays, Wednesdays, Thursdays and Fridays from noon to 3 p.m.; Tuesdays 8 to 11 a.m.; Wednesdays 8 to 11 a.m.

Building 309 (desert items): Mondays, Tuesdays, Wednesdays, Thursdays and Fridays, 8 to 11 a.m. and noon to 3 p.m. There may be an occasional change to the hours if there is a large unit mobilizing or demobilizing. The change will be put out through e-mail, mobilization meetings, command sergeant major channels and

signs at CIF.

Turn-in of complete TA-50 (End of Time in Service, Permanent Change of Station) is by appointment; call 526-5512.

Bulk issue or turn-in of items by supply sergeants must still be done by appointment. Appointments should be made with Connie Thompson, CIF, at 524-2006.

Briefings

eArmyU — eArmyU Program briefings are conducted at the Mountain Post Training and Education Center, building 1117, Tuesdays at 9:30 and 11:30 a.m. and Wednesdays at 11:30 a.m.

Special Forces briefings — Special Forces recruiting briefings are Wednesdays at 1:30 p.m. and Thursdays at 1:30 and 3:30 p.m. at the Grant Library for males in the pay grades E-3 to E-7 with a general test score of 100 or higher and who are U.S. citizens.

ETS/Transition briefing schedule — In order for soldiers to receive their End of Time in Service orders, soldiers must attend an End of Term of Service briefing. Soldiers may sign in at 7:15 a.m. and the briefing begins at 7:30 a.m. in building 1118, room 317.

For more information, call the Transition Center at 526-2240 or 526-4298.

The Commanding General's Newcomers' Brief is the third Wednesday of each month, 1 to 3 p.m. at McMahon Theater.

Laundry Service

Post Laundry Service — The Post Laundry service provides free laundry and dry cleaning service to soldiers for government-owned property only. Items issued by the Central Issue Facility should be cleaned at the Post Laundry prior to turn in. Soldiers are reminded to allow extra time for items to return from the cleaners. It is not recommended to pick up your equipment on the same day as the scheduled CIF appointment. The turn around for the service is 72 hours. No appointment is necessary. The Post Laundry will not clean personal items like BDUs, boots, tent pegs, canteens, entrenching tools or wet-weather gear. Material TA-50 items that can be washed include: sleeping bag assembly, chemical suits, Gortex, ruck sacks, coveralls, CVC jackets and most web equipment.

Hours of operation are 7:30 a.m. to noon and 12:30 to 3:45 p.m., Mondays through Fridays, excluding holidays. For more information, call 526-8806 or 526-8804.

Editor's note: The deadline for submitting "briefs" to the *Mountaineer* is 5 p.m. Friday before publication.

Engineering a little America in Kuwait

by Staff Sgt. Nate Orme

CAMP ARIFJAN, Kuwait — Coming soon, Arifjan will be sporting a new food court complete with an assortment of American-style fast food and a shaded eating area right between the base swimming pool, Frosty's bar and the movie theater. Unlike most of the permanent structures on base constructed by local civilian contractors, the food court was designed and is being built by Army personnel, namely, soldiers from New England National Guard and Reserve units.

"This has been an excellent way to stay motivated," said Spc. Doug Crowell, a survey drafter with the National Guard 180th Engineer Detachment from Hyannis, Mass., in Cape Cod. Crowell, a graduate student in landscape architecture at the prestigious Rhode Island School of Design, designed the food court. He will use it as a school project on his return to the U.S. "Since I'm missing school this year, I'm trying to make this experience as valuable as I can," said Crowell, who also has a bachelor's in English

from the University of Vermont. The food court concept was first developed through the Directorate of Public Works, which manages construction and maintenance projects on base. It was determined that the new post exchange facility needed to be augmented with more food vendors, said Staff Sgt. William Wessel, a construction supervisor with the 180th and a project manager for Turner Construction Company in Boston.

"We worked with the DPW commander Lt. Col. Andrew Stewart and got feedback from Lt. Col. Richard Odom, the zone 1 base support battalion commander and Maj. Gen. Stratman, deputy commanding general of Army Central Command to come up with a draft and a schedule," Wessel said. "I wanted our guys to do it (rather than a contractor). It would give the soldiers something worthwhile and lasting to do and it provides training for the soldier," said Wessel.

The 180th got the job, and the first thing they did

was a topographical survey. "We got the grade and elevation and dumped the data into a computer program (Eagle Point and AutoCAD) to create a surface model. We had to come up with a design where we wouldn't have to cut a lot out or bring a lot of fill in," Crowell explained. The project called for four food concession stands and an eating area under a fabric sunshade. Crowell came up with two plans; the first being a simple grid-pattern layout just to fulfill the requirements of the project; the second taking a little leeway by having a more artistic design.

The Army decided to go with the second plan. By having soldiers build the food court, the Army is saving \$250,000 vs. contracting out through the civilian contract mechanism, mainly through saving on labor costs, said Wessel, adding, "It's a win-win situation. We have a mission and we're still pumping money into the local economy by buying local material."

Due to the intense summertime heat in Kuwait,

See Kuwait, Page 9

Week of July 12 to July 18

Weekday Dining Facilities

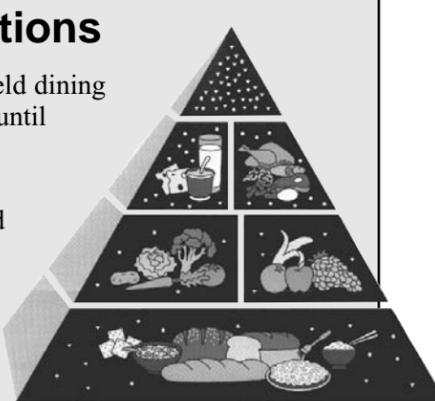
43rd ASG Cheyenne Mtn. Inn (building 1040)
3rd ACR CAV House (building 2461)
3rd ACR Patton House (building 2161)
10th SFG (A) (building 7481)

Weekday Meal Hours

Breakfast 6 to 9 a.m. (All facilities)
6:30 to 8:30 a.m. (Cheyenne Mtn. Inn)
Lunch 11:30 a.m. to 1 p.m.
Dinner 4:30 to 6:30 p.m.

Exceptions

- Butts Army Airfield dining facility is closed until further notice.
- 3rd BCT is closed indefinitely.
- Cheyenne Mtn. Inn is reopened.



Saturday, Sunday and Training

Holiday Dining Facilities

3rd ACR Cav. House. (building 2461)
43rd ASG (building 1040)
3rd ACR Patton House (building 2161)

Saturday, Sunday and Training

Holiday Meal Hours

Breakfast 7:30 to 9:30 a.m.
Lunch 11:30 a.m. to 1 p.m.
Dinner 4:30 to 6:30 p.m.
3 to 5 p.m. (Cheyenne Mtn. Inn)

4th Inf. “beasts” assume infantry duties

Support soldiers of Carson's Company B, 4th Infantry Engineer Battalion functioning as infantry in Iraq

by 1st Lt. Ryan Larson
Executive Officer

BALAD, Iraq — For soldiers of Company B, 4th Engineer Battalion, their primary mission is to provide mobility, countermobility and survivability support to the maneuver force. If the situation dictates, they can also fight as infantry.

These engineers, their call sign “Beast,” have taken on the second mission as part of Task Force, 1st Battalion, 8th Infantry. The Beast is acting as the fourth infantry company in the battalion. The company came to Iraq with plans to breach minefields and other obstacles for the Task Force. There have not been any minefields or other obstacles for the engineers to breach, so they have taken on their secondary mission, to fight as infantry.

Unit leaders have made all the necessary prepara-

tions to make sure their troops will be as successful as their infantry counterparts. The soldiers have spent numerous hours practicing how to enter and clear rooms and homes. Every soldier knows his responsibilities when his squad pours into the front door of an unknown home.

Another new mission the engineers have conducted is the counter-ambush. The soldiers put themselves in a position where they can catch Iraqi terrorists moving into position to ambush American convoys. The company has practiced getting on the ground and getting into a position where they can catch the enemy moving forward. Practicing these missions has made the soldiers more comfortable when executing missions that they haven't traditionally conducted.

The Beast played an important role in the last two missions for the Task Force: Operations Eagle Strike and Ironhorse Sidewinder. During these two operations, the unit was responsible for entering and clearing a total of four homes while looking for weapons, ammunition or other suspicious activity in the Balad area. These homes were all targets designated by the battalion military intelligence officer. The scouts and

snipers in the battalion observed the homes for about three days, gathering further intelligence, identifying trends and confirming the intelligence that suspicious activity was taking place. When Beast soldiers received the call to go in and clear the homes, they aggressively got the job done. With the help of attack helicopters overhead to observe anyone running from the homes, the soldiers entered and cleared all the homes, securing any arms and reporting suspicious activity.

The Balad area has been identified as a hot spot for terrorist activity because of recent ambushes on American convoys and the anti-American sentiment. Task Force 1st Bn., 8th Inf. was given the mission to come to the Balad area and eliminate the threat to Americans and innocent Iraqis. Elimination of this threat will give the Iraqi police force more confidence in its own ability to police its own people. This will bring Beast one step closer to returning to the United States. Until then, the soldiers of Beast continue to be the best engineer company in the 4th Infantry Division and proud to be called soldiers of the 1st Bn., 8th Inf.

Sidewinder

From Page 5

When the sun goes down, their equipment also helps the Fighting Eagles own the night. They use their superior laser, thermal and infrared technology to pierce the veil of darkness and

hunt the enemy. This is a major advantage when it comes to looking for the anti-coalition forces during operation Ironhorse Sidewinder. Thanks in part to this technological edge, soldiers from 1st Bn., 8th Inf. uncovered a stash of rocket-propelled grenades bringing them one step closer to a safer Iraq.

The Fighting Eagles continue to succeed in the toughest of situations. Their ability to evolve and adapt to changing situations and their “make it happen” mentality are standard issue to every soldier.

Whether it's day or night, 1st Bn., 8th Inf. is getting the job done in central

Iraq. The challenges that this “night and day” mentality posed to the Fighting Eagle soldiers, and the tough, determined way in which they rise to those challenges gives just a small glimpse into the complex dynamic that has become the definition of their time in Iraq.

New ePIN feature goes live for myPay users

Courtesy 4th Finance Battalion

ARLINGTON, Va. — Army personnel can now obtain their myPay personal identification numbers by using a new online feature called ePIN. myPay is an online system operated by Defense Finance and Accounting Service. ePIN is available to active, reserve, guard, civilians and military retirees with Army Knowledge Online accounts.

“We are constantly looking for ways to make myPay even more user friendly,” said Pat Shine, director of DFAS Military and Civilian Pay Services. “ePIN will make this valuable pay management tool more accessible to our Army customers.”

ePIN greatly simplifies the process of gaining access to myPay. Personnel can visit the myPay Web site, <https://myPay.dfas.mil>, and click on the “New PIN” button. The system will verify the identity of the user through their Social Security Number. The user can elect delivery of the PIN by e-mail or regular mail. E-mail delivery takes place within 48 hours.

As always, myPay can be used to perform the following pay related actions:

- View, print and save leave and earning statements
- Select electronic leave and earning statement
- View and print retiree account statement



- View and print tax statements
- Change federal and state tax withholdings
- Update bank account and electronic funds transfer information
- Manage allotments (civilian/retiree)
- Edit address information
- Manage savings bonds (civilian/retiree)
- Control Thrift Savings Plan enrollment (military only)

- View and print travel vouchers (civilian/military)

Thrift Savings Plan catch-up contributions for members age 50 or older

Public Law 107-304, dated Nov. 27, 2002, authorized additional TSP contributions beyond the current maximum of \$2,000 annually for members age 50 or over. TSP Bulletin 03-U-4 provides the implementing requirements for TSP catch-up contributions based on the legislation.

