

Community:
Young scientists
show off hard
work at fairs
Page 5

Attention
Until further notice, Maj. Gen. John M. Riggs, Fort Carson commanding general, has declared the Metro of Colorado Springs and Baker Street Club complex off limits to all Fort Carson soldiers. For more information, see Pages 2 and 4.

Military:
Future moms
shape up at
Pregnancy PT
Page 15

Medic!
Pages 16 and 17

Commanders



Riggs

It's been proven that you can save 20-25 percent ... at the commissary

This past Wednesday marked the grand re-opening of the Fort Carson Commissary after completion of \$9.5 million in renovations. This, coupled with the November 28 grand opening of the new Post Exchange indeed makes us a very fortunate community with emphasis on increased Quality of Life for soldiers, family members and our retired community.

Thanks to the thorough planning and hard work of our Fort Carson Commissary team, headed by Commissary Officer Charles Snow, the renovations were done without closing the commissary. Although customers and commissary employees had to put up with jackham-

mer noise and cramped aisles while searching for favorite products, the inconveniences hopefully will have been well worth the wait.

Although military families Army wide rate commissaries as one of their most important benefits, not everyone is using them. Many of our Mountain Post families living off post find it more convenient to shop at local grocery stores. It may be convenient, but it is certainly not cost-efficient. Studies have shown that you can save 20-25 percent by shopping consistently in the commissary. For a family of four, that is almost \$2,000 per year savings in annual grocery costs.

However, savings are not the only reason to shop at the commissary. I urge those of you who have not yet seen the renovations to our commissary to check it out. The mid-70s facility has come into the 90s with wide aisles, an expanded meat market, more bakery and deli space, new freezers and a major facelift to the outside. All in all, the store has more than doubled in size. There is also a newer checkout area with state-of-the-art scanning to shorten your wait in line.

2 clubs declared off limits

In accordance with AR 190-24, paragraph 2-6, I have determined that an emergency exists that warrants declaring the following establishments in Colorado Springs off limits until further notice:

Metro of Colorado Springs, 5917 North Academy Blvd.

Baker Street Night Club, 5923 North Academy Blvd.

I have taken this action as a result of an assault and shooting that recently occurred in the parking lot shared by these establishments. Three soldiers were seriously injured in this incident.

As soldiers, family members and retirees, we get many great benefits for serving our nation. The commissary is one of them. Don't pass it up. Be cost conscious; shop at the Fort Carson Commissary to help stretch your budget.

Proud to serve!

Sound Off

Why do you or don't you shop at the Fort Carson Commissary?



Tammy Hubbard
Family Member
I shop the commissary. It is cheaper.



Pvt. Leversoy
Goodman
2nd Squadron 3rd
ACR
I shop the commissary. It is cheaper and more convenient than going off



Virginia Price
Family member
The prices are very competitive and the new facility is wonderful.



Staff Sgt. Vincent
Miller
Co. A, 1-8 Inf
The commissary prices are better and it is the only place we can find German coffee.

Fort Carson hosts regional medical conference and competition

Evans Army Medical Center Fort Carson played host to the commanders, command sergeants major, and key staff of the Great Plains Regional Medical Command Feb. 22-25. The quarterly meeting of the GPRMC Regional Advisory Council is the forum used by the GPRMC commanding general, Brig. Gen. Harold Timboe to meet with the commanders of each medical department activity and medical center in the region. The participants present briefings, discuss issues, and share information.

The RAC was held at the Elkhorn Conference Center. The first day allowed the 56 attendees the opportunity to learn about the diverse makeup of the Mountain Post and the unique capabilities of the units. Highlighting the day were command briefings by each MSU and the 10th Combat Support Hospital.

TRICARE was a major topic of discussion during the following two days. The group discussed best business practices and learned what was working well at each military treatment facility. This open exchange of ideas and

information allowed each attendee to participate in the RAC.

Concurrent with the RAC, the GPRMC soldier and NCO of the year board was conducted at Fort Carson. The top soldier and NCO from each MIF in the region competed in a three-day competition that included the Army Physical Fitness Test, a Class A uniform inspection, and drill and ceremonies. Each competitor also appeared before a board of senior NCOs to assess their basic military knowledge. A Feb. 23 banquet honored the

On the cover: Specialist LaTasha Irvin, Medical Activity, secures an airway during the airway management workshop of the Combat Medic Conference held at the Elkhorn Conference Center March 6. (Photo by Cpl. Vincent Picard)

MOUNTAINEER

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Public Affairs Policies and statements

News

Fort Carson to enforce Home Alone policy

by Nel Lampe
Mountaineer staff

Children being left home alone may be humorous enough for Hollywood to stretch the plot into three box-office hits. But the Department of the Defense and the Army are taking it seriously.

An Installation Home Alone Policy has been signed by the commanding general and will go into effect April 1, 1998.

The policy is the result of guidance from DoD and the Department of Army. It addresses policy for all children who reside on Fort Carson.

There had previously been a home alone policy on Fort Carson, but there were no consequences for on-post residents who might have violated or ignored the policy.

But now disciplinary action for violators of the Home Alone Policy is outlined in the policy. Actions range from a letter of warning, termination of government housing/quarters privileges, and possible punitive action under Uniform Code of Military Justice or Colorado Criminal Code.

The word came down from DoD in August 1997 that the post had to establish a new policy regarding leaving children alone.

The post developed the new policy with the help of committees of mayors, chaplains, housing personnel, parents, legal experts and

Child and Youth Services. Studies were made of existing home alone policies at other posts and the committee was able to see what worked and what did not work.

One of the biggest changes in the policy affecting Fort Carson parents, according to Jan McConnell, chief, Child and Youth Services, is that children ages 6-9 can no longer be dropped off at our youth center for after-school care, beginning April 1, 1998.

Children under 10 will still be able to attend classes and participate in sports at youth centers, and attend special events, McConnell said. However, after-school care will have to be arranged elsewhere, she said.

But, she stressed, there will be programs available for after-school care for children from 6 to 12 years old. School age services in Bldg. 5510 for children in grades one to six will be expanded, McConnell said.

The day camps will still be provided during school vacations for children 6-12, and are an affordable way to provide child care when school is not in session.

Youth Centers will continue to provide after school activities for children older than 10. Even parents who only need occasional child care for 6-12 years or older may purchase school-age activity cards for \$5 for each day of

See ALONE, Page 9

Installation Home Alone Policy

1. Reference. AR 608-18, Chapter 3.
2. This Policy Statement establishes policies and procedures concerning adult supervision of children in the U.S. Army, Fort Carson Government Quarters. I fully support the referenced regulation which states in paragraph 7e: Except as otherwise defined by applicable law; a finding of neglect is usually appropriate in any situation where a child under the age of 10 is left unattended (or left attended by a child under the age of 12) for an inappropriate period of time. A finding of neglect is also appropriate when a child, regardless of age, is left unattended under circumstances involving potential or actual risk to the child's health or safety.
3. Definitions.
 - a. Children: All youth family members residing in Government Quarters.
 - b. Responsible Adult: Any person who, in a supervisory role, can be reasonably expected to provide adequately for the child's welfare and safety in all circumstances deemed appropriate.
4. Supervision of Children. The following standards shall be used to determine whether a parent or responsible adult is in compliance with policy.
 - a. Age 0 - 5 years: These children require close supervision and must be under direct control of a parent or parent designee at all times.
 - b. Age 6 - 9 years: Children in this age group should be permitted to play outside unattended provided a parent is home and can provide responsible supervision. Working parents are encouraged to enroll their children in an appropriately supervised program; that is, a School Age Program which operates a before and after school supervised program.
 - c. Age 10- 12 years: Children in this age group may be left unattended during the day and in the early evenings (not to exceed four hours.) Child and Youth Services will offer training on Home Alone Safety.
 - d. Age 13-15 years: Children in this age group may be left unattended during the day and in the early evenings (not to exceed eight hours.) Children this age may also sit

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Happenings

Mountain Post Team MVP

Patton House staff

3rd ACR Dining Facility

This week's Mountain Post Team MVP is the staff of the Patton House Dining Facility, that won the 30th Phillip A. Connelly Award for Excellence in Army Food Service, Large Dining Facility Category. The dining facility heard they were winners of the award in January after competing at the Department of the Army level. The staff had already won at the installation, III Corps, and Forces Command levels.

The DA judges arrived just days after the

unit returned from the National Training Center, Fort Irwin, Calif. At the awards ceremony last Wednesday, III Corps and Fort Hood Commanding General Lt. Gen. Thomas A. Schwartz attended and pinned a Meritorious Service Medal on Master Sgt. Warren Stanley, former Patton House manager and current manager of all 3rd Armored Cavalry Regiment dining facilities. Many other staff members were awarded the Army Commendation Medal, the Army Achievement Medal or a Certificate of Appreciation.

Major General John M. Riggs, Fort Carson commanding general, said, "The proof is in the

This feature in the Mountaineer will spotlight a soldier, Department of the Army civilian, retiree or family member each week for an outstanding act or performance. We need nominations to run this feature every week. Each week, the MVP will be selected from nominees sent in by members of the Fort Carson community. Nominations should include the person's full name, rank or title, what they did that resulted in the nomination and a phone number where they can be reached. The deadline for nominations is 3 p.m. Thursday for the following week's Mountaineer. Nominations can be faxed to 526-1021 or mailed to:

Mountaineer
Public Affairs Office, Building 1430
Fort Carson, CO 80913-5000.

2 night clubs added to off-limits list

The purpose of the Off-Limits Areas and Establishments list is to inform all uniformed Armed Forces personnel of areas and establishments that have been declared off-limits in Colorado Springs and surrounding areas.

All uniformed Armed Forces personnel are prohibited from entering the following areas and/or establishments:

Properties owned by Alma Patrick:

1003 West Colorado
1124 West Colorado
1128 West Colorado
1128 1/2 West Colorado
1130 West Colorado
1208 West Colorado
1208 1/2 West Colorado
1705 West Colorado
1713 West Colorado
1715 West Colorado
2123 West Colorado
2123 1/2 West Colorado
15 South 12th St

725 West Platte
1812 West Platte
1203 Richards
1718 West Vermijo
1720 West Vermijo
2228 North Walnut
1132 West Kiowa
112 South 10th St

Property owned by Mary Dixon:

4650 Picturesque Ct.

Night clubs/establishments:

Metro of Colorado Springs, 5917 North Academy Blvd.
Baker Street Night Club, 5923 North Academy Blvd.

Businesses:

Consumer Assistance & Referral Services (CARS), 2345 Academy Place, Suite 203

"Hot Spots"

In addition to the off-limits establishments, Maj. Gen. John M. Riggs, Fort

Carson commanding general, is concerned about the following local off-post establishments that have had a high incidence of criminal activity. Based both upon the frequency and seriousness of criminal conduct, these establishments are hot spots that should be brought to the attention of Fort Carson soldiers. The following list reflects potential hot spots.

Pink E's Que Club, 1330 North Academy Blvd.

Rodeo Nightclub, 2362 South Academy Blvd.

These establishments are not off-limits to soldiers. Likewise, commanders cannot preclude soldiers from visiting these two establishments. However, it is a command responsibility that soldiers are aware of off-post establishments that may pose a risk to safety.

Editor's note: A feature on Off-limits Area and Establishments list will appear in a future issue of the Mountaineer. The feature will explore the procedure for declaring

Community

Young scientists show off hard work at fairs

by Cpl. MK Garrott
Mountaineer staff

Five-year-olds studying optics, 8-year-olds building volcanoes and a 6-year-old researching the solar system. Many of us were only doing our first leaf collections as 10-year-olds, but students at Fort Carson schools are starting early.

