



News

Early detection of Hantavirus is difference between life and death
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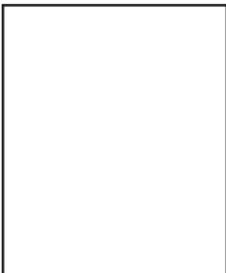
Forrest dedication

Ironhorse Physical Fitness Center is being named after Lt. Gen. John F. Forrest, former commanding general of Fort Carson. The ceremony is scheduled for 3 p.m. Saturday at Ironhorse PFC and is

Early edition

Due to the Independence Day weekend, the next edition of the Mountaineer will be out Thursday. All classified ads are due by noon Monday. Submissions for publication are due today by close of busi-

Military



Colonel Robert J. Hauser assumes command of 43rd Area Support Group.

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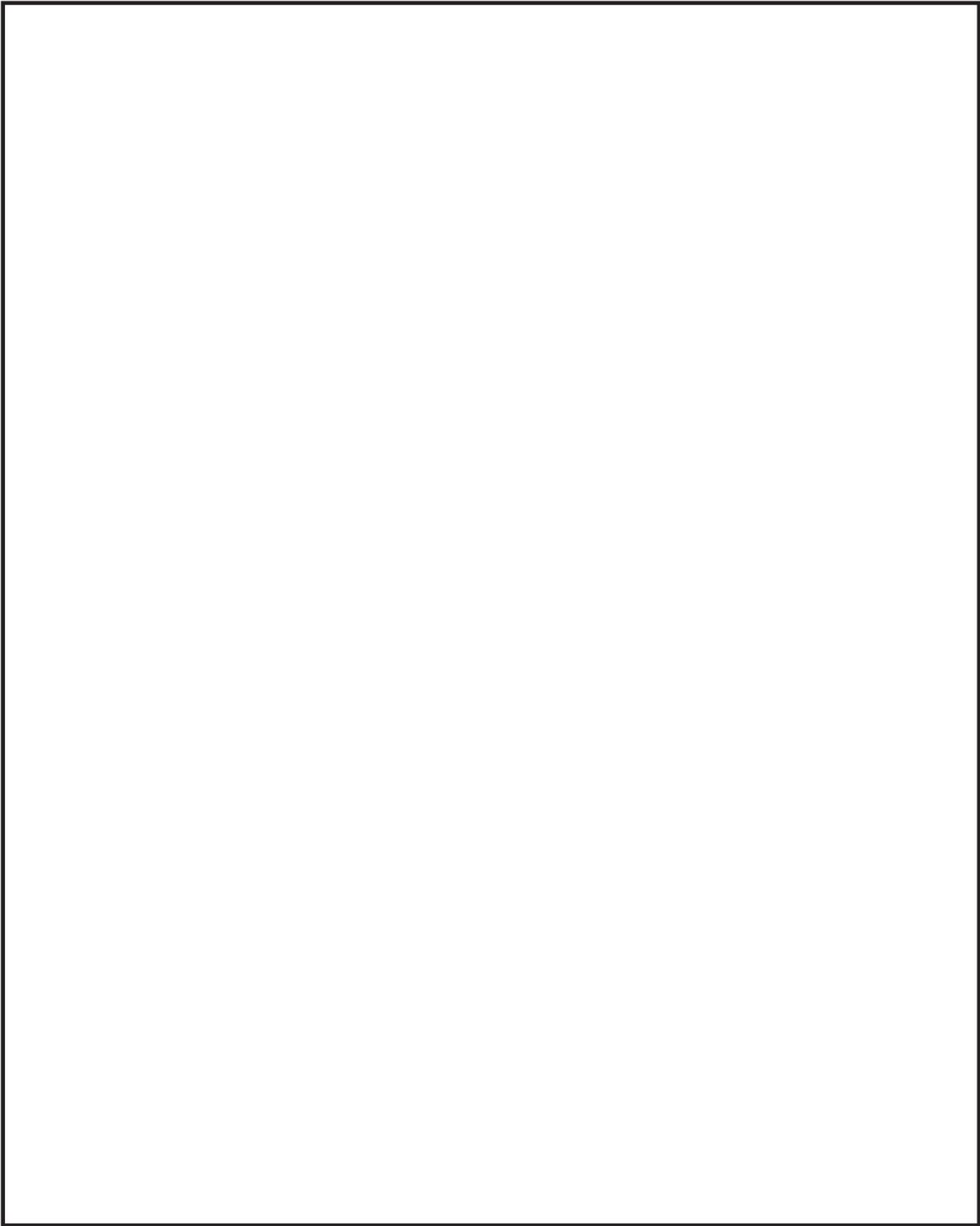


Photo by Spc. Jon Parr

Sergeant 1st Class Larry Whigham, materiel fielding team, shows Pfc. Oscar Barragan, 3rd Squadron, 3rd Armored Cavalry Regiment how to undo the chains securing the tanks.

Carson fields new tanks

by Spc. Jon Parr
Mountaineer staff

Thirty-four new M1A2 Abrams tanks arrived here on a rail-load Wednesday as part of a force organization plan, upgrading all tanks of the 3rd Armored Cavalry Regiment.

The 3rd ACR is the second organization in the United States to receive the M1A2, which is replacing the M1A1.

Before the tanks go to the 3rd ACR, they must first go through a series of inspections by a deposition team at building 8000, according to Sgt. 1st Class Jesus Hernandez, materiel fielding team noncommissioned officer in charge.

We inspect the tanks to ensure they meet all Army Standards, he said. After we inspect them we fix any problems and perform maintenance checks.

The tanks arrive directly from the Army Tank Plant in Lima, Ohio, so the inspections conduct-

ed on them before they are signed over to 3rd ACR, are essential.

We are the first ones in charge of the tanks, so if we don't do our job correctly, the individual units could end up with faulty tanks, Hernandez said.

The final step for Hernandez and his team is to go downrange with the 3rd ACR while they fire gunnery qualification Table VIII. If there are no faults with the tanks, they are signed over to the cavalry.

To date, 68 of 129 tanks have arrived at Fort Carson. Hernandez said the tanks that arrived Wednesday are going to be issued to the cavalry Jan. 4.

Unlike the M1A1, the M1A2 gives the tank commander an individual thermal viewer, which is separate from the gunner's viewer.

The biggest differences between the tanks is the advanced displays, controls and surviv-

Commanders



Riggs

“Get the message. Buckle up. It’s the law.”

Seat belts
Everyone should be getting tired by now of hearing and reading about the need to use seat belts

Quite frankly, I’m getting tired of talking about them.

But, we are all even more tired of losing valuable members of the Mountain Post Team in auto accidents, in which seat belts aren’t being worn.

There was an article in a local newspaper a few days after the Memorial Day holiday, which stated that motorists are driving smarter and safer. This year’s Colorado holiday road fatalities count was less than half that of last year, the newspaper reported. That’s good; however, four of the five people who died in car accidents in Colorado over Memorial Day

weekend were not wearing seat belts

According to the article, a National Safety Council spokesman said that only two out of three people nationally use seat belts

During a five-day Do the Twist It’s the Law seat belt enforcement campaign in Colorado in April, 5,700 Colorado drivers were ticketed for seat belt violations. During the past 12 months, 27,261 drivers have received tickets for seat belt violations.

Clearly, many Colorado residents are disregarding the Colorado law that requires drivers, front seat passengers and children ages 4 to 15 wear seat belts. Children under age 4 must ride in car seats

Many soldiers are ignoring the fact that seat belts must be worn on Fort Carson.

A few months ago in a nearby community, a two-year old child fell out of an automobile traveling less than five miles per hour. The child wasn’t belted nor in a car seat. The child was run over by the car, and died of his injuries. The car was barely moving but the seat belt would have prevented the tragedy.

During Memorial Day weekend, two members of the Mountain Post team died in an out-of-state automobile accident. They weren’t wearing seat belts

A few days ago a local citizen lost control

of his truck on a mountain road. He was thrown from his vehicle and struck by his own truck. He died at the scene. He wasn’t wearing a seat belt.

There are many more examples which could be related here, if space allowed.

Studies have proven that drivers and passengers stand a better chance of survival and escaping serious injury if belted.

We know that. We’ve been told by television commercials, radio announcements, safety experts and lawmakers. We’ve been told to wear our seat belts by our parents, supervisors and commanders.

Yet, some people don’t get the message.

A 1995 study by the National Traffic Safety Administration found that in fatal car accidents 74 percent of people ejected from the wreckage were killed.

I hope to never see another report crossing my desk, telling me more soldiers died in automobile accidents. I don’t want to send another officer to knock on someone’s door in the middle of the night, bearing bad news.

I’m tired of talking about seat belts. I’m tired of losing good soldiers. Don’t let it be you we read about in the paper.

Get the message. Buckle up.

It’s the law!

<p>How are you dealing with the heat ?</p>	<p>Spc. Eric Nitzel USAG Seatbelts are instrumental in saving your life</p>	<p>Spc. Sharjuan Rone USAG I have a child and if I don't wear my seat</p>	<p>Spc. John Cambell USAG It saves lives. It's a must.</p>	<p>Pfc. William Gill USAG For safety. Too many people are getting killed for not</p>	

Mountain Post residents take pride in yards

Fort Carson Housing Office

June Yard of the Month winners:

- Cheyenne Village: Chief Warrant Officer Philip Krolikowski and wife, Joanne
- Cherokee Village: Staff Sgt. William Easley and wife, Michelle
- Apache Village: Sgt. First Class Phillip and wife, Pamela
- Arapahoe Village: Staff Sgt. Raymond Jr. and wife, Martina
- Souix Village: Sergeant William Huntington and wife, Barb
- Shoshoni Village: Staff Sgt. Steven Meints and wife,

MOUNTAINEER
Commanding General: Maj. Gen. John M. Riggs
Public Affairs Officer: Maj. Gregory S. Julian
Chief, Command Communications: Douglas M. Rule
NCOIC/Editor: Staff Sgt. Rick Emert
Community Editor: Cpl. MK Garrott
Military Editor: Pfc. Socorro A. Spooner
Happenings Editor: Nel Lampe
Sports Editor: Walt Johnson
Graphics Designer/Typesetter: Sandra Marin

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Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other non-merit factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the printer shall refuse to print advertising from that source until the violation is corrected.

Subscriptions are available for \$40 per year.

All correspondence or queries regarding advertising and subscriptions should be directed to Gowdy Printcraft Press, Inc., 22 North

Sierra Madre, Colorado Springs, CO 80903, phone (719) 634-1593. The Mountaineer’s editorial content is edited, prepared and provided by the Public Affairs Office, Bldg. 1430 (post headquarters), Fort Carson, CO 80913-5000, phone (719) 526-4144 or 4146.

Releases from outside sources are so indicated. Army News Service (ARNEWS) releases are received from Headquarters, Department of the Army. The deadline for submissions to the Mountaineer is close of business the Friday before the issue the submission will appear in. The Mountaineer staff reserves the right to edit the submissions for newspaper style, clarity and typographical errors.

Public Affairs Policies and statements reflected in the news and editorial columns rep-

Prevention, warnings about hantavirus

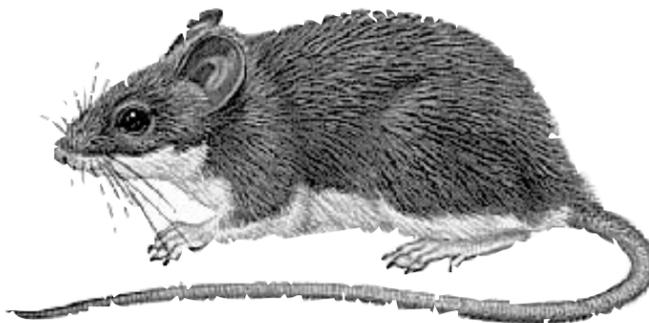
The virus is mainly transmitted to people when they breathe in air contaminated with the virus.

Evans Army Community Hospital
The recent unfortunate death of a 17-year-old resident of Teller County, Colo., from hantavirus cardiopulmonary syndrome (HPS) serves as a reminder that this disease exists in Colorado. HPS was first recognized as a disease in the spring and summer of 1993 in the four-corners area of Arizona and New Mexico.

Since then, the disease has been sporadically seen in more than 20 states in the United States. Although the disease is still rare in Colorado, the recent death of the Teller County youth highlights its potential lethality. In North America, the mortality rate for this disease remains at 45 percent. Until this most recent death, the last recorded death in Colorado for this disease occurred in 1995.