To be eligible to participate in this program the following requirements must be met:

1. Servicemember must be the age of 50 or older as of Dec. 31 of any calendar year starting in 2003.
2. The member must be contributing at the maximum basic pay rate (currently 8 percent).
3. The member must not be in a noncontribution period due to financial hardship withdrawal.

The following restrictions apply to the new legislation:

1. The maximum contribution for 2003 is \$2,000. This amount is scheduled to increase \$1,000 each year until 2006, when the maximum will be \$5,000.
2. The contribution must be submitted as a payroll deduction. No direct payments to the National Finance Center are allowed.
3. The contribution must be made from tax deferred basic pay only. Members in a combat zone cannot contribute while in the zone.
4. Matching funds (currently not available) will not be authorized.
5. Catch-up contributions are taken after regular and makeup TSP deductions (to include loan repayments). If insufficient pay is available, no catch-up deduction will be made.

To participate, the member must submit a TSP-U-1-C Form. This form should be available on the TSP Web site, www.tsp.gov.

Contingency travel pay Web site

Contingency Travel Operations/Travel Pay Services/DFAS-IN has published a Travel Guide for mobilized Army Reserve and National Guard soldiers. It can be found at:

<http://www.asafm.army.mil/fo/fod/fincom/cti/cti.asp>

Use of the guide is encouraged in order to assist mobilized soldiers and DFAS in accurate processing of travel settlement claims.

Kuwait

From Page 6

work is done in the evenings. The engineers arrive at the site at 5 p.m. and work until about 1 a.m. Much of the work consists of pouring concrete into molds constructed of wooden forms. Both sand at the site, as well as commercial sand, called gatch, is being used for the foundations and pathways. At first, getting enough personnel was a challenge, according to Crowell. "The extra personnel from 368th (368th Combat Heavy Engineers, a Reserve unit from Attleboro, Mass.) have been a huge help. We have seven from my company working here. There are another surveyor, two electricians, a plumber, and a heavy equipment operator," Crowell said.

Crowell said the project has taught him a great deal that cannot be learned in academia. "It's great to get out of the office and get some calluses on our hands. This project has actually humbled me, rather than make my head swell," he said of the challenges of

helping to physically build the structure after designing it. Crowell, 28, lives with his wife Melissa in Rhode Island and has two more years of school. After graduation, he may attend Officer Candidate School and eventually would like to run his own landscape firm. "I was taken right out of A.I.T." Spc. Dion Hernandez said. Hernandez, serving with the 368th, was transferred from his unit near Lima, Ohio, to take part in Operation Iraqi Freedom as a carpentry and masonry specialist. He works in the same field at Schroeder Masonry in Ohio.

In addition, the 180th, which numbers about 50 soldiers, painted the pool and got the filters operational before turning it over to the Combat Support Associates, operates the water tower filters, commissioned a fuel point, and handles plumbing problems on base, among other things. The 180th also built the wooden bar in Frosty's, next door to the food court. "We bring a lot of assets to the table here. We have a custom home builder who builds million dollar custom homes in Cape Cod," said Wessel, referring to Sgt. Joseph



Photo by Staff Sgt. Nate Orme

Spc. Dion Hernandez, left, and Sgt. Albert Gesualdi take a level measurement while building a wall for the Camp Arifjan, Kuwait food court.

Mullin, the designer of Frosty's bar. "We have master plumbers and electricians who do this for a living. I think the quality of our work compares well to contracted work," stated Wessel, who has been accepted to Warrant Officer Candidate School as a construction util-

ity supervisor.

The food court is scheduled to open in mid-July and will include a Pizza Inn, a Nathan's Hotdogs, a Burger King, and a Snow Cone. The 180th is scheduled to redeploy back to the States in August.

Military Police Blotter

Special Reaction Team hones its skills

Courtesy 759th Military Police Battalion

For the Fort Carson Special Reaction Team, June was an immersion into the realm of civilian Special Weapons and Tactics. From the use of the ASP expandable baton to sub-machinegun techniques the SRT was instructed on the dynamic side of law enforcement.

The month began with intense training on the use of the ASP. The ASP is the telescopic style baton carried by most Military Police, but the manufacturer's certified instructors taught them how to use the tool to its maximum potential. Spc. Matthew Thomas, the SRT's point man, was particularly impressed with the course. "As an entry team member, you have to be ready to control a noncompliant or hostile suspect," Thomas said, "and the ASP is a tool that can give a tactical officer an edge."

The learning didn't stop when the SRT attended the Colorado Springs Police Department's SWAT course. The course brought light to the dilemma of the "covered pile." The covered pile is a dangerous situation where a hostage taker exits a building concealed by a blanket, but still shielded by several hostages. Sgt. David Mickem, the SRT's containment team leader said, "With the threat of terrorist incidents rising, this is a technique that we definitely need to incorporate into our (standard operating procedures)."

Traffic Roll Up
In the past week there were 37 total citations:

- 21 for speeding
- 16 for other violations (e.g.: malfunctioning equipment, lack of insurance or registration, expired plates and improper vehicle operation)

The final week of training was a suitable climax to a high-paced training month. The SRT sent representatives to three simultaneously occurring tactical schools. Heckler and Koch's MP-5 (sub-machinegun) course took the team from long days at the range learning firing stances and weapon drills to realistic scenarios culminating with live-fire shoot-house exercises. First Lt. Mark Pickard, the SRT's Officer in Charge, thought highly of the course. "For a sub-machinegun, the MP-5 is surprisingly reliable and accurate and when you are taught how to properly fire, it can be a precision instrument."

Douglas County's tactical school covered basic SWAT, but with a few new variations. Cpl. Christopher Potter pointed out the usefulness of some their tactics. "Douglas County is very covert with its building clearing and that can be very helpful, and safer to a SWAT operator."

At El Paso County's course, the SRT was introduced to the TASER. The course showed the effectiveness of the tool. Spc. James Flint, the SRT's rear security, was quite surprised.

"I thought it was something you could fight through, like being pepper sprayed," Flint said, "I was very wrong."

Newly certified traffic investigators

Fort Carson hosted a Mobile Training Team Traffic Management and Accident Investigation Course May 21 to June 13. The course was taught

by Air Force instructors from Lackland Air Force Base, San Antonio. Soldiers from several other duty stations such as Fort Bragg, N.C., Fort Campbell, Ky., Fort Hood, Texas and Fort Lewis, Wash., also attended the course, which was the first time an all-Army class was taught.

The course was meant to teach soldiers the intricacies of a traffic accident investigation. The course instructors were well-prepared and kept it interesting. There were 30 people in a class that usually has 20 to 24 people. Even with the extra people, the instructors were able to give individual attention to each of the students.

As the class progressed, students were taught how to determine what caused the accident and all the mitigating circumstances. Where the person driving the vehicle might have first been able to recognize that an accident was about to occur, and how to use formulas to determine everything from how fast a vehicle was traveling from the skid marks, to how fast a vehicle was traveling from how far something was thrown from the vehicle. Scale drawings of the accident scenes were another important part of the class. The drawings are meant to give a broad overview of the scene to someone who was not there.

The class had a couple of honor graduates; of which one was Sgt. Carroll of the 5025th GSU from here at Fort Carson. To be an honor grad, Carroll had to maintain a 90 percent average. Traffic Accident Investigation Course students practice the principles they have learned in the classroom.

Community

A 3-minute exam can save your life

Testicular cancer

No matter who you are, or what your risk factor is, you should regularly examine your testicles. The three-minute self-examination is too simple not to do, and it could save your life.

Testicular self-exam

Because testicular cancer may produce no symptoms in early stages, it is important to examine your testicles once a month. Start when you're 15. It's best to check yourself in the shower or warm bath. The heat causes the scrotal skin to relax, making the exam easier.

The testicles

The total exam takes only three minutes. Start by holding your scrotum in the palm of your hands. Then feel one testicle. Apply a small amount of pressure. Slowly roll it between your fingers. Search for hard, painless lumps.

The epididymis

Now examine your epididymis. The comma-shaped cord is found behind your testicles. Its job is to store and transport sperm. Tender when touched, it is the location of most noncancerous problems.

The vas deferens

Continue examining the vas deferens, the sperm-carrying tube that runs up from your epididymis. Normally, the vas deferens feels like a firm, movable, smooth tube.

Repeat the exam on the other testicle.

by Spc. Jon Wiley
Mountaineer staff

If you're a man age 15 to 34, chances are you don't spend a lot of time thinking about testicular cancer, but it's time you start.

"While relatively rare, testicular cancer is the most common form of cancer found in this age group," said Erin Smith, head nurse of the urology clinic at Evans Army Community Hospital.

"Certain groups are more at risk than others," she said. "If you've had a family member who has had it, or if you have a testicle that didn't descend at birth, you're more at risk."

Testicles develop inside the abdomen between the kidneys in unborn children and normally descend into the scrotum at birth or during the first year of life. If you have a testicle that descended later, or not at all, it's a good idea to let your doctor know and to be aware of your increased risk for testicular cancer, Smith said.

Race is also a risk factor. For unknown reasons, the disease is about four times more common in white men than in black men, according to the National Cancer Institute.

Atrophy of testicles due to mumps or viral infection also increases one's chances of getting the disease.

No matter who you are, or what your risk factor is, you should regularly examine your testicles. The three-minute self-examination is too simple not to do, and it could save your life.

"As with all cancers, early detection is key, and testicular self-examination is the best preventative method there is," Smith said.

The exam should be done once a month and in the shower or a warm bath because the heat causes the scrotal skin to relax, making it easier to detect abnormalities.

Begin by soaping your fingers to increase the sensitivity of your touch. Then, take your scrotum in the palm of your hand and feel one testicle. Slowly roll it between your fingers while applying a small amount of pressure. Search for hard, painless lumps.

Next, examine the comma-shaped cord behind your testicles, called the epididymis, for lumps. Finally, examine your vas deferens, the sperm-carrying tube that runs up from your epididymis. It should

feel like a firm, movable, smooth tube.

When finished, repeat the exam on the other testicle. (Note, a pamphlet with diagrams is available at Evans.)

In addition to examining your testicles for lumps, be mindful of the disease's other symptoms, which include a change in the consistency of the testicle,

enlargement of the testicle, enlargement of the male breasts and nipples, aching in the lower abdomen or scrotum and a heavy sensation in the testicle or groin.

If you do find one or more of these symptoms, don't be alarmed. Testicular cancer is highly treatable. The recovery rate for the disease when caught in the early stages is more than 95 percent, according to the NCI, and 75 percent when caught in later stages.

Because of the higher survival rates in those who detected the cancer early, it is important to see a physician as soon as you notice any abnormalities.

Testicular cancer may be the most common form of cancer found in men age 15 to 34, but it needn't be deadly. Awareness of the disease and monthly self-examinations can save your life.

While relatively rare, testicular cancer is the most common form of cancer found in (men age 15 to 34).

Erin Smith
Head nurse of the urology clinic,
Evans Army Community Hospital

Free to good parents

Retiring Security Forces canine needs new home

by Staff Sgt. Melanie Epperson
21st Space Wing Public Affairs

After nine years of military service, Rudy, an 11-year-old German shepherd military working dog, is retiring, but just where will he go? Hopefully, this hard-working canine will be the first-ever from Peterson Air Force Base to find a home on the Front Range.

