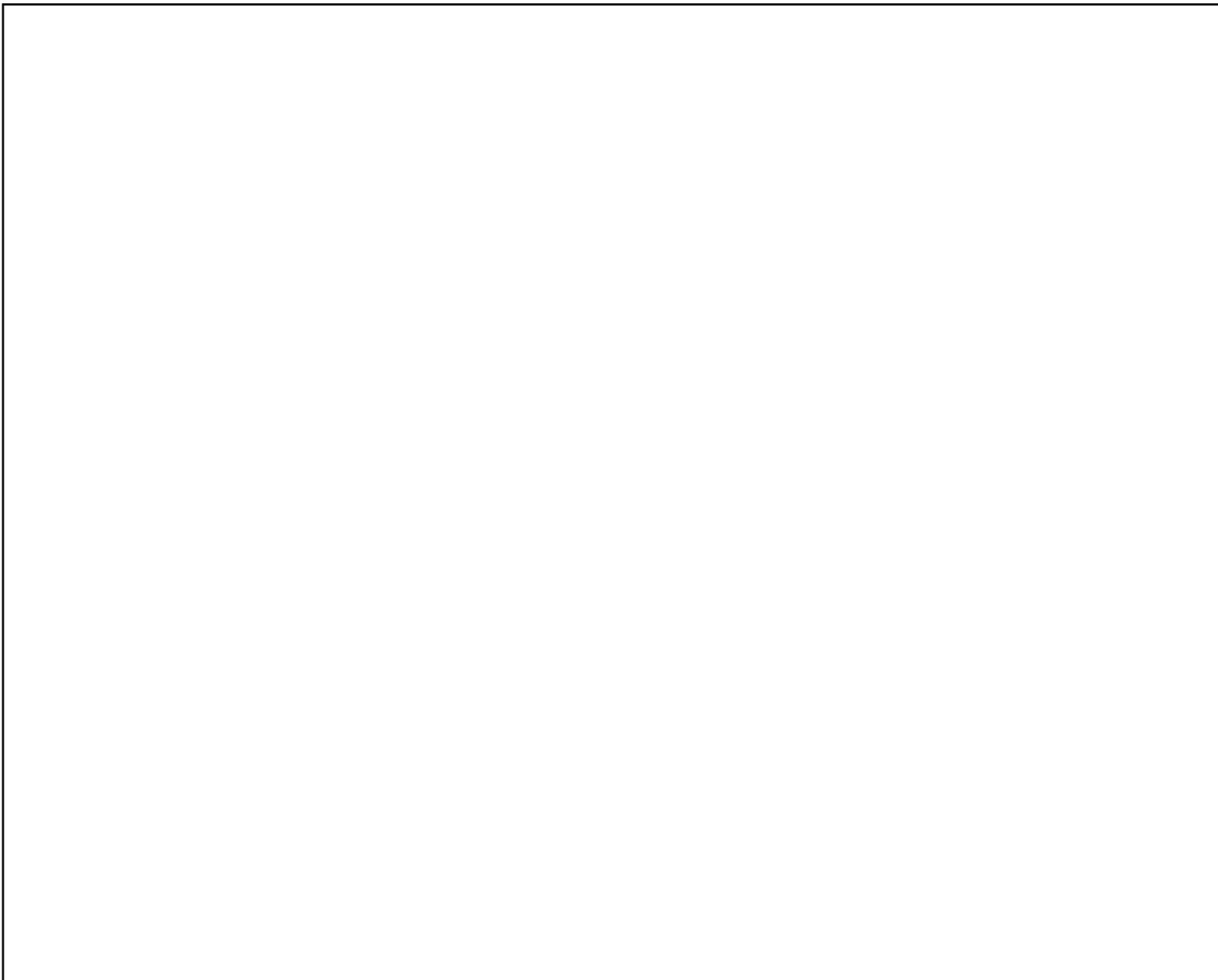


Community:
More than 400
turn out for
ACAP job fair
Page 5

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



Commanders



Riggs

Unfortunately, the fire also destroyed almost \$500,000 of furnishings, to include the organ, piano, religious vestments and many other ecclesiastical items ...

In the aftermath of the arson fire in our Soldiers Memorial Chapel, Mountain Post chaplains, congregations, and community leaders are working on many fronts to rebuild and restore the facility and, we all can help.

As most of you know, the blaze completely destroyed a portion of the main sanctuary. Fortunately, we anticipate the Army will eventually fund repairs for the structural portion of the chapel. We'll continue to work with Army leaders to move this project forward.

Unfortunately, the fire also destroyed almost \$500,000 of furnishings, to include the organ, piano, religious vestments, and many other ecclesiastical items. There are no funds available to replace these items, and that's where we all can help!

Indeed, many individuals, churches, and organizations in the Fort Carson and Colorado Springs communities have already expressed their desire to help. In response to these charitable gestures, our chaplains have set up a special account as part of the Fort Carson Consolidated Chaplain Fund to receive donations from all who wish to help replace nonstructural items. The goal for the fund is \$468,000.

Donors either can give to the general reconstruction fund or toward replacing a specific item lost in the fire. These specific items range in cost up to \$2,500. Volunteer contributions can come from individuals, groups, or even our troop units

Anyone or group can send contributions to the Chaplain Fund, Chaplain, Fort Carson, the chapel office for more information or needed.

Chaplain (Capt) OIC of Soldiers Memorial Chapel, Mountain Post, already seen first in our community that care for the people of Fort Carson have already been taken care of. We thank you for your contribution and offers to help.

I want to personally thank you for your outpouring of support from the entire community of a community that it comes together.

Thanks to all for your help, sympathy and support.

Sound Off!

When do you plan to file your income taxes?



Walt Johnson
Air Force Ret.
I want the IRS to work after April 15, it's my little way of protesting.



Sgt. 1st Class
Michael Mendoza
4th Arm. Bn.
I've already filed. Why let them keep it when I can put in the bank and make money on the inter-



April Harpis
Family member
They're done, but I haven't filed them yet. I'm procrastinating until I feel like paying.

State of Minnesota offers bonus to eligible Gulf War

Legal Assistance Office

In addition, there is a \$200 payment for

the State of Minn.

News

Project takes post commo into 21st

Directorate of Information Management

Many people are asking the question, "What is all this digging about?" The answer is - OutSide Cable Rehabilitation (OSCAR) II. The purpose of this program is to provide modern communications facilities to meet foreseen telephone voice and data transmission requirements through the year 2003. This project involves the upgrade and addition to existing cable. The type of cable installed is either copper or fiber optic, depending on the number and type of users in a specific area. GIE (Primary Contractor) has been tasked with performing upgrade communication services at various locations throughout the Fort Carson area, Turkey Creek, Butts Army Airfield, Ammo point, Ranges (109, 123, 143, and 145), and Pinon Canyon. Construction for this project began in November and is projected to be completed in October.



Fort Carson is divided into eight service areas for the project. The individual areas and their requirements and construction schedule are as follows.

Main Post Area, Old Hospital Area, and Hospital Area: Construction will be ongoing through June.

The Main Post Area upgrade includes six (6) buildings: 1526, 1430, 1230, 1450, 1227 and 1225.

The Old Hospital Area includes 34 buildings: 7301, 6220, 6222, 6255, 6140, 1912, QIRS. 4-27, 6220, 6001, 6222 and 6285.

The Hospital Area requires the installation of a new four-way duct system from Manhole 701 to the communication room.