HPS is a disease characterized by initial symptoms of fever, chills, and muscular soreness which may last one to seven days.

Pain in the legs and back can be very severe with HPS. Many patients may also experience nausea, vomiting and diarrhea. As the disease progresses, cough and upper respiratory symptoms may then develop. The disease can begin within just a few days or up to six weeks after exposure to infected rodents or their excreta (urine or feces.) The virus causing this disease (Sin Nombre Virus) is found in the excreta of the infected rodents. For the state of Colorado, the rodent in question is the deer mouse. This mouse is a deceptively cute animal, with big eyes and big ears. Its head and body are normally about two to three inches



Courtesy Photo

Deer mouse, grey with white belly, carrier of hantavirus.

long, and the tail adds another two to three inches in length. You may see it in a variety of colors, from gray to reddish brown, depending on its age. The underbelly is always white and the tail has sharply defined white sides. Usually the deer mouse likes woodlands, but also turns up in desert areas. The virus is mainly transmitted to people when they breathe in air contaminated with the virus. This happens when fresh rodent urine, droppings, or nesting materials are stirred up. When tiny droplets containing the virus get into the air, this process is known as aerosolization. There are several other ways rodents may spread hantavirus to people. If a rodent with the virus bites them, the virus may be spread this way -but this is very rare. Researchers believe that you may be able to get the virus if you touched something that had been contaminated with rodent urine, droppings or saliva, and then touched your nose or your mouth. Researchers also suspect that if virus-infected rodent urine, droppings or saliva contaminates food that you eat, you could also become sick.

See HPS Page 9

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Mountain Post Team MVP



James M. Golden
General manager of Charter
Communications

This week's most valuable player is James M. Golden, general manager of Charter Communications. Golden presented a check of \$210 to Jean Koss, Family Advocacy Program manager, for the baby bundle program. Golden said the money was collected from new subscribers to cable television during a certain time frame called Project Easter Hop. Hats off to Golden and Charter Communications for their contribution to the baby bundle pro-

This feature in the Mountaineer will spotlight a soldier, Department of the Army civilian, retiree, family member or volunteer 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 nominations from 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.
For more information, call 526-4144.

Community



Photos by Nel Lampe

Mark Cowman, center, assigns parts during tryouts for "The Pied Piper" June 22.

Mountain Post children to star in "Pied Piper"

by Nel Lampe

Mountaineer staff

Another city, another show that is the life of Melody Hesketh and Mark Cowman, of the Missoula Children Theatre.

Arriving at Fort Carson Sunday, they started casting Pied Piper Monday morning at 10 a.m. in McMahon Theater. More than 120 children tried out; 47 parts were cast. Four people were selected as assistant directors.

Then the work started. Hesketh and Cowman have five days to turn this large cast into performers. Dance steps must be learned, along with songs, lines and gestures. Entrances, places, exits, blocking and cues children are learning a new vocabulary along with their lines.

Cast members rehearse up to four hours each day, to be ready for performances

Saturday.

Pied Piper performances are at 3 p.m. and 7 p.m. Saturday in McMahon Theater. Admission is \$2 for adults and \$1 for

children.

Hesketh and Cowman have been on the road for three weeks, having just started with the Missoula Children Theatre the first of May. Hesketh said she attended auditions in the Midwest and Southeast, which are attended by theater companies. The best offer she received was from the Missoula Children Theater. Hesketh has a degree in musical theater from Southern Illinois University, and experience in summer stock theater. Her goal is to appear in music and theater productions in New York.

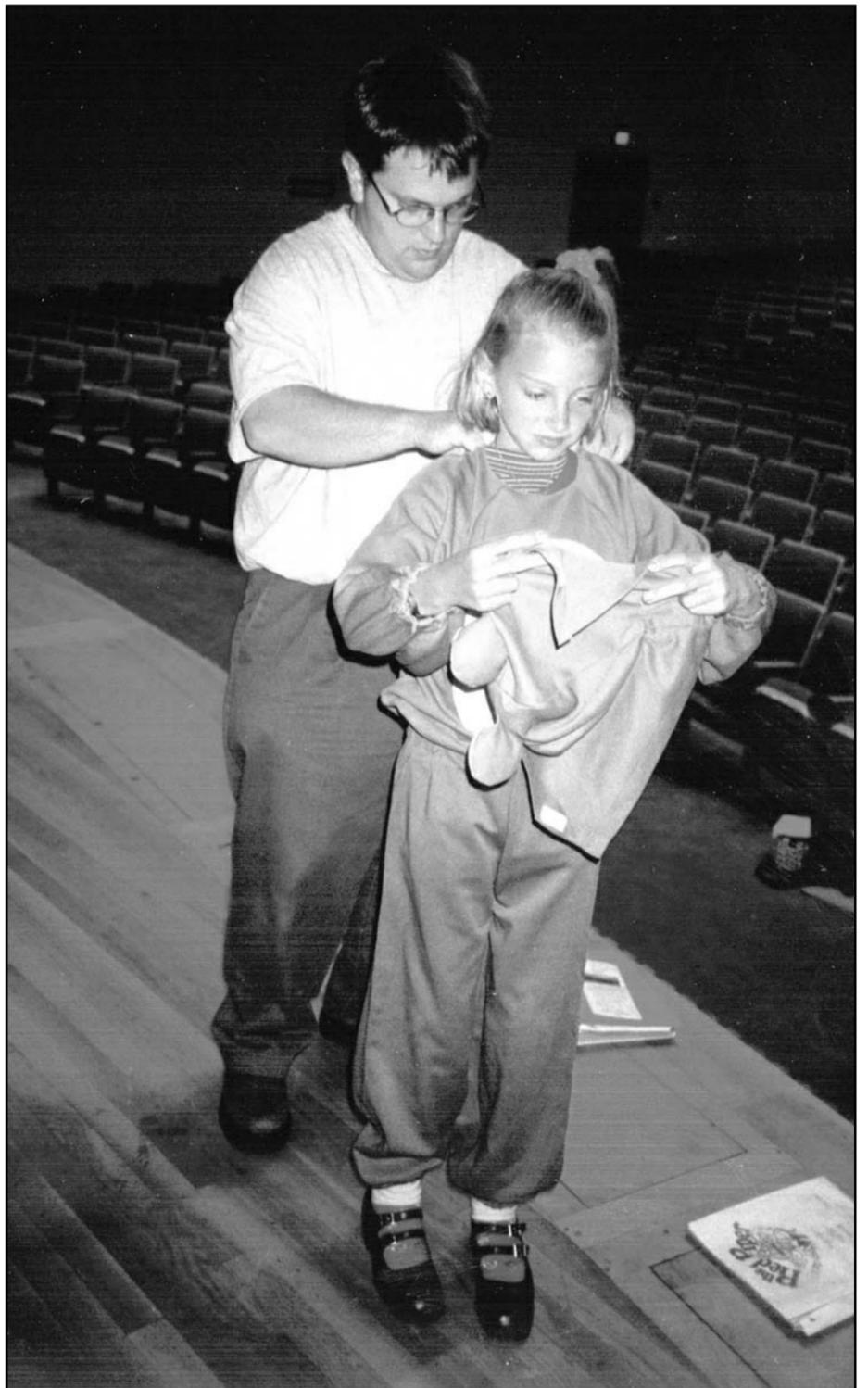
Children's theater is good experience, Hesketh said. We get a chance to perform, teach, direct, stage and do costuming and make-up.

Hesketh and Cowman perform in the show.

According to Jennifer Kelly, School of the Arts director, several performances by the Missoula Children Theatre have been held at Fort Carson in the past few years.

The School of the Arts is new at Fort Carson, Kelly said. The School contracted with Missoula for everything people to run it, costumes, sets and lights.

Many other School of the



Mark Cowman assists Megan Kuenzli with trying on a rat costume.



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

3 barracks test out new cleaning system on Post

by Susan C. Galentine
DECAM contributing writer

The barracks scrub and mop detail is becoming a little easier for some troops on post with the implementation of a new cleaning system. Three barracks, Building 1665 (U.S. Army Garrison), Building 2050 (4th Engineer Battalion) and Building 2554 (2nd Squadron, 3rd Armored Cavalry Regiment) are getting a consolidated, easy-to-use, color-coded cleaning system on each floor of their buildings.

The cleaning system, said Jeff Herring, sales representative for ECOLAB, includes an all purpose cleaner, a nonammoniated glass cleaner, a bathroom cleaner and air freshener. The products, except the bathroom cleaner, are less hazardous and more environmentally friendly than normal cleaners.

The company provides the racks, the four three-gallon containers, two spray bottles for the units and two containers of floor cleaner pellets. An added benefit is that the set up includes a station for the Material Safety Data Sheets.

The cleaning systems in the three barracks have just been installed. Soldiers will receive

instruction on how the system works and how to obtain refills through the Hazardous Material Control Center, Building 400.

Troops cleaning the barracks frequently run out of products and going through the traditional Army supply channels can take time, which results in them buying their own cleaners. With the requirement for MSDS sheets on all products, the situation can get pretty complicated in the cleaning supply room. With the ECOLAB cleaning system, said Herring, there is no duplication of products, the cleaners are safer, all the MSDS information is already on hand and the color coding makes the products easy to use.

The color coding is to provide consistency and minimize the risk of cross contamination, said Herring.

First Sgt. Paul Hoffman, the USAG first sergeant, is enthusiastic about the cleaning systems, which were implemented in soldiers barracks June 10. This system covers everything that needs to be cleaned from the floor up, said Hoffman. The first sergeant likes that the system is centralized, the cleaning products are clearly marked, the MSDS are

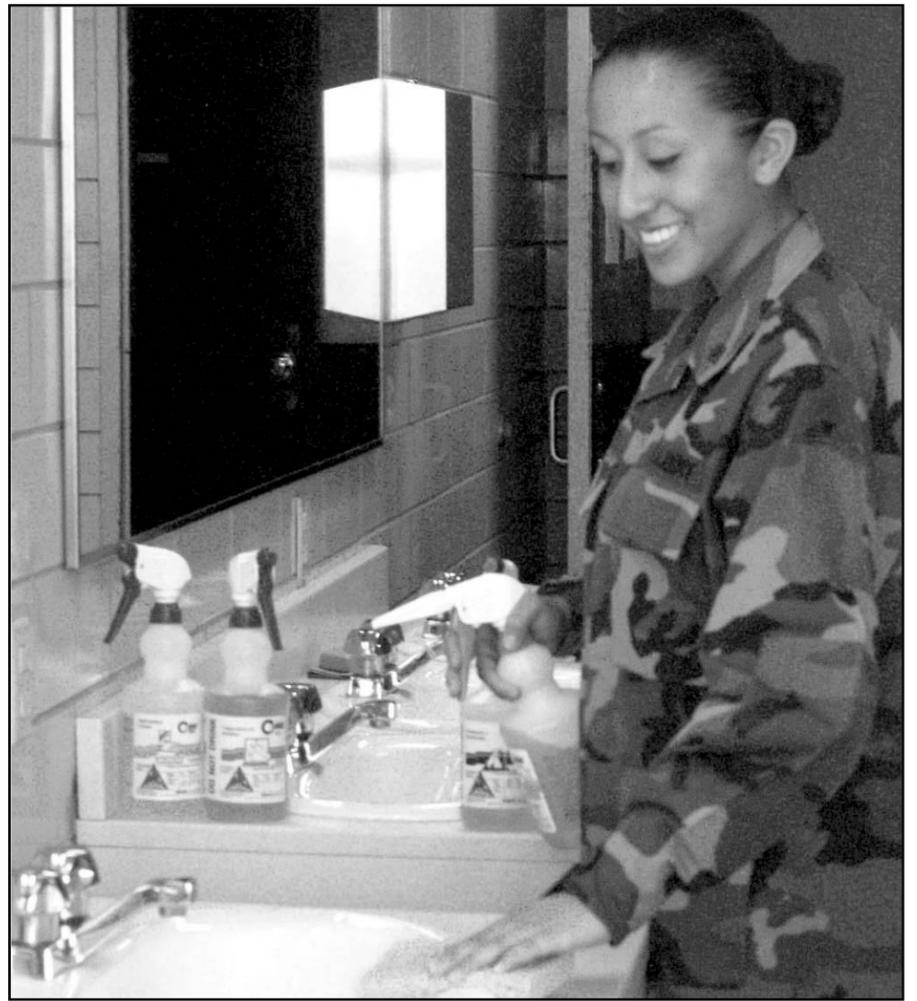


Photo by Pfc. Socorro A. Spooner

Specialist Christine Martinez, USAG uses the new cleaning system while cleaning the latrine at the USAG barracks.

provided and getting refills is easy.