"About two years ago, Congress passed a law that required us to put retiring working dogs up for adoption instead of euthanizing them," said Tech. Sgt. Mark Dedrick, NCO In Charge, Military Working Dog Section. "The dog has to meet certain criteria to be eligible for adoption though, and it's a long road to approval."

To qualify for adoption, Rudy performed three controlled scenarios. These were video taped and sent to Lackland Air Force Base, Texas, where

an animal behavioral psychologist viewed them to determine if Rudy responded well enough to adjust to civilian life.

"These were all done away from training areas with people other than his normal handler, who were dressed in civilian clothes," said Tech. Sgt. Richard VanWinkle, 21st Security Forces Squadron Training supervisor.

These precautions were necessary to ensure Rudy was completely out of the working environment.

For the first test, VanWinkle said, Rudy watched his "new owner" getting yelled at by a disgruntled neighbor. In the simulation, the neighbor had to berate the handler for a full 90 seconds while waving his hands around in aggressive motions to see what Rudy's response would be.

"Rudy actually laid down,"

VanWinkle said. "It was totally opposite of what we expected to see."

In the second test, Rudy was given a command to attack, with no follow-up commands. He went for the wrapped arm of the simulated assailant, but released it quickly when no other commands were given.

"For the third test, the protective equipment usually worn by the simulated assailant was placed on the ground between Rudy and the assailant instead, to see which one he would attack," VanWinkle said. "On the attack command, Rudy went for the protective equipment, not the person. This means he can separate work from play and has the temperament for adoption."

With all tests complete, the psychologist at Lackland reviewed the



Rudy

See Adoption Page 12

Claims against the estate of:

Staff Sgt. Andrew Robert Pokorny: With deep regret to the family of Staff Sgt. Andrew Robert Pokorny, deceased. Anyone having claims against or indebtedness to his estate should contact 1st Lt. Danny Thompson at 526-1040 or (719) 650-9210 (cell).

Miscellaneous

Fort Carson's instructional walking program

— The Fort Carson Well Walkers walk Tuesdays and Thursdays at 8 a.m. for the duration of the summer. Pre-registration is required and is ongoing so you can start anytime. Call the Mountain Post Wellness Center at 526-3887 for information and to receive your registration packet.

Enlisted Spouses Charitable Organization

— The Enlisted Spouses' Charitable Organization will meet July 16 at 6:30 p.m. at the Elkhorn Conference Center. Membership in ESCO is open to all spouses of enlisted or warrant officer soldiers, whether active duty, Reserve, Guard or retired, and all are invited to attend. Children are always welcome to attend with a parent. If you are interested in joining, please attend a meeting, e-mail us at CarsonESCO@hotmail.com or call our office at the Family Connection 524-1115.

ACAP job openings

— Army Career and Alumni Program currently has the following jobs listings for interested personnel. For more information about the jobs, call 526-1002.

What: Graphics Artist at Schriever Air Force Base
Who: Anyone with audio visual experience and a high school diploma

What: Satellite communications technician in Colorado Springs
Who: Anyone with space operations/GPS experience required and a high school diploma

What: Systems engineer at Schriever Air Force Base

What: Systems Engineer in Omaha, Neb.,
Who: anyone with satellite ground systems experience
BSEE Degree Required

Red Cross — The American Red Cross is seeking volunteers for the following positions: management/leadership, Previous Red Cross leadership experience required; Web-page design and maintenance, proficiency in FrontPage software required; social service casework and emergency communications; hospital administrative services (various departments) at Evans Army Community Hospital.

Applications may be picked up at the Red Cross office in the Family Readiness Center, building 1526, room 272 between 8:30 a.m. and 4 p.m. For more information, call 526-7144 or 526-2311.

Closures

Sports, daycare and camp physicals

— Appointments for physicals at Evans Army Community Hospital are provided on a space-available basis through the month of August.

Please be aware that because of deployments associated with Operation Iraqi Freedom, there will be a decrease in available appointments for children

requiring sports, daycare and camp physicals. Call Tricare at 264-5000 to schedule an appointment for a physical. If you are unable to access an appointment at EACH, see additional options below.

For vaccinations only, call the Pediatric Immunization Clinic at 526-7653. Walk-in hours are from 7:30 to 11:30 a.m. and 1 to 3:30 p.m. Monday through Friday (closed afternoons on the second Thursday of each month). Bring your child's shot records. If you have your child's medical records, bring them also.

School physicals are not mandated by any of the local Colorado Springs school districts for enrollment. If space is not available at your MTF, physicals can be obtained at the following locations:

Emergicare: All locations provide physicals on a walk-in basis. Approximately cost — \$50

402 E. Garden of the Gods Road

Phone: 590-1701

4083 Austin Bluffs Parkway

Phone: 594-0046

3002 S. Academy Blvd.

Phone: 390-7017

Express Care: Appointments available on a walk-in basis or you can call to schedule an appointment. The cost is between \$35 to \$50 depending on type of physical.

2141 Academy Circle

Phone: 597-4200

Local Schools: Often the local schools will offer physicals prior to the start of major sporting tryouts at a reduced cost of \$10 to \$25. Call your local school district to find out more information.

Historic review of the North Vietnam campaigns — Ed Rasimus, F-105 pilot and author of "When Thunder Rolled: an F-105 pilot over North Vietnam" will speak in the Penrose Library, 20 N. Cascade Ave. July 20 at 1:30 p.m., in the 1905 Carnegie Library.

Free Sky Sox tickets

In support of deployed soldiers and their families, Sky Sox is hosting a Military Appreciation Night on Friday. Free tickets are available at ITR, but tickets are limited. The game starts at 7:05 p.m. and will culminate with a fantastic fireworks display. For more information, call ITR at 526-5366.

West Nile Virus symptoms and precautions

— West Nile Virus is a potentially hazardous disease, which can affect humans, birds and horses, as well as other domestic and wild animals. The disease can be transmitted to humans via infected mosquitoes, which have fed on infected birds, such as crows, ravens, magpies or jays.

Symptoms of WNV:

Mild symptoms include fever, headache, rash, swollen glands and pink eye. Severe symptoms include severe headache, high fever, stiff neck, disorientation, paralysis, coma and death if not treated.

Personal precautions:

- Avoid wetlands, areas of standing water, and areas of mosquito activity.
- Use insect repellent containing DEET when outside.
- Wear light-colored clothing. Long-sleeve shirts

Army Community Service
Family Readiness Center
526-4590

Deployment Support Group



The Family Advocacy Program will be offering a Deployment Support Group at the ACS Family Readiness Center, every Tuesday in Bldg. 1526 from 1 to 2:30 pm. Free childcare will be available to those participants who pre-register.

If you are feeling lonely, anxious or fearful about this deployment and think that a group of caring spouses who share similar circumstances might be helpful...please call ACS at 526-4590 to register.



and long pants are recommended.

- Limit outside activities at dawn and dusk.
- See a doctor if you contract the symptoms listed above.

Preventative measures around the home and workplace:

- Repair holes and tears in window screens.
- Change water in birdbaths and other similar water containers every two-to-four days.
- Drain all locations of standing water, regardless of how small the amount may be (around outside faucets, yard puddles, rain gutters, etc., or any other places where water may accumulate).

Report dead birds (crows, ravens, magpies and jays) to: DECAM Pest Control at 526-0979 or 526-5141; DECAM Wildlife at 579-9088; or the Military Police at 576-2333.

For more information on WNV, you can also log on to www.cdc.gov/ncidod/dvbid/westnile/.

The Mountain Post Wellness Center will be extending its operational hours starting July 14. The new hours will be Mondays through Thursdays 6 a.m. to 5 p.m. and Fridays 6 a.m. to 4 p.m.

Adoption

From Page 11

tapes and deemed Rudy suitable for adoption.

"According to public law, anyone in law enforcement, a former dog handler, or anyone who can reasonably handle the dog can adopt him," VanWinkle said.

"The ideal person would be a police officer, or former dog handler or kennel master," Dedrick said. "But, the process is open to anyone who feels they can handle the dog."

DoD regulations require applicants

have a fenced in yard of at least 200 square feet and provide adequate shelter and veterinary care, but there are also other factors to consider.

"Rudy is not good with small children," VanWinkle added. "Older kids should be fine, but only if they're not afraid of dogs."

According to VanWinkle, working dogs can sense fear and will respond to it. Any household where even one person is afraid, nervous, or apprehensive will not be a good home for Rudy.

"Rudy is very lovable, but he is trained to attack," VanWinkle added.

"During the adoption process, interested

people will be briefed on commands not to give."

In order to adopt Rudy, interested people must first fill out a two-page application. After that, strong candidates move on to the interview process.

"We ask about things like other pets, experience with dominant dogs, and what their intentions are after they adopt Rudy," VanWinkle said.

Potential adoptive owners are also required to watch a video tape of what trained military working dogs are capable of; then they must sign a covenant stating they accept all responsibility for the dog and his care.

"Rudy is friendly and mellow," said Dedrick. "He's a great dog, and he's served his country well. He needs someone to love him."

Rudy has served faithfully by supporting the Secret Service, the Department of State, the United Nations, and by protecting America's troops both here and overseas.

According to VanWinkle, Rudy has a great attitude, but adoptive owners must remember that he is a highly trained military working dog.

For more information about Rudy or the adoption process, call Dedrick at 556-7333.

Despite discharge of sponsor

Tricare to provide maternity care

Courtesy Evans Army Community Hospital

TRICARE helps pay for maternity care during pregnancy, delivery of the baby, and up to six weeks after the baby is born. Prenatal care is important, and TRICARE strongly recommends that a proper health assessment, prenatal testing and prescriptions for prenatal vitamins should not be delayed simply because of changes in nonavailability statement rules and procedures. If TRICARE eligibility ends during the pregnancy (for example, due to discharge of sponsor), TRICARE does not cover any remaining maternity care unless the family qualifies for the Transitional Assistance Management Program or has enrolled in the Continued Health Care Benefits Program.

NAS for maternity care

A NAS is a certification issued from a military treatment facility that a specific medical service is not available at the time care is needed. If a MTF cannot provide needed maternity care, it will issue a NAS to allow a patient to receive care from a civilian source. Maternity patients will need one NAS for all of the maternity care associated with the pregnancy.

On Dec. 28, 2003, the NAS requirement for maternity care will be eliminated, as mandated by law. Women who require prenatal care on or after Dec. 28, 2003, will not be required to obtain the NAS, as long as their first prenatal visit is on or after this date. Women who begin prenatal care before Dec. 28, 2003, will still be required to obtain a NAS. This change in law affects TRICARE Standard beneficiaries residing within MTF catchment areas anywhere in the world. (A catchment area is within approximately 40 miles of a military treatment facility; however, it may be more than 40 miles if a beneficiary's ZIP code falls within a facility's catchment area.) Standard patients who do not live within a catchment area do not need a NAS.



Until Dec. 28, 2003, maternity patients who are not enrolled in Prime and live in a MTF catchment area must receive all of their maternity care from that facility, unless they obtain a NAS. In an emergency, patients should go to the nearest emergency room.

The NAS is needed from the first prenatal visit after confirmation of the pregnancy and will remain valid for 42 days (six weeks) following the delivery. Patients who have other health insurance that pays before TRICARE or are family members of a member of the National Guard or Reserves who is called to active duty and qualify for the TRICARE Reserve Family Demonstration Project do not need a NAS.

If a required NAS is not obtained for prenatal visits through Dec. 27, 2003, TRICARE will not cover any portion of the care received during the pregnancy, including care related to delivery. For example, if a woman's first prenatal visit occurs Dec. 27, 2003, she must obtain the NAS for that visit or she will be responsible for all expenses related to her pregnancy even though she may not deliver until the following summer.