Two science fairs were held last week; one at Beacon Primary School on March 5 and the other at Abrams Elementary School on March 6. The basis of both events was to get the students to use the scientific method, incorporating steps like problem, procedure, hypothesis, experimentation and conclusion.

Beacon kindergarten through second graders were encouraged to participate with their parents help. This was the first year for the school's fair and it was a big success.

We had 48 out of 200 stu-

dents volunteer. It surpassed all our expectations, both with the number and the quality of the entries, said Beacon Principal Patty Arnold-Meadows.

Coordinators Shannon Caster and Jenny Whittington wanted to stress parental involvement and getting students used to doing projects like this for later school years. All participants received a certificate, ribbon and a Beacon pencil.

We wanted them to do it for the experience, not for the reward. We want them to enjoy the process and would hate for them to have worked hard and be disappointed, said Arnold-Meadows.

Second grader Maurice Gosa, 8, studied gravity and put a report together for his demonstration of how his theory worked.

It's fun but kind of hard. I might be a scientist; I like electricity, he said.

Sergeant Ben Duran, Troop T,



Photos by Cpl. MK Garrott

Beacon kindergartner Erika Tinley shows off her optics experiment to one of the judges at the science fair.

4th Squadron, 3rd Armored Cavalry Regiment, was a parent and judge at the fair.

I think these are excellent. They all put in a lot of time and effort, said Duran.

At Abrams Elementary, students were in the fair for bigger stakes. Fourth- and fifth-grade winners of superior ribbons would go to the District 8 science fair. Two-hundred forty entries were judged by members of the Colorado Springs community and Colorado College based on thought, originality, technicality and thoroughness. Ribbons were awarded for best of show, superior, excellent, good and honorable mention. Maureen Patterson, a first- through third-grade science teacher, coordinated the event.

The impressed judges bestowed three best of show ribbons, all to third graders.

Nathan Dillman, 8, was one awardee. His experiment was a rubber band air pollution tester. He stretched three rubber bands across three hangers, then hung them in different areas in town. One was in his back yard, another at a friend's house and the third at Butts Army Airfield. He found that the rubber bands at the airfield cracked and got brittle apparently from the fumes from aircraft fuel.

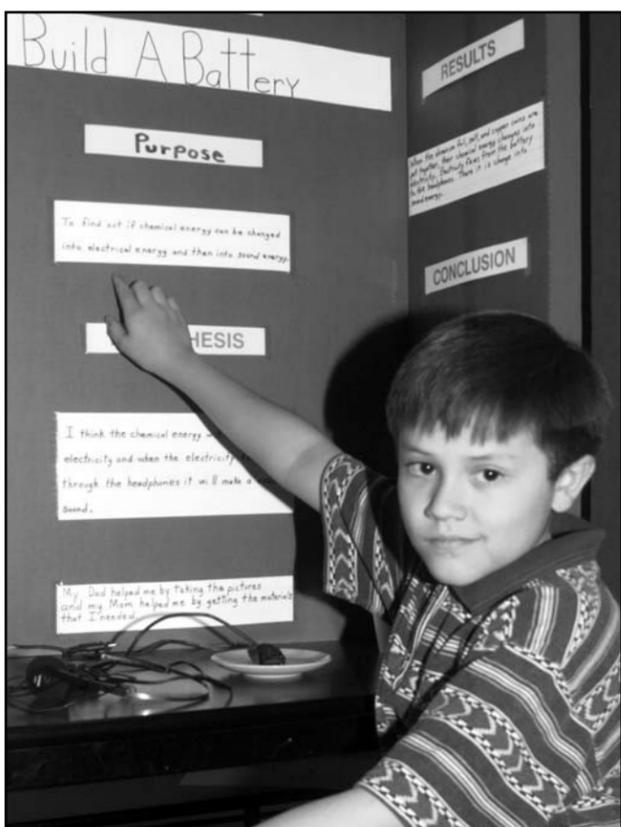
Nine-year-old Corey Anderson got a team effort from his family, resulting in another of the best of show awards. He said he got help from both his brother and sister, as well as his parents.

The best part was getting to work with them. And building it was fun, too, he said. Anderson's project studied sound waves.

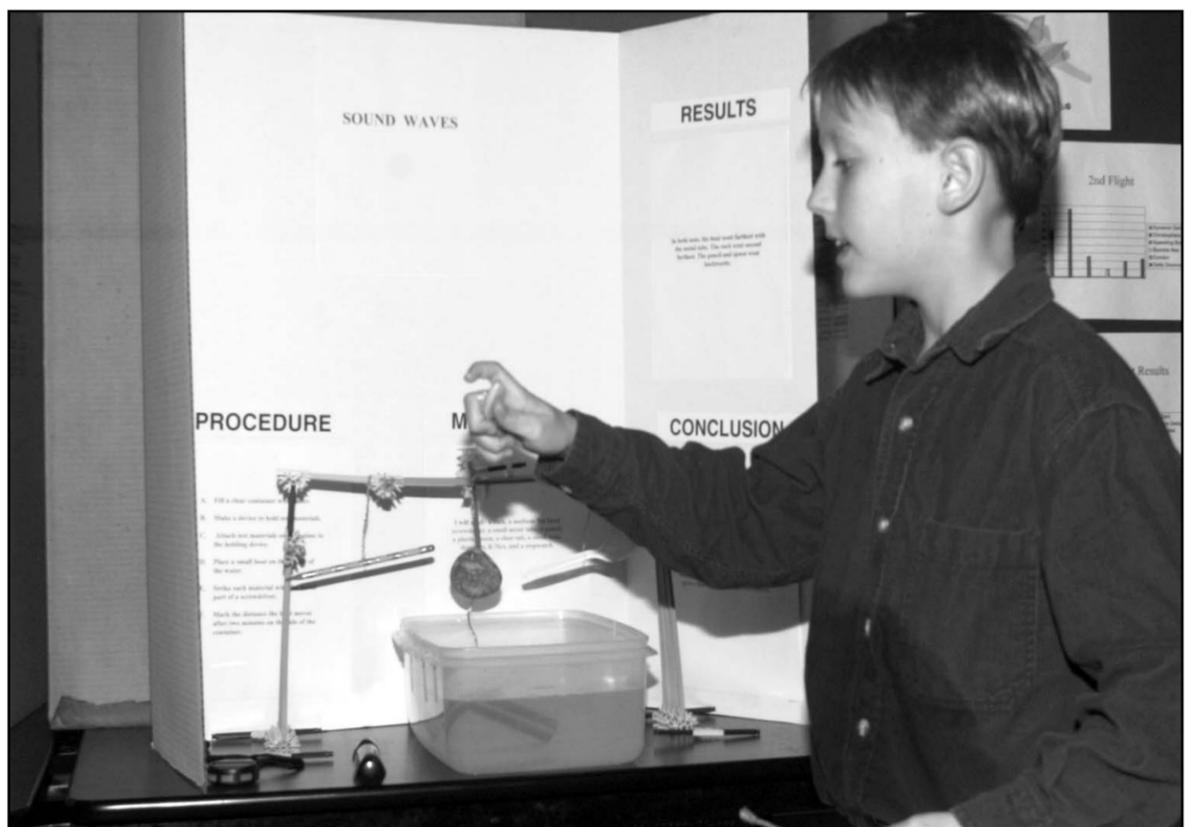
Joan Grant, a teacher with the special assignment of helping throughout the district with sci-



"It's kind of scary, but kind of neat," said Kaisha Baynard, 8, of her volcanic eruption experiment.



Jonathen Suitter, 8, a student at Abrams Elementary School, built a battery.



Studying sound waves was the project of 9-year-old Corey Anderson.

Women's Week kicks off with speakers, food

by Nel Lampe
Mountaineer staff

Federal Women's Week activities kick-off breakfast is Monday, from 7 to 8:30 a.m. at Peterson Air Force Base Officers Club. Guest speaker is Ruth Kay Peterson, who will speak on Celebrating Success Using Humor and Laughter.

Federal Women's Week activities are co-sponsored by the FWP Subcommittees at Peterson Air Force Base Complex, the United States Air Force Academy and Fort Carson. Some of the activities are held at each installation, but anyone may attend

any event.

Following the kick-off breakfast, two events will be held at the Air Force Academy. From 11:30 a.m. until 1 p.m., an awards luncheon will be held at the Noncommissioned Officer Club. Tickets are \$8 and Scott Freeman will speak on the subject The Best Way to Predict the Future is to Create It.

At 1:30 p.m. Freeman will present a seminar entitled Using Humor for a Change.

Tuesday, a seminar by Ruth Kay Peterson, The Power of Laughter in the

Workplace, will be presented at 8 a.m. and repeated at 1 p.m. The seminars will be held in the Peterson AFB Officers Club.

A seminar Dressing for Success will be presented by Mimi Vigil at the USAFA Enlisted Club at 1:30 p.m. Wednesday.

Communication (Male/Female Verbal/Non-Verbal) will be held at Elkhorn Conference Center at Fort Carson Thursday, from 1 to 3 p.m.

The final event is Fort Carson's wrap-up and awards luncheon March 20, from 11:30 to 1:30 p.m. Theresa Jillson will address Women's History. Tickets for the luncheon



Photo by Nel Lampe

Free food

Denita Barclay, shopping with sons Alex and Brandon, was the winner of the Proctor and Gamble \$100 basket of products at the grand re-opening of the commissary Tuesday. At right is Sandy Watters. Many prizes were given away during the week such as washers, dryers and freezers. Maj. Gen. John M. Riggs, post commanding general, was on hand and thanked the Fort Carson community for their patience during the renovation.

Tune your body like you tune your car

Nutrition Care Center

Is your body a clunker or a finely tuned machine? Every so often, it's time to look at what we do every day and evaluate how health-enhancing our habits are.

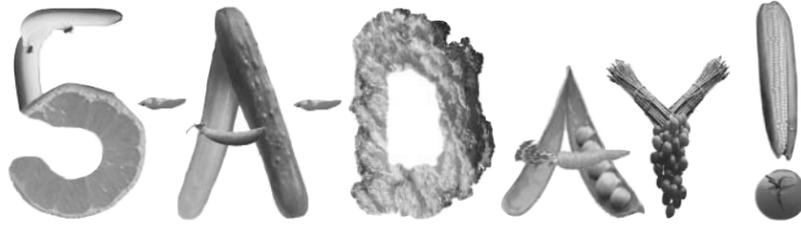
Vitamin and mineral supplements have always been a big focus for soldiers and their families. Many people ask if they should take a supplement. Some of their concerns are addressed in the following three questions.

Are there any vitamins or minerals that will boost my energy level?

Vitamins and minerals do not provide energy. Only calories from food can provide energy.

Imagine your body is a car. Your car has just run out of gas. You call a garage and have them drive out to your car and pour gas into the gas tank. Finally, you start the car and continue driving to your destination.

Let's take a look at how this situation is similar to food and supplements. The gas that was poured into your car is similar to the food you eat to keep your body going. It provides your body with the energy to work.



Now let's imagine the parts of the car's engine: the spark plugs, the carburetor, the fan belt are all similar to vitamins and minerals. They allow your car to use gas as energy, but they themselves do not provide you with energy. Many people take supplements instead of eating, thinking the pills will give them more energy. Iron is one example of helping your body use energy. If your blood is low in iron (anemia), you need to build it back up with an iron supplement and/or foods rich in iron. The iron functions to help your blood carry more oxygen, thus facilitating more energy.

To increase the amount of energy you have, you need to examine the fuels you put into your body. If you put high octane gas into your car, not only will it run better, the engine parts may last longer and provide you with

more efficient driving for years to come. The high octane lifestyle is characterized by choosing a wide variety of nourishing foods eaten every three to five hours. Also essential to high energy lifestyles are: regular physical activity, stress reduction, adequate sleep and meditation.