ECOLAB, a 75-year-old company, has been working with other Army installations, Air Force bases and Naval aircraft carriers, provid-

ing the cleaning systems.

Unit first sergeants are currently getting briefed on the mandatory implementation of the ECOLAB cleaning system. First

Myths, facts about nutritional supplements

By Lt. Leslie Cox, R.D.
U.S. Navy

Hundredths of a second separate gold from silver at the Olympic games; a high school weightlifter wants to be stronger, faster. Whether you are an elite athlete or a weekend athlete, performing at your best is the ultimate goal. To this desire, the health food industry has responded with an array of pills and potions that claim to give you the edge. What should you believe?

The term dietary supplement encompasses not only vitamins, minerals and proteins, but substances such as ginseng, garlic, fish oils, enzymes, glandulars and herbs. Dietary supplements are classified as food supplements and therefore, do not come under the scrutiny of the Food and Drug Administration which oversees prescription medication. A dietary supplement can be sold without any proof that it is safe or even that it works; the only restriction is that the label cannot claim that the product cures or treats disease. This can be especially deceptive to the consumer who usually believes that if a product is sold in this country, it has undergone some testing for effectiveness and safety. Let's look at a few popular supplements

Vitamins and Minerals: Although vitamins and minerals are necessary for the body to function properly, there is no specific evidence to prove that extra vitamins and minerals offer a competitive edge by increasing body strength and endurance, provide extra energy, or build muscle. You can get all the vitamins and minerals you need from food. Americans are the most overfed people on earth, but if

you feel your diet is haphazard and you want a little insurance, choose a supplement that provides up to 100 percent of the RDA (more does not mean better!) If you have a diagnosed vitamin or mineral deficiency, your doctor can prescribe a supplement that is right for you. Random or megadose supplementation of vitamin or mineral supplements can be risky as toxic reactions can occur. Remember, food is your best source of vitamins and minerals!

Chromium: Marketers of this supplement claim chromium picolinate can help burn fat and build muscle. Chromium is a trace mineral that is involved with insulin metabolism. There is some evidence that chromium supplementation is useful in non-insulin dependent diabetics, especially in the elderly. To date, there are no scientific studies that support claims that chromium helps with athletic performance or weight loss. Foods rich in chromium include prunes, peas, brewers yeast, beer and corn.

Energy Enhancers and Magic Potions: To date, no scientific data support these products claims:

- Protein supplements build muscle
- Ginseng will make you faster
- Bee pollen gives you energy
- Glandulars promote muscle growth
- L-carnitine decreases body fat
- DHEA increases your energy level and decreases body fat

Are there any dietary supplements that provide an advantage?

Creatine phosphate: Studies show that creatine may provide some advantage for short, high-intensity work (lasting one to 10 seconds.) This may allow athletes to complete

their workouts at a higher intensity. This would only be of benefit to athletes doing highly anaerobic work such as weight lifters and sprinters. More research is needed to examine the long-term side effects of creatine supplementation.

Glycerol: When ingested with water, glycerol seems to hold onto the water, thereby delaying the onset of dehydration. Presently, no commercially available sports drinks contain glycerol. More research is needed, but the data so far is encouraging.

Caffeine: Low to moderate doses of caffeine (two to three cups of coffee) has been shown to improve athletic performance, at least in well-trained athletes in the laboratory. For this reason, many athletes ingest caffeine prior to competition. Excessive amounts of caffeine (10 cups of coffee or more) is banned by the International Olympic Committee.

The bottom line with any nutritional supplement is to let the buyer beware. Many products are advertised primarily by the use of testimonials and are not based on any scientific studies. Good research is always published in respected medical/scientific journals. Ask questions before you purchase, Where is this research published? If the salesperson can't tell you, it probably doesn't exist. Use your common sense. If a nutrition claim sounds too good to be true, it probably is!

Bring on the hotdogs, watermelon—let's eat

by Nel Lampe
Mountaineer staff

The Outreach program hosted a picnic in Ironhorse Park Tuesday for families from the Outreach stops. Some 15 adults and more than 50 children enjoyed hotdogs with all the trimmings, juice, watermelon and cookies. According to Nancy Montville, Outreach program manager, the vans go out into the community to allow families who live off post to participate. The van also stops at Beacon Primary school, which allows post home day care families to take part in the activities provided by the van.

Some 85 percent of the soldiers live off post. The Outreach van offers an opportunity for off post residents to participate in ACS

activities, Montville said.

There are two routes, with Monday and Wednesday stops on one route, and Tuesday and Thursday stops on the other route.

The Monday/Wednesday route stops at Monterey Elementary, Lorraine Elementary, Hill Park and Summit. The Tuesday/Thursday route stops at Beacon Elementary, Apollo Village Apartments, Hunter's Meadow Apartments and Mountain Knolls Apartments.

Each stop lasts an hour and 15 minutes, and has life-skill workshops, crafts, health issues and the like. Sometimes the community health nurse is on the van. There are always activities for preschoolers on the van during the stops.

For information about the ACS



Photo by Nel Lampe

Children enjoy the playground equipment during the Outreach Program picnic held at Ironhorse Park last week.

HPS

From Page 3

dence. Keep the area clean and free of trash or debris.

If you do happen upon mouse droppings, put on latex rubber gloves before cleaning it up. Don't stir up dust by sweeping up or vacuuming up droppings, urine, or nesting materials. Instead, thoroughly wet contaminated areas with detergent or liquid to deactivate the virus. Most general purpose disinfectants are effective.

However, a hypochlorite solution prepared by mixing three tablespoons of household bleach in one gallon of water may be used in place of commercial disinfectants. When using

the chlorine solution, avoid spilling the mixture on clothing or other items that may be damaged. Once everything is wet, take up contaminated materials with a damp towel, then mop or sponge the area with disinfectant.

If you also have dead rodents, first spray them with disinfectant then double-bag along with all cleaning materials and bury or throw out in appropriate waste disposal system. If burning or burying isn't feasible, contact the Environmental Health Section at Fort Carson (526-3702) or the County Health Department about other disposal methods.

Finally, disinfect gloves before taking them off with disinfectant or soap and water. After taking off the clean gloves, thoroughly wash hands with soap and water. If there is a heavily infested area of deer mice, contact

Preventative Medicine at Evans Army Community Hospital (526-3962) or DECAM for specific guidance.

Fortunately, this potentially fatal disease remains relatively rare. Infected deer mice, however, do exist on Fort Carson and throughout Colorado so the potential for disease remains. The disease cannot be transmitted from person to person. Simple principles of rodent avoidance and proper cleaning of rodent droppings will even further minimize the possibility of acquiring this disease.

For more information you can call Preventative Medicine at 526-3962 or the Colorado Health Department Hantavirus Hotline at (303) 692-2667.

Chapel

A Cultural Heritage day will be Saturday from 10 a.m. to 3 p.m. at Soldiers Memorial Chapel. There will be more than 11 cultures on display. The day will begin with a closing ceremonies for Vacation Bible School 1998.

There will be a special visit by Harmony in Motion and songs by the children. There will also be singing and dancing groups presenting cultures from around the world.

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

There is a new liturgical worship Sundays at 10:30 a.m. at Provider Chapel. Those who have traditions such as Lutheran, Episcopal, Presbyterian and Methodist may be interested in this new service. There will also be a potluck following the liturgical service Sunday. The liturgical service will begin Sunday School for children beginning July 5.

Call Chaplain Brock at 526-1473 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	11:45 a.m.	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 & Tibus	Chap. Cavanaugh/526-5769

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

LITURGICAL

Provider	Liturgical	Sunday	10:30 a.m.	Barkeley & Ellis	Chap. Brock/526-1473
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PROTESTANT

Healer	Protestant	Sunday	9 a.m.	Evans Army Hospital	Chap. Tarvin/526-7387
Prussman	Prot/Samoan	Sunday	9 a.m.	Barkeley & Ellis	Rev. P.S. Taito/572-6879
Provider	Sun. School	Sunday	10:15 a.m.	Barkeley & Ellis	Chap. Duvall/526-4416
Provider	Protestant	Sunday	9 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 & Tibus	Chap. J. Hartranft/524-1822
Veterans	Protestant	Sunday	11 a.m.	Magrath & Tibus	Chap. Simo/526-8890

For additional information contact the Installation Chaplain's 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 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 25 & 1 Samuel 16-18
 Sunday, Psalms 26 & 1 Samuel 19-21
 Monday, Psalms 27 & 1 Samuel 22-24
 Tuesday, Isaiah 12:1-6 & 1 Samuel 25-27
 Wednesday, Deuteronomy 32:1-4 & 1 Samuel 28-31

Chaplain s

by Chap. (Maj.) Franklin L. Jackson
Medical Department Activity

I read of an extensive study on what hap-
pened to 100,000 paper clips in a London
bank:

14,163 were bent and twisted during
phone conversations.

7,200 were used to clip torn garments
together.

19,143 were used as chips in card games.

5,308 were used as toothpicks.

3,916 were used as pipe cleaners.

25,938 were dropped on the floor and
swept away.

20,093 were used as paper clips

Only one in five were actually used as
paper clips. In my 23 years as a pastor and
chaplain, I have met and tried to encourage
and support men and women whose lives
have been destroyed because they were
unable to find purpose for life. They were
bent and twisted by substance abuse. They
regarded their lives as worthless as paper
clips used as chips in a card game.

Tragically, some felt they were being
swept away by circumstances and were
unable to cope with the challenges and the
apparent lack of fairness in life. As a result,
they perceive themselves and life itself to be
of little value or worth.

However, I want to share with you a differ-
ent perspective of life. The Psalmist writes in
Psalm 139:14, I praise you because I am
fearfully and wonderfully made; your works
are wonderful I know that full well. The
Psalmist perception is each person on the
earth in an individual of dignity and worth.
This value is not based upon what a person
does but by the fact they are special cre-
ations of God. Therefore, our value is not
determined by how we feel or even by the
actions of others. Our value is based on the
fact we are special creations capable of mak-
ing significant moral decisions with the help of
God and significant others. When we begin to

New commander leads 43rd ASG

Fort Carson Public Affairs Office
The 43rd Area Support Group welcomed Col. Robert J. Hauser Jr. as its new commander June 10 during a change of command ceremony at Pershing Field.

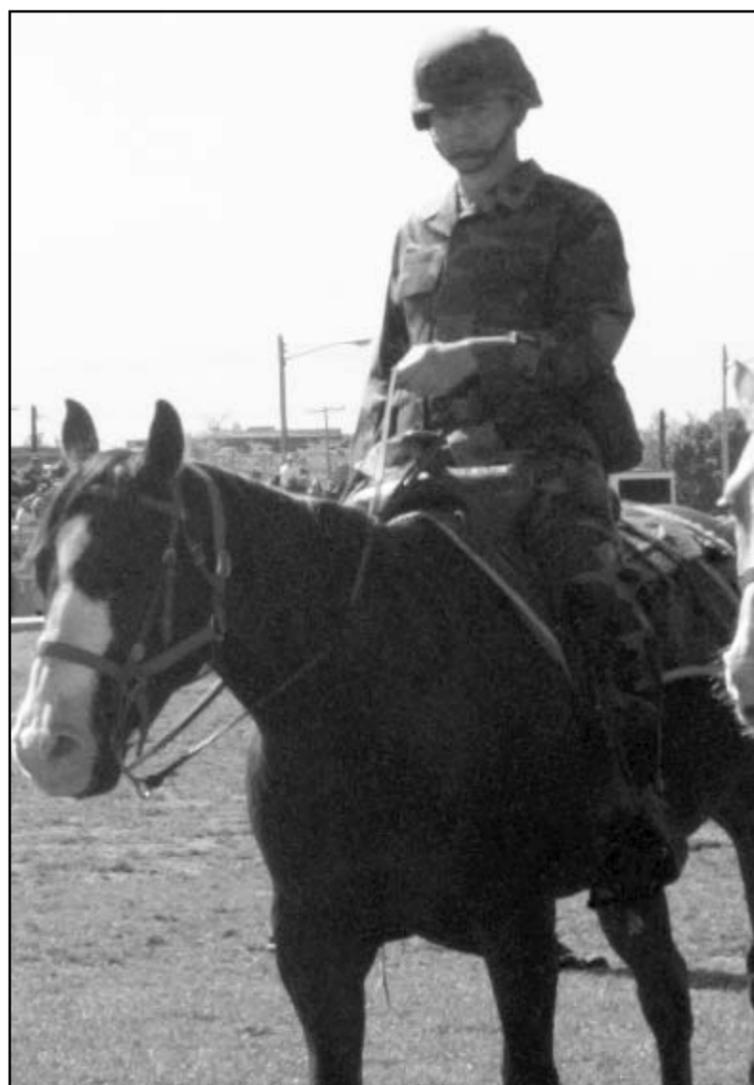
Hauser comes to Fort Carson after serving as Chief, J-4 Transportation Division, U.S. Forces Korea. He

replaces Col. George Deason, who is taking over as the deputy commander for support here.