Beneficiaries should check with their local health benefits adviser, beneficiary counseling and assistance coordinator or TRICARE service center to see if they are in a catchment area. If it is necessary to receive care from a civilian hospital or doctor during pregnancy, finding a provider who participates in the TRICARE network or who is an authorized provider is most cost-effec-

tive.

After the birth of the baby, mothers who obtained an NAS should check with their local health benefits adviser, beneficiary counseling and assistance coordinator or TRICARE service center to see if the baby requires a separate NAS. A newborn's NAS is entered retroactively after the newborn is enrolled in the Defense Enrollment Eligibility Reporting System.

Automatic Prime Enrollment:

If the sponsor is active duty, the newborn will be automatically enrolled in TRICARE Prime. If the sponsor is retired and any member of the family is enrolled in Prime, the newborn also is automatically enrolled in Prime.

An automatic Prime enrollment lasts 120 days. If the sponsor wants the baby to remain in TRICARE Prime,

the newborn must be formally enrolled in Prime within 120 days from birth or the child's benefit will change to Costs for Care Received under TRICARE Standard Hospitals, and doctors who participate in TRICARE Standard accept the TRICARE maximum allowable charge for their services. "Lay" midwives (midwives who are not registered nurses) are not authorized TRICARE providers. Beneficiaries are responsible for the deductible for the fiscal year — Oct. 1 through Sept. 30 — and for some cost-sharing when using TRICARE.

For more information, patients may contact their local health benefits adviser, beneficiary counseling and assistance coordinator, TRICARE service center or visit the TRICARE Web site at <http://www.tricare.osd.mil/>.

Maternity care

TRICARE helps pay for maternity care during pregnancy, delivery of the baby, and up to six weeks after the baby is born. Prenatal care is important, and TRICARE strongly recommends that a proper health assessment, prenatal testing and prescriptions for prenatal vitamins should not be delayed simply because of changes in nonavailability statement rules and procedures. For more information, patients may contact their local health benefits adviser, beneficiary counseling and assistance coordinator, TRICARE service center or visit the TRICARE Web site at <http://www.tricare.osd.mil/>.

Chaplain comes back home

Fort Carson getting better and better

**Commentary by
Chap. (Col.) Lowell P. Moore
Command Chaplain**

It was about 17 years ago that my wife, Betty, and I reluctantly put our daughters in the family vehicle, and with a tear in our eyes, we drove away from our beloved Fort Carson, the best installation in the U.S. Army.

From then on, as each tour of duty would draw to a close, I would hopefully send an updated “dream sheet” to register my desire to return to Fort Carson. Then, holding our breath with our fingers crossed, we would wait to see if we would be blessed with another tour to the wonderful Mountain Post we called home. Each time we were disappointed to learn we were going to Fort Bragg, Fort Lewis, Camp Zama, Fort Eustis and the Corps of Engineers. While all of these assignments turned out to be wonderful and rewarding adventures, it just wasn't Fort Carson.



You can imagine how excited Betty and I were to learn that finally, we would be going back to this wonderful place called Fort Carson. You probably heard Betty scream when we first caught sight of Cheyenne Mountain.

But, Fort Carson and Colorado Springs weren't the way they were when we left them. The signs of change were everywhere. There is a whole subdivision near our house where the antelope used to play. My favorite gym on Fort Carson has been torn down. My old office is now a nursery, etc.

At first I was a little disappointed with all the changes. But, while contemplating the many changes that had taken place while we were away, I was reminded of a saying I saw years ago. It said, “You can't change the direction of the wind, but you can adjust your sails.” I decided not to fight the winds of change, but to set the sails of my mind to accept them.

With my new attitude, I have been able to see that most, if not all, the

changes have been for the better. Fort Carson now has better housing, newer buildings, and it is a better post than it was when I left it. Colorado Springs has many new stores that weren't here 17 years ago, and some are stores I regularly use. Now, I like the new Fort Carson and Colorado Springs better than I did 17 years ago. I am even more excited to be here than I thought I would be.

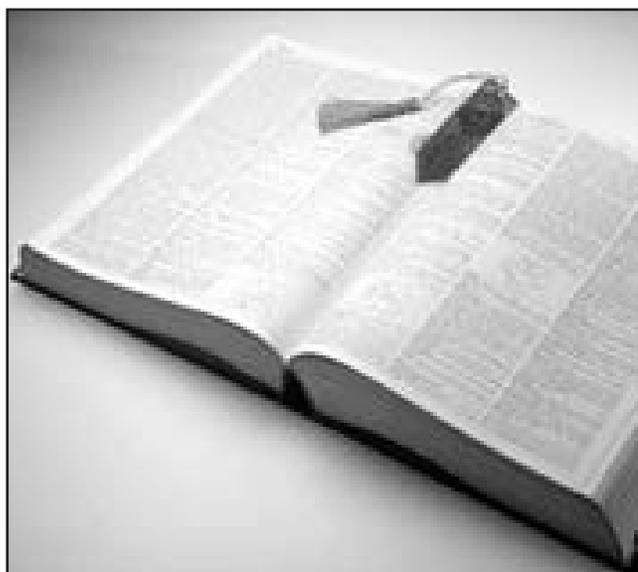
Then it hit me; people all over Fort Carson are going through far more change and adjustment than Betty and me. Husbands and wives are sending their loved ones to a far away land called Iraq, and they are adjusting to the separation. Children are holding their breaths with their fingers crossed while they wait for mommies and daddies to return. Soldiers wait prayerfully for the reports from their comrades.

I believe if we follow that old sage advice I learned years ago, it will help some people adjust the sails of their minds instead of fight the winds of change. And, when this turmoil is over, they will be stronger and better people.

Chapel

Native American Sweatlodge
— Native American Sweatlodge ceremonies (He Ska Akicita Inipi) are offered to military personnel, dependants and Department of Defense personnel for traditional prayer and purification. Fasting before the ceremony is recommended and refreshments are offered following the ceremony. Please call Michael Dunning at 382-5331 or (c) 330-9537 for ceremonial information and directions.

It is always an honor to serve God and his children in uniform. And, it is a special honor when you get to do it in Colorado. I am glad to be back in Colorado Springs and a part of the wonderful Fort Carson community. I look forward to getting to know as many of you as I can and working with you to make our community even better.



Chapel

Wicca group meets at Fort Carson — There are many traditions within Wicca and the tenets, practices and politics vary as they do in many religious groups. The goal for the Fort Carson Open Circle is to allow people of all traditions to come together and learn from each other. They are openly eclectic in that their members are not all of the same faith group but of many different faiths and traditions. They are here to teach each other and to learn from one another. They invite those who have years of experience in their tradition and those who are still seeking their path to come together. The group meets Tuesdays at 6:30 p.m., at the Family University Building, next to McKibben Physical Fitness Center, corner Ellis and Barkeley, on Fort Carson. Call 229-8948 or 634-7243, or e-mail ftcarsonopencircle@hotmail.com for more information

Fort Carson AWANA Club: Making the Gospel fun. AWANA shapes children's lives with a combination of good clean fun, Bible memory and spiritual teaching. AWANA is an international nondenominational organization dedicated to sharing the Gospel of Jesus Christ with young people. The group is similar to scouting and participants wear uniforms, earn badges and are motivated through awards. Meetings are held Thursdays from 5:15 to 7 p.m. Spaces are available for adults who want to be ministry leaders. The leadership training is free. For information, call Susan Webb at 538-9306.

Chapel Schedule

ROMAN CATHOLIC					
Day	Time	Service	Chapel	Location	Contact Person
M-W-F	noon	Mass	Healer	Evans Army Hospital	Fr. Battiato/649-5260
Tues., Wed., Thurs.	noon	Mass	Soldiers'	Nelson & Martinez	Chap. Patton/526-5769
Saturday	5 p.m.	Mass	Soldiers'	Nelson & Martinez	Chap. Patton/526-5769
Sunday	8 a.m.	Mass	Prussman	Barkeley & Prussman	Chap. Patton/526-5769
Sunday	9:30 a.m.	Mass	Soldiers'	Nelson & Martinez	Chap. Patton/526-5769
Sunday	10:45 a.m.	CRE	Soldiers'	Nelson & Martinez	Pat Treacy/526-5744
Sunday	11 a.m.	Mass	Healer	Evans Army Hospital	Fr. Battiato/649-5260
Sunday	12:15 p.m.	Mass	Provider	Barkeley & Ellis	Chap. Patton/526-5769
Tuesday	6:30 p.m.	RCIA	Soldiers'	Nelson & Martinez	Pat Treacy/526-5744
Saturday	4 p.m.	Reconciliation	Soldiers'	Nelson & Martinez	Chap. Patton/526-5769
PROTESTANT					
Sunday	9 a.m.	Protestant	Healer	Evans Army Hospital	Chap. Kincaid/526-7387
Sunday	9 a.m.	Protestant	Provider	Barkeley & Ellis	Chap. Jones/526-4206
Sunday	11 a.m.	Protestant	Soldiers'	Nelson & Martinez	Chap. Fox/526-8011
Sunday	11 a.m.	Prot./Gospel	Prussman	Barkeley & Prussman	Chap. Byrd/526-2811
Sunday	9:30 a.m.	Sun. School	Prussman	Barkeley & Prussman	Chap. Byrd/526-2811
Sunday	9:30 a.m.	Sun. School	Soldiers'	Nelson & Martinez	Dr. Scheck/526-5626
Tuesday	9 a.m.	PWOC	Soldiers'	Nelson & Martinez	Chap. Fox/524-1166
Sunday	9:30 a.m.	Contemporary	Veterans'	Magrath & Titus	Chap. Ellison/526-8890
Sunday	6 p.m.	PYOC	Soldiers'	Nelson & Martinez	Ms. Scheck/524-1166
LITURGICAL					
Sunday	10:45 a.m.	Lutheran	Provider	Barkeley & Ellis	Chap. Lloyd/526-3888
JEWISH					
For information and a schedule of Jewish Sabbath services, call the U.S. Air Force Academy Cadet Chapel at 333-2636.					
WICCA					
Tuesday	6:30 p.m.		Family University	Bldg. 1161	Ms. Costantino-Mead
MORMON					
Sunday	2 p.m.	LDS	Provider	Barkeley & Prussman	Chap. Jones/526-4416
For additional information, contact the Installation Chaplain's Office, building 1550, at 526-5209. Normally, free child-care is available during on-post worship services.					

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

Friday — Psalms 30 & 2 Samuel 7-9

Saturday — Psalms 31 & 2 Samuel 10-12

Sunday — Psalms 32 & 2 Samuel 13-15

Monday — Psalms 33 & 2 Samuel 16-18

Tuesday — Psalms 34 & 2 Samuel 19-21

Wednesday — Psalms 35 & 2 Samuel 22-24

Thursday — Psalms 36 & 1 Kings 1-2

The Army Cycle Of Prayer — Each week the Office of the Army Chief of Chaplains will highlight Army units, the Army at large, the nation and religious organizations to focus prayer. You are invited to join with the chaplain community and pray for these individuals and organizations. Please pray this week for the following:

Unit: For the soldiers, families and leaders of Headquarters, Department of the Army staff, located at the Pentagon, who lead the effort to transform the Army.

Army: For all soldiers, noncommissioned officers and officers who serve as staff personnel in commands all over the world.

State: For all soldiers and families from the state of Massachusetts; pray also for Gov. Mitt Romney, the state legislators and municipal officials of the Bay State.