Welcome Center Area: Construction will be ongoing from May through August. The following buildings require upgrades: 811, 812, 814, 1012, 1013, 1117, 1118, 1217, 1219, 813, 1007, 1140, 1150, 1200, 1201, 1202, 1203, 1218, and 1220.

Banana Belt Area: Construction began in January and is ongoing through June. There are 29 buildings requiring upgrade: 1361, 1668, 1958, 2058, 2078, 2558, 2757, 2758, 1351, 1352, 1362, 1370, 1392, 1650, 1662, 1661, 1670, 1860, 1855, 1854, 1852, 2350, 2354, 2351, 2356, 2460, 2700, 1853 and 1957.

Directorate of Logistics and North Post Maintenance Area: Construction will be ongoing from April through June. There will be upgrades to buildings 8030, 8000, 8932 and 8100.

Railhead Area: Construction began in January and is ongoing through May.

There will be upgrades to buildings 402,

526, 500, 304, 32

Butts Army Airfield: Construction is ongoing from

Butts Army Airfield: Construction is ongoing from 9271, 9611, 9638

Range 109 upgrade and Tower.

Ammo Point upgrade 9733 and Guard

Ranges 123, Construction will be ongoing through June.

Range requiring upgrade from range 123 to include buildings, to include buildings to be upgraded and construction range 143 to 145.

installed to buildings. The Turkey Creek upgrade buildings 10013.

Pinon Canyon: Construction began in November and is ongoing. There will be upgrades to buildings used for MSE equipment. A communication connection will be installed to communication room radio transmitter site. radio frequency equipment

MILITARY

MILITARY

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COMMUNITY

Mountain Post Team MVP



Lawson

Jack Lawson

Building inspector

This week's Mountain Post Team MVP is Jack Lawson, building inspector, Pacific Architects and Engineers.

During the snowstorm March 18, after most

employees were sent home, members of the Mountaineer staff remained at work putting the weekly issue of the Mountaineer together in order to meet the printer's deadline. The snow

continued to fall and at about 5 p.m. the last two staff members were trying to dig their cars out of the Post Headquarters parking lot. Although Fort Carson streets had been cleared, their cars were buried under about 20 inches of snow. Seeing their plight, Jack came to the rescue in his red pick-up truck with snow chains on the wheels. Jack made several passes through the parking lot to provide tracks so we could reach the cleared road. When it was discovered that one car's battery had run down, again it was Jack to the rescue, as he went to his shop and returned with jumper cables, rescuing the last member of the

This feature is
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Public Affairs

Community

ACAPers find wealth of employers at job fair

by Cpl. MK Garrott
Mountaineer staff

As hundreds roamed throughout the room, employers were smiling at the drug-free, punctual and trainable Army soldiers who were seeking to network or find jobs after their ETS.

Employers like people who can take orders without a lot of grief, said Roger Millenkamp, a career counselor with the Army Career and Alumni Program.

At the Elkhorn Conference Center, ACAP held a Job Fair Wednesday. As of 2 p.m. that afternoon, nearly 500 people had signed in to see 70 exhibits of local and country-wide businesses. About three times a year, ACAP assembles employers for this major event. Other mini-fairs are held more often.

Specialist Clayton Margason, Troop L, 3rd Squadron, 3rd Armored Cavalry Regiment, a cavalry scout, never had a job prior to coming in the Army and did not think he had much experience for a civilian job. ACAP broke down his MOS to show his potential and what he had to offer.

I set up three interviews today for next week. This morning I filled out an application for the Antlers Doubletree Hotel and came back this afternoon for an interview with them, said Margason.

ACAP does not only cater to ETSing soldiers. The job fair, ACAP and transition services are all available to spouses, dependents, other branch-



"...a great place for families to grow"



Photos by Cpl. MK Garrott

Many soldiers were interested in the very popular police booths.

es of service and the surrounding community. If a person is retiring, for example, these kinds of opportunities are open for up to 90 days after the separation date. ACAP believes it is important to build community relations and make beneficial events available to anyone who is in need or interested.

Employers know they can come here to find qualified, disciplined individuals. Soldiers understand a chain of command and do what they are told and employers appreciate that, said Jim Collins, another ACAP career counselor.

Officer Emie Ortiz, Aurora Police Department, agrees.

We come to find applicants of high moral fiber and with maturity. These people are well-developed and the most qualified. We had about 100 people come by this booth and ran out of brochures, said Ortiz.

Collins pointed out that even if prospective employees don't walk away with an interview, they should use the opportunity to network with the outside businesses. His personal story attests to that.

Collins ETSed and took a job, but main-



Specialist Clayton Margason asks questions about a potential job for his post-Army life. Margason found much success at the job fair.

New at Ironhorse Park: 'remarkably odorless' toilets

by Richard Pilatzke

Directorate of Environmental Compliance and Management

If you visited Ironhorse Park in the past 18 months and had also visited before then, you undoubtedly have noticed a big difference in the toilet facilities in the park. They don't smell anymore. Fort Carson Directorate of Community Activities installed composting toilets in the park in late 1996 and these toilets have been through their initial use period here at the Mountain Post and have performed very well. These

toilets are almost completely waterless (they use five gallons of water a day) and are remarkably odorless. They have a 200 cubic foot composting chamber filled with wood shavings as their main treatment method. The unit evaporates all liquids and composts the solids over a year-long composting cycle. The compost is changed out once a year and can be bagged and landfilled. The facilities at Ironhorse Park also have a treatment system for hand washing water. This soapy water is fed to a raised evapotranspira-

tion bed where the water is used by grass and flowers. One of the units at the park is not hooked up by any electricity. It is powered by a grid of solar cells that provide all the energy needed for the building.

Similar composting toilets are located at several of the Pikes Peak Reservoirs, in Green Mountain Falls, at Aurora and Union Reservoirs near Denver, at Jackson Hole Ski Area and at Vail and Aspen Ski Resorts. These units have had excellent operating results, especially in high use

recreation areas. The composting equipment is manufactured in Fort Collins, so it originated here in Colorado.

The only apparent problem encountered with these toilets has been a fire that damaged one of these units. Someone apparently dumped live charcoal into the composting chamber of one toilet and caused thousands of dollars worth of damage. Users of the park are advised to follow the posted instructions for their use — no cans, bottles, cigarette butts or other foreign objects

The Elkhorn Conference Center ...

A place for all your community events

by Cpl. MK Garrott
Mountaineer staff

You need a place for your wedding reception this fall. Your unit is looking for a place to hold payday activities. It is time for the monthly Hail and Farewell. The local Elkhorn Conference Center is at your service.

Offering seven rooms and formerly known as the Special Events Center, the Elkhorn is capable of hosting many kinds of events. Military related are free, but for a social affair there is a fee that varies based on the time of year and type of occasion. The Elkhorn also caters to the Colorado Springs area for civilian-type events.

General Manager Jeanine Piper said, "The sooner people call to reserve the better. The summer months are very busy for receptions."

Open to the public as of Thursday will be the Pueblo Deli, a place for food if an occasion is not catered by the Elkhorn staff.

We are looking to get audio visual equipment in all of the conference rooms, also," said Piper.

Those interested in making a reservation at the center can call 576-6646 and speak with Piper or catering manager Kris Schei, who also books meetings.

Columbine Room -- This room is adorned by cherry paneling and a traditional, sculptured tin ceiling. The elegant decor is ideal for 10 to 50 people.