Hauser is now in charge of 43rd Area Support Group's Headquarters and Headquarters Company, 4th Finance Battalion, 52nd Engineer Combat Battalion (Heavy), 68th Corps Support Battalion, 4th Personnel



Colonel Robert J. Hauser Jr., 43rd ASG incoming commander receives the group colors from Maj. Gen. John M. Riggs, post commanding general.



Colonel Robert J. Hauser Jr. inspects the troops while on horseback.

Photos by Cp. MK Garrott

Full tuition assistance available enlisted soldiers reap benefits

by Jon Parr
Mountaineer staff

The self-taught man seldom knows anything accurately, and he does not know a tenth as much as he could have known if he had worked under teachers... Mark Twain, *Taming the Bicycle* 1917.

In an effort to get enlisted soldiers into the classroom, the Fort Carson Education Center and Pikes Peak Community College have developed a scholarship program that provides 15 hours of free education for qualified soldiers.

According to Anita Bender, education services specialist, Fort Carson Education Center, Fort Carson is providing 75 percent tuition assistance and PPCC is providing a scholarship to cover the remainder of the tuition for as many as 250 qualified soldiers. Books are not included in this scholarship, but major supporting units will check them out to soldiers. When the course ends, soldiers will return the books to the MSU so a new set of soldiers can use them.

This is being done to give soldiers a greater opportunity to take college courses

and to motivate them to complete their associate's degree, Bender said.

To qualify, soldiers must have taken the PPCC placement test, have a GI score of at least 100 or more and be nominated by their unit.

Counselors from the education center are giving unit commanders potential candidates for recommendation, but Bender said interested soldiers should speak with their commanders about the scholarship program.

A college education wasn't always important, but in today's Army it can play a critical role in promotion. It's also important for soldiers transitioning into the civilian world as experience alone won't land a job, Bender said.

Five classes are included in the scholarship and she said Technical writing and math, fundamental speech, World geography and American government were picked for two reasons. Each of these classes are general education courses to help a soldier obtain an associate's degree and the courses help soldiers in their professional devel-

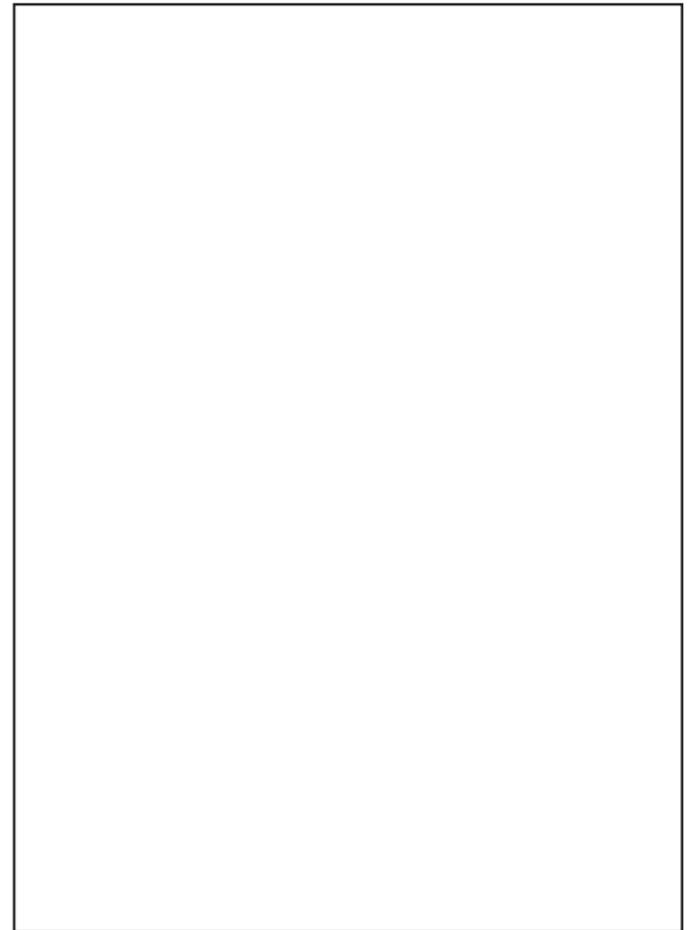


Photo by Spc. Jon Parr

Specialist John Campbell types an assignment.

Stethoscope please

Lieutenant Col. Douglas Hewitt, outgoing 10th Combat Support Hospital commander, right, welcomes Col. Larry Godfrey, incoming commander, to Fort Carson after a change-of-command ceremony held at Manhart Field June 10. Godfrey comes to Fort Carson after serving as the command surgeon for the U.S. Special Operations Command. Hewitt is heading to the National Capitol Region where he will serve as the deputy branch chief of the Medical Service Corps Branch.



Photo by Cpl. MK Garrott

Construction key to safety

Grade, traction lead to complete overhaul of Sand Canyon Road

by Jon Parr
Mountaineer staff

The safety of soldiers, a steep grade that ruins the transmission of vehicles and bad traction are the reasons Fort Carson is doing construction on Sand Canyon Road Aug. 15 to Sept. 30.

The road is used by all vehicles 2.5 ton. To avoid the steeper grade of Agony Hill, the larger military vehicles use Sand Canyon Road.

Sand Canyon Road is better for the vehicles than Agony Hill, but it is still a dangerous route, according to 1st Lt. Adam Burstein, operations officer for the Department of Public Works.

Due to the 15-percent grade of the road, trucks traveling down the hill are in danger of losing control. The grade of the road causes

problems in itself, but Burstein said the traction of the road is dangerous as well.

Any rain or snow causes the road to become very slick, and anyone traveling up or down the road is in danger. The safety of soldiers is the most important aspect of training. By fixing these problems, we are providing soldiers with a safer training area, he said.

Heavy Equipment Trucks use Sand Canyon Road on a regular basis when they drive Bradley Fighting Vehicles and tanks downrange for training. The steep grade is causing the transmission in these vehicles to go bad, which is another reason the road is being fixed.

Rocky Mountain Asphalt is contracted to reduce the grade of the road to 10 percent and to spread gravel over six-tenths of a mile.

Reducing the grade of the road will provide the bulk of the work for the company. They will shave the steeper parts of the road and use the material to fill in the lower parts.

The good thing about shaving and filling is there is no material cost, Burstein said.

The construction of the road is contracted out and being done in August and September so it will have minimal impact on mission essential training conducted downrange. The goal is to have the construction completed as quickly as possible.

Fort Carson has the assets to construct the road, but it was contracted out to save time. It would have been cheaper for Fort Carson to do it, but it would take longer to complete and it would lead to the loss of valuable training time, he said.

You can never put a dollar value on safety. A soldier's well-being has no price tag, Burstein said. Soldiers have to train, and their safety is the most important factor, so we want to get it done as fast as possible.

In total, the road construction is costing Fort Carson \$325,000.

When the work is finished, Burstein said soldiers and commanders will have a safer feeling when traveling downrange, especially when rain and snow cross their paths.

Alternate routes for units training during the



Teach & fight

Command Sgt. Maj. Henry Ramirez, incoming 10th Special Forces Group (Airborne) command sergeant major, receives the group colors from Col. Leslie L. Fuller, 10th SFG (A) commander during a change of responsibility ceremony Wednesday at Strickland Field. Ramirez replaces Command Sgt. Maj. Gerald A. Janis as the group command sergeant major.

Sports & Leisure

Aerobic exercise helps keep community fit

by Walt Johnson
Mountaineer staff

The music begins around 5:30 p.m. Monday through Friday at the Ironhorse Physical Fitness Center and two ladies are front and center getting ready to walk, run jump spin and sweat with some of their most dedicated friends.

Mary Orange and Inez Horn, the aerobics instructors at Ironhorse, enjoy all the twists turns and aching muscles their bodies have because it means it is the start of another class designed to help people at Fort Carson stay physically fit.

Each instructor has her own reason for getting involved with aerobic activity but the bottom line is no matter what their reason, the beneficiaries are the people who flock to their classes to get in shape or stay in shape.

I began to do aerobics after I got out of the Army after serving for nine years. The first thing I remembered missing about the military was the physical training which allowed me to exercise with other people, Horn said.

I noticed when I worked out by myself my motivation wasn't what it was when I worked out with other people. So I began to work out with a friend here or a friend there, but that didn't work all the time because there were times my friends couldn't make it. Then I met an aerobics instructor at Peterson (Air Force Base) that I thought was just awesome and she became my mentor. She

noticed that I was on the (aerobics) floor hollering and she encouraged me to think about becoming an instructor, Horn added.

I've been doing aerobics here since May 1986. Before the renovation we could only get 25 people in here so I used to rush from work so I could be here to get a step. I've been through a lot of aerobics instructors here, and that makes it hard because once you get in step with one instructor you had to get used to another. The last aerobic instructor we had here (Lavonne Massenburg) inspired me to want to teach. She would see me being at class faithfully, no matter what the weather was and she said Mary why don't you consider becoming an instructor. So I thought about it and prayed on it and said why not? I have a love for aerobics and I know aerobics helped me to keep my weight down. I stopped for a year and gained some weight. When I went back to aerobics the weight dropped and then there were people who knew me said I was an inspiration to them because they knew I was struggling to drop the weight, Orange said.

Orange said she got as big as 240 pounds after leaving aerobics and quitting smoking. When she decided to get back into aerobics, she trimmed 90 pounds off her frame, weighing in at 150 pounds now. She says it takes a lot of hard work and dedication to take off the weight, and, when she got



photo by Walt Johnson

Mary Orange, center, directs aerobic participants, left to right, Amie Arrington, Staff Sgt. Kathleen Idleburg and Pfc. Kristen Schilz to the aerobics floor with mats to begin stretching exercises.

over the disappointment of gaining the weight she knew of only one place to turn.

I didn't have any control of my weight gain, and it felt like, when I looked at food I would just blow up. So I said the only thing that was going to work for me and make me feel good was to go back to the (aerobic) floor. I began to do aerobics again and eat well and I started losing the weight, Orange said.

Orange said in this day and age of stress filled lives, aerobics has another benefit, stress reduction. Aerobics is really good for stress. Sometimes I leave work and my eyes are tired, but after I leave work and finish the aerobics class I'm ready to go home and read a book.

Aerobics has also let the two instructors, who both admit to being extroverted, achieve a higher level of self-esteem. Aerobics has allowed me to realize that I can do anything I put my mind to, Orange said. Going from 240 pounds to 150 pounds, when I was consistent with it and challenging myself when there was a routine I couldn't do well, built up my self-esteem through Christ and the mind he gives me.

As people, we can train animals and other things, but, the hardest thing we can do is take control of our bodies, Horn said.

Aerobics has given me the discipline to say this is my body and I have to control what I eat and how I exercise. I see that I can conquer

Burger King and McDonald's and KFC. It makes me feel good to know that when I leave here I can drive right by KFC and the smell of fried chicken won't even bother me.

Both Orange and Horn say another thing that pleases them is they tear down the stereotype of the perfect aerobic instructor. Most people go to a class and expect to see a thin person in front of the class. Aerobic exercise is for everyone, as the instructors point out and not being the 115-pound Barbie doll helps their students relate to them in a personal manner.

Most people think aerobics instructors are supposed to be this teeny 115 or 120 pound woman, Horn said. But I think it's more realistic when a person comes to my class and sees that I'm not perfect. I know people look at me when I come into a class and say okay now she's a little hippy there. But once I get on that step and begin to teach, people realize that you don't have to be a certain size or shape to be involved in aerobics. For me, that workout is about working out with each other. I need the workout just as much as they do, Horn said.