If a little supplementation is good, is more better?

What if you placed an extra spark plug in your car? If your car was designed for eight spark plugs and you put in a ninth one, you certainly wouldn't go any faster. In fact, since there was no place for that extra spark plug, it would probably flip around in your engine and get caught in the fan belt. Not only would that extra spark plug not help, it could also keep other parts of your car from working properly. Taking vitamin and mineral supplements above

the Recommended Daily Allowances is the same as that extra spark plug. It gets in the way. For example, extra phosphorus will decrease the absorption of calcium.

Do vitamin and mineral supplements prevent disease?

Supplements may assist in preventing disease, however, they are not a total prevention method. Some research shows that antioxidants (vitamins A, C, E, B6 and folacin, plus the minerals iron, zinc and selenium) can help prevent some cancers, but current studies show this is more related to eating fruits and vegetables rather than taking a supplement pill of antioxidants.

Calcium intake is linked to preventing osteoporosis (brittle bones). However, you need the right ratio of phosphorus and vitamin D with the calcium for best absorption—exactly what a cup of milk contains!

Dietary supplements may be appropriate for some people who can't eat certain foods for medical reasons. Perhaps you cannot drink milk because you are lactose intolerant. Consult a physi-

Policy

From Page 3

with AR 608-10.

e. Age 16: Children 16 years and older do not require visible supervision. Children in this age group may be permitted to baby-sit up to eight hours to include overnight care, providing they have completed the Red Cross Baby-Sitting course.

f. Chronological Age: Should be the minimum basic standard and is not the sole determiner of the child's ability to remain home alone. These guidelines should not be used in lieu of common sense and good judgment.

g. Exceptional Children: The primary factor in determining the propriety of leaving an exceptional child, (defined as having special needs per AR 600-75) alone should be that child's disability. Age shall be a secondary factor.

h. Post Facilities and Outside Areas: Post facilities (i.e., PX, Commissary, Library, Bowling Center, Youth Services, etc.) are intended to provide goods and services for a better quality of life for our soldiers and families. Post facilities are not intended to become places for parents to leave children alone and unsupervised. Parents must enroll their children and adolescents in a Child and Youth Services Program. Children ages 0 - 9 years may not be afforded drop-in service at any Youth Center. Parents are encouraged to enroll children in a supervised school-age child care program. Parents will ensure children/adolescents only use post facilities for legitimate purposes and conduct themselves in a courteous manner.

5. Neglect. Child neglect will be reported by calling Social Work Services at 526-4585 or the military police at 526-2333. The military police investigative branch, COPS, will take action contingent upon the degree of danger to the child. The parent/caregiver will be contacted and a follow-up visit will be made by Social Work Services.

6. Disciplinary Action. Sponsors/spouses, if found to be in violation of this policy will be subject to one or more of the following:

a. Letter of Warning, stating that future violations will result in more serious actions, and a copy of the letter will be forwarded to the Sponsor's immediate Chain of Command.

b. Termination of government housing/quarters privileges.

c. Official report of the incident will be maintained by Fort Carson Social Work Services, and a copy provided to the El Paso Department of Human Services.

Alone

From Page 2

cy is that children ages 13-15 may be permitted to watch siblings during the daytime or early evening hours, provided they have taken the Red Cross Baby-Sitting Course. This requirement is in accordance with Army Regulation 608-10 and the Installation Home Alone Policy. Children 16 years and older may be permitted to baby-sit up to eight hours, including overnight care, provided they have completed the Red Cross Baby-Sitting Course.

Other avenues of after-school care are available. Child and Youth Services, Resource and Referral Office can assist in finding licensed child care providers on post. Kindergartners can receive before- and after-school child care at Bldg. 6265. Students are bused to the appropriate on-post school Abrams, Beacon or Mountainside, by School District 8.

Children under 5 years old can also be cared for by licensed child care providers or by one of the two child development centers on post.

Reports of the violation incident will be maintained by Fort Carson Social Work Services and a copy provided to the El Paso Department of Human Services.

The policy will be distributed through the post mayor program within the next few days, according to Faye Wilburn, Supplemental

Programs and Services coordinator. Every new resident who signs up at the Housing Office will also receive a copy of the policy.

Questions about the policy or after-school care programs may be directed to Wilburn at 526-8220 or 526-1100.

We are here to support the parents and to protect the kids, McConnell said. She pointed out that the commanding general and the garrison commander are very supportive of the policy. They have directed the Military Police to actively enforce it. Even leaving young children unattended at a playground or in a car for just a minute while a parent runs into a store is considered a violation of the policy.

Nearly every day in Colorado, you can read about an incident somewhere involving the kidnapping, injury or death of a child who is left



Thrift shop place to find treasures, get rid of oldies

by Nel Lampe
Mountaineer staff

What do you do when the garage needs cleaning, the closets are overflowing and the kids toy box won't hold another toy? Or maybe the opposite fits your case you've just PCS'd, your old curtains don't fit the new windows, and you really need something to hang on the walls of that extra bedroom.

The Thrift Shop in Bldg. 1341 on Specker Avenue is just the ticket.

The Thrift Shop gives the soldier a place to shop for great bargains and to get rid of household items they no longer need, according to Gail Olson, Thrift Shop manager.

Members of the Fort Carson community can bring items in clean, good condition to the thrift shop on Tuesday and Wednesday mornings for consignment. Anyone with a military or Department of Defense ID can use the Thrift Shop. The shop retains a 20-percent consignment fee when the articles are sold.

Consignors can retrieve items which did not sell by paying a 5-percent fee, or the unsold items may be donated to the Thrift Shop.

To keep the Thrift Shop from being overrun with items that don't sell, there are consignment rules. Off-season clothing is not accepted. Flammable items, car parts, non-working appliances or electronic items, are among the items which can't be accepted. A list of the non-acceptable items can be picked up at the shop, as well as a consignment contract.

Some of the shop's best sellers are baby things, EDUs, furniture, small appliances and household items.

The Thrift Shop also has a Country Cottage where new crafted items are dis-

played. The inventory for the Country Cottage is sparse right now, as a lot of the crafters have PCS'd. The shop would like to have items for the Country Cottage. Items should be new and hand-crafted. Country Cottage items may be left for up to three months, and the removal fee is waived if the item is taken from stock.

The Thrift Shop is open from 10 a.m. until 2:30 p.m., Tuesday, Wednesday and Thursday. In addition, the shop is open on Thursday evenings from 4:30 p.m. until 7 p.m. Consignments are taken until noon Tuesdays and Wednesdays, and from 4:30 - 6:15 p.m. on Thursdays.

The Thrift Shop has been located at its present site for more than 20 years. And some of its volunteers have been there as long as the Thrift Shop has. Lola Nicholl has been a Thrift Shop volunteer for 20 years, Gisella Bond for 15 years, and Sherry Hall has been around since 1973 except for a five-year period when her

husband was stationed elsewhere.

About 16 volunteers keep the thrift shop running, according to Olson. It's like having an extended family, she said. Volunteers get together for birthday parties and potluck lunches.

A lot of the volunteers are recruited from customers, Olson said. Volunteers can get up to eight hours per week per child free child care while volunteering at the thrift shop.

Another good reason to shop the Thrift Shop is that proceeds go back to the community in several ways. The Thrift Shop contributes to the joint scholarship fund, to the



Photo by Nel Lampe

Volunteer Sherry Hall attaches price tags to consigned clothing.

Chapel

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

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

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

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

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

Protestant Men of the Chapel will hold a breakfast tomorrow at 8 a.m. at Soldiers Memorial Chapel. All men are invited to join in food and fellowship. Contact Chaplain Cooper at 526-5229 for more information.

Chapel Schedule

ROMAN CATHOLIC

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

*Monday through Friday, except holidays

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

PROTESTANT

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

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

Daily Bible Readings

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

Tomorrow --Psalms 97 and Deuteronomy 19-

21

Sunday -- Psalms 98 and Deuteronomy 22-24

Monday -- Psalms 99 and Deuteronomy 25-27

Tuesday -- Psalms 100 and Deuteronomy 28-

30

Wednesday -- Psalms 101 and Deuteronomy

31-34

Chaplain's Corner

by Chap. (Capt.) Rodie Lamb
4th Engineer Battalion

Is it possible to experience financial contentment in today's society? Is it true that we will never be happy unless we have certain possessions? Is our culture promoting the idea of financial contentment?

Before we address these questions, let us define the word contentment. Webster's New Concise Dictionary defines contentment as the state of being satisfied with what one has. Russell Crosson, the author of *Money and Your Marriage*, defines contentment as being satisfied with one's circumstances, not complaining, not craving something else and having a mind at peace. According to these definitions, contentment has nothing to do with finances. An individual may be rich or poor and still miss the concept of contentment.

The Apostle Paul understood clearly the idea of contentment when he said, "... for I have learned to be content whatever the circumstances. I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any

and every situation, whether living in plenty or in want (Phil. 4: 11-12). Are you learning the secret of contentment?

Contentment is not in what you have or don't have, but it is learning to see finances from God's perspective. If your trust is in finances, you are not building your house on a solid foundation. Wise King Solomon wrote: Do not weary yourself to gain wealth, cease from your consideration of it. When you set your eyes on it, it is gone. For wealth certainly makes itself wings, like an eagle that flies toward the heavens (Proverbs 23: 4-5). Would you be content with something that flies away?

Contentment is spiritual not financial. Time may change, the weather may change, you may change, but God is consistent and stable. I want to put my trust in God who will never change. Only when I learn to trust him can I experience contentment. Someone said this about contentment: All you need is what you have; what you have is what he (God) is; you cannot have more, and you do not need to have less. God is the answer to your lack of contentment. Do you want to

experience contentment? Try trusting him today.

Yes, it is possible to experience financial contentment in today's society. Financial contentment is simply living within one's income. The way you handle what God has given to you, will indicate whether you have learned the secret to contentment. We must remember that God owns it all. Owners have rights and stewards or managers have responsibilities. I may possess much, but I own nothing. For we brought nothing into this world, and it is certain we can carry nothing out (1 Tim. 6:7).

Society encourages us to spend more than what we earn. It does not support the idea of financial contentment. Society feeds on our lack of contentment and our desire to obtain certain things that seem to bring happiness to us. This happiness is temporary and consequential. It may cause problems in the future if it is not dealt with.

Money is not your key to contentment. It has to do with your relationship with God. I encourage you to make a commitment this year to live within your income. If you want

Tax tips for the divorced taxpayer -- status affected

Fort Carson Tax Center

Divorce causes changes in tax situations. Not only must divorcees decide whether their filing status has changed, but also whether they can claim their children, whether payments being made to or received from their former spouse will affect their taxes, and whether they need to change your tax withholding.

Marital status is important in determining income tax filing status. Taxpayers may file as single if they are unmarried and obtained a divorce, legal separation (determined under state law), or annulment by the end of their tax year (usually Dec. 31). Taxpayers may be able to file as Head of Household if they are

unmarried at the end of the tax year or are married and lived apart from their spouse the last six months of the year, and they kept up a home for their child. Couples not divorced by the end of the year can file either a joint or separate return, depending on the amount of cooperation between them.

Who gets to claim the kids? There are several tests a parent must meet to claim an exemption for a child when the parents file separately. A child's exemption usually may be claimed by one of the parents if the child had gross income of less than \$2,650 for 1997 or that child is under the age of 19 or a student under 24. Generally, the custodial parent (the one that the child lives with) gets the exemption unless the divorce decree or custody agreement states otherwise. The parent entitled to the exemption can release the exemption to the other parent by signing a written declaration, Form 8332, Release of Claim to Exemption for Child of Divorced or Separated Parents, or similar statement.