Elkhorn Room -- This room features a naturally shed elk antler chandelier. The warm ambience is perfect for small groups of up to 30 people.

Aspen Conference Room -- An executive conference room featuring a handsome cherry conference table surrounded by leather wing chairs. Accommodates up to 20 people.

Pueblo Room -- Southwestern in design, this room features a gas log kiva fireplace and massive moose antler chandelier. A bar and dance floor provide a casual atmosphere for groups of up to 60 people. Open to the public on Fridays from 4 to 8 p.m. with complimentary hors d'oeuvres and a cash bar.

Cheyenne Room, Conifer Room and

Elk Burger available at Elkhorn's Pueblo Deli

by Cpl. MK Garrott
Mountaineer staff

That day-long meeting is making you hungry, and the event you are at the Elkhorn Conference Center for is not catered. Good news the Elkhorn announces the opening of its newest feature, the Pueblo Deli.

General manager Jeanine Piper said they saw a niche for this market. The deli will be a walk-up type place that offers made to order sandwiches and salads, as well as the soon-to-be-famous Elk Burger. Customers will be seated in the Pueblo Room which has a southwestern decor.

Open to the public as of Thursday, the deli will serve from 11 a.m. to 2 p.m. Monday through Friday, except holidays.

Essig, McCoy named supervisors of the year

by Nel Lampe
Mountaineer staff

Federal Women's Program awards were presented by FWP Manager Angelina Sanchez at the award luncheon March 20.

It. Col. Christopher G. Essig, Criminal Investigation Division Battalion, was named military supervisor of the year. I didn't know about this, quipped Essig,



Essig

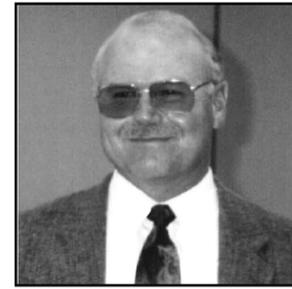
but an agent will be finding out how this came about.

According to the nomination, Essig has established a physical training program for the division's civilian employees; is working toward a flexible workweek; and recognizes employees' accomplishments.

Named civilian supervisor of the year was Steven J. McCoy, deputy garrison commander. He was nominated for his previous position as director of logistics. McCoy said, "I can't do my job without great support from the top and bottom from my subordinates and bosses to help me do my job."

McCoy was recognized for his untiring

efforts in supporting and promoting female employees in the Directorate of Logistics. He was an avid supporter of the Equal Employment Opportunity program, encouraged



McCoy

employees to enhance their skills and develop their careers.

Approximately 250 people attended the luncheon at the Elkhorn Conference Center. Dr. Teresa Jillson, director, Center for Women's Studies, at the

Vitamins and minerals questions answered

Nutrition Care Center

Do I need vitamin/mineral supplements? Many people are concerned about getting the proper amounts of vitamins, minerals and other nutrients in their diet. More than 3,400 different supplements are currently on the market and account for \$4 billion annually in gross sales. Supplements should not be used as a substitute for a healthy diet, but rather to augment a healthy diet. It is the position of the American Dietetic Association that the best nutritional strategy for promoting optimal health is to obtain adequate nutrients from a wide variety of foods. Vitamins and mineral supplementation is appropriate when well-accepted, peer-reviewed and scientific evi-

dence shows safety and effectiveness.

Most nutrients can be provided in daily meals and snacks rather than in pill form. However, vitamin supplements may be required in certain cases:

People on low calorie diets may not get all the vitamins they need because their meals are so restricted. For these people, vitamin supplements provide an easy, efficient way to complete their diet.

Women who are pregnant or breast-feeding may require vitamin/mineral supplements

Pregnant women should pay special attention to iron and folic acid, which may be especially difficult to get through diet alone.

When people grow older, their metabolism slows down, they eat less, and they absorb nutrients at a slower rate. Older people can help restore the proper intake of nutrients by taking vitamin and mineral supplements

Some medical conditions and drugs make it difficult for a person's body to absorb nutrients. People who suffer from anemia lack enough iron in their blood and often require iron supplements. Alcohol may cause vitamin deficiencies by damaging the liver, which is one of the body's vitamin storage centers.

If you decide to take vitamins: Try to rely on healthy foods as the major source of nutrients. However, if you decide to take a

vitamin/mineral supplement, check the label for ones that say 100 percent of the RDA for each nutrient. This means they provide all of the U.S. Food and Drug Administration's Recommended Daily Allowance for the average person. Some vitamins are toxic if taken in excess, so make sure you take them in the proper amounts. An excess of one vitamin or mineral may interfere with the absorption of another one. If you suffer from a specific medical condition, have special dietary needs, or want to find out if you should be taking vitamin or mineral supplements, consult your physician or a registered dietician. Most vitamin/mineral supplements are safe when taken as directed

1998 tax changes, part II -- Roth IRAs now available

Fort Carson Tax Center

This is the second part of a two-part article about the tax law changes that are effective for the 1998 tax year. These changes will not affect your 1997 tax return. Part one, published in last week's Mountaineer, discussed the child tax credit and educational incentives. This week's article discusses the tax law changes that will affect Individual Retirement Arrangements. Changes that have been made to the laws regarding IRAs include increased eligibility to make deductible contributions to traditional IRAs, a new IRA called the Roth IRA, and penalty-free withdrawals from IRAs.

A taxpayer who is not covered by a pension plan at work can make a \$2,000 deductible contribution to an IRA. Beginning in 1998, if one spouse is covered by a pension plan and the other is not, the spouse not already covered will be able to make a deductible contribution. A deductible contribution will decrease the amount of taxable income by the amount of the contribution, thus saving the taxpayer money.

If a person is covered by a pension plan at work, her eligibility to make a deductible contribution will be phased out depending on the amount of money that she earns and her filing status. Effective for 1998, the phase out amounts have been increased as follows:

Married, filing jointly

\$50,000 - \$60,000

Single or Head of Household

\$30,000 - \$40,000

Married, filing separately

cannot make a deductible contribution.

A single taxpayer can make a \$2,000 deductible contribution if he earns less than \$30,000, but can not make a deductible contribution if he earns more than \$40,000. If his adjusted gross income is between the two amounts, he will be able to make a partial deductible contribution.

The new tax laws also created a new type of IRA called the Roth IRA. The major differences between the two IRAs are that contributions to a Roth IRA can not be deducted and the withdrawal from a Roth IRA is tax free provided: the withdrawal occurs at least five years after the Roth is established and the taxpayer is either 59 1/2 years old or uses the withdrawal for first time home purchase expenses of up to \$10,000. So while the taxpayer will pay taxes on his initial investment into a Roth IRA, she will not pay any taxes on the gain.

A taxpayer can contribute \$2,000 to a Roth IRA every year. The \$2,000 limit is phased out as AGI increases from \$150,000 to \$160,000 for married taxpayers, filing jointly and from \$95,000 to \$110,000 for taxpayers filing single or head of household. A taxpayer can make

contributions to a traditional and a Roth IRA in the same year, but his total contribution to IRAs cannot exceed \$2,000.

Traditional IRAs can be converted into Roth IRAs. However, the conversion will be taxed as an IRA distribution, though no penalty for early withdrawal will be assessed. The taxpayer will have to pay taxes on any amounts for which he has not already paid taxes. If the taxpayer converts in 1998, the IRS will allow him to spread the tax liability over the next four years. After 1998, the taxpayer will have to pay the entire tax in the year that he converts from a traditional to a Roth IRA.