I know that I'm not as slim as some aerobic instructors but some of the people in class said something very interesting to me, Orange said. They said they prefer to work with a person that is more like them because that person understands what they are

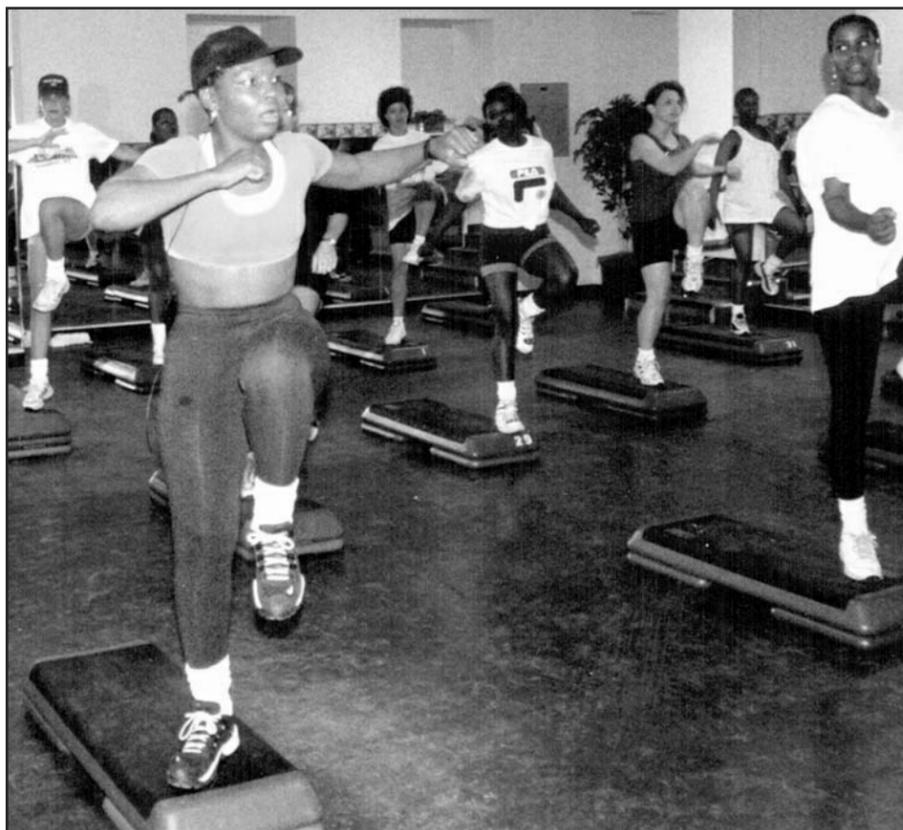


photo by Walt Johnson

Aerobics instructor Inez Horn puts her class through a fun aerobic session at the Ironhorse Physical Fitness Center June 18. Aerobic classes are offered six days a week at the facility.

Dream of pro career spurs Carson athlete

by Walt Johnson
Mountaineer staff

She was good enough in the game of basketball to be on a major college basketball team. She was good enough to be considered a prospect for a pro career. She was also a few years ahead of the now fledgling women's basketball leagues, but she always had the dream of playing basketball at the highest level.

First it was a devastating injury, then it was weight gain and again a knee injury that could have poured cold water on her dreams. But those things aren't about to stop Lisa Whitfield from fulfilling her dream of tying out for a professional basketball team no matter what price she must pay to get in shape to do it.

To look at Whitfield you wouldn't get the picture of the sleek, muscle bound or toned athlete. At first glance the former over 200 pound lady doesn't look like much of an athlete at all. But looks can be so deceiving in her case.

Two years ago Whitfield was a star on the Fort Carson women's basketball team, astounding people with the athletic skills in what was then a big body. No one who didn't know her would be convinced that the lady who has been playing basketball since she was in the sixth grade, was this same person on the floor seriously overweight. But in 1978 she began her college career at UCLA where she played until she tore the cartilage in her right knee.

Although there wasn't a professional league in the United States for women at the time, it was still devastating to Whitfield to see her chance to play beyond college go up in smoke. In 1978 coming back from a knee injury was not as easy or predictable as it is today.

After college Whitfield had to rehabilitate her knee and along the way from 1982 to today gained weight. When the women's league started, so did her fire to be a part of it. That was when she decided it was time to get her body ready to make her dream a reality.

I know what it takes to get

into a professional league and in my mind I wasn't there. I felt I needed to drop some weight and get back in condition like I was in college. I just needed the motivation and push to stick with it. I'm the type of person that if I drop a few pounds and it's pleasing to me I just quit.

Enter the perfect motivational person on Fort Carson, CW2 Jacqueline Aaron, a certified personal trainer who will accept nothing less than the best a person has to offer. Whitfield goes to the gym a lot and on one Saturday, she saw Aaron working with another person. Knowing she needed someone to train her Whitfield looked at Aaron and felt she may have found her person.

I didn't know Jackie until I saw her but then I looked at her and said to myself looking at how she is training these people and how she looks, she must know what she is doing. So I went into the locker room and talked with the lady she was working with, who told me she was pretty good. So I approached Jackie, told her my situation and I think because of the weight and my knee (she was rehabbing her second knee injury) her reaction was are you sure you want to do this?

I let her know that I'm a person who if I say I'm going to do something I will do it. I wouldn't have approached her if I wasn't serious, Whitfield said.

My main concern was is she serious about where she wanted to go because I knew if she was I could help her get where she wants to go, Aaron said.

The bottom line is she showed me a willingness to exercise and I knew that I could design a program that could help her lose weight, not re-injure her knee and take her where she needed to go. Putting together the program was never a concern. Once we got started with the program I saw that she was willing to put forth the effort. Then I knew it would be a matter of keeping her motivated and not allowing her to give up, Aaron said.

Aaron would need to be moti-



photo by Walt Johnson

Jacqueline Aaron, left, keeps a keen eye on her prize pupil, Alisa Whitfield during a recent workout.

vated herself because she wasn't only working on helping her client lose weight, she also had to worry about not overtaxing her to the point of hurting her knee again. After two serious knee operations, Whitfield's hopes of seeing the WNBA or the ABL would be dealt a serious blow if she had one more knee injury setback.

Alisha's injuries causes a trainer to be creative, Aaron said.

This is a test of a trainer's ability. Obviously you find out how well do you know your craft. You see how well you can put a conditioning program together when the person you are working with is

limited and still have it be effective. I knew it would be a challenge but it was a challenge I welcomed. I had to work on a program that worked her muscles and still not put too much pressure on her knee.

Aaron is a no nonsense trainer who has little time to pity or baby anyone under her tutelage.

Watching her put Whitfield through a training regimen that includes aerobic work (stationary bike, treadmill), weight training, (free and Sybex) and stretching exercises that seem to be the most painful for Whitfield.

After the first couple of weeks

Red Wings, Bulls score impressive victories



by Walt Johnson
Mountaineer staff

Sometimes you watch what is going on in the world of professional sports and you can't help but shake your head in complete and utter disgust. From the owners to the players and yes the fans, you can't get away from hearing about the wayward ways of our sports heroes.

It's not soccer fans in England acting like hooligans, it's referees in professional basketball accused of being tax cheats. It's not greedy college players saying a team isn't offering enough to play a kid's game, it's basketball players reproducing with as many women who will let them, and then not staying around long enough to know if the child is a boy or girl.

Then you get to watch two teams win a professional championship in the space of two days, that brings the true meaning of sports home. The Detroit Red

Wings and the Chicago Bulls have done something sports fans had better appreciate now, because it may be a long while before we see it again.

The Red Wings won their second consecutive Stanley Cup championship on June 16, beating the Washington Capitals in four games. This article could talk about the leadership of Steve Yzerman, the Red Wings captain, or the dominance of Sergei Federov, their outstanding wing man who all but put the Capitals away by himself in the title game, the goaltending of Chris Osgood, who everyone who claimed to know said would be the team's Achilles heel.

It could be but it won't be. Whether you are a Red Wings fan or not, and I'm not, you couldn't help but get a little bit misty when the traditional first skate around the ice with the Stanley Cup was not done by Yzerman, the team captain, but by a wheelchair bound Vladimir Konstantinov, the Red Wings defenseman who was hurt in a brutal car accident, shortly after the Wings won their first cup last year.

Konstantinov has been doing

the same thing the Red Wings were trying to do all year, get back to being the best. The Red Wings were trying to be the best team in hockey, Konstantinov is trying to be the best Vladimir Konstantinov. In the overall scheme of things, the Red Wings winning the Stanley Cup was nothing compared to the battle their captain faces trying to get back on top.

The Red Wing players said Konstantinov is improving daily in his rehabilitation and there was not one of them who didn't enjoy the smile on Konstantinov's face as his teammates handed the trophy to him for his romp around the ice. Even the Capitals were smiling through the pain of their loss, watching Konstantinov roll around the ice with the cup.

What it proved to anyone who would look past the games children play, is that life is so precious, we should spend more time enjoying it because it isn't promised to be the way it is today every day.

Then there was the NBA championships and the Chicago Bulls victory over the Utah Jazz. If the Jazz had won, I'm sure you would have heard Karl Malone

dedicate the victory to the 12-year-old boy who lost his fight with cancer during last year's playoffs and was actually buried with one of Malone's game jerseys that was presented to him before his death. Surely that story would override any pretense any one had of how important a basketball game is.

But the story was the Bulls winning their sixth world championship in eight years. As a Bull fan, which I am not, you had to take pride in knowing your team has accomplished something few teams have or, in this day and age, ever will.

But more than the championship, it marked a great time for some old war horses to take one more turn around the track, before the younger studs start to overtake them. Michael Jordan, Dennis Rodman, Scottie Pippen and Phil Jackson will not be in the position to win many more championships, in fact some say they were lucky to win this one. Forget about the fact that they won the championship, the more important aspect of what the Bulls did was they were able to go out as a unit and give each of their teammates the one thing money

Ironhorse FC to be renamed for General Forrest Saturday

by Walt Johnson
Mountaineer staff

Ironhorse Physical Fitness Center will be renamed Saturday in honor of the late Lt. Gen. (retired) John Franklin Forrest, a former commander of Fort Carson.

The ceremonies, held almost one year and one month from the day he passed away, will be held at 3 p.m. and will be officiated by. Scheduled to be the guest speaker for the ceremony is Maj. Gen John Riggs, commanding general of Fort Carson.

Also scheduled to be at the

ceremony are members of the Forrest family to include: his wife Patricia; Scott Forrest, John Forrest Jr.,; Robert Forrest, Diana Clark, Maj. Michael Forrest, William Forrest, Patrick Forrest, James Forrest, Thomas Forrest and Mary Kolasheski.

Music for the ceremony will be provided by Harmony in Motion, the post choir.

After remarks by Riggs, the general and the Forrest family will unveil the plaque dedicating the Ironhorse facility in the general's honor.

Ironhorse is the only fitness

facility on post (outside of post fieldhouse) that isn't dedicated in memory of a soldier who has served Fort Carson or the Army with valor. Fittingly, the fitness center that demonstrates the Army's leadership's continuing commitment to improving the quality of life of soldiers and their families will be dedicated to one of Fort Carson's truest friends.

With the idea of making the center similar to fitness centers in the civilian community, Ironhorse recently underwent a \$1.3 million dollar renovation which including adding an indoor running track; an

aerobics studio; state of the art cardio theater; a weight room featuring free weights and Sybex exercise machines, a large co-ed sauna; four racquetball courts and a general face lift of the facility.

Forrest was the commander at Fort Carson from 1976 to 1978, and was also a member of the Colorado Springs city council.

The general, who spent 38 years in the Army, was a big reason Fort Carson did not make the post closure list in 1995 when the Pentagon was considering post for closure or realignment. During his military career he earned 64 cita-

Kit Carson Community Festival kicks off big sports week activities

by Walt Johnson
Mountaineer staff

Soldiers from every unit on Fort Carson will take part in the annual right of sports passage here, more commonly known as Kit Carson Community Festival week beginning today through July 3.

The competition will be fierce and stiff as soldiers from each unit battle for bragging rights for another year. One thing will be missing

from this year's competition and that is the Commander's Cup which was given to the unit that earned the most overall points. This year the emphasis is on team competition and having fun and not on winning the cup.

Competition will be held for Company and Battalion sized units: men's and women's softball; men's and women's volleyball; 3 on 3 sand volleyball; co-ed sand volleyball; soccer; women's and men's basket-

Annual Independence Day run set for July at Post Field

by Walt Johnson
Mountaineer staff

Runners of all ages will take part in the 18th annual Fort Carson 5km and 10km run July 4 at the Post Physical Fitness Center. The adult run will begin at 7 a.m. and a Kids Fun Run will begin at 8:30 a.m.