Nation: Give thanks for the Declaration of Independence. This magnificent gift of God to our nation captures all the ideals on which we were founded, and it continues to guide us in developing our public policy and in carrying out our relations with other people.

Religious: For all America, as we rejoice in the founding of our nation and the blessings of our liberty on Independence Day, the 4th of July. God bless America!

For more information on the Army Cycle of Prayer, or to pray for items from previous weeks, visit the cycle's Web site at www.usarmychaplain.com.

DECAM tests goats for weed control

by Susan Galentine-Ketchum
Directorate of Environmental
Compliance and Management

A contingency of goats roamed a select portion of the Piñon Canyon Maneuver Site during May to battle noxious weeds. About 250 goats from a Colorado goat-grazing service were trucked to the PCMS, unloaded and set loose for two weeks on the rapidly growing problem of Russian knapweed.

The goats were herded repeatedly across 500 acres of the southwest corner of the PCMS, singled out for the pilot test due to the density of noxious weeds and the potential danger of wildland fire to both the PCMS and off-site resources. About 30 percent of the area is heavily overgrown with the problem weeds.

Noxious weeds are non-native weeds that spread rapidly and choke off local plant life because natural deterrents aren't in place. What is considered a noxious weed in the United States may be part of the normal plant life in the country it came from. The seeds of these pesky plants are often transported from one country to another via animals, contaminated hay or sometimes as seeds imbedded in the tank tracks of military vehicles being transported home from other regions.

If left unchecked, noxious weeds degrade native plant life, erode soil,

spread to neighboring properties because of their rapid growth and increase the risk of wildland fires. All of these factors can hamper military training.

"While it may not seem that a few weeds are important to training, weeds increase the risk of fire danger and fires can halt training," explained Caron Rifici, the Directorate of Environmental Compliance and Management's noxious weed manager and the proponent of the pilot test. "Weeds are also a source of erosion when the native communities are invaded by these plants. Erosion can create deep gullies and flooding problems across the landscape making additional and sometimes unseen hazards to our troops training in the field."

Federal, state and county levels of government and private landowners are working cooperatively to protect the environmental and economic value of Colorado lands from the growing problem of noxious weeds.

DECAM uses many strategies to control weeds at both Fort Carson and the PCMS, said Rifici. Prescribed burning, hand pulling of small weed patches, herbicide application and reseeding vulnerable (bare) land have all been used at the PCMS. Usually more than one strategy is needed to control weeds.

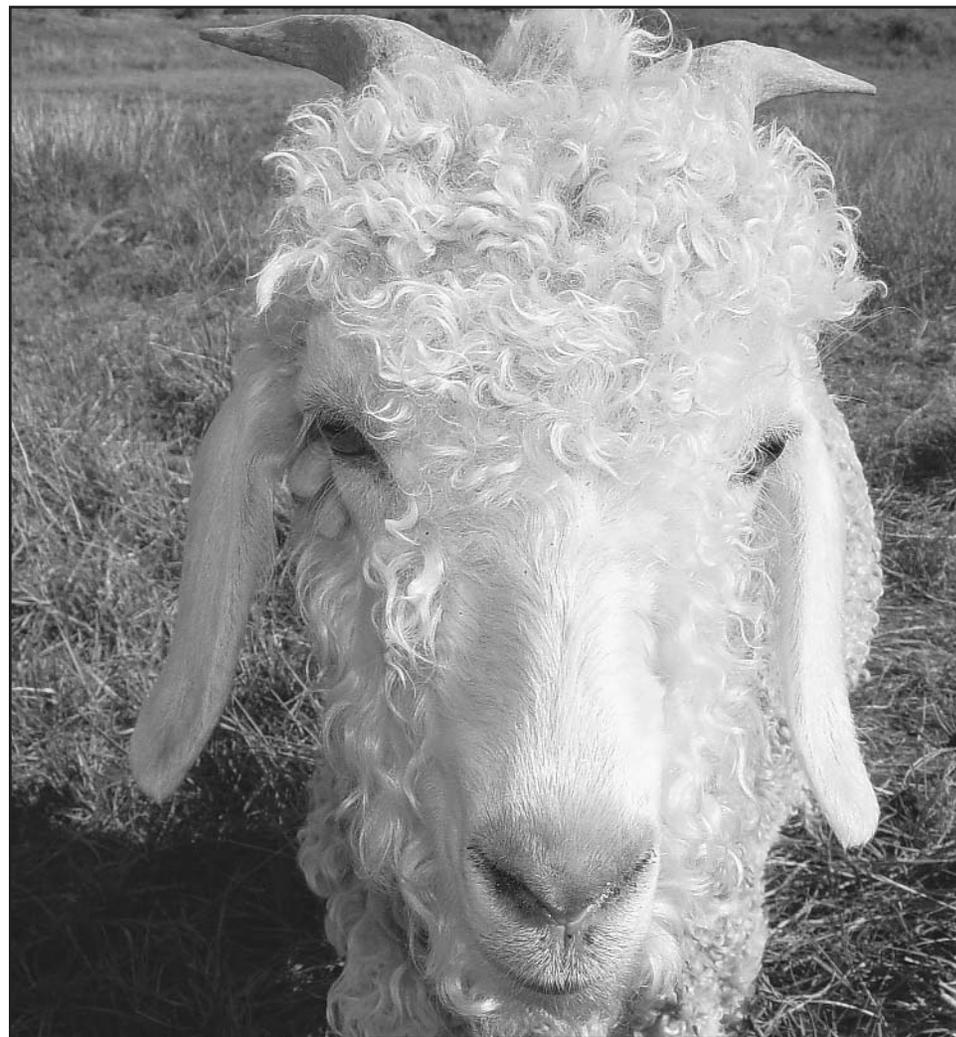


Photo by Mead Klavetter, DECAM

The Angora goats used to tackle weeds at the PCMS are particularly well suited for herding operations. If left uncontrolled, the noxious weeds may hamper military training.

Goats

From Page 16

“It is important to note that no weed control method is permanent and that is why weed control is usually talked of in terms of being controlled versus eradicated,” she explained. “All methods deal with weakening the plant to a point that it can be suppressed or controlled to a level that is acceptable.”

Using goats to get rid of weeds may seem unorthodox; however, it fits in well with the Army’s goal of reducing herbicide use. The goats serve as a “mechanical” instead of chemical means to control these invasive weeds.

“Goats are beneficial because they do not eat native grasses and they reduce overall herbicide use. In addition, the hooves of goats break down plant material and incorporate it into the soil for more efficient nutrient cycling,” explained Rifici. “Goats, like other animals, fertilize as they go.”

“Unlike horses or cattle that graze grasses, goats are browsers that prefer the young, succulent growth of both weeds and woody vegetation (shrubs),” said Rifici. “Goats will first begin stripping the leaves off the plants and then they strip off the outer layer of the stems. Different age goats will also target plants in different stages of growth. This weakens the plant’s root

reserves. Done repeatedly, the energy of the plant is used up trying to regrow, and they weaken and die. Ideally, goats are used before the plant flowers to stop seeds from forming.”

Laura Lou Colby, owner of the goat grazing service contracted, has been hiring out her angora goats for weed control for five years; however, she has been using them for weed control for more than 15 years. She owns 450 adult goats and the accompanying kid goats. The average adult nanny weighs 80 pounds and can live from eight to 12 years.

Colby, who lives in Meeker has contracted a lot of local work over the years, including taking 700 goats to Pueblo Chemical Depot in 1999. The experience was interesting for Colby, who had to undergo mustard gas safety training and whose herd was followed by security staff during the time it was there.

While it may seem that letting a herd of goats loose to eat is simple, there is a bit more involved. “You have to be prepared for anything that happens,” said Colby. A project for these busy goats involves quite an entourage and equipment. Guard dogs, herding dogs, electric fence equipment, water tanks, veterinary supplies and camp gear all must be transported for their stay.

The goats encountered a few challenges at the PCMS that are part of such an undertaking. With the

increased precipitation and accompanying weed growth, the goats arrival in mid-May was met with noxious weeds that had already progressed to the budding stage, when they aren’t quite as tasty to the goats. The already high temperatures also acted as a bit of an appetite suppressant to these voracious eaters. Rattlesnakes were in an unwelcome abundance at the PCMS due to the unseasonably warm weather.

Heat and rattlesnakes withstanding, Colby and Rifici, found that the goats accomplished the mission. They were able to make at least one herd pass over all the primary areas they were targeting and several more passes in the areas of higher weed concentration.

Rifici will evaluate the robustness of the weed regrowth in the grazed area over the summer to determine if they should hire the goats again. The amount of moisture will play a large role in how much the weeds grow back.

If the goats managed to graze down the weeds to the point that they only have enough energy to sprout leaves, that will weaken the plant. If the weeds grow from the roots or grow blossoms, then the weeds were strong enough to survive the grazing.

For now, the intrepid goats have moved on to their next weed foraging project, with the possibility of being called to temporary duty at the PCMS again next spring.



Spc. Rechell Sears, Spc. Carolynne Horton and Staff Sgt. Glynis Harris take front stage during the penultimate song performance, the national anthem, at the 2003 Soldier Show at Fort Carson Tuesday. Sears is an administrative specialist, Horton a personnel clerk and Harris a licensed practical nurse before being selected top-perform in this year's Soldier Show. They will travel the United States, Korea and Guam before their tour with the performance company ends in November.



Spc. Carolynne Horton and Spc. Devon Lynch perform together as the show segues adeptly between genres.



Staff Sgt. Glynis Harris, USA MEDDAC, Fort Belvoir, Va., solos to an audience who couldn't hold its applause, clapping before the song was over as she wowed spectators.

IT'S SHOWTIME

Story and photos by Spc. Matt Millham
14th Public Affairs Detachment

Though deployments have largely deigned it a venue pre-deployment briefings, McMahon Theater let its hair down this week with the Soldier Show, a spectacle of music, dance, light and costumes, the brilliance of which one might associate more readily with Broadway than the military.

The three performances staged at McMahon Theater — one Tuesday and two Wednesday — played to a Fort Carson community that packed the house and raised the roof on the 85-year-old Army tradition.

The show opened on a World War I encampment. A performer, playing the part of Sgt. Irving Berlin scripting the first Soldier Show by firelight, breaks into song, sparking a 90-minute medley of music and dance in genres spanning at least a century of

American pop culture.

The performers, active-duty soldiers selected from around the Army for their musical and performing talents, belted country, pop, rock, and rhythm and blues tunes for more than an hour to hooting fans.

At the end, Command Sgt. Maj. Terrance McWilliams, 7th Infantry Division and Fort Carson command sergeant major, thanked the performers and production team for the show and teased, "You know, if I had a record company, I'd be signing all of you up right now."

Fans of the show seemed to have only one complaint in common. "I'd make it longer," said Cynthia Brisby. She and her friends stood outside among the post-show crowd deliberating which of the show's acts were best.

"The oldies were my favorite — brought back

memories," said Angela Strader. "I love the gospel," said Brisby.

"I like the songs from the 70s," said Sharon Jones who saw her first Soldier Show in 1987 at Fort Polk, La. "Like the sergeant major said, it just keeps getting better and better," she said.

A new cast of soldiers is chosen each year from a pool of amateur performers in all military occupations. They submit videotapes, biographies, photographs and letters of recommendation from their commanders for the chance to audition live at Fort Belvoir, Va., for a shot at 15 minutes of fame.