Beginning in 1998, taxpayers can make penalty-free withdrawals from their traditional IRA account for first time home buying expenses and for qualified educational expenses. The withdrawals will be taxed, but no penalty will be assessed. The taxpayer can withdraw up to \$10,000 for first time home buying expenses. The IRS generally defines a first time home buyer as a person who has not owned a home in two years. Qualified educational expenses



Countdown
to

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.

A special Easter sunrise service will be held April 12 at Provider Chapel at 6:30 a.m. Special guest speaker will be Chap. (Maj. Gen.) Donald Shea, U.S. Army Chief of Chaplains.

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 & Tins	Chap. Cavanaugh/526-5769

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

PROTESTANT

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

Saturday -- Psalms 111 and Luke 18-19

Sunday -- Psalms 112 and Luke 20-21

Monday -- Psalms 113 and Luke 22

Tuesday -- Isaiah 64:1-9 and Luke 23-24

Wednesday -- Isaiah 25:1-9 and Romans 1-3

Thursday -- Psalms 114 and Romans 4-6

Friday -- Psalms 115 and Romans 7-9

Easter Week Events

Catholic Holy Week and Easter Sunday Schedule

April 8 -- Communal Penance Service, 7 p.m., Provider Chapel.

April 9 -- Evening Mass of the Lord's Supper, 6 p.m., Provider Chapel.

April 10 -- Stations of the Cross, noon, Provider Chapel; Celebration of the Lord's Passion, 6 p.m., Provider Chapel.

April 11 -- The Easter Vigil, 8 p.m., Provider Chapel.

April 12 -- Mass, 8 a.m., Veterans Chapel; Mass, 9:30 a.m., McMahon Theater; Mass, 12:15 p.m., Provider Chapel.

Protestant Holy Week and Easter Sunday Schedule

April 9 -- Healer Chapel, noon; Prussman Chapel, 7 p.m.

April 10 -- Prussman Chapel, 10 a.m.; Healer Chapel, 3 p.m.

April 12 -- All Protestant service will

Chaplain's Corner

by Chap. (Capt.) Mackey Giles
3rd Battalion, 29th Field Artillery

A story is told regarding one of the founders of Methodism, John Wesley. A storm arrived shortly after Wesley left Georgia. He was on his way back to England on a ship accompanied by a group of people called Moravian. The ship was rocking and reeling. The wind was unfriendly and the seas were high, almost covering the deck of the ship. The waves were threatening to sink the ship. However, in the midst of the storm, Wesley found it amazing that the Moravians remained so calm in spite of the circumstance. What was the secret? The secret was, Wesley had not been converted to the Higher Power by whom most religious people call God and we Christian people sometimes equate to Jesus Christ. Now, what was their secret? The secret was that the Moravians were in touch with the inner spirit of God that comforts them day to day. What is the secret? The secret is, shortly thereafter, John Wesley intentionally and willingly received the same

inner peace the Moravians had during the storm.

The truth of the matter is storms and adverse circumstances that make life difficult for us are a reality. I believe that in one way or another everyone is encountering a storm, everyone has encountered a storm and everyone will encounter a storm in his or her life. Adverse circumstances and situations keep coming in to our lives, but do not be discouraged to the point of giving up in life. Why? Remember behind every storm there is a period of calmness. Remember behind every rain is sunshine. Another story comes to mind about a housekeeper who was great and outstanding in the kitchen, but her main strength was that she was never ruffled by anything. She was always calm and in control. When asked about her secret, she quoted a verse in the Bible, "It came to pass." When told this was not the complete verse, she replied, "It is for me. It means that whatever comes, comes to pass. It doesn't come to stay. What is it that keeps you going when

Silver Lions roar into



An opposing force tank moves in for the kill.

1st Battalion, 68th Armor

1st Battalion, 68th Armor recently concluded a month of intensive, platoon-level training on Fort Carson. The purpose of the platoon external evaluations was to focus on the basics of platoon maneuver and fire control and distribution.

The platoon is the basic building block for all battalion operations. Lethal, killer platoons are the keys to a successful battalion mission, said Capt. Dave Wilson, Company B commander.

Tank platoons executed a number of realistic missions, including movement to contact and deliberate defense. Through the course of the EXEVAL, platoons greatly enhanced their internal standard operating procedures and improved tactically.

The toughest mission was the defense

because we were going to be the (opposing forces), positioning we were going to be the initiative to defeat the forces of Company D.

Opposing forces were going to be the other companies. The number of platoons increased throughout the training.

The best part of the training was when Delta Company tank platoons even saw us, said Capt. Wilson in Company A. Platoon leaders conducted OPFOR and then rotated the area to be evaluated. It was an opportunity for two platoons to maneuver training.

The entire battalion participated in the exercise. While the tank platoons conducted evaluations in the main areas, the scout and support platoons were working together as part of the evaluation. The battalion commander and support platoon leader were in the operation.

Having the field commanders assess the tactical effectiveness of our platoons, Edwards, the battalion commander, is committed to supporting the platoons. The battalion conducted sustainment operations a successful night log roll exercise at the 64th Forward Support Battalion.

The battalion was supported by the support from Company B and fire support team from the 29th Field Artillery. Signal Company entered the area for a large scale exercise.

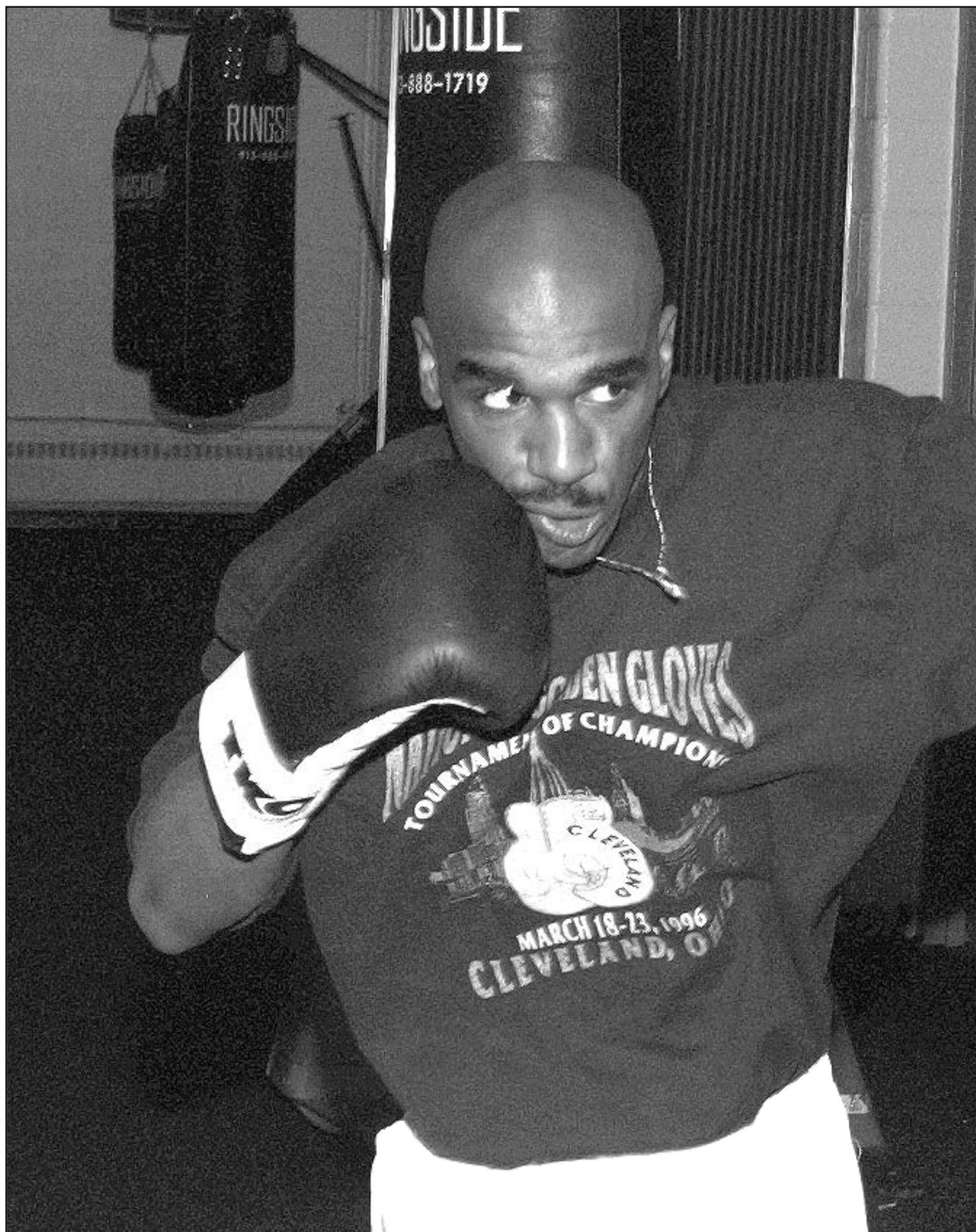
External evaluations were conducted from the 5th Armor Brigade, 3rd Brigade, 1st Cavalry Division, chemical decontamination platoon. These combat evaluations provided realism of the training.