The run this year is being produced by the Fort Carson Sports Division and the Enlisted Spouses Charitable Organization and sponsored by the new professional hockey team, the Colorado Springs Gold Kings; General Mills and Gatorade.

Categories for the run for males and females are: 16 and under; 17-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59 and 60 and up.

The kids fun run is free and will be limited to the first 200 kids who sign up. For the kids run parents are encouraged to run along

with their children. Everyone that completes the 1/2 mile course will receive a ribbon.

This year there will also be a super squad 10km competition featuring company/troop level units competing for the Fort Carson unit trophies. The rules are simple. Each unit must field a team consisting of eight runners in men and co-ed competition. If family members want to participate, they may do so on the co-ed teams.

The race will be scored on the cross country rules of scoring. The first six of eight men or top three out of four men and women in the co-ed race will be declared the winners.

Registration for the race is \$12 for individuals and \$28 for a family of three or more. The day of the race the individual registration goes up to \$14. People can register at the Ironhorse Fitness Center or at the Runner's Roost, 107 E. Bijou in Colorado Springs. Mail in registration is available by stopping by the post physical fit-

Cuthead

Fort Carson's Craig Thompson lines a base hit to left field during the Mountaineers 14-13 victory over Bohica June 11,

Photo by Walt Johnson

photo by Walt Johnson

Fort Carson's Craig Thompson lines a base hit to left field during the Mountaineers 14-13 victory over Bohica June 11,

photo by Walt Johnson

Fort Carson's Craig Thompson lines a base hit during the Mountaineers 14-13 win over Bohica in Colorado Springs city league action.

Its earliest inhabitants were lured by the discovery of gold and stuck around for gambling halls, saloons and brothels.

Today, visitors are still drawn by the prospect of wealth and the rich history of ...

Cripple Creek, Colorado



by Nel Lampe
Mountaineer staff
old drew hundreds of prospectors to Cripple Creek when it was discovered there, in 1891. And the prospect of gold still lures tourists to Cripple Creek but this time the gold is money gambling winnings.

Located in the crater of what was once a volcano, Cripple Creek was little more than a ranch and a few scattered settlers. Bob Womack, a cowboy from Colorado Springs, discovered gold.

Hundreds of people began arriving in what became known as America's Greatest Gold Camp. More than 30,000 people lived there during the turn of the century. Three banks, 50 grocery stores and 70 saloons were within the city limits, as well as gambling halls, brothels, churches and opera houses. Hotels and boarding houses were built. Four newspapers were published. And, at the height of gold production, 300 trains came and went daily. Cripple Creek at one time was the fourth largest city in Colorado.

Colorado Springs also prospered from Cripple Creek gold. Many of the investors and prospectors were from Colorado Springs. Winfield Scott Stratton, a \$3 a day Colorado Springs carpenter struck it rich \$1 million per year. Millionaires built huge mansions in Colorado Springs.

Fire struck Cripple Creek in 1896, burning



The parlor of the Homestead House is furnished with Victorian era antiques.

most of the town. Many of the buildings and houses had been quickly thrown together and burned.

But the town rebuilt this time all business structures were built of stone or brick.

Life was good in Cripple Creek. Everything

See Gold Page B2



Gold

From Page B1

anyone ever needed or wanted was available.

Shakespeare was performed in theaters, there was a trolley system, gambling houses, churches, hospitals, an opera house (which seated 1,500 people), assay offices, electricity, hotels, good income, and streets literally paved with gold.

But things began to change for Cripple Creek about the turn of the century. A large, violent labor struggle affected gold production. Because Cripple Creek gold was primarily embedded in hard rocks, extracting the gold required expensive processing. Eventually profits dwindled. Mine workers and investors headed for other opportunities. The big gold boom lasted about 25 years.

The town's population dwindled. A few tourist stops, antique and gift shops, cafes and hardy citizens remained. Not much was open in winter just during summer and fall when tourists, mostly from Colorado Springs, went camping or exploring history or looking at the aspen trees.

But a few years ago residents found a new form of gold limited stakes gambling. Vacant buildings dating back to the late 1890s were refurbished and turned into casinos.

New casinos were built. Now Cripple Creek attracts tourists, looking for a strike at a slot machine or blackjack table. New life has been breathed into Cripple Creek.

You don't have to gamble to enjoy a visit to Cripple Creek. The history is still visible and some tourist attractions are still there. The 67th Donkey Derby Days this weekend provides family fun.

Located on Highway 67 just before Cripple Creek, the Molly Kathleen Mine offers visits to a real gold mine. The Molly Kathleen was one of the first working mines in the district. Visitors descend in the miner's cage down the vertical shaft to the 1,000 foot-level, just as early miners would have. A miner-guide shows visitors

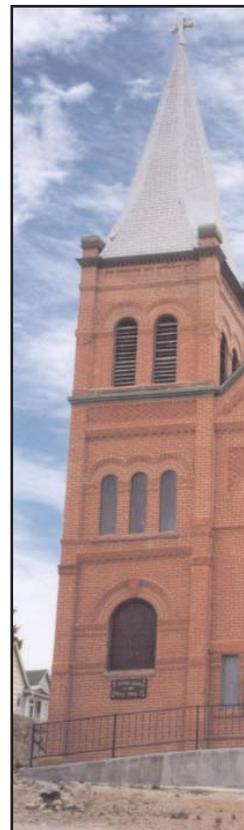
around, explaining the equipment and procedures. The tour takes about an hour, and costs \$10 for adults and \$5 for children ages 2 to 11. All people who take the tour are given a piece of gold bearing ore as a souvenir.

Going into Cripple Creek, the first stop should be the Cripple Creek District Museum, on your left as you enter the town. The museum is housed in an 1895 building, which was a railroad depot. Displays of gold ore, Victorian furniture and clothing, and other interesting artifacts portray the gold boom era. The museum is open 10 a.m. until 5 p.m. daily, and costs \$2.25 for adults, 50 cents for children ages 7-12, and is free for children under 7 years old. There is free parking in the parking lot in front of the museum. One of the more popular attractions, according to museum worker Dave Tritz, is the \$100,000 in gold ore on display in the museum. Just ask Tritz, he'll be glad to share stories about the collection.

Near the Museum is the Cripple Creek and Victor Narrow Gauge Railroad. It runs along the old Midland Terminal Railway bed, taking passengers on a round-trip ride through Poverty Gulch and past several gold mines. The ride takes 45 minutes, and costs \$7.50 for adults and \$3.75 for children ages 3 to 12.

Once you leave the free parking lot take a drive around town, passing all the casinos on the main street you can come back later. It's a small town, so take a few minutes to see the sights. There are many historic houses and buildings from the gold rush era.

Parking is a problem in Cripple Creek. Many streets are designated for resident parking only, and free parking goes quickly. A good option is to use a casino parking lot and pay the fee usually \$5. But don't despair you can get the money refunded by visiting the casino. The usual drill is to have your parking ticket stamped by the casino cashier, and an hour later, present the ticket to the cashier for a \$5 refund. An hour goes quickly in the casino, or you can have a bargain meal while waiting for



The 1892 church churchgoers. The people feel they the minister said

the hour to pass. have coupons at free drink, and p one free meal. atively inexpensive are about \$6 for steak. But with that's a bargain.

Children aren't no gambling area to the dining room separate arcade.

There's one l Old Homestead most unique mus sibly the only one Cripple Creek s es with elegant girls of the ho men. According house's madam to prospective client finances before appointment with Vernon, Pearl De

Community Events ACS

The Family Member Employment Assistance Program is offering a Standard Form 171 and Optional Form 612 workshop July 15 from 1 to 3 p.m. These forms are the basic federal employment applications. The workshop will provide insight in completing applications and general hints about the most effective ways to describe professional experience. To register or for more information, call 526-0452.

The Family Advocacy Program is offering a Strengthening Step Families class Thursday in the ACS conference room. The class will discuss a number of issues related to healthy step family development. Child care is provided. Call 526-4590 to register.

The Family Advocacy Program is offering a Resume Workshop from 1 to 3 p.m. July 22. The workshop will include a variety of resume styles in which to showcase experience. For more information, call 526-0452.

The Army Community Service building is closed July 3 to 6 in observance of Independence Day. Individuals with emergencies must contact the Staff Duty Office at 526-

Youth

3400 for assistance.

For more information, call 526-4590.

The Child and Youth Services School of the Arts is sponsoring the Granite Youth Symphony Orchestra at McMahon auditorium July 9 at 7:30 p.m. For more information, call 526-1239.

Operation Summer Tracks is ongoing through Aug. 5. Sponsored by the Fort Carson Child and Youth Services for 6th to 12th grades, there will be a different theme and subject each week. Visit building 5510 or call 526-1100 for more information.

Child and Youth Services School of the Arts Program will host a Missoula Children's Theatre production of The Pied Piper Saturday at 3 and 7 p.m. at McMahon Theater.

Admission is \$2 for adults and \$1 for children.

The Mountain Post Training and Education Center computer software classes will be moved from building 1117 to building 1550, affecting classes beginning July 13. The classrooms are on the second floor of the new location.

The Kindergarten Readiness Program will begin July 13 through 16 at Fort Carson-Mountainside Elementary and at Fountain-Mesa Elementary from 8 to 11 a.m.

The program is aimed at preparing children entering kindergarten in August. The cost is \$25 or free if parents attend the Parents Guide to School Readiness at Mesa Elementary July 9 at 7 p.m.

For more information, call 382-1300, exten-

Miscellaneous

sion 1313.

All clinics at Evans Army Community Hospital are closed July 3 to 6. The Hospital Outpatient Pharmacy is closed July 3 to 4 and resumes regular hour July 6. The Commissary Refill Pharmacy is closed July 3 to 6.

Legal Assistance is only open for notary services, power of attorney and emergency services Monday to Thursday.

The Fort Carson Veterinary Treatment Facility is reminding on-post pet owners about pet registration. Owners have until Aug. 1 to register all dogs and cats and have an electronic identification microchip implanted.

Pet owners who do not register by the deadline will be denied veterinary services until they are in compliance with the regulation. The FCVT is located in building 6001. For more information, call 526-3803.

The staff of Smith Dental Clinic will conduct screening exams for retirees who are currently wearing both upper and lower complete dentures. The staff will accept 24 new patients for treatment to make new dentures. The screenings is set for 7 a.m. July 21 and 28 at Smith Dental Clinic.

Community members are invited to attend a Restoration Advisory Board meeting July 9 at 6:30 p.m. at the Downtown Police Operations Center, 705 S. Nevada. The meeting addresses current restoration projects at Fort Carson. For more information, call 526-8001.

The 2nd Annual Homeward Bound Expo is set for Saturday, 10 a.m. to 6:30 p.m. at the Sheraton Hotel, I-25 and Circle Drive. Admission is free. All proceeds, raised from booths rented by local vendors, will benefit the relocation assistance programs at Fort Carson, Air Force Academy and Peterson Air Force Base.

The Fort Carson Red Cross is looking for young people over the age of 14 to volunteer at Evans Army Community Hospital. If interested, call Bethany Tozer at 526-7589.

The Fort Carson Commissary hours are Monday, Tuesday, Friday and Saturday from 9 a.m. to 7:30 p.m.; Sunday from 9 a.m. to 5 p.m. and Thursday 9 a.m. to 8 p.m. It will be closed Wednesdays.

The Fort Carson Housing office will operate with a reduced staff on July 9 and 16 from 8 a.m. to noon. For more information, call 526-7573.

Grant Library has books available to get a head start on things to do with your child in Colorado. The library offers books and videos on fishing, hiking, mountain biking, scenic drives, boating and floating in Colorado. For more information, call 526-2350.

The Fort Carson's Outdoor Recreation is offering two different rafting trips to the community. Browns Canyon is a 15.5 mile trip down the Arkansas River from Buena Vista to Hecla Junction. Lunch and transportation are provided for \$35.50. The second trip is a 7-mile trip down the

Parkdale section. This trip is \$23.50 or \$20.50 for groups of 6 or more.

Transportation is included.

Children of 50 pounds or more can raft but all participants must be able to swim for both trips. Every Saturday, a half day trip is offered and every Sunday a Browns Canyon trip is available. Raft season is from June until August. Don't miss out on all the adventure.

You can sign up for rafting at the Outdoor Recreation Complex, building 2429 or call 526-2083.