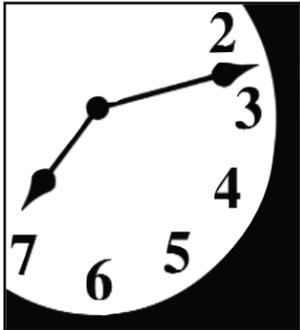
Alimony or separate maintenance payments made to a spouse or former spouse under a divorce or separation agreement are

tax deductible. They are reported as an adjustment to the taxpayer's gross income reported on the Form 1040. They do not have to itemize deductions to claim alimony payments. If they receive alimony payments, they need to report them on the Form 1040 as part of their gross income. They do not deduct child support payments that they make. If they receive child support, it is not included in their gross income.

They will usually have to file a new Form W-4, Employee's Withholding Allowance Certificate, with their employer when they become divorced or separated. Changes in income, deductions, exemptions, or filing status during the year may require taxpayers to change the amount of tax withheld or begin to make estimated tax payments. For instance, if they are single, divorced, or legally separated, they must claim single status on their Form W-4. If they receive alimony that is not subject to withholding, they may have to ask for additional withholding from their wages or make estimated tax payments.

For more information, see IRS Publication 405, Divorced or Separated Individuals. It

Countdown
to
April 15



'Embryo-bics' keeps pregnant soldiers fit

by Cpl. Vincent Picard
Mountaineer staff

Anyone with a craving for pickles and ice cream should steer clear of the Post Physical Fitness Center Monday and Friday mornings.

There may only appear to be 100 people participating in the physical training sessions, but there is actually close to 200. It's just that half of them are fairly well hidden.

Healthy Beginnings, the Mountain Post Pregnancy PT Program, meets Monday and Friday mornings at the Post Field House and Wednesdays at the Indoor Pool to help keep pregnant soldiers in shape.

The program is receiving renewed emphasis after being transferred to the Wellness Center. It will become a mandatory program for all pregnant soldiers Monday.

The women here may be pregnant, but they are still soldiers, said 1st Lt. Chris Peterson, program officer-in-charge. Our goal is to maintain the level of fitness they had when they came in.

In order to meet that goal, emphasis is placed on aerobic activities for the moms-to-be. The aerobic instructors are all volunteers from within the group.

Just like in other units, soldiers run PT themselves, said Peterson.

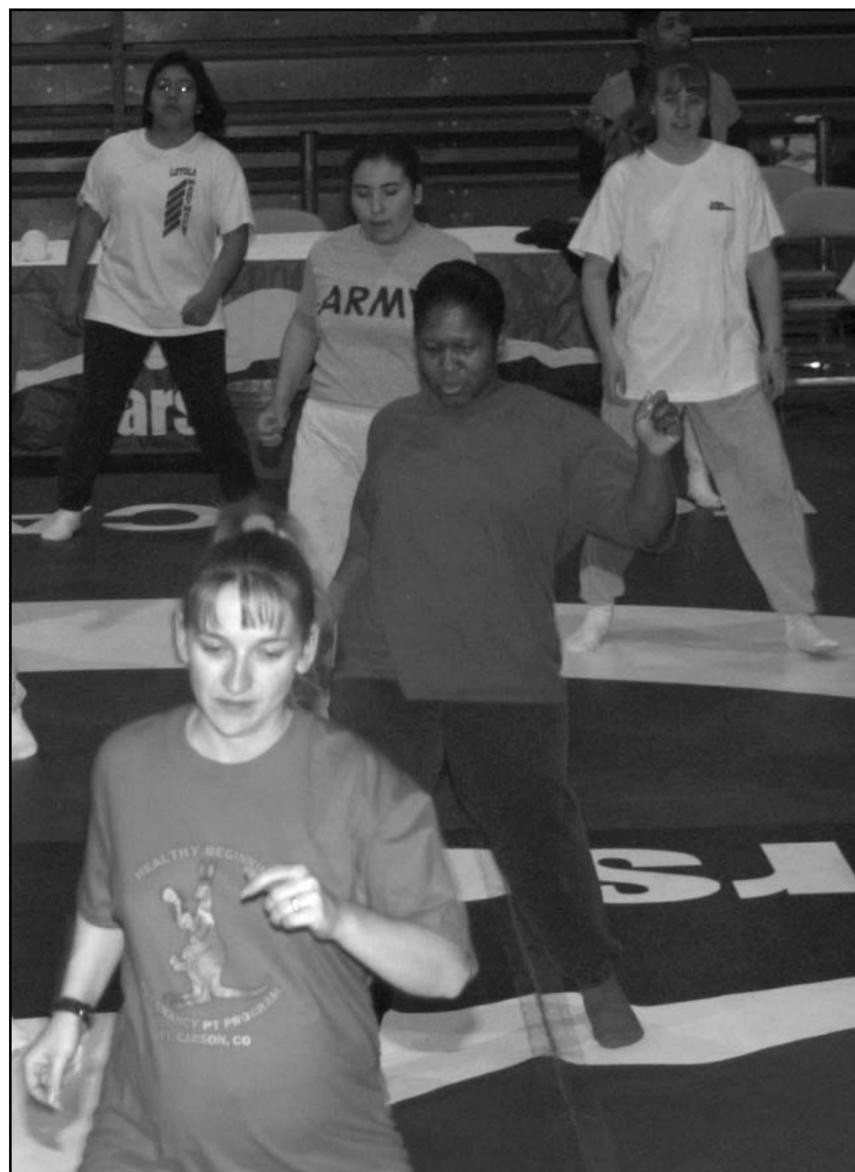
Where the program differs is in the care taken to ensure that nothing endangers the baby, or prompts a quick delivery. With that in mind, Peterson said the instructors and program overseers make sure those women in the third trimesters of their pregnancies take it easy so as to keep their heart rates down.

Peterson said the water aerobics conducted at the Indoor Pool Wednesday mornings were probably the most beneficial for the women. Both the added buoyancy and the more fluid motion make water aerobics less jarring on pregnant bodies.

In addition to the Monday, Wednesday and Friday exercise schedule, the women also attend education classes on Tuesday mornings. Peterson said the class topics range from nutrition to financial management, all with a focus on making the transition to motherhood easier.

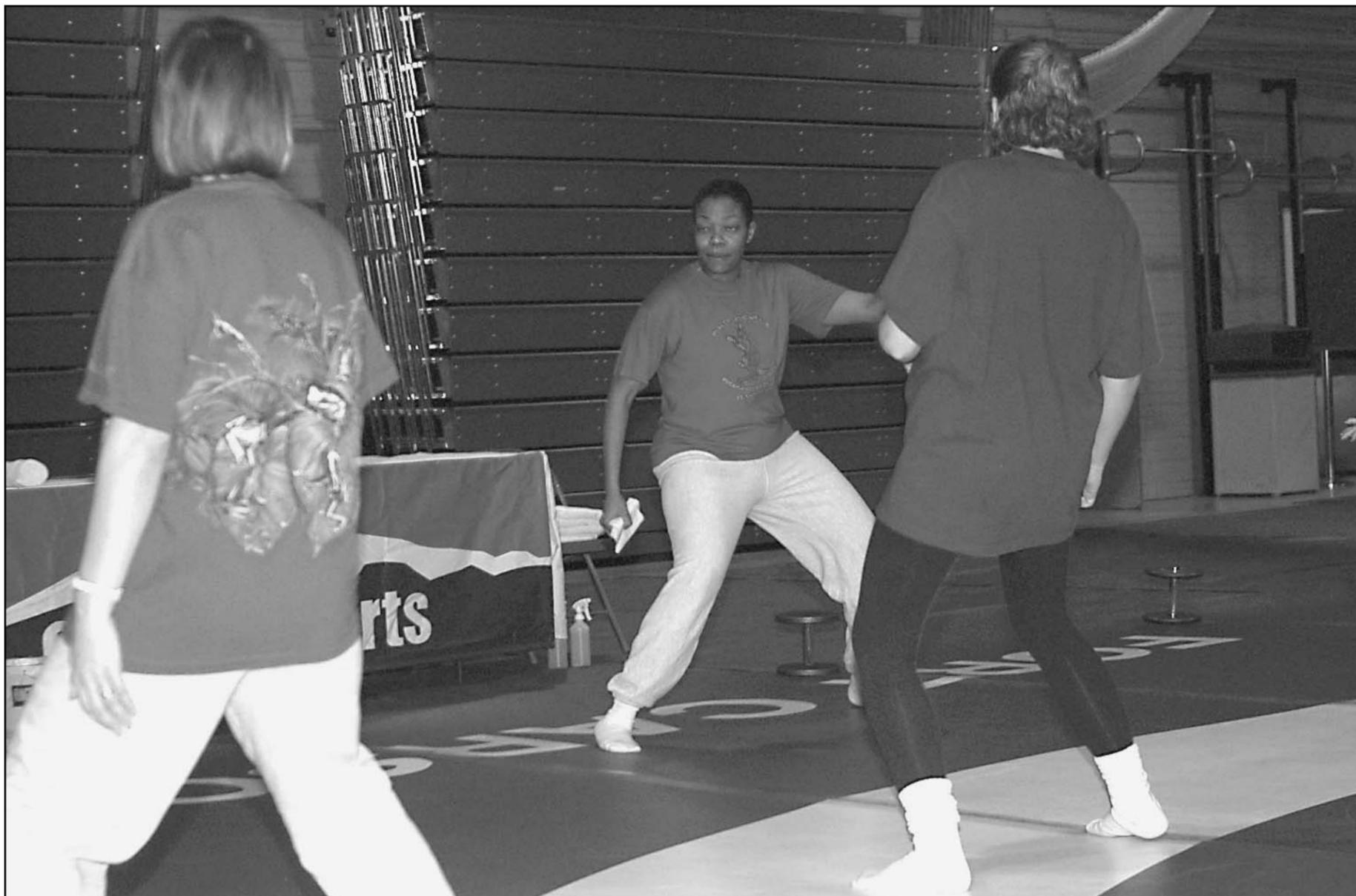
While keeping pregnant soldiers physically fit is important to the Army, Peterson said the program may help make delivery easier, and will definitely speed up recovery.

Another avenue used to speed up recovery is the Pregnancy PT



Photos by Cpl. Vincent Picard

Approximately 100 pregnant soldiers are involved in the Healthy Beginnings program, which becomes mandatory Monday.

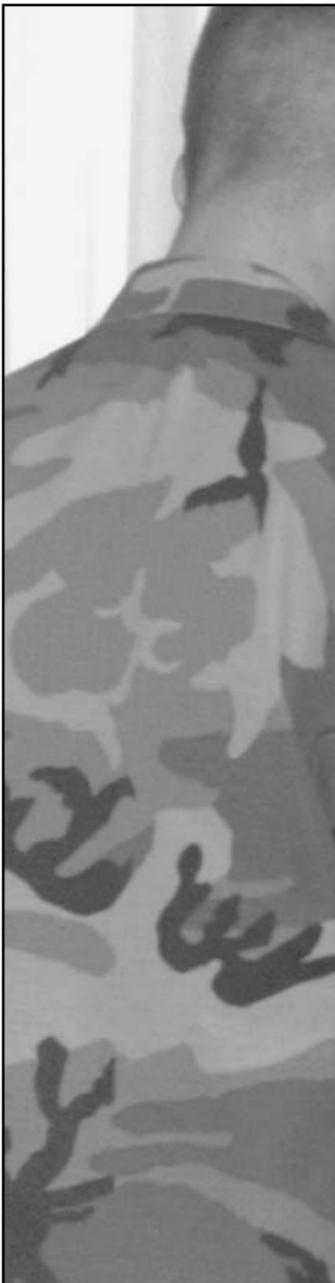


Specialist Roby Trice, a volunteer aerobics instructor, is not only a group leader, she is also a member.