The platoon evaluation for upcoming operations. In May, the unit will



Courtesy photos

The 1st Bn., 68th Ar. Scout Platoon goes over an operations order prior to moving out.



FEATURE



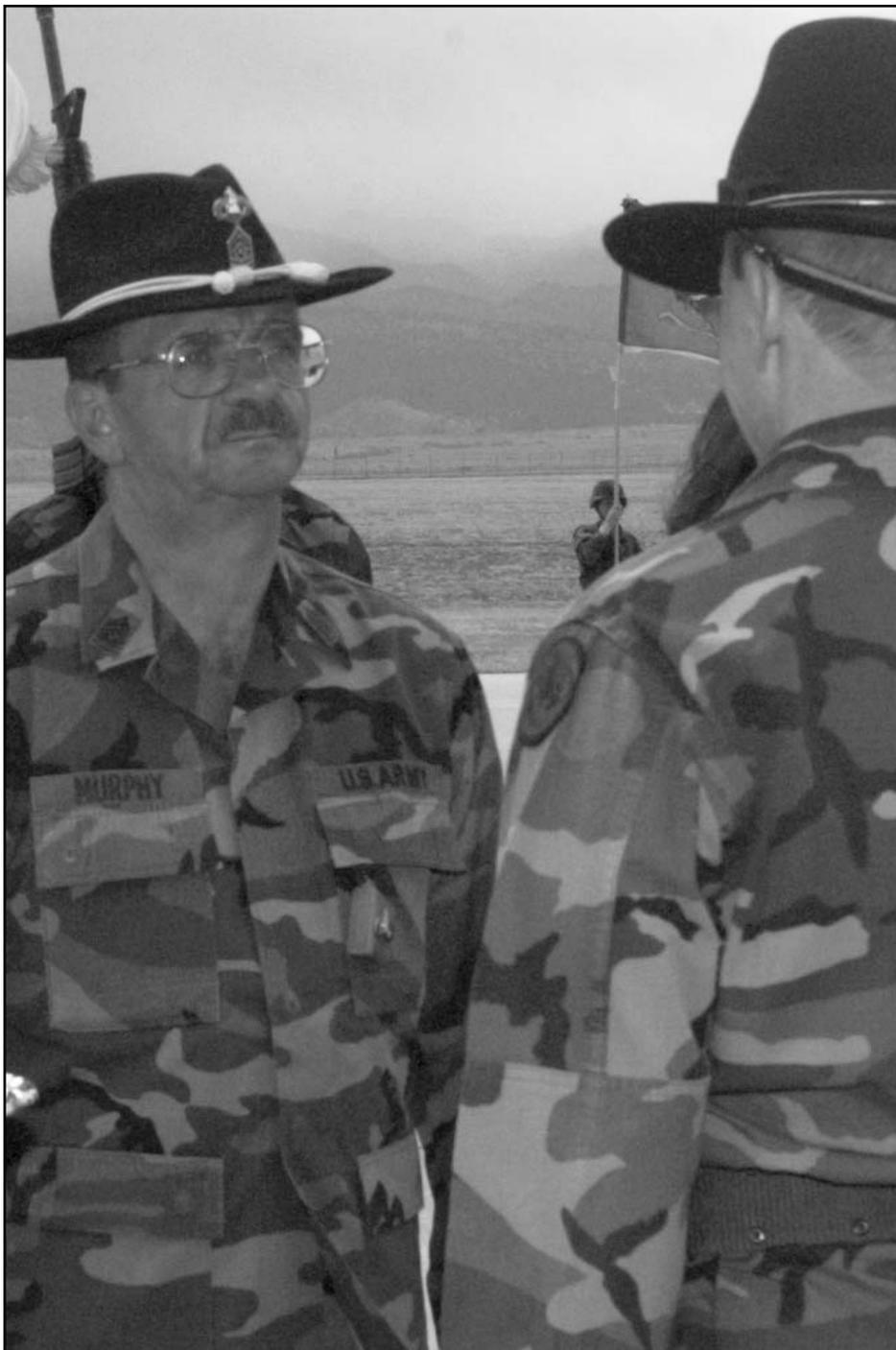


Photo by Cpl MK Garrot



Passing of the guard

Left: Command Sgt. Maj. Robert A. [unclear] of the 1st Armored Cavalry Regiment commands the presentation of the Legion of Merit from Col. Martin E. Dempski to Command Sgt. Maj. Robert A. Murphy during Murphy's retirement ceremony at Fort Benning Airfield. Murphy retired after more than 20 years of service. Command Sgt. Maj. Thomas Myers receives the 1st Armored Cavalry Regiment's colors from Lt. Col. [unclear] commander, during the battalion's Change of Command ceremony March 12 at Pershing Field. Myers is being relieved by Maj. Thomas Okutsu as battalion commander.

Former soldier hangs hat for second time

by Cpl. Vincent Picard
Mountaineer staff

More than 40 years after Chuck Markl began his service to the Army as a tank platoon leader, he is hanging up his hat for the second time.

Markl will retire March 31 from his position as Fort Carson's range safety officer, a job he has held since 1979. He retired as a lieutenant colonel from the armor branch in 1975. Both of these positions, and the near half-decade he has had in them, have given Markl a unique perspective on the way the Army conducts its training.

Many times (when I first became a tank pla-

toon leader) we got a piece of ground and made our own range, said Markl. Range construction relied on ingenuity, and Markl can recall using 50-gallon drums floating down a river in Alaska as moving targets.

Different conditions exist today.