Once the performers are chosen, training for the show begins. For six weeks, the performers' days begin with a formation, followed by 12 hours of aerobic workouts, vocal coaching, dance training and instruction on how to assemble and disassemble stage trusses. Then the show begins its six-month tour of

the United States and the world — this is when the long days begin.

While touring, soldiers work 14-hour days, seven days a week. They go on this way for six months. Many have described it as the toughest duty outside of combat. The cast and crew offload, load, set up, and dismantle up to 18 tons of equipment at each stop on tour.

By the end of the tour the Soldier Show cast and crew will travel more than 25,000 miles by bus and air to stage 100 performances at installations in the United States, Guam and the Republic of Korea for more than 120,000 audience members from the Army community.

After the show is over, most if not all the performers and crewmembers will return to their regular units. For the next five months, though, they aren't infantrymen or medics or drivers; they're entertainers.



Showing off their period dance steps, Staff Sgt. Gregory McPhee, a food operations NCO, Staff Sgt. Keisha Felder, a personnel administration specialist, and Spc. Mike Acevedo, a broadcast journalist, take a blast to the past during an oldies medley. Period costumes and stage sets help deliver the ambiance of about a century of American culture.



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WEEKDAY EVENINGS

DATE	TITLES	RATINGS
JULY 12	THE 6TH DAY	PG-13
JULY 13	UNBREAKABLE	PG-13
JULY 14	PROOF OF LIFE	R
JULY 15	MEN OF HONOR	R

SATURDAY MOVIE MATINEE

JULY 12	X-MEN	PG-13
JULY 19	BEDAZZLED	PG-13

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Sports & Leisure

An all-American day of fun

Fort Carson celebrates July 4 with food, sports

by Bill Scharton
Mountaineer staff

Exercise, followed by a pancake breakfast, attracted a big crowd to the Special Events Center for the Fourth of July Fun Run sponsored by the commanding general's office.

The 10-kilometer run was set up mainly for unit team competition, but a few hardy individuals also opted to run this distance. The five-kilometer fun run was for individual participants. These two events were followed by a short course children's run.

Earning first place honors in the unit team (minimum of four runners) competition was 780th Quartermaster Company, a reserve unit from Provo, Utah. Team members included Johanthan Anderson, Jason Weiss, Kenneth Sperry and Randall Akers.

The unit crossed the 10-kilometer finish line together in about 48 minutes and were still pumped up following the team victory. Right after the run, Anderson demonstrated energy to spare with several hand springs and back flips in the parking lot.

A little bit later, the flashy foursome was presented the winner's plaque by Maj. Gen. Robert Wilson, 7th Infantry Division and Fort Carson commanding general. Wilson and several members of his office also ran the 10-kilometer event.

Fort Carson Command Sgt. Maj. Terrance McWilliams was the official starter for the five-kilometer run. After getting the event started, Lynn Wilson, wife of Maj. Gen. Wilson, latched onto McWilliams and the switch from official to participant was under way.

"I'm being corralled," McWilliams was heard to say as he was led off into the sunrise. He completed the event and exclaimed, "I'm struggling" while



Photo by Bill Scharton

Children bolt from the starting line at the beginning of the Fourth of July Fun Run for children at the Special Events Center. The event was sponsored by the commanding general's office and the children's run was coordinated by the Mountain Post Wellness Center staff. Eleven-year-old Matthew Lein crossed the finish line first in the children's short-course event.

crossing the five-kilometer finish line.

Karen Brasfield, Sandra Ensmann and other members of the Mountain Post Wellness Center staff once again coordinated the short course children's run. Eleven-year-old Matthew Lein crossed the finish line first in this contest.

The five-kilometer event did not have an individual winner per se, but several fun prizes were given to individual category winners following the event.

The "Most Patriotic Dressed" runner honor went to Terry Zuiker. He sported a painted head, an Uncle Sam hat and beard, a "USA" jersey and red, white

and blue shorts and socks. He even carried a talking Uncle Sam toy during the run.

Zuiker was accompanied by his wife Riggs and their two daughters Holland and Daphne. The Zuikers reside in Cheyenne, Wyo., and dad Zuiker is currently working at Fort Carson with an activated reserve unit.

"We painted his head," the Zuiker daughters/sisters said proudly prior to the start of the five-kilometer event.

"We hope it is not permanent."

Following the five-kilometer event, the Zuikers had worked up an appetite and were enjoying a pancake breakfast together. "I thought it would get really hot with this hat on," said dad Zuiker. "But it actually wasn't too bad." Mom Zuiker wondered if today Zuiker was going to show up for training with a white head and daughter Holland asked dad if they were going to be in the newspaper.

The oldest runner was Nisha Soprey (age not given to the press) and the youngest was 2-year-old Abigail Hohman. The biggest family award went to the Bowie/Richardson contingent (seven).

The largest unit was Medical Activity with 14 runners. Tank the Yorkie walked away with the Ugliest Dog title.

"I would like to thank everybody for participating in this first annual Fourth of July Fun Run," said Wilson. "Also, a special thanks to the Directorate of Community Activities staff and the volunteers for making the event happen this morning."

The DCA recreation division sponsored several other events in Iron Horse Park on the Fourth of July.

Winners included: football toss Mark Kauffman and April Sheldon; home-run derby — Philip McDonald and Lucy Ross; 3-point basketball shootout Tracy Robinson; horse-shoe competition — Benjamin Schroder and Katie Schroder; frisbee throw — Kyle Henson; golf-chipping contest — Darren Strait; and balloon launch — Kyle Dickson.



The Zuiker family, decked out in red, white and blue patriotic garb from head to foot, gets set to begin the five-kilometer event at the Fourth of July Fun Run sponsored by the commanding general's office. Terry Zuiker, in the Uncle Sam hat and beard, won first prize as the Most Patriotic Dressed runner.



Mountain Post Wellness Center nutrition expert Karen Brasfield helps this young runner cross the finish line during the Fourth of July Fun Run for children at the Special Events Center.

One run loss

Lady Mountaineers lose bid for top seat

by Bill Scharton
Mountaineer staff

On July 2, the Lady Mountaineers' competitive slowpitch softball team had an opportunity to climb into a tie for first place in the Colorado Springs Parks and Recreation Women's Silver league.

The Lady Mountaineers were playing the Little Rascals for the second time this season. The Lady Mountaineers entered the contest with a 6-1 record while the Little Rascals were undefeated at 6-0. The only loss on the Lady Mountaineers' record was delivered by the Little Rascals in the early season meeting.

The Lady Mountaineers had to play the game without two starting outfielders. As it turned out, three costly outfield errors prevented the Lady Mountaineers from winning the game and tying the Little Rascals for the league lead.

In the top of the first inning, the Lady Mountaineers' offense got rolling early as the team pushed across four runs in the frame. Nina Dawson and Dawn McCarty both belted run-scoring singles.

Jeri Gallus and Catherine Satow scored runs because of Little Rascals' fielding errors. The Little Rascals came back with three runs in the bottom of the first frame.

Offensive output continued for the Lady Mountaineers in the top of the second inning. Julie Wetherington knocked in two runs with a triple. She proceeded to come home on a Dawson single. Gallus and Kim Routon had run producing singles. The



Photo by Bill Scharton

Lady Mountaineers' player/coach Julie Wetherington hammers a hit for the team during the July 2 contest against the Little Rascals. Wetherington had three hits and three runs batted in in the game, but the Lady Mountaineers lost the first place battle by the slim margin of 13-12.

Lady Mountaineers sent 10 batters to the plate and tallied five runs in the top of the second inning.

In the bottom of the second inning with two outs, Lady Mountaineers' left fielder Pam Norris mis-played back-to-back fly balls that allowed four

unearned runs to cross the plate for the Little Rascals. The Lady Mountaineers had a 9-7 lead after two innings of play.

Tae kwon do athletes close to first place

by **Bill Scharton**
Mountaineer staff

Four Army World Class Athlete Program tae kwon do athletes from Fort Carson competed Sunday and Monday in Orlando, Fla., for a spot on the USA National Team.

None of the four made the national squad. Only individual weight class winners were selected for the national squad that will represent the United States at

the World Championships later this summer.

David Bartlett's attempt at a national team roster spot ended abruptly when he tore a knee ligament in his first match. Louis Torres Jr. placed second in the men's lightweight class.

Petra Kau finished second in the women's heavyweight class and Yelena Pisarenko placed fourth in the women's lightweight division.

Sports briefs

Fort Carson Golf Classic

The 22nd annual Fort Carson Golf Classic, sponsored by the Greater Colorado Springs Chamber of Commerce Military Affairs Committee, will take place Friday, at the Fort Carson Cheyenne Shadows Golf Club.

The entry fee of \$70 includes green fees and cart, range balls and three mulligans, two refreshment tickets, a pig roast and awards ceremony.

Check-in and registration starts at 12:30 p.m. Team groupings are slated for 1:15 p.m. and the shotgun start will be at 1:30 p.m. The dinner and awards ceremony will be at the Elkhorn Catering and Conference Center starting at 7 p.m.

To register for the golf classic, call the Colorado Springs Chamber of Commerce at 635-1551.

Basketball camp

A 50 percent discount is available to the military and Department of Defense community for the final University of Colorado at Colorado Springs children's basketball camp of the summer. The camp will run July 14 to 18 on the UCCS campus.

The camp is open to boys and girls 7 years old through senior year in high school. The cost to military and DOD members is \$65. To register for the camp or for additional information, call Jennifer Fleming at 262-3602.

\$50,000 shot comes up 10 feet short on hole

by **Bill Scharton**
Mountaineer staff

Brent McArthur, an Air Force major stationed at Peterson Air Force Base, circled the green. He studied the 60-foot putt from every conceivable angle.

His two sons, 16-year-old Michael and 17-year-old Brandon, looked it over and offered their opinions to dad.

If McArthur sinks the putt, he wins \$50,000 in the annual KVOR/Fort Carson Cheyenne Shadows Golf Club Super Putt Challenge.

This was the scene June 27 on the ninth hole at the Fort Carson golf course during the late afternoon challenge. McArthur had beat out 45 other contestants in a series of putts to earn the right to go after the \$50,000 prize.

McArthur leaned over the putt, steadied his grip and stance, drew back his putter and proceeded to let the ball roll. Unfortunately for McArthur, the ball did not roll far enough. The line was true but the ball stopped 10 feet short of the cup.

"Dog gone it, I did not putt enough juice on the ball,"

McArthur said following the \$50,000 attempt. "I tried to block everything out. I read the break and had the line, but I just didn't hit it hard enough."

The consolation prize for McArthur was a \$100 gift certificate to the Mona Lisa restaurant. Several other prizes were given out during the Super Putt Challenge.

Along with KVOR and the Fort Carson Cheyenne Shadows Golf Club, other sponsors of the event included The Gazette, ColoradoSprings.com, Security Service Federal Credit Union and Relocation Solutions.

KVOR personalities Jim Arthur, Laurie White, Jay Ritchie and Richard Randall were in attendance and ran the show along with Fort Carson Cheyenne Shadows Golf Club manager Bill Fumar.

"We had more qualifiers than ever before," said KVOR's White. "But for some reason, a lot of them did not show up."

"The Fort Carson golf course is a great setting for this event. So we will probably have it here again next year."

Softball

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The Lady Mountaineers scored two more runs in the top of the third inning. Lenore Moskey scored on an Amber Barker sacrifice fly and Wetherington singled home Carolyn Smith.

In the bottom of the third inning, Barker misplayed a fly ball to the outfield that allowed three more unearned runs to cross the plate for the Little Rascals. The Little Rascals added one more tally and the game was tied at 11 after three innings of play.

Dawson tripled for the Lady Mountaineers in the top of the fourth inning and then scored on a Little Rascals' error. The Lady Mountaineers loaded the bases with one out but failed to get another run home. The Lady Mountaineers had a slim 12-11 lead heading into the bottom of the fourth frame.

The Little Rascals scored two runs in the bottom of the fourth inning and had its first lead of the game by the count of 13-12. The Lady Mountaineers came to the plate in the top of the fifth inning knowing at least one run would have to be scored in order for the game to continue. The Lady Mountaineers were not able to accomplish this feat and the final score stayed at 13-12 in favor of the Little Rascals.

Regarding the outfield errors that cost the team seven runs, Lady Mountaineers' player/manager Satow said, "That's what happens when you are missing starting outfielders."

Otherwise, she was proud of the team's effort in a short-handed situation. "When you play a team a second time, the goal is to play better against them than you did the first time," Satow said. "We did this tonight. We improved our play from the first meeting."



Photo by Bill Scharton

Missed ...

Chris Smith, first baseman for the 7th Infantry Division/Headquarters and Headquarters Company (The Widowmakers) intramural softball team, tries to catch a ball thrown to first base but it sails over his head during a game at the Mountain Post Sports Complex.

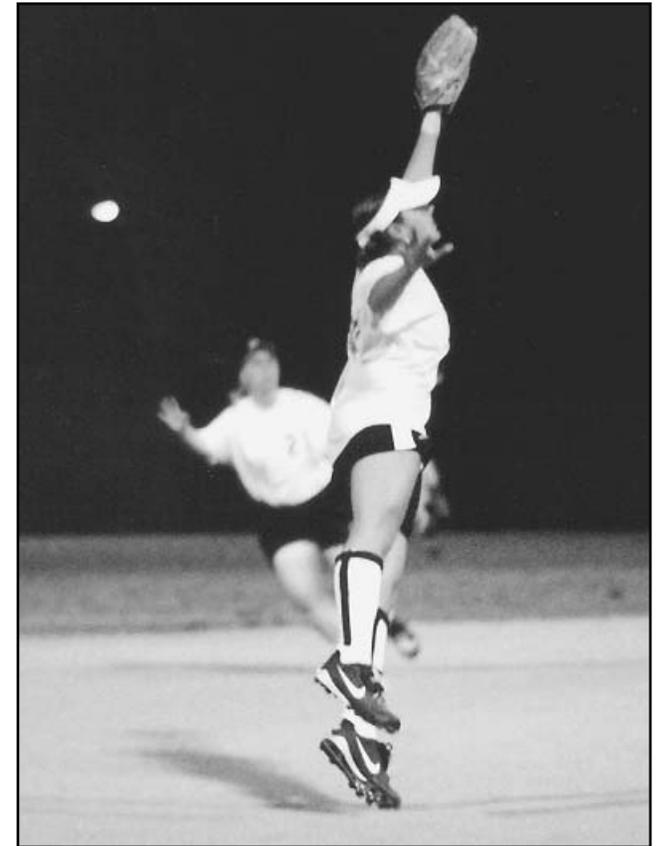


Photo by Bill Scharton

Lady Mountaineers' third baseman Lenore Moskey makes a leaping effort to snare a line drive during the July 2 game against the Little Rascals. The Lady Mountaineers dropped a close 13-12 decision to the Little Rascals in this battle for first place in the league.

The Lady Mountaineers were slated for a double-header Wednesday at 8 p.m. and 9 p.m. at the Skyview Sports Complex Field 4. The Lady Mountaineers will have a bye Wednesday and will return to action at 6 p.m. July 23.

Summer wrestling season heats up for WCAP

by **Bill Scharton**
Mountaineer staff

Army WCAP head wrestling Coach Shon Lewis is having a busy summer and it will stay that way throughout.

Some of this busy activity will be spent with his Fort Carson Army World Class Athlete Program Wrestlers and some of it will not.

Last May, Lewis realized it would be a really busy summer when he was selected by USA Wrestling to be the head coach for the 2003 men's U.S. Greco-Roman World Team.

This team will compete at the World Championships in October in Cretiel, France.

In addition, Lewis will be the head coach for the U.S. military wrestling team that will be competing Aug. 2 to 10 for the Conseil International du Sport Militaire international Military championship in Istanbul, Turkey.

Men's freestyle and men's Greco-Roman teams will compete for the CISM championship. The Fort Carson Army WCAP wrestlers named to the U.S. military wrestling team are freestyle wrestlers Eric Albarracin, Jason Kutz, Dominic Black, Charles

Daniels and Franklin Lashley, along with Greco-Roman wrestlers Glenn Nieradka, Oscar Wood, Keith Sieracki and Dremiel Byers.

The United States military wrestling team training is taking place right now and Lewis is running the show. At the same time, he will be working at the training camps of the U.S. Pan American Games and World Team Greco-Roman wrestling squads. Most of these camps will take place at the Olympic Training Center in Colorado Springs.

The USA Wrestling World Team Trials for men's and women's freestyle and men's Greco-Roman took place June 21 and 22 in Indianapolis. Women's freestyle wrestler Tina George was the only Army wrestler to win a spot on the USA national team. She will now compete for the United States at the Pan American Games in August and the World Championships in September.

Three Army Greco-Roman wrestlers, Nieradka, Sieracki and Byers, lost two of three matches in the championship finals of their weight class. Having only one Army winner at the World Team Trials was a big disappointment for Lewis, but the team's focus remains the same.



Photo by Bill Scharton

Army World Class Athlete Program wrestler Tina George and her coach Shon Lewis are having a busy summer.

"We had a great tournament until the last day," Lewis said. "Then we really took some hits.

"Everybody's spirit is still good. We are right on track with our focus and mission."

Renaissance Festival draws revelers



Visitors from throughout the Colorado realm wait for the gates to open while King Henry speaks to the crowd. King Henry pledged there would be “no bloodshed” during the day.

**Story and photos
by Nel Lampe
Mountaineer staff**



Once upon a time there was a king who lived not far away in a village just off Interstate 25 north. The king, the royal family and loyal subjects liked to make merry. Every summer the king invites all citizens of the realm to visit the village.

Like Brigadoon, this medieval-style village is frozen in time. It comes to life each summer for just eight weekends. It's known as the Colorado Renaissance Festival.

For 27 years the village has been filled with revelers: knights, maidens, shopkeepers, musicians, food sellers, artisans, musicians, damsels, jesters and peasants. They all speak “Old English.”

Hundreds of visitors from throughout the realm of Colorado visit the king's village each weekend the festival is open.

First-time visitors may be surprised to see the large number of medieval-costumed visitors in the parking lot. They're not late-arriving participants, but customers. Whole families may be

dressed in matching medieval costumes. Some of them wear simple cloaks or hats with feathers. Others wear elaborate musketeer costumes or suits of mail. Groups of “monks” or “butterflies” approach the gate. People of all ages wear swords or jester's hats. It's a great place to wear that Middle Ages costume you bought at a previous fest or feathered musketeer's hat or kilt taking up closet space. People who aren't wearing a costume can stop at the costume shop near the entrance and rent one. Rentals run from \$25 and up for an adult costume; children's costumes cost less.

A day at the Colorado Renaissance Festival is much like a history lesson. The village, costumes, culture, pageantry and language make medieval history come to life.

To enter the kingdom, visitors must purchase a ticket from a ticket-seller, who will accept cash, Master Card or Lady Visa for the admission.

The 16th century-style marketplace



Musicians entertain for tips at the 27th annual Colorado Renaissance Festival.

is filled with shops, medieval games, wandering musicians, entertainers and artisans, not to mention damsels, jesters, wenches and knights.

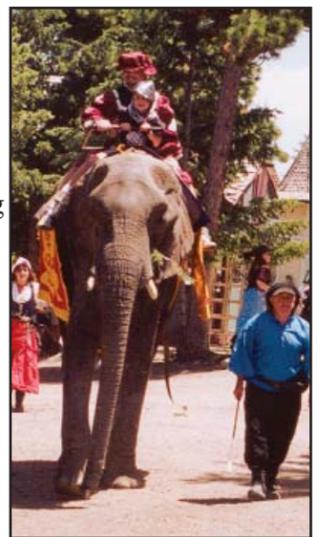
Games which might have been enjoyed by fest-goers 500 years ago can be tried by willing participants, such as climbing Jacob's Ladder, riding Leonardo Di Vinci's Ride, King's Swing, Dart Toss, Ship Ride, Sliding Horse or Giant Rocking Horse. There are elephants and camels to ride, walls to climb and dungeons to explore.

Several open-air stages throughout the village have scheduled shows lasting about a half-hour and feature comedians, jugglers and dirty Washing Well Wenches. There's acrobatics, fire-



King Henry and the royal family ride through the village during the 1 p.m. parade.

HERAPROPHET



Places to see in the Pikes Peak area.

July 11, 2003

Renaissance

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eating and juggling, magic and singing. Ded Bob and his dummy "Smudge" put on a show. There's Puke and Snot trading insults and London Broil.

New this year is "Cast in Bronze," a carillon of bells.

Visitors can get faces painted, hair braided or a piece of henna body art done —there's a charge for each.

Shops sell games, pottery, masks and wooden swords. Elaborate flower and ribbon headpieces and silky costumes are available. There's souvenir T-shirts, pottery and sky chairs; hammocks and sandals. The king, his family and servants parade through the village at 1 p.m. Musical groups perform throughout the village.

The jousting matches take place in the jousting arena, under the watchful eyes of the royal

family. There are three jousting matches at 11 a.m., 2:30 p.m. The jousting matches are perhaps the most popular show. Seating is on the grass near the jousting field at the extreme east side of the village. Be sure to plan to see one of the matches and cheer on your favorite knight.

Artisans demonstrate techniques, such as glass blowing, pottery firing, candle making, leather designing, blacksmithing and blade forging.

Vendors walk the village grounds, selling pickles and pretzels.

It's not that you came here to eat, but the menu choices are quite tempting and food smells fill the air and people find themselves in a food line.

Food items are mostly a la carte and vary in price. A large cinnamon roll is \$3, a sausage sandwich, turkey leg or steak on a stick is \$4.50. Soft drinks are about \$2 — lemonade, ice tea, bottles of water and colas.

Ale, mead, wines and beer are also for sale throughout the village.

Make the most of the Renaissance Festival by arriving early in the day, take in as many shows as possible and enjoy the entertainment and interaction with actors. There are tables and benches scattered throughout the village, for a brief rest or to enjoy the food.

The renaissance village is in a hilly, wooded area so wear comfortable shoes. Some visitors bring wagons or strollers, but they have to be pulled up those inclines. Remember the sunscreen or hats as there's lots of sun in between the trees, and little shade near the jousting arena.

Signs remind visitors that no coolers, food or drinks are allowed to be brought into the village. If you bring a cooler or lunch, leave it in the car. A free shuttle van runs every few minutes and you can shuttle back to the car for lunch. Be sure to get your hand stamped at the exit so you can re-enter the village after eating.

There are themes for each Renaissance weekend. Saturday and Sunday features wine sampling and grape stomps during "Wine Revelry."

July 19 and 20 celebrates "Italian Carnivale" featuring Italian music and song, and a spaghetti-eating contest.

Music and Dance" is the theme July 26 and 27 and includes a fiddlers contest and madrigal singers.