Army Career and Alumni Program is hosting a job fair today at the Elkhorn Conference Center from 9 a.m. to 3 p.m. More than 60 local and national companies will be represented. Military and civilian personnel are welcome. For more information, call 526-1002.

The Army Community Service Outreach Program Video will be shown every day at 8 a.m. and 1 p.m. through July 5 on the Fort Carson Command Channel.

The USO of the Pikes Peak region will be providing a week long day camp July 13 through 17 for children ages 5 to 7. The activities at the camp will include swimming, hiking, crafts, a day at Camp Shady Brook, archery, rifle, the zoo and more. The cost is \$18.

For more information, call 329-7222.

Tricare will be offering appointments for school physicals. The following dates and times are available: Aug. 19, 20, 26 and 27 from 12:30 to 4 p.m. and Aug. 22 and 29 from 8:30 a.m. to 4 p.m.

Fountain-Fort Carson School District 8 is hosting a Summer Food Service Program. Breakfast and lunch are served through July 24 at Lorraine, Mesa, Abrams and Mountainside Elementary Schools. Meals are free for those under 18, \$1.50 for an adult breakfast and \$2 for an adult lunch.

Fountain-Fort Carson High School sports physicals for school year 1998-1999 are given at the D.F.A.C, Aug. 6 from 4 to 6 p.m. Cost for the physicals will be \$10. For more information, call 382-1649.

These new services are being offered by the Army and Air Force Exchange Service: Mimi's European Espresso Cart is now open in the food court at the Main Exchange. Hours are 8 a.m. to 2 p.m. Monday through Friday and 8 a.m. to 4 p.m. Saturday and Sunday. Bakery items are available. Cruisin Cuisine, a mobile food truck AAFES concessionaire, is now serving Fort Carson. If you would like to have your building serviced, call (800) 353-2305.

Head Start enrollment is underway for the 1998-99 school year. El Paso county residents with children who will be 3 or 4 by Sept. 15 may qualify for a free preschool program. Classrooms are located at local elementary schools in districts 2, 3, 8, 11, 20, Ellicott and Peyton. Children attend school two days a week, either Monday or Wednesday or Tuesday and Thursday, six hours a day.

Call 635-1536 to make an enrollment appointment.

The 1998 Department of the Army

Military Briefs

The Fort Carson Criminal Investigation Command has begun full operation of its Fraud, Waste and Abuse Hotline. The hotline allows members of the community to report incidents of suspected fraud, waste and abuse.

To report suspected cases of fraud against the government, call the hotline at 524-1120. Callers can remain anonymous and all information is confidential. Callers must, however, leave enough information about the incident for a follow-up investigation.

The Army Birthday Ball is scheduled for Saturday at 6 p.m. at the Colorado Hall, the Broadmoor. Dress is: civilian, formal/business suit and military, mess dress, dress blues and class A with bow tie. Entertainment will be the Air Force Band of the Rockies, Harmony in Motion and dance music.

For more information, contact unit adjutants

The Hazardous Material Control Center administrative office has relocated to building 406. The warehouse is still in building 400. Both buildings are located on Tevis Street. The HMCC is supplying the 3rd Armored Cavalry Regiment with hazardous materials for its Pinon Canyon rotation.

For more information, call 526-6013 for the administrative office and 526-2979 for the warehouse.

The Cavalry Group Veterans Association is scheduled to hold its 51st annual reunion Sept. 4, 5 and 6. The event is

held at the Best Western Midway Chicago/Elk Grove Hotel in Elk Grove Village, Ill.

For more information, call George Hansen (630) 983-6864 or Gene Andrews (773) 779-7786.

The open enrollment season for the thrift savings plan program goes through July 31. During this period, civilian employees may begin or change their contributions to the tax-deferred plan or may allocate or reallocate their future contributions among the TSP's C, F and G funds. The next open season is Nov. 15 to Jan. 31, 1999.

Accident Avoidance Training is scheduled to be conducted July 7 to 10 at the Driver Testing Station in building 301. The training sessions are from 8 a.m. to noon. The class limit is 25 students for each session. Last day to reserve space is Thursday. For more information, call 526-5534.

Soldiers magazine is looking for one female and one male soldier for a poster. The poster features soldiers in the proper wear of the Class A uniform. Selected soldiers are flown to Washington, D.C. in August for a three-day photo shoot.

Soldiers in the rank of private first class through staff sergeant are considered, as well as first and second lieutenants. Send the following information to: Soldiers Magazine, Uniform Poster, 9325 Gunston Rd. Suite S108, Fort Belvoir, Va 22060-5581.

To be considered, send a current DA photo, a one-page biography to include full name, rank, social security number; and a list of all assignments to include current unit address and phone number; and a letter of recommendation from your commander or first sergeant to include your last Army Physical Fitness Test score and a statement that you meet the height and weight requirements in accordance with AR 600-9, by July 17.

Don Eddy basketball camps will be conducting a camp for both boys and girls, July 13 to 17 at Liberty High School, Monday through Friday from 8:30 a.m. to 4 p.m. Don Eddy basketball camps are nationally recognized for their expertise in the instruction of shooting and one-on-one of offensive skills.

Students from age 8 to 18 are eligible to attend. For more information call or fax (210) 492-9779. You can also visit their web site at www.debb.com.

The Fort Carson Youth Services office is accepting applications for volunteer tennis coaches. For more information, contact Lamont Spencer at 526-3368.

The 1998 Garrison Golf League has begun and will be conducted on Monday afternoons at the Cheyenne Shadows Golf Course on post. All members of the Fort Carson community are invited to participate in the league and are encouraged to bring along friends and co-workers.

Tee times for the league start at 3:30 p.m. and run until 6:30 p.m. For more information, contact Russ Lee at 526-8346 or Capt. Jean Kobes at 526-9469.

The Cheyenne Shadows Golf Course office has announced the following fee changes effective immediately.

Category one: weekday \$8; weekend/holiday, \$10; Twilight, \$5; 10 play, \$60.

Category two: weekday \$12; weekend/holiday, \$14; Twilight, \$9; 10 play, \$100.

Category three: Department of Defense:

U.S. Army Recruiting Command is looking for soldiers to participate in the next series of Army commercials, scheduled to be filmed here between July 20 to Aug. 7. Anyone wishing consideration should fill out a Consent and Release Form at the Public Affairs Office, building 1430, room 142 prior to July 10.

For more information, call Staff Sgt. Alan Moore DSN 656-4504 or (713) 806-4504.

Special Forces is looking for highly motivated soldiers -- specialist through sergeant first class and company grade officers -- to apply for a career in Special Operations. Briefings are held at Grant Library at 1 p.m. Wednesday and 3:30 p.m. Thursday weekly. For more information, call 524-1461.

The 104th Division (Institutional Training), a Reserve Division headquartered in Vancouver, Wash., is looking for Reserve drill sergeants and instructors in a variety of MOSs. Soldiers leaving active duty should apply. For more information, call (800) 517-8379, extensions 4182, 4183 or 4184.

The Commanding General's Newcomers Expo and Briefing is July 10, from 1 to 3:15 p.m. at the Elkhorn Conference Center. This briefing is mandatory for all newly assigned soldiers and officers at Fort Carson.

For more information, call 526-0428.

Third Brigade Combat Team is utilizing smoke and CS gas at the Pinon Canyon Maneuver Site from July 20 to Aug. 17.

Effective Jan. 1, 1999, all federal payments will be made via electronic funds transfer. This rule is a result of the Debt Collection Improvement Act of 1996 and it will affect Army vendors and all soldiers and Department of the Army civilians.

weekday \$14; weekend/holiday, \$16; Twilight, \$11; 10 play, \$120.

Civilian: weekday \$20; weekend/holiday, \$22; Twilight, \$14; 10 play, \$180.

The twilight rate is only available after a designated time in the afternoon. Currently it is 6:30 p.m. but that will change as sunset time changes.

RIDEFINDERS is sponsoring the 5th annual bike week program designed to promote the safe and fun use of bicycles for commuting and recreational purposes today through Sunday, according to the Colorado Springs office of public communications.

A free breakfast will be provided at the New South Wales restaurant for bike riders on Bike to Work Day, June 26, to promote bicycle commuting.

Reservations are required for this event and can be made by calling RIDEFINDERS at 471-7665.

The post soccer team is looking for anyone interested in trying out for the Colorado Springs Soccer Club 98 Invitational here July 17 to 19.

Soldiers interested in trying out for the team should contact Coach Ben Stancati at 574-1020 or 548-1970.

Cheyenne Shadows Golf course will host the Retiree Appreciation Days Golf Tournament today. Check in for the tournament and a putting contest will be from 7 to 8 a.m.

The entry fee for Cheyenne Shadows members is \$20; for active duty and retired military the fee is \$30; and \$35 for civilians.

Sports & Leisure Athletics

The Falcon Wanderers Volksmarch Club of Colorado Springs will be sponsoring a 5km (3.1 miles) and 10km (6.2 miles) volksmarch (non-competitive walking) event tomorrow.

The start/finish location for the volksmarch is the Ute Pass Cultural Center, 210 E. Midland, Woodland Park, Colo. Participants may start this event any time between 8:30 a.m. and noon. This event is free and open to the public.

All walk participants under the age of 12 must be accompanied by an adult and pets must be leashed. Strollers can complete both courses, with difficulty. Wheelchairs are not recommended.

For more information, call Curt Converse at 591-8193.

Ironhorse Fitness Center will hold a racquetball tournament July 7 to 11. The tournament is open to the Colorado Springs military community, active duty and family members over 16, retirees and Department of Defense civilians.

The double elimination tournament has no entry fee. Entry deadline is July 1. Categories are Men A/B/C, Women and Mixed Doubles. There will be awards for first and second places.

For more information, call Bill Reed at 526-2706.

W orth Hearing

Ratings:

★★★★

5 = a must buy

4 = pitch in with a friend

3 = see if a friend bought it

2 = wait for radio release

Artist: The Gandharvas

Title: Sold For A Smile

Tracks: 12

Time: 46:02

Rating: Four stars

by Mark Simon

Mountaineer columnist

There s something about Canada. Maybe it s the vastness. Or maybe the long winter nights. The winds that blow across the Canadian Plains seem to bring powerful music to the United States. From the land of The Guess Who and Rush comes The Gandhar6

vas, a very original quintet from London, Ontario.

The name of The Gandharvas is a Hindu term for celestial musicians of the gods, and was originally given to the Beatles by the Maharishi. If you listen very, very closely you might pick up some

Beatle influences, especially from Sgt. Pepper, but mostly what you hear are original sounds and emotions that will allow you to do what The Gandharvas did when making the album; find yourself.

The first single from Sold For A Smile,

Downtime, is about some of the hopelessness of life, balanced by the hope that you can change, or at least not be caught in the sameness of everyday life. There s a reminder to don t stop honey/don t let them break you down. The recurring theme of rising above the ordinary is in just about every one of the 12 tracks on Sold For A Smile. About the only exception is an angry version of Cyndi Lauper s Time After Time. (On second thought, the anger fits with the feeling of being lost and hopeless.)

As a major label debut, Sold For A Smile is a world class collection of tunes from a band we

Get Out!

Editor's note: Get Out is a new weekly feature in the Mountaineer that spotlights events in the local community.

Indian-Spanish Market

The Indian-Spanish Market will be presented for the second year by the Colorado Springs Fine Arts Center, located at 30 West Dale Street, just off North Cascade Avenue Saturday and Sunday.

The market provides an insight into the Indian and Hispanic culture through sights, sounds and tastes. Artwork will be showcased by more than 80 Indian and Spanish artists. Live demonstrations of weaving, tinwork, painting, and woodcarving will be demonstrated. Mexican food, Indian fry bread, sandwiches, muffins and ice cream will be available.

Live music and dancing will be performed in the courtyard and theater throughout the weekend.

The Indian-Spanish Market will be open on Saturday, June 27, from 9 a.m. to 5:30

p.m. and on Sunday, June 28, from 9 a.m. until 4 p.m. Admission to the fiesta is \$5 for adults. Children ages 12 and under are free when accompanied by an adult.

Renaissance

The Renaissance Festival has free admission for children with a paying adult the weekend of July 4 and 5. Couple that with \$2 off discount tickets from Information, Tours and Travel and a family of four could enter the festival for \$22. Bring extra for food and drink. The Renaissance Festival is at Larkspur, about halfway between Colorado Springs and Denver, off I-25. Hours are 10 a.m. until 6:30 p.m., weekends only, rain or shine.