Fort Carson now has four computerized ranges, he said. We have also replaced the old wooden towers with new ones, featuring radios and P.A. systems.

Range modernization has been an ongoing cause throughout Markl's reign. The first new computerized ranges were implemented 10

years ago. Range construction involved the opening of a new building and moving them to move out of the way. World War II.

On top for the latrines for five years. Markl has had to suffer through them. He can easily appreciate the situation.

Changes in range training have made a difference in the way units are trained. Units now receive more ammunition, fire, and precision. Range Control takes care of the training. In the past units were required to use their own ranges, targets and equipment.

The environment is a concern. Markl is effecting change in the way training is conducted. He said that concern for the environment has taken root in almost all units.

Soldiers are more concerned about the environment, he said. We have implemented the Integrated Training program.

According to Markl, the Integrated Training program is designed to restore the land to its original state by training units during conditions that simulate real-world land damage, such as snowstorms, after a snowstorm.

I don't think we are training the way we used to. In fact, the new measures will have realistic training. It's a bowl, he said.

After retiring from the Army, Markl said he will keep his hat on the wall.

I am going to do a suspension date, he said.



Photo by Cpl. Vincent Picard

Chuck Markl examines a range map of Pinon Canon.

Corps offers specialized medical

Evans Army Community Hospital

The Army Medical Specialist Corps is one of six Army medical corps established by Congress to serve under the direction of the Army Surgeon General.

The corps is composed of Occupational Therapists, Dietitians, and Physician Assistants. They support patients through rehabilitation therapy, nutritional analysis and education, and the management of patient feeding and dining operations. As gatekeepers of the Department of Defense troop health care system, the PAs serve in primary health care clinics providing emergency medical care and, when accompanying combat units, training personnel in aspects of first aid, medical evacuation and triage. The AMSCs also support troop unit physical fitness programs through use of sports medicine techniques and educational programs focusing on lifestyle management, stress control and nutrition. For patients undergoing mental health rehabilitation, they design and implement educational programs stressing personal responsibility for aspects of daily living.

When the United States entered World War I, a need for these specially trained people was recognized, and the American National Red Cross Dietitian Service was given the task of providing

dietitians for assignment to base hospitals, confinement facilities, and for deployment to overseas locations. By this time, nursing personnel were no longer used as dietitians. Instead, individuals with two years of college education in home economics were dietitians.

The Army hired the first 18 dietitians as civil employees of the Army Medical Department in November 1917, at a salary of \$60 per month. The Army's first dietitians were in food conservation programs and provided proper diets for convalescing patients.

Four months later, in February 1918, the first occupational and physical therapists were hired by the Army Medical Department and assigned to Walter Reed General Hospital. The two professions, both interrelated, were known collectively as Reconstruction Aides.

This triad of specialists became an integral part of the Army's medical program serving in the United States and at overseas areas where U.S. soldiers were assigned. Between 1922 and 1924, approval was given by the Army for each of these specialties to develop a six month training program to be taught at Walter Reed. Although they were subject to the same rules and regulations as the Army Nurse Corps, they were not given the same privileges between World War I and II. It

wasn't until Dec. 2, 1942, that Congress granted relative rank to occupational therapists for the duration of the war. It wasn't until Dec. 2, 1942, that Congress granted relative rank to occupational therapists for the duration of the war. It wasn't until Dec. 2, 1942, that Congress granted relative rank to occupational therapists for the duration of the war.

On April 16, 1942, President Roosevelt signed Public Law 80-109, the War Relocation Authority Act of 1947, which established the Army Medical Specialist Corps as part of the War Relocation Authority. The Act requested that the War Relocation Authority and the War Relocation Authority Medical Specialist Corps be established. Public Law 84-294, the War Relocation Authority Act of 1947, changed the insignia of the Army Medical Specialist Corps from a caduceus with black wings to a caduceus with black wings. President George H. W. Bush signed the Defense Appropriations Act of 1998, which authorized the creation of the Army Medical Specialist Corps.

This year marks the 80th anniversary of the Army Medical Specialist Corps. The Army Medical Specialist Corps physician assistants are found at the hospital. You can find them at the hospital and the Walter Reed Army Medical Center. Therapists run both the hospital and the Walter Reed Army Medical Center clinic at the hospital. They are found at the TMCs.

Courts Martial

Editor's note: The Mountaineer will now publish monthly courts martial results to reinforce the seriousness of crime and punishment under the Uniform Code of Military Justice.

NCO pleads guilty to larceny

A sergeant with the 3rd Armored Cavalry Regiment was tried by general court martial for larceny. The sergeant provided a key to another individual and that individual stole a government computer, a government printer, and another soldier's personal audio equipment. The sergeant pled guilty at trial and was sentenced to reduction to the grade of E-1, forfeiture of all pay and allowances and a bad conduct discharge.

Mail tampering a 'No Go'

A specialist with 3rd Brigade Combat Team, working in the mail room, was tried by general court martial for opening the mail of fellow soldiers and stealing \$20 from one of the opened envelopes. The specialist pled guilty at trial and was sentenced to reduction

to the grade of E-1, forfeiture of \$300 pay per month for 12 months and confinement for 12 months.

Domestic abuse lands NCO in confinement

A sergeant with the 3rd ACR was charged with assaulting his wife, for disobeying orders to stay away from his wife, and with twice fleeing to avoid apprehension by the police. The sergeant pled guilty at a general court martial. He received a sentence of reduction to the grade of E-1, forfeiture of \$300 pay per month for 10 months and confinement for 12 months.

Drugs push private out in disgrace

A private first class with 3rd BCT was tried by a special court martial empowered to adjudge a bad conduct discharge for wrongful possession, use, and distribution of a controlled substance. He pled guilty at trial and was sentenced to a reduction to the grade of E-1, confinement for four months, and a bad conduct discharge.

Army pr

A specialist with general court martial night vision goggles of official statement. and received a sentence grade of E-1, forfeiture month for 18 months and a bad

Meth a sp

A private with general court martial introduction onto a distribution of meth private pled guilty a reduction to the grade \$500 pay per month ment for 19 months charge.

Special receives

A specialist with general court martial transfer and deliv



Sports & Leisure

Carson home to 53 new master fitness trainers

Community Health Office
The Master Fitness Training group from Fort Benning, Ga., departed Fort Carson March 20, leaving behind a group of 53 freshly certified Master Fitness Trainers.

The new MFTs were instructed on many things during the intense two-week course. They were tested on anatomy and physiology, and learned the basics of exercise physiology. They were required to demonstrate a sampling of exercises and stretching techniques to standard.

They spent much of their out-of-class time preparing a program tailored to meet the needs of their unit. They presented this program to the class, and instructors ensured the plans were in step with the most current, up-to-date aspects of physical fitness.

All 53 MFT graduates are now certified athletic trainers and exercise group leaders having received 120 hours of college credit accredited by the Commission of Institutions of Higher Education of the North Central Association of Colleges and Schools.

The Master Fitness Trainer program has its roots in history.

The early days of the Korean War were disastrous for U.S. troops who had to leave behind valuable equipment and wounded comrades because they were not physically prepared for the demands of war. FM 21-20, Physical Fitness Training, and AR 350-41, chapter 9 are the MFTs bible in preparing today's soldiers for the physical rigors of war. One of the most common assessments the MFTs made of their units regarded the lack of battle focus in the units Physical Fitness programs.