Photos by Cpl. Vincent Picard

Clockwise from above: Lt. Col. Leo Tucker, Troop Medical Services chief, assists Pfc. Caroll Aqueche, 759th Military Police Battalion, with a suturing exercise on a pig's foot at the Wound Management workshop. Private Noe Arreola, Headquarters and Headquarters Troop, 1st Squadron, 3rd Armored Cavalry Regiment, secures the head of Sgt. James Jones, Medical Activity, during the Fracture Management workshop. Sadie Peterson, a recently retired first sergeant with the Noncommissioned Officers' Association, shows some of the organization's literature to Sgt. 1st Class Kelly Devin, Troop Medical Services non-commissioned officer-in-charge, at the poster display area. A student receives help with stitching a wound closed on a pig's foot.





Medics confer at Elkhorn

by Cpl. Vincent Picard
Mountaineer staff

More than 90 medics representing units from all over Fort Carson attended the Combat Medic Conference at the Elkhorn Conference Center March 6.

The conference, sponsored by Troop Medical Services, was designed to recognize the efforts of and provide training to Fort Carson's combat medics.

Usually the medic is the unsung hero, said Lt. Col. Leo Tucker, Chief, Troop Medical Services.

Tucker said the conference provided medics with an opportunity to refresh their skills and to explore different careers through various presentations, such as ones on flight and diving medic options.

Tucker said the program, based on civilian medical conferences he has attended in the past, is part of a continuing effort by medical services to help medics focus on skills they already possess and to learn new skills.

The program also provided an opportunity for medics to be exposed to new information in the Army.

One of the innovative lectures featured Lt. Col. Kent Bradley's presentation on Anthrax.

Bradley, chief of Preventive Medicine at Evans Army Community Hospital, discussed the new emphasis being placed by the Army on Anthrax and other biological weapons hazards. He also discussed what the new emphasis may mean to combat medics in the future.

In addition to lectures, medics also

spent time in hands-on workshops sharpening their skills with suturing, triage and fracture management, among other skills.

Everybody's plate is full, said Tucker, referring to current operational tempo conditions in the Army. In addition to basic soldier's skills we also have to focus on medic skills. That is a very perishable skill.

Tucker said many medics spend much of their time learning soldier skills specific to their own units, such as track maintenance.

He said that while it was very important for medics to be able to locate the casualty, travel to the casualty and transport the casualty back to safety, keeping the casualty alive is the key to their business.

Their final test is when they get to a casualty, said Tucker.

He said commanders understand this need, which in turn enables him to conduct training events.

Without the support of commanders who release their medics to attend, this wouldn't have happened, he said. It is difficult for this many medics to break free.

Although this was only the first Combat Medic Conference on post, medics have many other training opportunities, such as Medical Proficiency Training and the Expert Field Medical Badge course and test, to sharpen their skills.

According to Tucker, Troop Medical Services will hold the conferences twice a



AER helps spouses of deployed soldiers

by Capt. Joseph P. Ryan
Army Emergency Relief

The Army Emergency Relief Campaign is under way until May 1. The AER mission is assisting soldiers, active or retired, and their families in times of severe financial distress.

The AER loan officer works with the soldier's chain of command, any relevant Army services, and civilian businesses in two ways. First, assisting via an AER loan or grant to meet the soldier's emergency needs right away. Second, to help the soldier identify what caused their financial distress and develop a plan of action to ensure the difficulty does not happen again. The following case shows AER in action.

A young specialist was assigned to Korea for an unaccompanied tour. He left for Korea in July 1996, leaving his wife and two children in Colorado Springs.

He made no changes to his direct deposit of pay at his checking account, but both he and his wife had check books. At the end of August, his wife tried to pay the bills only to find the bank account was more than \$600



less than it should have been on a usual pay day. She couldn't pay the rent or several other bills. She went to the Fort Carson AER for help.

The AER clerk helped the wife fill out the AER assistance application, assemble the required documents and verified that she had a power of attorney.

She then saw the AER loan officer. The loan officer talked to the wife about the situation and made some phone calls to the Fort Carson Finance Office to check out the soldier's pay status. The loan officer determined that the wife would need the rent paid, but all other bills could be deferred until after mid-month.

The loan officer also discovered that the specialist was not receiving BAS, VHA, or FSA. This explained why the end of month

pay was short by \$426.

The wife didn't realize that the BAS would stop and was certain her husband had not attempted to restart VHA, and start FSA, when he arrived in Korea. These had to be done at his new unit's PAC. The loan officer also suggested that the other missing \$174 was the result of the husband writing checks in Korea without telling his wife.

She agreed that they had not worked out a family budget plan on how much the husband could spend each month. AER assisted the wife with a \$520 loan for rent, and established an allotment for repayment over twelve months. The AER loan officer also gave the wife written instructions on how to correct the husband's pay (she would pass them on to her husband), and recommendations to improve their budget control while he was in Korea.

In the end, the spouse received a \$520 loan for emergency needs and instructions to fix her husband's pay problems.

This help would not have been possible without AER funds donated by fellow soldiers

NCOs are "Enforcers of Standards"

by Command Sgt. Maj. George D. Ponder
Fort Carson command sergeant major

There are volumes of publications about leadership and the noncommissioned officer. Army Regulation 600-20 is the Army command policy.



Ponder

Paragraph 3-2a of that regulation lists 10 general duties of the NCO. AR 611-201 and Field Manual 22-600-20 also provide more detailed specifics.

Any one doing a detailed analysis of the NCO's functions must look to those and other references. In this article, I'd like to focus on one duty.

When it comes to the Noncommissioned Officer Corps, if you were to ask me to describe in three words what their primary role is, I'd tell you Enforcers of Standards.

That job description applies to absolutely everything and anything the NCO does.

It's not always easy to enforce standards, especially when enforcing standards one may not personally agree with.

NCOs can't pick and choose which standards to enforce.

Think about this. How many individuals own and use radar detectors? What are you saying when you use a radar or laser detec-

tor? I'll tell you. You're saying that you don't agree with a posted law, the speed limit. You're saying that you intend to break that law and you will avoid getting caught. You are saying that you will choose which law you will respect and which law you won't. NCOs can't do that. They must enforce the standard regardless of their personal feelings about those standards. They can not look the other way when they witness someone violating a standard that may be unpopular.

Take the recent move to enforce proper dress and appearance in our public facilities such as the PX. Some think that the standards have gotten tougher or stricter. Not really.

The standards of dress and appearance for members of the military community are age old and written Army regulations.

What is occurring is a reminder of those standards and the proper leadership directive from our commanding general to enforce those standards.

When it comes to standards of dress, we as a military community are subject to being more conservative in our appearance than the country may be in general. That's the way it is. That's our profession. We should all be reminded of that when we decide to reenlist.

Another related example. The PT uniform is for doing PT. Period. It's not a work uniform. It's not a go to the PX uniform. It's

not a uniform you can wear as a T-shirt with your jeans, or let your family members wear. It's an issue item. A clothing bag item and subject to strict controls as specified in AR 670-1. No debate. No discussion. No surveys. There is a strict standard to enforce here. Like it or not. Agree with it or not. Don't wear your PT uniform for other than PT.

Another thing that I cannot tolerate is pierced body parts. Now listen, I'm no prude. I understand generational differences of points of view. However, the standards of conservatism soldiers of my generation had to adhere to when we wanted to grow long hair and wear beards, and couldn't, are the same standards of conservatism we must enforce today. We are not allowed to stop being a soldier when the sun or flag goes down for the day.

What do pierced lips, noses, navels, nipples and the various other parts represent? A departure from the regimental requirements of uniformity? Is it an attempt to not be mistaken for a soldier when off duty? Is it like the accoutrements that identify belonging to a particular group? If so, what does the group stand for?

Changes are needed in our society. There are the right ways to effect change, and there are the wrong ways. It's wrong to just ignore a standard and do what you want to because the standard may be outdated. The right way is to request a change in the

Table VIII offers new challenges

by Spc. Jon Parr
14th Public Affairs Detachment

A soldier's ability to engage the enemy with his weapon is critical for many soldiers in the 1st Battalion, 12th Infantry, that weapon is a system known as the Bradley Fighting Vehicle. With its 25 mm cannon, 7.62mm coax rifle and TOW missiles, it is the weapon of choice for the mechanized infantry.

Their mission is to take out enemy vehicles in any environmental condition. Their level of success on Gunnery Table VIII, gives crews an idea of their ability to do just that.

The unit is currently wrapping up a three-week gunnery cycle, with the emphasis on Table VIII, a table designed to test all of the skills of a Bradley crew, said Staff Sgt. Mark Gawne, assistant operations sergeant.

Many of these soldiers know what to expect from this qualification, but this time the Table has a new twist. A new standard recently adopted Army-wide is being used for the first time here.

Previously, a point system was used to judge how a Bradley crew fared on Table VIII. The new standard calls for each crew to be graded on a specific task

as Trained, Practiced or Untrained.

Under the old system a crew started with 1,000 points and, each time a mistake was made, points were taken from their score. With the T-P-U format, it makes qualifying a little more difficult and a lot more realistic, said Staff Sgt. Clint Battaglia, a Bradley commander, Company B, 1st Battalion, 12th Infantry.

In addition, the time allowances to detect and kill a target have been shortened, he said.

Now you either fail or pass in each task.

While the Bradley Fighting Vehicle crews are conducting their qualifications, dismounted soldiers are conducting their own exercises at a different range.

The dismounts are currently training on Tables I through V and Table IX.

The dismount tables focus on clearing danger areas, Gawne said. This is essential to the survivability of the Bradleys and its crews when they enter a valley. The dismounts clear both sides to ensure the safety of these weapons systems and their operators.

Right now the dismounts



Photo by Sgt. Shaun Herron

Private First Class Adrian Daigle emerges from his Bradley Fighting Vehicle after qualifying on Table VII in preparation for Table VIII.

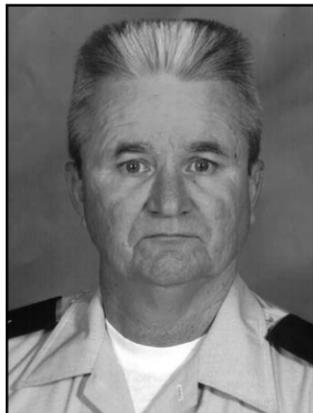
aren't working with the Bradley crews, he said. Eventually the two elements will come together for Table XII, which is a live-fire exercise. By separating the elements now, each group can concentrate on their own missions. Then they can come together as

they would in a time of war.

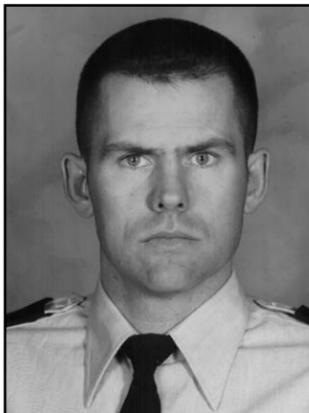
Once combined, the dismounts, Bradleys and their crews make a powerful battlefield combination. How powerful will be gauged in future company on company exercises.