Breckenridge

Rock n Roll Hall of Fame groups The Platters and The Drifters are appearing at Breckenridge, Colo. during the Independence Day weekend celebration. There is an all-day free concert at the Village at Breckenridge on July 3.

Also on tap is a performance by the National Repertory Orchestra, the Breckenridge Music Institute Orchestra, fireworks over Ten Mile Range and an arts and crafts fair.

Independence Day begins with a parade at 11 a.m., and snowboarding activities at the ski resort.

Breckenridge is two hours west of Denver via Interstate 70 and Colo. 9 or two and one half hours northwest of Colorado Springs via U.S. 24 and Colo. 9 northbound.

Firecracker 5 km and 10 km

The first family walk and run will kick off the 4th on the 3rd at Briargate at 9 a.m. July 3. Runners and walkers of all ages and skill levels may register at the Runner's Roost, 107 E. Bijou, 632-2633. In addition to the morning run, festivities include music, magic, games and entertainment, beginning at 3 p.m. and culminating with a fireworks display at 9:45 p.m.

Let the games begin

A guide for Kit Carson Community Festival and Retiree Appreciation Days events



File photo

A clown entertains children by making balloon animals. Kit Carson Community Festival Family Day is set for July 3. See Page C2.

Festival offers something for everyone

Fort Carson Public Affairs
Office

The annual Retiree Appreciation Days and Kit Carson Community Festival run today through July 4 on Fort Carson.

This special guide to the festivities includes comprehensive schedules of activities on RAD, below, and KCCF, on Page C2. The guide also has maps on RAD and KCCF activity locations and parking restrictions.

The Kit Carson Community Festival kicks off Monday with an installation run. Thousands of soldiers will participate in the run, and it is open to civilian employees and family members. To ensure safety of the runners, Berkeley and Magrath avenues will be closed between O Connell Boulevard and Titus Boulevard from 6:30 to approximately 8 a.m.

Other highlights of the festival include:

Unit sports competition

including basketball, boxing, soccer and softball. The competitions run Monday through Thursday.

Kit Carson Community Festival and Independence 10 km runs set for 7 a.m. Tuesday and July 4, respectively. Both runs begin at the Post Physical Fitness Center.

Culinary Arts Judging, 8 a.m. Wednesday at Elkhorn Conference Center.

Single Soldier Day, Thursday. Among the activities

geared toward single soldiers are: Karaoke; a dunk tank; and the Better Opportunities for Single Soldiers Summer Jam Fest, featuring The Last Band on Earth. The summer jam runs from 1 to 4 p.m.

Family Day, July 3. Among the family/children activities are: a chili tasting contest; a jello eating contest; a Soldier Show performance, 2 p.m. at McMahon Theater; and a fireworks display, at 9:40 p.m. at Ironhorse Park.

Retiree Appreciation Days run through Monday

Editor's note: the following is a schedule of events for Retiree Appreciation Days, which runs today through Sunday. A highlight of the events is the dedication of the Ironhorse Physical Fitness Center in honor of Lt. Gen. John F. Forrest, former commanding general of Fort Carson. The dedication, which is open to the community, takes place 3 p.m. Saturday at Ironhorse PFC.

June 26

Event	Location	Time	McMahon	9 a.m.
Golf (RAD)	Golf Course	8 a.m.	Static Display	Old PX
Lunch/Award Presentation	Golf Course	noon to 3	New Barracks Tour (if Available)	Parking Lot 10 a.m.
Job Fair	Elkhorn	9 a.m.	County Fair	Youth Center noon
Retirement Ceremony	Manhart Field	3	Workshops	Youth Center 1 p.m.
			Dedication	Ironhorse PFC 3 p.m.
			Amy Ball	Broadmoor 6 p.m.
Pancake Breakfast	Old PX	6 a.m.		
	Parking Lot			
Theater Program				

June 28

Memorial Services

Kit Carson Community Festival

Activity Map

June 29

Event	Location	Time
Installation Run	Pershing Field	6:30 a.m.
Basketball	Garcia and Waller	10 a.m.
Boxing	Post Field House	10 a.m.
Soccer	Pershing Field	10 a.m.
Softball	Sports Complex	10 a.m.
Volleyball	McKibben PFC	10 a.m.
Billiards	Fatz	10 a.m.
Bowling	Bowling Center	10 a.m.
Darts	Neon	10 a.m.
Sportsman		
Marksmanship	Range 19 and 5A	10 a.m.

June 30

10 km Run	Post Field House	7 a.m.
Golf	Post Golf Course	7 a.m./1 p.m.
Softball	Sports Complex	9 a.m.
Volleyball	McKibben PFC	9 a.m.
Basketball	Garcia and Waller	9 a.m.
Soccer	Pershing Field	9 a.m.

Racquetball	Ironhorse/Garcia	9 a.m.
Skeet Shoot	Int 1 Shooting Park	9 a.m.
Boxing	Post Field House	10 a.m.
Darts	Fatz	10 a.m.
Bowling	Bowling Center	10 a.m.
Swimming	Outdoor pool	10 a.m.
Flag Football	Sports Complex	1 p.m.

July 1

Fishing Derby	Townsend Reservoir	6 a.m.
Golf	Post Golf Course	7 a.m./1 p.m.
Culinary Arts		
Judging	Elkhorn	8 a.m.
Archery	Archery Range	9 a.m.
Basketball	Garcia/Waller	9 a.m.
Climb the Wall	Outdoor Rec Center	9 a.m.
Racquetball	Ironhorse PFC	9 a.m.
Soccer Finals	Pershing Field	9 a.m.
Softball	Sports Complex	9 a.m.
Horseshoes	Ironhorse Park	10 a.m.
Chess/Checkers	Ironhorse Park	10 a.m.
Sand Volleyball		

July 2

Single Soldier Day

Miniature Golf		
Tourney	Ironhorse Park	10 a.m.
Darts Finals	Neon	10 a.m.
Bowling Finals	Bowling Center	10 a.m.
Karaoke	Ironhorse Park	10 a.m.
Auto/Motor-cycle Show	Ironhorse Park	11 a.m.
Auto Boom		
Box	Ironhorse Park	11 a.m.
Dunk Tank	Ironhorse Park	noon
3 on 3		
Basketball	Ironhorse Park	1 p.m.
Summer Jam		
Fest (BOSS)	Ironhorse Park	1 p.m.
Boxing Finals	Post Field House	2 p.m.

(2 person)	Ironhorse Park	10 a.m.
Swimming	Outdoor Pool	10 a.m.
Billiards	Fatz	10 a.m.
Boxing	Post Field House	10 a.m.
Darts	Neon	10 a.m.
Bowling	Bowling Center	10 a.m.
Litter Race Relay	Ironhorse Park	11 a.m.
Flag Football		
Finals	Sports Complex	11 a.m.
Commanders		
Litter Race	Ironhorse Park	noon
Karaoke	Ironhorse Park	noon
Racquetball		
Finals	Ironhorse PFC	noon
Bed Race	Ironhorse Park	1 p.m.
Basketball		
Finals (women)	Garcia PFC	2 p.m.
Basketball		
Finals (men)	Garcia PFC	3 p.m.
Tug of War	Ironhorse Park	3 p.m.
Softball Finals	Sports Complex	6 p.m.

July 4

5 and 10 km Races		Post Field House
House	7 a.m.	
Soldier Show	McMahon Theater	2 p.m.
Fireworks	Memorial Park, Colo. Springs	8 p.m.

Concessions available at Ironhorse Park Wednesday, Thursday and Friday from 11 a.m. to

Family Day Map

July 3

Family Day Events

Event	Location	Time
Batting Cages, Mallet Poll open	Ironhorse Park	10 a.m.
Mini Golf	Ironhorse Park	10 a.m.
Chili Tasting Contest	Ironhorse Park	11 a.m.
Dunk Tank	Ironhorse Park	noon
Punt/Pass Competition	Ironhorse Park	noon
Children's Sack Race	Ironhorse Park	1 p.m.
3 on 3 Youth Basketball	Ironhorse Park	1 p.m.
Jello Eating Contest	Ironhorse Park	1:30 p.m.
Soldier Show	McMahon Theater	2 p.m.
Family Egg, Balloon Toss	Ironhorse Park	2 p.m.
Family 50 Yard Dash	Ironhorse Park	3 p.m.
Family Softball Throw	Ironhorse Park	3 p.m.
Family Frisbee Throw	Ironhorse Park	3 p.m.
Family Horseshoes	Ironhorse Park	3 p.m.
Pin Pong Fling	Ironhorse Park	4 p.m.
Family Sack Race	Ironhorse Park	5 p.m.
Children's Bike Race	Ironhorse Park	6 p.m.
Wheelbarrow Relay	Ironhorse Park	6 p.m.
Spoon, Egg Relay	Ironhorse Park	6 p.m.
Three-legged Race	Ironhorse Park	6:30 p.m.

Carson soldier appears in 1998 Soldier Show

by Nel Lampe
Mountaineer staff

It is a dream come true, said Sgt. 1st Class Cynthia Carter, referring to her selection for the Soldier's Show.

Carter has been singing most of her life. She grew up singing in her church in North Little Rock, Ark. She was in choir, in the high school chorus, and won a music scholarship to college.

She had auditioned once for the Soldier Show, about 10 years ago, but Carter says she was really shy at the time, and had four small children at home, so it wasn't in the cards then.

According to her husband, Sgt. Willie Carter, who is with Smith Dental Clinic, Carter thought she didn't have the time to audition for the Soldier Show, although she had always wanted to be in it. She has three years left in the military, and I told her to go for it this might be her last chance, he said.

The Carters have five children, all teenagers, so Sgt. Willie Carter was asking for a lot of responsibility when he encouraged his wife to take on the six-month stint away from home.

The Carters met in Germany when she was with the USAREUR band and chorus. She competed to get in the Apollo Show, a European version of the Soldier Show. She sang at various post functions as well.

Carter said the Soldier Show experience should help Cynthia decide if she really wants to be a recording artist. The Soldier Show is grueling, hard work, but she's getting lots of experience, he said. She's learning a lot about the music and entertainment world.

When not in the Soldier Show, Carter is a food service specialist with Headquarters and Headquarters Company, U.S. Army Garrison.

Master Sgt. John Wyatt, noncommissioned officer, Directorate of Logistics, recalls that Carter sang at the unit Christmas Party and at farewell parties. She also was a member of Harmony in Motion. She had wanted to try out for the Soldier Show (for a long time), but because of duty and family, hadn't done it. This time she took the shot. She was real happy to be chosen, Wyatt said.

Carter's competition for the Soldier Show really started in December, when she made a video of herself, singing in different styles. She sent the video to the Soldier Show and was notified to attend the competition in March at Fort Belvoir, Va., where she made the finals. All the finalists competed against each other to get a spot on the cast, and Carter was one of the lucky 21 who made the cast.

Once the selections were made, the next five weeks were spent in rehearsal, and the Soldier Show hit the road May 2, performing about 20 performances in less than a month,



Courtesy photo
Fort Carson's Sgt. 1st Class Cynthia Carter sings Stormy Weather in the 1998 Soldier Show.

before heading for Europe. The month of June the Soldier Show is performing at Army posts throughout Germany, with stops in Belgium, Italy and Bosnia, before heading back to the states. The first performance

Lightning a safety hazard

Fort Carson Safety Office
During Kit Carson Community Festival's outdoor activities, it's important to observe the following safety tips if lightning should occur.

- Avoid water.
- Avoid metal objects such as electric wires, fences, golf clubs, machinery, motors, power tools, and railroad tracks.

Avoid hilltops and open spaces.
If possible, find shelter in a building or in a fully enclosed metal vehicle such as a car, truck or van with windows completely shut.

If lightning strikes nearby, avoid direct contact with other people, remove all metal objects and crouch down with

Run to affect post traffic

Fort Carson Public Affairs Office
The Kit Carson Community Festival Installation Run begins Monday at 6:30 a.m.

The run will affect traffic on Barkeley and Magrath Avenues and O Connell and Titus boulevards.

No gates will close for run. Civilian employees and family members are invited to

take part in the 3.6-mile run. Civilian employees and family members who choose not to run can cheer the runners on along the course of the run.

The run begins at O Connell and Barkeley. The course runs south on Barkeley to Titus, east on Titus to Magrath, north on Magrath to O Connell, and west on O Connell to Barkeley.

Parking instructions for Kit Carson Community Festival, RAD

Due to the high volume of traffic on post during the Kit Carson Community Festival, the following traffic guidance is in effect and will be strictly enforced:

