

Mountaineer

Vol. 56, No. 29

Published in the interest of the Fort Carson, Colo., community



Military

52nd Engineer
Battalion soldiers
make improve-
ments on Fort
Carson

Page 15



Military

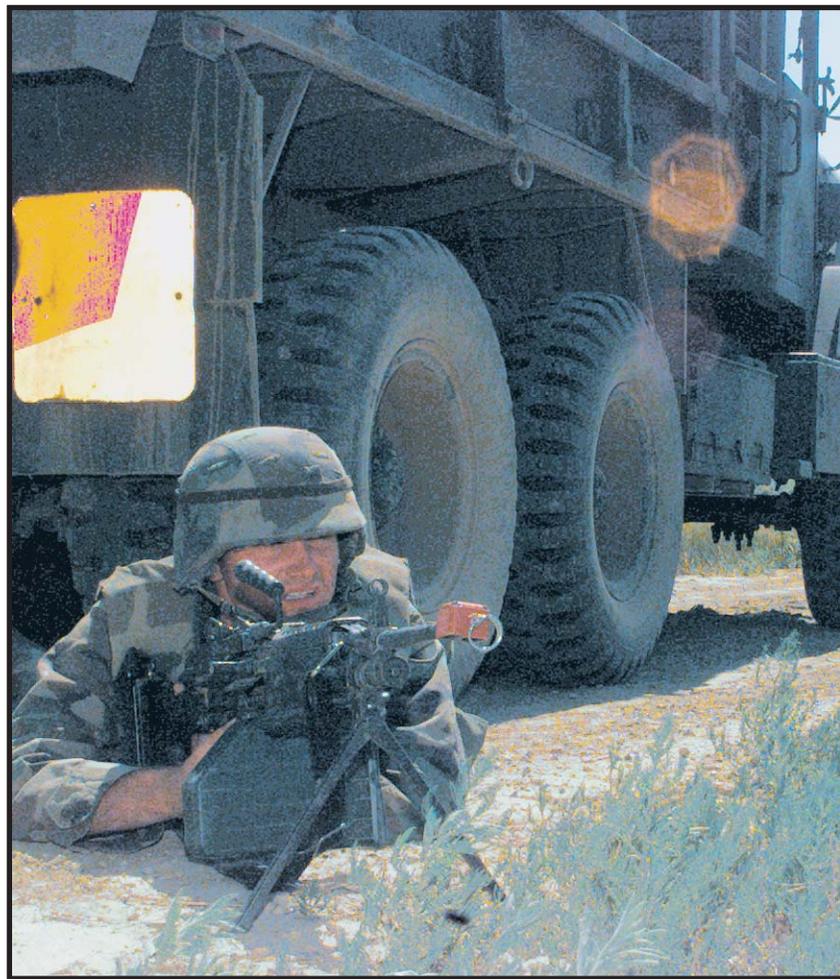
Col. Dennis L. Cripps, post deputy
commander of support, retires after
almost 30 years of service

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Happenings



Beat the heat with
whitewater rafting



Private Timothy Kendrick, 60th Ordnance Company, provides



Commanders



Riggs

“Black soldiers have served in every war since the birth of our nation.”

I would like to take some time this week to reflect on an important event in our nation's history. On July 26, 1948, President Harry S. Truman signed Executive Order 9811, which mandated the desegregation of the Armed Forces. Even though the policy took time to implement, our nation's military implemented the policy quicker than any organization in the civilian sector. Today, our Army continues to set the example in treating people fairly according to their merit and personal character, not according to their race.

Black soldiers have served in every war since the birth of our nation. Prior to World War II, Black Americans served in the 24th and 25th Infantry Regiments and the 9th and 10th Cavalry Regiments. These units performed with bravery during the early days of the west and during the Spanish-American War.

During World War II, black soldiers contin-

ued to serve valiantly in segregated units. The 320th Barrage Balloon Battalion was considered one of the best of its kind. The unit used helium filled balloons to obstruct the enemy during the initial invasion of Europe. The 761st Tank Battalion, the first black unit to go into combat, fought in six European countries. Twenty-two black American combat units served in the American Expeditionary Forces.

After World War II, race relations had not improved. President Truman took action by signing executive order 9811, abolishing segregation in all branches of the Armed Forces. The order stated, It is declared policy of the President that there shall be equality of treatment and opportunity for all persons in the Armed Services without regard to race, color, or nationality. This policy shall be put into effect as rapidly as possible.

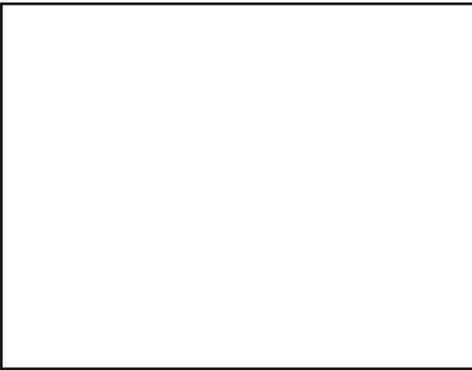
Three years after the executive order, at the start of the Korean War, black soldiers still served in segregated units. But, as the need arose for a qualified, stable force, commanders began to integrate their ranks. By March 1954, only 10,000 black soldiers, of the 250,000 serving in the Army, remained in segregated units. Twenty-one black pilots and hundreds of black enlisted men served with distinction in the Army Air Force in Korea. Lieutenant James Harvey, Jr. was one of the first black soldiers

to see action as a jet pilot.

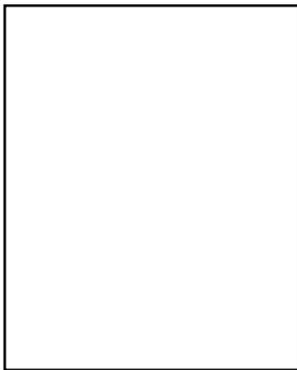
The Civil Rights Act of 1954 provided the next opportunity for increased minority enlistment. By August 1964, approximately 13.5 percent of the enlisted force in the Army were black. Officer strength had grown to three percent. Discrimination on installations subsided, but off post, black soldiers still encountered racism.

The Vietnam era marked another transition in race relations. The Army was fully integrated, but racial incidents plagued military installations and commanders took action. One in particular, Col. Theus, from Travis AFB began race relations training. The Theus committee was formed and created the Defense Race Relations Institute, which is known today as the Defense Equal Opportunity Management Institute. It strives to maintain positive race relations as a combat multiplier. Vietnam also provided numerous opportunities for minority soldiers to become leaders. By the end of the war there were 12 black generals in the Army, three in the Air Force, and one black admiral in the Navy.

Integration in the military was not easy and impacted readiness. We have come a long way to provide equal opportunity to every individual, regardless of race, gender, religion, national origin, or color in the U.S. Army. Let's



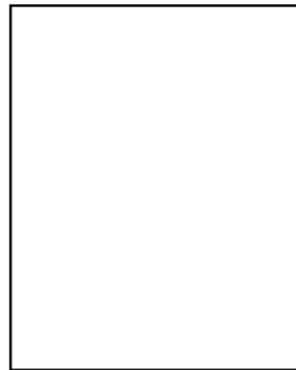
How do you think integration has affected the Army?



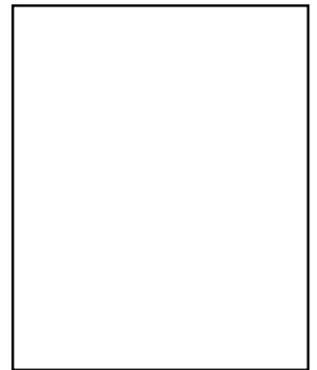
Sgt. 1st Class Mike Lee
3rd ACR
It changed for the good. Opened up new areas of jobs and



Pfc. James Neeley
64th FSB
It cut out a lot of racism.



Sgt Kevin Anderson
4th Eng. Bn.
We all wear this color uniform.



Hardrick Smith
Retired Army
Before integration, there were not many opportunities for promotions and jobs.