That's what Pvt. David Taylor,

Unit career counselors



**Sgt. Maj. Craig
Daniels**
3rd Armored
Cavalry Regiment



**Sgt. 1st Class
William Keating**
68th Combat
Support Hospital



**Master Sgt. David
Jerrow**
43rd Area Support
Group



**Sgt. 1st Class
Victor Luna**
759th Military
Police Battalion

Nonappropriated Fund job openings

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

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

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

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

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

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

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

March Dining Schedule

Facility	Bldg.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
CAV House	2461	O	CD	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	O	O	O	O	CD	O	O		
Patton	2161	O	O	O	O	O	O	O	O	O	O	O	O	O	O	O	O	O	O	O	O	O	O	CD	CD	CD	O	CD	X			
3rd BCT	2060	O	O	O	O	O	CD	X	X	O	O	O	CD	O	O	O	O	O	O	O	CD	X	X	O	O	O	CD	O	O			
43rd ASG	1040	O	O	O	O	O	CD	X	X	O	O	O	CD	O	O	O	O	O	O	O	CD	X	X	O	O	O	CD	O	O			
Mount-Inn	1369	X	O	O	O	CD	O	O	O	O	O	O	CD	X	X	X	O	O	O	CD	O	O	O	O	O	O	O	CD	X			
10th SFG	7481	X	O	O	O	O	CD	X	X	O	O	O	O	X	X	X	X	O	O	O	CD	X	X	X	O	O	O	CD	X			
4/3 ACR	9612	X	CD	CD	CD	CD	CD	X	X	CD	CD	CD	CD	CD	X	X	X	CD	CD	CD	CD	X	X	CD	CD	CD	CD	CD	X			

O = Open X = Closed CD = Closed Dinner OB = Open Breakfast OL = Open Lunch Shaded columns denote weekends
 4/3 ACR DFAC, Bldg. 9612, serves breakfast and lunch only - no weekends or holidays.

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

Sports & Leisure

Wrestlers reach for the top at All-Army Trials

by Pfc. Socorro A. Spooner
Mountaineer staff

Amy wrestlers stationed in the United States, Europe and Korea slammed, grappled and pinned their way to the All-Army Wrestling team at the Post Field House.

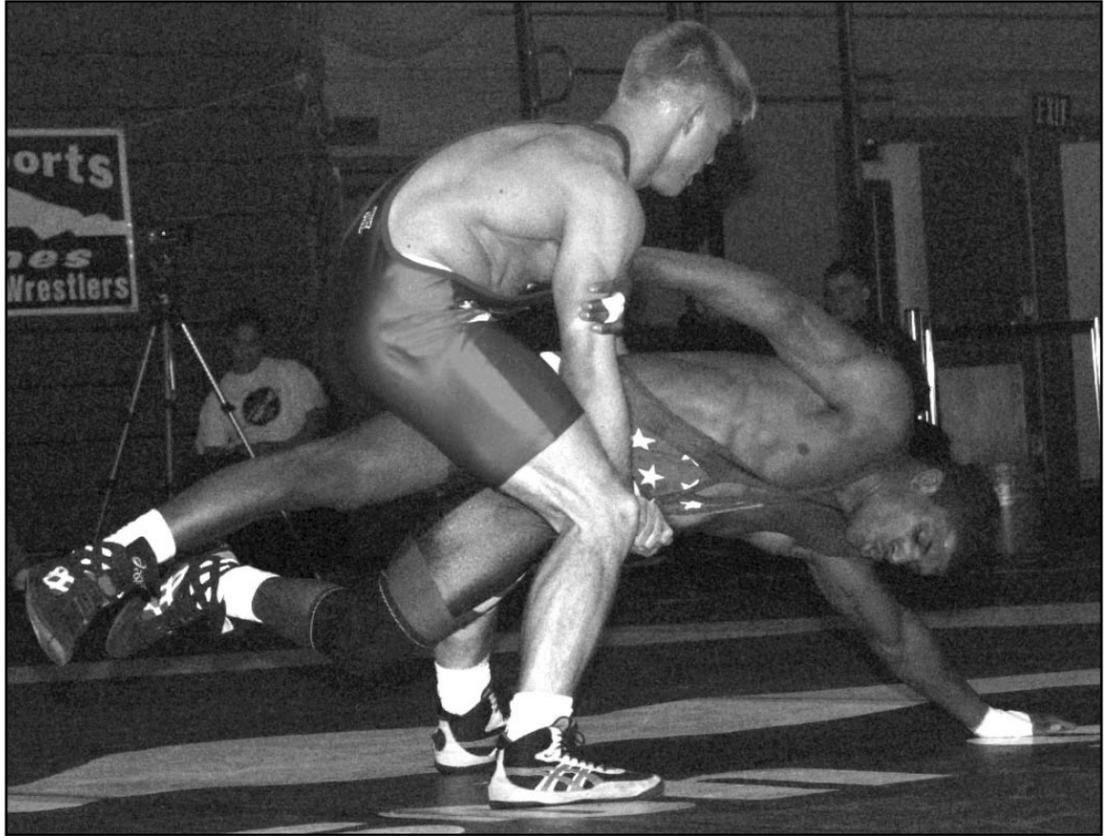
They wrestled Friday and Saturday for only 2 spots on the team. The wrestlers participated in semifinals and finals matches in Greco-Roman and Freestyle wrestling during the trials. The World Class Athlete program came away with most of the wins.

Since the WCAP wrestlers arrival in January they have endured a regimen of two practices every day, according to Derrick Waldroup, WCAP coach. Originally the training began with over 60 wrestlers, but, come trials day there were only about 45 wrestlers left to compete.

Some of the wrestlers who competed in this tournament had already been part of the All Army Wrestling team. Some of the returning wrestlers found different obstacles in front of them.

Wrestling teammates was the hardest, said Steven Scott, WCAP.

For first timer Andre Turner, United States Forces Korea, who just wanted the opportunity to make the team, the trials were exciting, he said. Turner has only been wrestling for a short time, and said this was a dream come true.



Photos by Pfc. Socorro A. Spooner

Glenn Nieradka picks up Jason Tolbert during the Greco-Roman finals.

Winning came down to who wanted it the most, said Turner.

Now, with the trials behind them, the team is focusing on the Armed Forces Wrestling Championship, which runs March 26 and 28 at the Olympic Training Center. They will be competing in Freestyle wrestling the first day and Greco-Roman the second day.

The competition both days will begin at 10 a.m. and continue



Andre Turner, left, locks up Brandon Devlin before scoring during the finals of the Freestyle 130 lbs weight class.

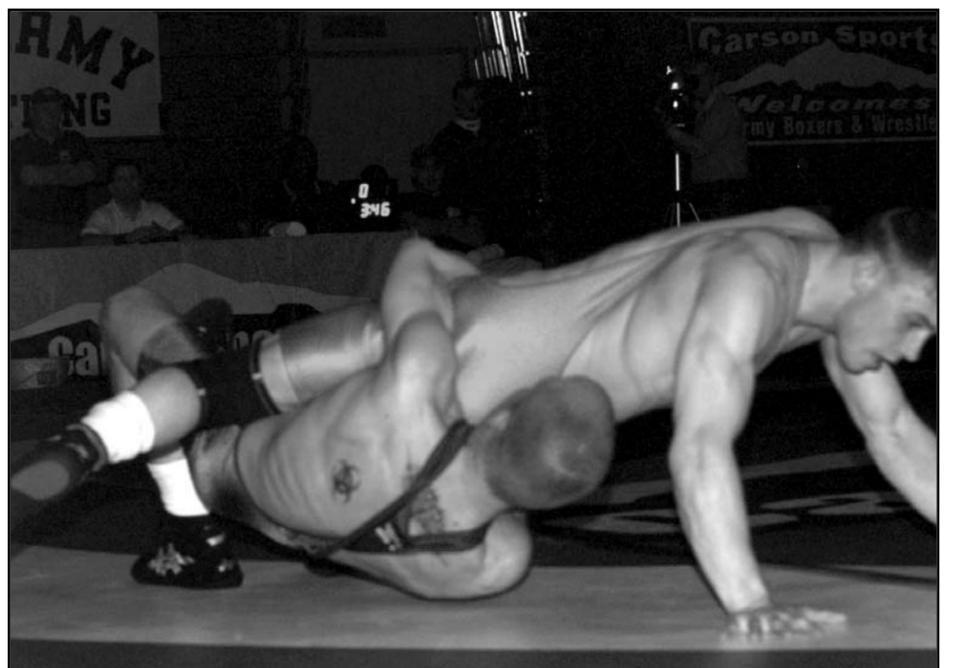
Finals results

Greco-Roman

- 58 kg David Nieradka, WCAP over William Gustafson, WCAP
- 63kg Glenn Nieradka, WCAP over Jason Tolbert, WCAP
- 69kg Herbert House, WCAP over John Morello, Fort Bragg
- 76kg Miguel Spencer, WCAP over Kieth Sieracki, WCAP
- 85kg Kenneth Owens, WCAP over Michael Mathers, Fort Lee Virginia
- 97kg Chad Love, WCAP over Stephen Scott, WCAP
- 130kg Andre Turner, EUSA/Korea over Brendon Devlin, Fort Campbell

Freestyle

- 54kg Donald Anderson, Fort Campbell over Cole Bagwell, Fort Benning
- 58kg David Nieradka, WCAP over Joel Stearns, WCAP
- 63kg Johnny Torres, Fort Knox over Jody Church, EUSA/Korea
- 69kg Herbert House, WCAP over John Morello, Fort Bragg
- 76kg Miguel Spencer, WCAP over David Spinelli, USAREUR



Joel Stearns, top, tries to avoid being rolled by David Nieradka.

Women's Post Volleyball season comes to a close

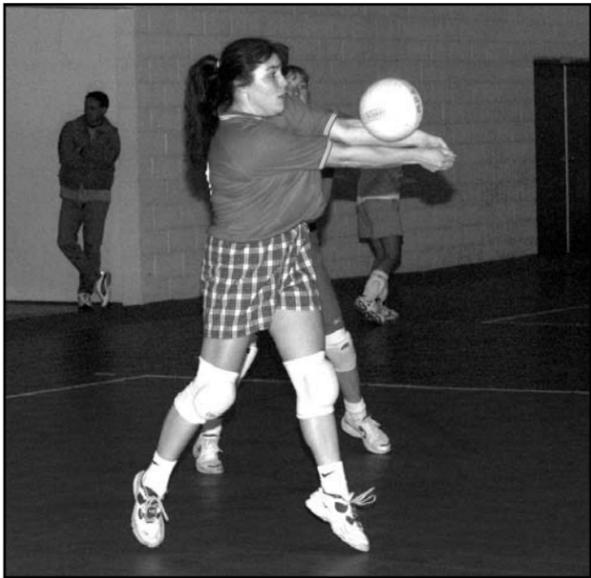
Team wins 3rd place in city league play, prepares for new season

by Pfc. Socorro A. Spooner
Mountaineer staff

The women's post volleyball team won third place in city league play at Match Point Tuesday.

The team first played in the semifinals of the tournament against No Holds losing two out of three games with scores of 15-6, 7-15, 12-15. The team was hoping to win the third game and advance to the finals, but came up short. The team had a chance to regroup with a two hour break before their next game which determined third place.

The break helped the team to regroup and play hard. They played their last game against



Robin Troxell returns a serve during the semi finals of the tournament.

Mix Bag for the third place. They beat them 15-6, 15-4. They blew away their opponents taking third place in the tournament.

The team which has been playing in Match Point B league was on a winning streak throughout the regular season. The team's streak continued throughout the tournament in spite of coming up short in the semi-finals of the tournament. Despite the loss, the team was happy with the third place finish, according to Holly Gukeisen, player.

The team has gone throughout the entire season without a coach, but is still looking for a coach for the up and coming season, said Gukeisen. The new season will begin in two weeks with Tuesday practices. The team will still be playing at Match Point during the new season with the exception of some future post tournaments.

The team will be moving into the A league at Match Point. This league is the highest



Photos by Pfc. Socorro A. Spooner

The women's volleyball team takes a timeout during the semifinals game.

league and will be more challenging for the team, said Gukeisen.

We are thankful to Steve Rex and Fort



Post Championships come to a close at Garcia PFC

by Pfc. Socorro A. Spooner
Mountaineer staff

The Post Basketball tournament came to a close Friday with a win for Headquarters, Headquarters Company 1st Battalion, 8th Infantry with a score of 56 to 47 over Maintenance Troop, 3rd Armored Cavalry Regiment at Garcia Physical Fitness Center. The two teams had already played each other once before the championship game in which HHC 1st of 8 Inf. had beat 3rd ACR Maintenance.



Then, in the first championship game, 3rd ACR Maintenance beat HHC 1st Bn., 8th Inf. by a score of 97 to 81. This led to the third game which decided the winner of the tournament.

The post intramural season began in December with 55 teams that played for a slot in the post championship tournament. The double elimination tournament started with 16 teams March 2 ending with the championship.

Photo by Pfc. Socorro A. Spooner
Headquarters, Headquarters Company 1st Battalion, 8th Infantry regroups against Maintenance Troop 3rd Armored Cavalry Regiment.

Trophies were given to first, second and third place by Col. Martin Dempsey, 3rd ACR commander. Third place was awarded to 43rd Combat Engineer Company.

The next intramural tournaments will be softball and volleyball. Units need to get their teams ready and signed up to play in the intramural

City is a Colorado original

by Nel Lampe
Mountaineer staff

Old Colorado City was founded in 1859, pre-dating Colorado Springs by some 12 years.

It was begun during the search for gold in South Park, Colo., when a few frustrated gold prospectors thought it would be good business to set up a town along the Ute Pass Indian trail.

A townsite was laid out, and called Colorado City.

Just a year later, the town had grown to some 300 buildings.

Perhaps Colorado City's greatest claim to fame is that it was named the first capitol of the Colorado Territory.

The Colorado Territorial Legislature convened in Colorado City in 1862. After four days of

meetings and politics, the Denver delegates managed to get the capitol moved to Denver.

A log cabin in Bancroft Park, between 24th and 25th streets, is the only remaining building from Colorado City's short stint as the territory capitol.

In the mid 1860s and 70s Colorado City was a wild and woolly town. Stage coaches made regular runs from Colorado City to Denver, Canon City and other places.

Colorado City was probably a thorn in the side of Gen. William Palmer, Colorado Springs founder, who banned the sale and consumption of liquor in that city

but just down the road in Colorado City 21 saloons within a four block area were doing a booming business.

The saloon business was confined to one side of the street. The churches and the opera house were on the other side. Located behind the saloons were the bordellos. The gentlemen citizens, in order to keep from being seen crossing from the good side of town to the bad side, had 12 miles of tunnels dug under the street so they could cross unseen.

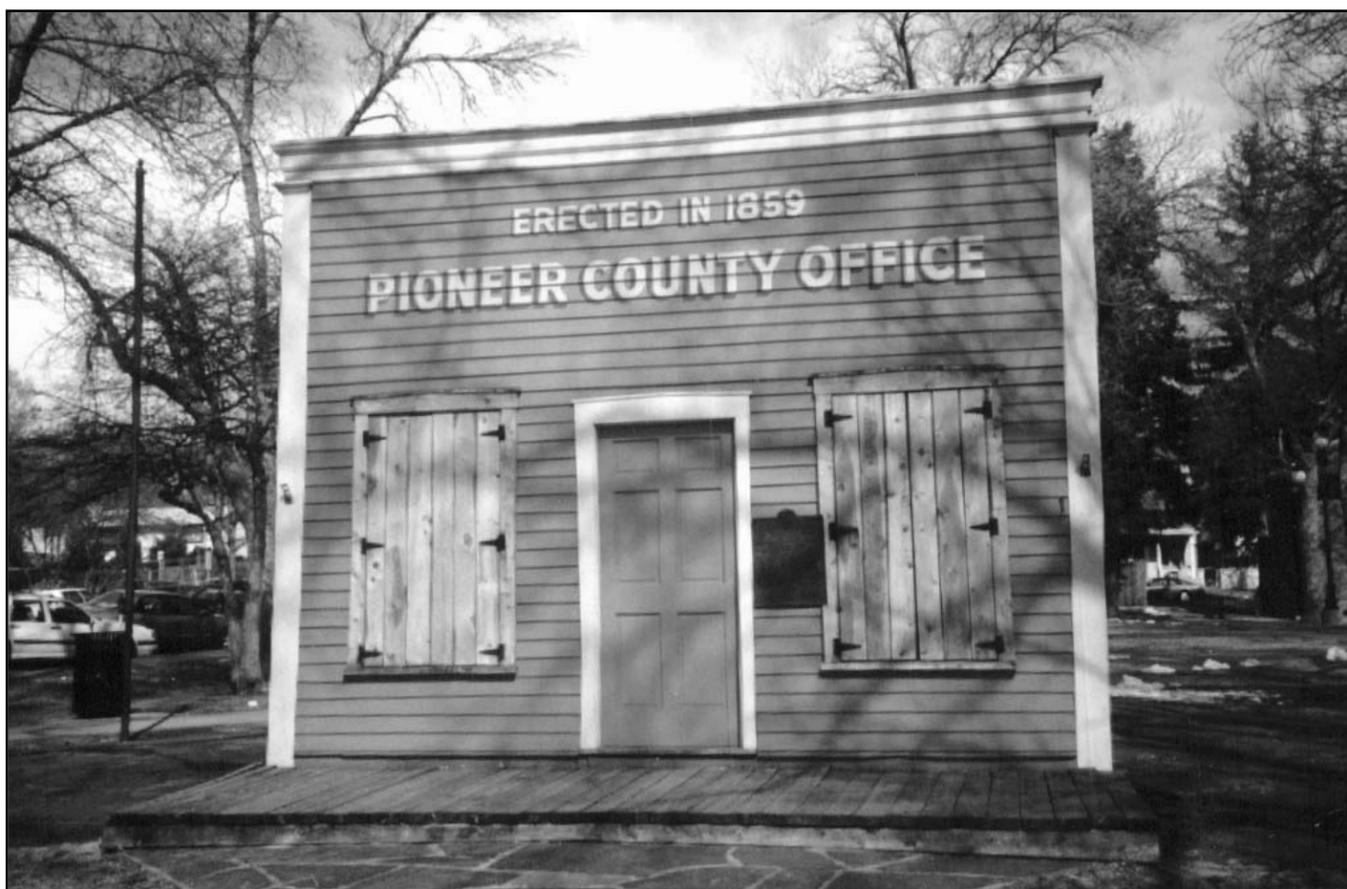
Two-hour walking tours of Old Colorado City are conducted by the historical society during the summer. The tours visit the sites of the old saloons, bordellos and tunnels. Call Jean Christopher at



Photos by Nel Lampe

Attractive stores with a Victorian flavor line West Colorado Boulevard on the West Side.

See CITY, Page B3



A 139-year-old-log cabin stands in Bancroft Park.

HERPAPER'S



A pull-out section for the Fort Carson community
March 13, 1998

What's inside

Community
Page B2

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

Military
Page B5

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

Sports & Leisure
Page B5

The All Army Boxing team will be competing in the 1998 Everlast U.S. Championship at the Olympic Center Monday through 21. The event begins at 5 p.m. Monday and from noon to 7 p.m. Tuesday and Wednesday. Finals will be March 21 in Pueblo

Community

ACS

The retirement ceremony for 3rd Armored Cavalry Regiment's command sergeant major, Command Sgt. Maj. Robert A. Murphy will be Tuesday at Butts Army Airfield at 1:30 p.m. The ceremony is open to the public and the Fort Carson community is invited to attend.

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

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

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

Youth

p.m. and the 17th will feature a special event, Seven Habits of Highly Effective People.

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

Miscellaneous

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

The Mountain Post Action Council meets once a quarter to discuss quality of life issues on Fort Carson. Its next meeting is Thursday from 1 to 3 p.m. at the Elkhorn Conference Center. Representatives from many post agencies make up the council and the meeting is open to any interested individuals. Issues and concerns must be placed on the agenda a week prior to the meeting by contacting Patricia Patterson at 526-3972.

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

The New Parent Support Program Theater presents 1-2-3 MAGIC! This video will take the anger, screaming, yelling, hitting

and frustration out of parenting. Bring your own soft drink and enjoy popcorn while you relax and learn easy methods to discipline your children. Free child care is provided. This event is held the second Thursday of each month from 2 to 4 p.m. in Bldg. 1526. To register or for more information call 526-4712.

Scholarship applications for the Fort Carson Joint Scholarship Fund are now available at the Army Education Center and at local high school guidance offices. Deadline for submission is March 20. For more information, call Annette Ahrens at 579-5313.

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

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

The Commanding General's Newcomers Briefing will be held today from 1 to 2:45 p.m. at the Elkhorn Conference Center. This meeting is mandatory for all newly arrived soldiers and officers to Fort Carson from ranks private to colonel. Family members are encouraged to attend. For more information call 526-0430.

The Family Member Employment Assistance Program is sponsoring the Colorado Springs Employment Information Program Wednesday from 10 a.m. until noon. For more information on location and to register for this program and others, call 526-0452.

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

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

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

Correction: There will be a Fort Carson Job Fair, March 25, instead of Wednesday, at the Elkhorn Conference Center, 9 a.m. to 3 p.m.; SCORE sponsored seminar, March 26, Bldg 1219, \$10 fee; Trucker Recruiter Day, April 3, Bldg. 1118, 10 a.m.; and Corrections/Law Enforcement Recruiter Day, April 17, Bldg. 1219, 10 a.m.

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

Family Advocacy Program is sponsoring a Learn to Massage your Baby class running each Tuesday through March 31, except

Fort Carson Tax Center

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

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

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

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

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

March 24. The time is 10 a.m. until noon and will be at the Spiritual Fitness Center, Bldg. 1161. This is recommended for parents with infants ages 10 months and under. The class is free as is the child care provided for siblings. Call 526-4590 to register.

Third Armored Cavalry Regiment is hosting a blood drive Tuesday from 7 a.m. to noon at Bldg. 2455

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

Albright Productions is hosting its Cultural Explosion 1998. They will be searching Fort Carson for talent such as performers and dancers. Showtime is 9-11 p.m., Saturday at Domino's. For more information, call 526-5851.

The Enlisted Spouses Charitable Organization is sponsoring a trip to Cripple Creek March 21. The bus will depart Little House in the Rockies at 9 a.m. and leave Cripple Creek at 5 p.m. The cost is \$10 and covers transportation, a meal and a coupon book. Call 526-2304 to sign up.

Dear Editor,

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

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

City

From Page B1

After gold was discovered in Cripple Creek, Colorado City also prospered. Four gold mills were located in Colorado City. Many of the dark red brick buildings which house shops along Colorado Avenue were built. Victorian houses sprang up.

In 1913 the churches and the Women's Christian Temperance Union succeeded in getting the city to vote themselves dry. It was said the women took advantage of the men being away in World War I. Soon after, the city was incorporated into Colorado Springs.

The demise of the railroads and gold mills left what was then known as the west side in a state of decline. In 1976, the 100th anniversary of Colorado's statehood, residents and businessmen started a restoration movement to preserve the heritage of Old Colorado City. Historic structures were restored, and ornate light posts and benches were added. The result is a charming shopping area and tourist attraction, with Victorian-era buildings and residences housing unique shops, restaurants and businesses.

Unusual goods, such as Mexican pots, old fashioned light posts, garden statuary, dolls, import shops, Christmas ornaments and fudge are some of the items found in the 2100-3100 blocks of West Colorado Boulevard.

For a pictorial history of Old Colorado City, the first stop should be the Old Colorado History Center at 1 North 24th St. The center is housed

in a former church dating from 1890. Entry is free, and the center is open from 11 a.m. until 4 p.m.

The center is next to Bancroft Park which is home to the 1859 log cabin which was part of the first territorial capitol complex during Colorado City's four-day reign in 1861.

Other places to visit include the Simple Character Dolls (you can watch the dolls being made in the factory above the store); and Michael Garman's sculpture showroom and Magic Town. Magic Town features a cityscape which holograms bring to life. Magic Town's admission is \$2 for adults, \$1 for children and is located in the Michael Garman store.

Hungry? Stop for pizza at Bambinos or Beau Jo's; burgers and funky ambiance at Meadow Muffins; great onion soup, French bread and croissants at La Baguette; outdoor dining at Bon-Ton's Cafe; rich ice cream at the Creamery; to name a few. In between the eateries are antique shops, art galleries, and gift shops of nearly every description.

Special events are held in Colorado City throughout the year. One of the most popular events is the St. Patrick's Day 5km run and parade being held tomorrow. The 5km run starts at Bancroft Park at 10 a.m. The kids Fun Run begins at 11 a.m., also at Bancroft Park. The parade begins at noon.

The next big event will be the St. Patrick's



Photos by Neil Lampe

A renovated Victorian house just off Colorado Avenue serves as a specialty shop.

Just the Facts

Travel time 25 minutes
For ages All
Type Historic site, parade
Fun factor ★★★★★
(Out of five stars)

Wallet damage = \$\$
(Based on a family of four)

\$ = Free
\$\$ = Less than \$20
\$\$\$ = \$21 to \$40
\$\$\$\$ = \$41 to \$75
\$\$\$\$\$ = \$76+



Figurines depicting old cavalry soldiers, helicopter pilots, gunnery soldiers and platoon sergeants are available at Michael Garman's store.

Military

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

Possess a primary MOS in CMF 11, 18B, 18C, 18E or 18Z;

Volunteer for EIB testing;

Meet Army weight control standards;

Be recommended by current unit commander;

Qualify as expert with the M16A2 rifle or M4 carbine using field fire for record only.

For more information, call 526-3669.

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

For more information, call 526-2545.

3rd Squadron, 3rd Armored Cavalry Regiment will use smoke on Range 155 March 22 to 26 while conducting CALFEX troop/company evaluations.

For more information, call 526-3039.

Company A, 64th Forward Support Battalion will use CS gas in conjunction with NBC training near Training Area 11 Tuesday through Thursday.

For more information, call 526-1577.

The Civilian Personnel Advisory Center will sponsor two Pre-retirement Planning

Seminars in May. The first seminar, May 19 and 20, will be held at the Elkhorn Conference Center. The second, May 21 and 22, will be held at the Outdoor Recreation Center.

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

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

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

The 4th Finance Battalion will conduct NBC attacks using CS gas at Training Area 31 from Monday to March 20.

For more information, call 526-9900.

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

For more information, call 526-8933.

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

For more information, call 526-8933.

The 223rd Medical Detachment will teach a 40-hour Field Sanitation Team Training Course on the following dates: March 23 to 27 and April 6 to 10. Classes will be held at the Education Center, Bldg. 1117, Room 316A.

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

The Fort Carson Mounted Color Guard is

Rewards

The Criminal Investigation Division is offering the following rewards for information leading to the identification, apprehension, and conviction of the perpetrator or perpetrators of the following crimes.

A \$500 reward is being offered for information involving the larceny of battle dress uniforms, field jackets, fax machine and a microwave oven taken from the Alterations Shop. If you have any information about this crime, contact Agent Hughes at 526-0564.

A \$500 reward is being offered for information involving the larceny of two IDP brand laptop computers taken from the 3rd Squadron, 3rd Armored Cavalry Regiment maintenance office between June 28 to 30, 1997. If you have any information about this crime, contact Agent Perdue at 526-0543.

A \$500 reward is being offered for information involving the larceny of two automotive work tables from the Pueblo Army Chemical Depot between Feb. 19 and Oct. 2, 1997. If you have any information about this crime, contact Agent Hughes at 526-0564.

A \$600 reward is being offered for information involving the larceny of electronic and computer equipment from Garcia Physical Fitness Center. If you have any information about this crime, contact Agent Christian at 526-0547.

A \$15,000 reward is being offered for information involving the death of Pfc. Jason Chafin. If you have any information about this crime, contact Agent Perdue at 526-3991.

The U.S. Army Criminal Investigation Command is looking for soldiers from specialist to staff sergeant to join the Criminal Investigation Division.

Soldiers interested in submitting a CID application must be 21, have a GI score of 110, 60 semester hours of college and be a U.S. citizen. Applicants must have CID intern training, six months military police experience or one year of civilian police experience.

Sports & Leisure Athletics

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

Admission is free and many Fort

The All Army Boxing team will be competing in the 1998 Everlast U.S. Championship at the Olympic Center Monday through March 21.

The event begins at 5 p.m. Monday and from noon to 7 p.m. Tuesday and Wednesday. Finals will be March 21 in Pueblo at 5 p.m.

Military discounts are available at ITT.

For more information, call 578-4506.

The Armed Forces Wrestling Championship is March 26 and 28 at the United States Olympic Training Center.

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

The event is free and open to the public.

For more information, call 556-4462.

The Fort Carson Running Team trains from 6 to 8 a.m. at the Post Field House.

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

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

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

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

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

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

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

The DCA Sports Office is kicking off the 1998 Fort Carson Company Level Softball Program with a mandatory meeting for all coaches and A & R Officers.

The meeting will be held Thursday at 1:30 p.m. at the Mountain Post Sports Complex.

For more information, call 526-1388.

The Falcon Wanderers Volksmarch Club of Colorado Springs will be sponsoring a 5 km and a 10 km volksmarch Saturday.

The race will start and finish at 2924 N. Beacon Street. Participants may start this event any time between 8 a.m. to noon. The event is free and open to the public.

For more information, call Curt Converse 591-8193.

The Colorado Springs Sports Corporation will be holding a luncheon March

24 featuring members of the 1998 Senior Women's National Basketball Team.

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

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

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

The Fountain Valley American Youth Soccer Organization region 1225 is currently registering Saturday at the Pizza Factory off of Highway 85/87 from 1 to 4 p.m.

Practices begin March 23 with the first game starting April 4. Children 4 1/2 to 18 years old are welcome. Cost to enroll is \$25 for the spring season and \$15 for the fall season.

For more information call, 390-9707.

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

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

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

For more information call, 578-6981.

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

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

Irish dance comes on strong in community

by Nel Lampe
Mountaineer staff

Caitlin Dempsey, 15, has been Irish dancing for about two and a half years. She started in the Washington, D.C. area after seeing Irish dancers in a parade, and convincing her parents to find a class for her. She won awards in the D.C. area, placing first in the reel and jig in her age group.

After arriving in Colorado Springs she was unable to find a class to continue her dancing. Then last year the Denver-based St. Brendan's started classes in Colorado Springs.

Caitlin is the daughter of Col. and Mrs. Marty Dempsey. Dempsey is commander of the 3rd Armored Cavalry Regiment.

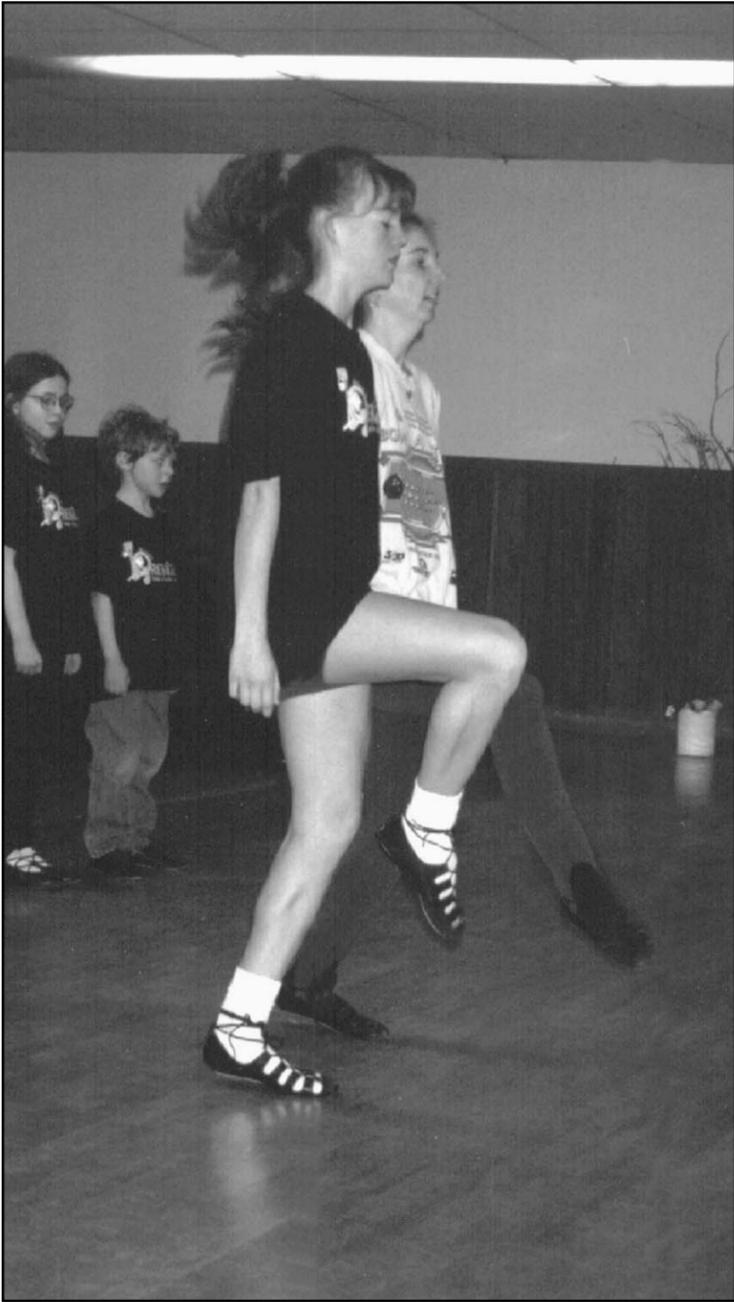
The dancing is good training for Caitlin, a freshman at Cheyenne Mountain High School and a cross country, track and basketball athlete.

Interest in traditional Irish dancing has sky-rocketed in recent years, thanks to the success of Riverdance and Lord of the Dance. Some 50 students attend classes presented by Judy DeNapoli of Denver's Saint Brendan's School of Irish Dance on Saturday mornings in Colorado Springs. Students range from ages 4 to 40.

Originally an old Irish peasant dance, it was a favorite of the king who ruled during St. Patrick's time. Two popular Irish dances are the reel and the jig both ancestors to the American dances, the Virginia Reel and clogging.

St. Brendan's students will be dancing at several venues in the next few days. A group of dancers will appear in the St. Patrick's Day Parade in Old Colorado City Saturday, beginning at noon.

Saturday evening Irish dancers and a leprechaun will be featured at the OWC silent auction fund raiser. The Celtic



Caitlin Dempsey dances a jig.

Photos by Nel Lampe



Members of St. Brendan's School of Irish Dancing practice for upcoming shows.

Pet of the

Puppy Love

This approximately 4 month-old, male Golden Retriever is currently available for adoption at the Fort Carson Veterinary Treatment Facility. Pets up for adoption are vaccinated and neutered. The treatment facility provides routine preventive medicine and minor sick call services to pets owned by active-duty and retired military members. Normal hours of operation for the clinic are Monday through Friday, 7:30 a.m. to 3:30

p.m. Clinics are held every Monday, Wednesday and Friday with animals being seen by appointment only. To reduce the risk of child injury in exam rooms and to increase the attentiveness of pet owners during the examination process, the facility discourages pet owners from bringing children under 10 years of age. People interested in adopting a pet can call 526-4354. For an appointment, call 526-3803.

Photo by Pfc. Socorro A. Spooner