When the common soldier is

asked what physical training is oriented toward, most will say the Army Physical Fitness Test, or APFT. This is a common misconception, even among many leaders of the units here at Fort Carson. Some complaints from the new MFTs stated their leaders instruct them to focus on push-up, sit-up and the two-mile run, nothing more. This is not only boring, and violates the principles of exercise (variety), but is wrong.

We are not going to win our next war or conflict directly by the total number of correct push-ups we can perform. These are only tools used to assess muscular strength and endurance. They are not the specific critical tasks our soldiers are required to perform in order to be successful in time of war.

The correct response, according to AR 350-41 chapter 9-6, states that commanders will conduct physical fitness programs that enhance soldiers ability to complete critical soldier or leader tasks that support the unit's METL. Preparation for the APFT is of secondary importance. It lists seven military skills that should be emphasized agility, balance, vaulting or jumping, forced marching, strength development, crawling and negotiation of natural and man-made obstacles. It goes on to say conditioning for combat readiness must be the focus of all Army physical fitness programs.

Command Sergeant Major George Ponder, Fort Carson's command sergeant major, who spoke at the graduation for the new MFTs stated that he would ensure new leaders would have his support in integrating battle focus physical training into the unit's programs. He thought that twice per week would be a good



Courtesy photos

An aspiring master trainer low crawls through the snow.



Students struggle through the M1 dummy round deadlift.



Litter carry exercises test more than a soldier's strength but also the soldier's ability to execute a combat mission.



The snowstorm of March 18 made the fighting position construction exercise a 'little' more challenging.

Sports Division announces winter, summer hours for facilities

Weekend hours extended at 3 post physical fitness centers

Fort Carson Sports Division

The Sports Division has received several requests recently to extend the operating hours of the fitness centers on weekends.

Therefore, the three line fitness centers will have different operating hours on weekends.

There will be a fitness center open every weekend from 6 a.m. to 10 p.m.

The weekend hours of operation are:

McKibben Physical Fitness Center, 6 a.m. to 1 p.m.;

Garcia Physical Fitness Center, 10 a.m. to 5 p.m.;

Waller Physical Fitness Center, 3 p.m. to 10 p.m.

See the box at right for a complete listing of hours of operation for all sports facilities.

Location	Hours of Operation	Phone
Garcia PFC	Winter: Weekdays, 6:30 a.m. to 10 p.m.; weekends and holidays, 10 a.m. to 5 p.m. Summer: Weekdays, 6:30 a.m. to 8 p.m.; weekends and holidays, 10 a.m. to 5 p.m.	526-3944 526-2205
Mountain Post PFC	Weekdays, 5:30 a.m. to 2 p.m.; weekends and holidays, closed	524-2039 526-2411
McKibben PFC	Winter: Weekdays, 6:30 a.m. to 10 p.m.; weekends and holidays, 6 a.m. to 1 p.m. Summer: Weekdays, 6:30 a.m. to 8 p.m.; weekends and holidays, 6 a.m. to 1 p.m.	526-2597 526-2137
Post Field House	Winter: Weekdays, 6:30 a.m. to 10 p.m.; weekends and holidays, closed Summer: Weekdays, 6:30 a.m. to 2 p.m.; weekends and holidays, closed	526-1023 524-1163
Waller PFC	Winter: Weekdays, 6:30 a.m. to 10 p.m.; weekends and holidays, 3 to 10 p.m. Summer: Weekdays 6:30 a.m. to 8 p.m.; weekends and holidays, 3 to 10 p.m.	526-2742 526-8913
Ironhorse PFC	Weekdays, 6:30 a.m. to 10 p.m.; weekends and holidays, closed	526-2706 526-9120
Swimming Pool	Laps, 6:30 a.m. to 8:30 a.m.; Drowningproofing, 9 to 10:30 a.m.; Open, noon to 8 p.m. Winter: Weekdays 6:30 a.m. to 9:30 p.m.; weekends/holidays, 10 a.m. to 6:45 p.m. Summer: Weekdays 6:30 a.m. to 8 p.m.; weekends and holidays, closed	526-3193 526-3107
Sports Complex	Winter: closed Summer: Operation for league play and tournaments	526-1155

Fort Carson Sports ————— **526-1237**



Photos by Nel Lampe

The Colorado Springs Fine Arts Center is on the National Register of Historic Places.

Art center draws visitors

by Nel Lampe
Mountaineer staff

The Colorado Springs Fine Arts Center draws visitors from throughout the area to view its art collections and to attend theater productions. Some 100,000 visitors cross the threshold each year.

The center was opened in 1936 and was a gift from Alice Bemis Taylor to the community. It is listed on the National Register of Historic Places.

On display at the Fine Arts Center is an impressive and varied collection of art something of interest to almost everyone. On display currently are exhibits on folk art, lithography (with an interesting lithograph of President Abraham Lincoln without a beard), and a contemporary regional artist display. Some Ansel Adams photographs are also on display.

An exhibit of Charles Russell's western art is a popular attraction.

The center is home to a famous John Singer Sargent portrait of Elsie Palmer, daughter of General William Palmer, founder of Colorado Springs. Famous southwestern artist Georgia O'Keefe's *Iris* is one of the center's treasures. It is currently on tour but will be back on display from May until August.

The Fine Arts Center is known for its Sacred Land exhibit of Native American and Hispanic Southwest art treasures. Included are arts, crafts, pottery, baskets, jewelry, weavings



The totem pole dominates the courtyard at the Fine Arts Center.

See ARTS, Page B2

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 office of Command Sgt. Maj. George Ponder, Fort Carson command sergeant major, at least 14 days prior to the performance. For more information,

Sports & Leisure Page B5

The Armed Forces Wrestling Championship featuring Greco-Roman wrestling is Saturday at the United States Olympic Training Center. There will be over 80 athletes competing. The event is free and open to the public. For more information,

HER SUPPORTS SUNSHINE.



A pull-out section
for the Fort Carson community
March 27, 1998

Arts

From Page B1

and furniture. One special attraction is an altar screen from the early 1800s from what is now New Mexico.

Several sculptures are located on the grounds.

The Bemis Art School provides art education for adults and children. Large studios and small classes provide an exceptional environment for adults and children alike. A wide range of classes are available, including drawing, watercolor, sculpture, pottery and performing arts.

The Fine Arts Center is home to live theater, as the Repertory Theater presents four productions, usually musicals, each season. Performances usually run three weekends, and season tickets as well as single performance tickets are available. Call the box office at 634-5583 for more information.

Other features at the theater include a seven-film travel series (single show tickets are available for \$5). The next travelogue is America's Favorite Places, scheduled for April 19 and 20.

A Classic Film Series takes over the theater on Tuesday evenings. There is a single admission price of \$2.75 prior to the film, or film buffs can buy a season ticket or a ticket for 10 admissions. Road to Rio, National



Photos by Nel Lampe

The "Basket Dancers" is a sculpture by Glenna Goodacre.

Velvet, Funny Girl, and Singin' in the Rain are on this year's classic venue.

The Fine Arts Center theater hosts a free fine arts series featuring members of the United States Air Force Band of the Rockies. No tickets are required. A horn and tuba concert is Tuesday at 7:30 p.m.; clarinet and trumpet on April 28 at 7:30 p.m. and May 19 at 7:30 p.m. there will be a flute and voice concert.

An annual Indian and Spanish Market is held at the Fine Arts Center in June. The hours are Friday from 5 to 9 p.m., and Saturday and Sunday from 9 a.m. to 5:30 p.m.

The museum shop is a collection of special gifts, featuring Native American and Hispanic crafts, such as jewelry, books and decorative items.

The Fine Arts Center is open Tuesday through Friday, from 9 a.m. to 5 p.m. It is open Saturdays from 10 a.m. to 5 p.m., and Sundays from 1 to 5 p.m.

The center is closed Mondays and Federal holidays. Admission for adults is \$3 and stu-



"I'm the Drum" statue by George Carlson stands on the Fine Arts Center grounds.

Just the Facts

Travel time	25 minutes
For ages	All
Type	Gallery/theater
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+

Community ACS

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

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

ACS presents a Nurturing Program for families with children ages 6-12. Register by Wednesday to learn about your parenting style, building children's self esteem and how to communicate with children. This event will be April 27 - July 13 on Mondays from 5:30 p.m. to 8:30 p.m. at the Spiritual Fitness Center. For more information call 526-4590.

ACS announces a new program, the

Top 10 Reasons why you should attend the Fort Carson Army Family Team Building Program classes

10. Last night you had a dream and everyone was using acronyms.
9. You think Fort Polk is a resort area.
8. You have three sons named Riley, Hood and Stewart.
7. Your baby's first word was Hoo-ah!
6. Your relatives refuse to write your phone number in ink in their address book.
5. You have a bumper sticker that reads, I'd rather be packing out!
4. Your spouse tells you they are going TDY and you immediately think of ways to spend the extra money.
3. Your children ask if they can go to the PX while you are on leave.
2. Every time there is a threat of any kind anywhere in the world, your mom calls and asks if your spouse knows anything about it.
1. When you go to the PX, your 10 month old calls out to anyone in BDUs.

Summer and Fall classes are now available.
Call 526-AFTB for more information.

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

Youth

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

An Easter Egg Scavenger Hunt will be held Wednesday at the Spiritual Fitness Center from 5:30 to 8 p.m. Put on by the Single Parents Group, part of the fun will be hunting with flashlights.

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

Child and Youth Services Announces

Miscellaneous

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

The 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.

Family Member Employment Assistance Program and the Youth Services on Fort Carson will sponsor a Teen Job Fair April 26 from 10 a.m. to 2 p.m. Marketing for the job fair will include the Fort Carson, the U.S. Air Force Academy, Peterson Air Force Base, and many local high schools. The target audience is ages 14 to 18 and will take place in Fort Carson's Child and Youth Center in Bldg. 5950.

The New Parent Support Program Theater presents 1-2-3 MAGIC! This video will take the anger, screaming, yelling, hitting and frustration out of parenting. Bring your own soft drink and enjoy popcorn while you relax and learn easy methods to discipline your children. Free child care is provided. This event is held the second Thursday of each month from 2 to 4 p.m. in Bldg. 1526. To register or for more information call 526-4712.

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 Tuesday. 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

Fort Carson Tax Center

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

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

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

over a six-month time period. The program will start as soon as possible. For more information call Nicole Grier at the American Red Cross at 556-7590.

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

Association of the U.S. Army is hosting a barbeque luncheon Thursday beginning at 11:30 a.m. at the Elkhorn Conference. Tickets are \$6 and will be available from unit sergeant's 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.

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

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

The Fort Carson housing area monthly yard sale will be held April 4 from 8 a.m. to 5 p.m. For more information call 526-4590.

The Tuskegee Airmen, Incorporated will be at the Air Force Academy April 10 at 4:30 p.m. for a rededication of the Tuskegee Airmen Memorial. On April 11 at 8:30 a.m. there will be

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

Military

Due to last week's inclement weather, the 3rd Squadron, 3rd Armored Cavalry Regiment's CALFEX has been rescheduled for Monday through April 3.

In conjunction with the exercise, smoke will be used on Range 155 during the evaluations. For more information, call 526-3039.

1st Battalion, 68th Armor will use CS gas on Range 72 Thursday and will conduct a demolitions range on Ranges 121 and 121A April 10.

For more information, call 526-1107.

1st Squadron, 3rd Armored Cavalry Regiment will use smoke on Training Area Monday through April 7.

For more information, call 526-9661.

The 10th Combat Support Hospital will use CS gas in conjunction with NBC training on Range 72 April 16.

For more information, call 526-8080.

The 43rd Combat Engineer Company will use live demolitions and pyro on Ranges 30, 31, 40, 41, 42 and 43 in conjunction with the 1st Sqdn., 3rd ACR field exercise Monday through April 8.

For more information, call 526-6928.

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.

The 4th PSB ID Card/DEERS Section will be closed April 29 and 30 for relocation. The section is tentatively set to reopen May 1 at 7:30 a.m. The section will remain in Bldg. 1526, but will move to Room 182.

For more information, call 526-8420.

The 60th Ordnance Company Change of Command Ceremony will be held at 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 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

For more information, call 526-2706.

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

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

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

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

The club is open to any 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.

Walk America will be April 25 to benefit the March of Dimes. The event will begin at 6 a.m. at Memorial Park and continues 8 miles through downtown. There will be prizes, entertainment and lunch following the walk.

For more information call 473-9981.

The El Paso Unit of the American Cancer Society is looking for teams to participate in its Relay for Life fundraiser May 9 at the Colorado

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.

conducting tryouts for the team every Wednesday through Friday by appointment only, until its vacancies are filled.

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

For more information, call 526-4985.

Company B, 1st Battalion, 12th Infantry change of command ceremony takes place at

Sports & Leisure Athletics

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

Admission is free and many Fort

The Armed Forces Wrestling Championship featuring Greco-Roman wrestling is Saturday at the United States Olympic Training Center.

There will be over 80 athletes competing. The event is free and open to the public.

For more information, call 556-4462.

The All-Army Tae Kwon-do Team will be decided at the Post Field House April 3.

The first matches start at 3 p.m. with the finals beginning at 5 p.m. There will be 23 competitors from 12 different posts.

The competition is free and open to the public.

For more information, call 526-3712.

Fort Carson Ironhorse Physical Fitness Center racquetball tournament will be May 5 through 9.

The double elimination tournament is open to active duty soldiers, family members, retirees and DoD civilians. The tournament will feature Men's A, B, C, women's, mix doubles and men's doubles.

Entry deadline is April 27.

College track.

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

For information, call 636-5101.

The American Red Cross is offering a Water Safety Instructor Course April 6 to 24. Classes for water safety are scheduled to meet every Monday, Wednesday and Friday from 5:30 to 8 p.m. Class fee for the class is \$100.

For more information, call 526-3107.

The Colorado Springs World Arena will host The Monster Truck Show Friday and Saturday.

For more information 477-2150.

Bear Creek Regional Park Nature Center will feature a Wildlife Walk and a Wildlife Photography session.

The wildlife walk will feature an opportunity to view wildlife in the morning from 6 to 8 a.m. Reservations required.

The wildlife photography session will feature professional wildlife photographer, Steve Vaughan. Vaughan will share his photographic expertise regarding equipment, proper exposure and methods of approaching to wildlife. Reservations required.

For more information, call 520-6387 or 520-6745.

The Colorado College Native American Student Association will present Arizona's Morning Light Dancers as part of the annual

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

Army News Service

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

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

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

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

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

In the 132-pound class,

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

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

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

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

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

Army News Service

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

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

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

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

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

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

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