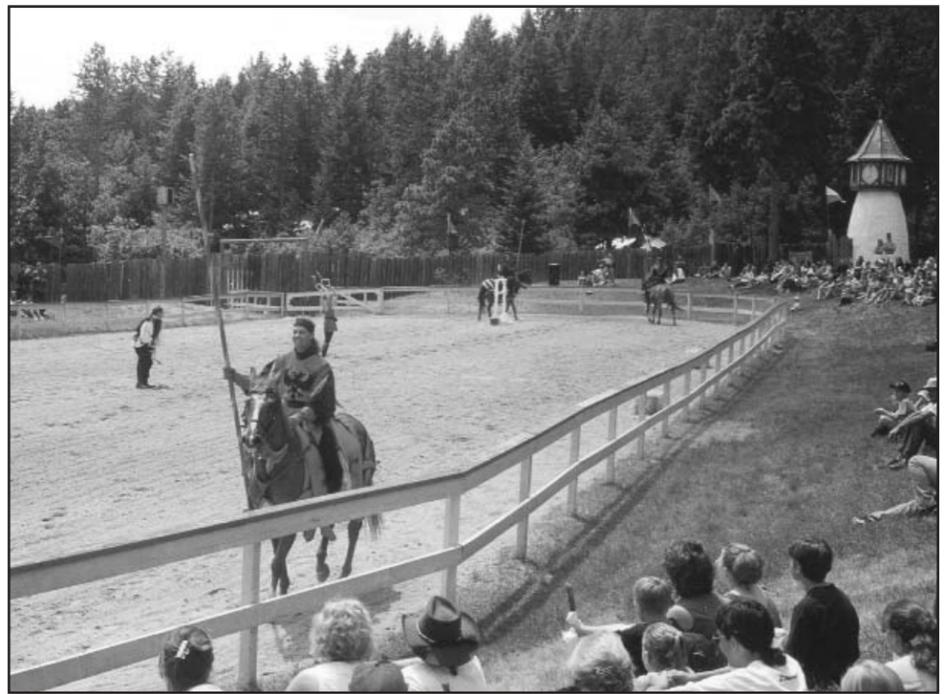
The final weekend is Aug. 2 and 3, which is when King Henry celebrates his 512th birthday.

The entry fee is \$15.95 for adults and \$8 for children ages 5 to 12.

Group parties, family reunions, celebrations



The Washing Well Wenches offer "goode clean fun, wet, dirty women."



Sir James the Red shows off for the crowd during a tournament of skills in the Jousting Arena.



Birds of prey are seen at the Rocky Mountain Raptor booth.



Puke and Snot interact with the audience during their popular comedy act.

or weddings can be held at a special area in the village. Call (303) 688-6010 to make arrangements.

Be sure to bring plenty of money to buy lunch, liquid refreshment and souvenirs. And the shops are quite tempting. If need be, there are Automated Teller Machines in the village.

Pets aren't permitted at the fest.

Colorado's Renaissance Festival is about 45 minutes north of Colorado Springs. Take Interstate 25 to exit 172. Signs mark the way.

You'll be directed to a parking lot, and the later you arrive, the further away you'll be parked — many people arrive before the gates to the village are open. However, vans shuttle people between the parking lots and the entrance gate every few minutes. Parking is free.

Fest hours are 10 a.m. to 6:30 p.m., rain or shine, Saturdays and Sundays through Aug. 3.

Just the Facts

- **Travel time** about an hour
- **For ages** all
- **Types** renaissance fest
- **Fun factor** ★★★★★ (Out of 5 stars)
- **Wallet damage** \$\$\$ (plus food)

\$ = Less than \$20

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

\$\$\$ = \$41 to \$80

(Based on a family of four)

Happenings

Get Out!

Renaissance Festival

The annual Renaissance Festival at Larkspur runs through Aug. 3, Saturdays and Sundays only, rain or shine. Admission is \$15.95 for adults and \$8 for children 5 to 12 years of age. More information is available at www.coloradoarenaissance.com.

Ride the rails

The Royal Gorge Route Railroad is on its summer schedule. Trains run three times each day, at 9:30 a.m., 12:30 and 3:30 p.m. Tickets are \$26.95 for adults and \$16.50 for children. This summer, a twi light dinner excursion at 7:30 p.m. Saturdays for \$69.95. For reservations, call (888) Rails-4U.

Stomp

Stomp, the popular group that makes noise into an art form, performs at the Pikes Peak Center, 190 S. Cascade Tuesday through Sunday. Tickets start at \$28.50 and may be arranged at 520-7469.

Pancake street breakfast

The annual Colorado Springs Street Breakfast is set for Wednesday from 5:30 to 9 a.m. The breakfast of pancakes and the trimmings is served in the middle of Pikes Peak Avenue, between Tejon and Nevada. The annual breakfast, prepared by soldiers, is a kickoff for the rodeo. Tickets are \$5 at the site or \$4 in advance at Information, Tickets and Registration. The band "Chute 9" entertains.

Rodeo Parade

The city's largest parade is the Rodeo Parade, Aug. 6 at 10 a.m. along Tejon and St. Vrain. This year's theme is "Home of the Brave." The parade runs along Tejon to Colorado, when west to Cascade Avenue, north of St. Vrain. There's no entry fee to watch the parade, and lots of chances to see horses, bands, floats and clowns.

Pikes Peak or Bust Rodeo

The annual Pikes Peak or Bust Rodeo is Aug. 6 to 10 at the Colorado Springs World Arena. "Tanya Tucker in Concert" follows the Aug. 8 rodeo and "Rushlow in Concert" follows the Aug. 9 rodeo. Rodeo tickets include the concert; call 576-2626.

Discounted tickets are at the Information, Tickets and Registration office for \$8 or \$10.50 for Fort Carson Night, Aug. 6; call 526-5366.

Money Museum

The American Numismatic Association Money Museum is now open seven days a week. Located at 818 N. Cascade Ave., the museum is open Monday through Friday from 9 a.m. to 4 p.m., Saturday from 10 a.m. to 4 p.m. and Sundays, from noon to 4 p.m. Admission is free. The exhibit "Rendezvous with Destiny: The Money of World War II" will close Aug. 15. "Mountains of Money: A Colorado Story" is on exhibit until Jan. 31.

JoyRides

JoyRides hosts "Military Mondays," when military ID card holders pay \$7 per person for an unlimited access to the park for three hours. Bring more than five people and the price goes down to \$5 per person. Outside food can't be brought into the park, but there is a pizza deal: \$15 for a large pizza, pitcher of soda and 20 tokens.

State Fair concerts

Concert tickets are for sale for the Colorado State Fair at Ticketmaster, 520-9090, and the State Fair Box Office. An appearance by Weird Al Yankovic opens the series Aug. 16. He's followed by Kellie Coffey and Gary Allan; and Pat Benatar and Neil Giraldo. Other performers are Rascal Flatts; Sawyer Brown; Last Man Standing; Lonestar; Jaci Velasquez; Tom Jones; 3 Doors Down and Chicago. Professional bull riders, super tough trucks, a demolition derby and amateur boxing are also on the agenda. A Charreada rodeo is at 5 p.m. Aug. 31.

Bird watching

Learn about birds in the region at the Florissant Fossil Beds National Monument Sunday from 8 to 11:30 a.m. The program includes searching for birds, followed by a multimedia presentation. Wear sturdy shoes and bring water. There is no fee for the program other than the \$3 adult entrance fee. Reservations are necessary for the bird watching program. Call (719) 748-3253.

Pueblo Festival Fridays

The Sangre de Cristo Arts Center hosts "Festival Fridays" in the sculpture garden in front of the center. A band will play in front of the grand

staircase and kicks off today with the Tejano sounds of Nuestra Familia. Next in the series is "The Martimni Shot Band" July 18. July 25 is "Dotsero". "Esperanza takes the stage Aug. 1. Wallace Cotton and the Royals finishes up the series Aug. 8. Concerts are 6:30 to 9:30 p.m. Admission is \$5 at the entrance. Take exit 98b off interstate 25 south to reach the center at 210 N. Santa Fe in Pueblo.

Concert series

The Air Force Academy announces its new season, opening with "Jay Leno" in person Sept. 13 at 6 and 9 p.m. "Diamond Rio" is Oct. 4 at 7:30 p.m. "Seussical the Musical" is Nov. 1 at 7 p.m., the U.S. Army Field Band and Chorus is Nov. 2 at 3 p.m., and "A Christmas Carol" is Dec. 13.

During 2004, the "Dallas Brass" is Jan 30, "Sing-A-Long Wizard of Oz" is Feb. 20; "A Few Good Men ... Dancin'" is Feb. 21; "Singin' in the Rain is March 6, and theatrical mime Bob Berky closes out the concert series with two performances April 17. Ticket prices for season ticket holders are \$110, \$170, \$200 and \$222. Individual ticket prices vary. Call 333-4790 for information.

Denver Art Museum

"Sargent and Italy" is an exhibit in the Denver Art Museum through Sept. 21. The exhibit includes 65 of the works of John Singer Sargent, one of the most acclaimed American painters in the early 20th century. Admission to this exhibit is \$9.50 for adults, \$7.50 for students and \$5.50 for children 6 to 18. Tickets may be purchased on site. The exhibit is open Tuesday through Saturday from 10 a.m to 5 p.m.; Sundays from noon to 5 p.m., downtown Denver.

Broadway to Colorado Springs

The Pikes Peak Center upcoming Broadway season opens with "Grease" Dec. 17 and 18; "Cats" Jan. 23 and 24. "Fame" Feb. 17 and 18 and "Miss Saigon" May 13 and 14. Season tickets start at \$115. Season ticket holders may also purchase priority tickets for "Rent," March 16, 17 and "Riverdance," April 7 to 10.

VW car show

Enter your Volkswagen for \$5 in the Dubs Along the Rockies VW Car Show July 26 from 9:30 a.m. until 3 p.m. at the Citadel Mall northeast parking lot. There are trophies and prizes. Spectators may enter free. About 150 VWs are expected.

Happenings



Photo by Nel Lampe

Street Breakfast ...

Enjoy pancakes and entertainment while seated on hay bales during the Street Breakfast which kicks off Pikes Peak or Bust Rodeo events. It's Wednesday from 5 to 9 a.m. in downtown Colorado Springs.



Program Schedule for Fort Carson cable Channel 10, today to July 18.

Army Newswatch: includes stories on troops in Iraq, Schoomaker nominated for Army Chief of Staff and STRYKER deployment exercise. Airs at 7:30 a.m., 12:30 p.m., 7:30 p.m. and 12:30 a.m.

Navy/Marine Corps News: includes stories on World War II submariners memorial, duty pay in Bahrain and the USS Kitty Hawk (repeat). Airs at 8 a.m., 1 p.m., 8 p.m. and 1 a.m.

Air Force News: special edition: Town Hall Meeting at Wright-Patterson Air Force Base, Ohio, with the secretary of the Air Force and the Chief of Staff of the Air Force, part 2. Airs at 8:30 a.m., 1:30 p.m., 8:30 p.m. and 1:30 a.m.

Channel 9 daily broadcasts SCOLA, foreign language news broadcasts. Access the schedule at the Fort Carson Web site.

If you have comments on Channel 10 programming or wish to coordinate a broadcast on Channel 10, please contact Chief of Command Information at 526-1241 or via e-mail at CommandInfo@carson.army.mil.

Program times will be published in the Mountaineer provided coordination is made one week prior to publication.

If you wish to have a training videotape shown on Channel 9 only, contact the Regional Training Support Center at 526-5111.

For additions to the Community Calendar, please submit an e-mail or clean, typewritten copy of the information to the Public Affairs Office, room 2180, 6151 Specker Ave., Fort Carson, CO 80913 or fax information to 526-1021 no later than the Friday before airing time.