Mountain Post Team MVP



Sponsors of the Soldier and NCO of the Quarter boards

This week's Mountain Post Team MVPs are the sponsors of the Soldier and NCO of the Quarter boards. These sponsors not only support the quarterly boards, but also provide gift certificates for establishments, both on and off post as awards for those soldiers who distinguish themselves each quarter. Along with the gratification and honor of being the Soldier and NCO of the Quarter, these awards moti-

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.

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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

Mountain Post gets taste of Hollywood

by Pvt. Zach Mott

14th Public Affairs Detachment

Hollywood hopefuls turned out at the Outdoor Recreation Complex Tuesday to see if they will be chosen for the latest installment of U.S. Army recruiting commercials.

The filming of the three, 30-to-60 second spots is scheduled to begin Tuesday and wrap up August 19, said Annie Hamilton, casting director for Hamilton Casting.

Casting began approximately two weeks ago and was open to every soldier, family member and civilian employee at Fort Carson.

There were 500 responses during this open casting call, and, from those applicants 170 have been asked to return for a second interview, or callback.

Specialist Walter Nance said he liked the commercials because they show the jobs that are available for them before they enlist into the Army. Nance is a member of T Troop, 4th Squadron, 3rd Armored Cavalry Regiment, and one of the hopeful callbacks.

These commercials are focused more on the young recruits, people just out of high school, Hamilton said. The commercials will be different from previous ones, because there will not be any dialogue. Instead, there will be different shots of activities on the Mountain Post.

The open casting call drew soldiers from every level of the Army -- from a Special Forces captain to a private directly out of

Advanced Individual Training.

In the early stages of casting there were very few applicants, but after the first few days the aspiring actors began to flow in for an opportunity to be cast in a nationally broadcast commercial, Hamilton said.

This is not the first military recruiting commercial casting that Hamilton has done. She has done casting for the Air Force, Navy and Army National Guard spots.

This project, however, has taken a little longer to cast.

The casting for this spot takes longer because there are more people being filmed for these commercials, Hamilton said. It's not just the one person focus as in the previous Army recruiting commercials.

Almost every soldier who was called back had never been in front of the camera before.

It's nice to have the opportunity to do this, to get in front of the camera, said Sgt. Cedric Williams, T Troop 4th Sqdn., 3rd ACR, one of the callbacks.

Not every soldier who tried out for the commercials was chosen, but those who were selected for callbacks were generally excited.

When the commercial is finished most of these soldiers will go back to their military occupational specialties. A few of these soldiers will go to their units having represented the U.S. Army at the highest level, national television.



Photo by Spc. Jon Parr

Specialist Navideh Brower is interviewed for a spot in the Army recruiting commercial.

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Conservation tips take bite out of summer heat

by Nel Lampe
Mountaineer Staff

Fort Carson has used a million dollars worth of water so far this year. June's water bill set a record as the largest water bill ever, according to Steve Snyder, energy conservation coordinator at Directorate of Environmental Compliance and Management.

And he knows July's bill will be worse, with temperatures hovering for several days this month in the mid-90s. That's the bill for water. The electricity bill for Fort Carson, as people run fans and air conditioners trying to cool off, is also going to be a record breaker.

But there is something all Fort Carson on-post residents and workers can do to help: conserve.

Although it's the same old story—save energy—this time there's a new twist.

People all over the country are caught in the same heat wave that has hit Colorado. Electricity is being used in record amounts all over the country, and Colorado Springs is no exception.

According to news media reports, Colorado Springs City Utilities, the power company



Photo by Pfc. Socorro A. Spooner

Fort Carson's June water bill set a record as the highest ever.

See Water, Page 10

Community

HMCC becomes implemented Army

by Anju Chugh

Hazardous Material Control Center

With Hazardous Material Control

Centers, also known as HazMat

Pharmacies, being implemented Department of Defense wide, many installations are asking how to incorporate future or ongoing pollution prevention projects into the HMCC.

Fort Carson's HMCC currently stocks the hazardous materials used in support of maintenance activities. While a significant endeavor, it only covers approximately 30 to 40 percent of all hazardous materials stocked and used on a military installation.

To completely fulfill the mandate of Executive Order 12856, the scope of the HMCC must be expanded to incorporate all hazardous materials and pollution prevention initiatives. Fort Carson is attempting to include recycled antifreeze and oil, batteries, compressed gases and field kits in the current HMCC. The following are brief descriptions of each program:

Recycled oil and antifreeze:

All used oil and antifreeze is picked up by a local contractor free of charge, provided that the installation procures the recycled product from the same contractor at regular price. Currently only oil is in this program. Antifreeze, at this time, is recycled by contract or unit recycling machines. The product is requisitioned and distributed by the HMCC. The installation saves on:

Man hours there is no longer a need for a full-time position picking up all used antifreeze and oil;

Vehicles there is no need to lease or maintain pump trucks; and

Materials the HMCC allows for strict tracking, only buying and using what is needed.

Batteries:

Military units use a myriad of chemical batteries including: Magnesium, Nickel Cadmium (NiCad), Lead Acid (Sulfuric Acid), Lithium, Mercury, and Alkaline. Funneling

these stocks through the HMCC increases visibility on consumption and usage. In addition, the use of rechargeable batteries, which extends their life, reduces purchasing costs.

Compressed Gases:

Both items are used in many units. Common compressed gases include propane, ether, and compressed gases. Compressed gases, which require proper handling, require proper handling. Maintaining these items reduces the hazard. Field kits containing compressed gases, if not properly regulated, they are a hazard.

Incorporating these items into the HMCC allows for compliance with Right-to-Know Act.

Red Cross provides peace o

by Jason Zuboy
Assistant Station Manager
Fort Carson Red Cross

This summer many soldiers are deploying from Fort Carson to Pinon Canyon Maneuver Site. Later in the year, many will again deploy to the National Training Center at Fort Irwin, Calif. During these deployments, or any other, a situation may arise where a member of the deployed soldier's family must get an emergency message to the soldier in the field. Passing these emergency messages is a service provided by the Red Cross.



Emergencies are things we hope will never happen. However, they do happen, and they can happen when a soldier is in the field. In order to service emergency messages properly, it is best to be prepared. The family of any soldier who is deploying, be it to Pinon

Canyon, NIC, Kuwait, or Bosnia, should have the soldier's important information written down and kept in a place where it can be easily accessed. This soldier's information should include:

- Full Name
- Rank
- Social Security Number
- Branch of Service
- Where Deployed (address if possible)
- Home Unit

You should also have the Red Cross phone number with this information. If you live in Colorado Springs or Fort Carson, you should contact the Fort Carson Red Cross Station at 526-2311 for service. If you or other members of the soldier's family live outside of Colorado Springs, the Red Cross contact will be the local Red Cross Chapter that serves your area please obtain this number and keep it with the soldier's information. All Red Cross chapters and stations are available 24 hours a day, seven days a week to service

emergency messages. When contacting an emergency message to provide as much information as possible, such as a phone number for contact to verify, you must verify all messages passed on to military units to ensure that military units maintain the information accurate so they can make decisions. The Red Cross does not make decisions. Only military units make decisions. Red Cross is available 24 hours a day to provide an emergency message to a soldier. Being prepared with complete and accurate information is the key to ensuring a message is delivered. Being prepared with complete and accurate information is the key to ensuring a message is delivered.

COMMUNITY



Photo by Pfc. Socorro A. Spooner

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TRICARE offers answers about

U.S. Army Medical Department Activity

After you have received health care using TRICARE Standard (CHAMPUS), how does the bill get paid?

Well, I thought the government was supposed to take care of it.

I just figured the doctor would send it in.

The hospital filed the claim, but they never heard anything, so now they're coming after me!

I sent somebody the bills and didn't think any more about it. Now, the doctor has a collection agency harassing me.

I called somebody and asked for claim forms a couple of years ago, but I never got any. Now they won't pay anything for the care I got because they say I waited too long to file the claim.

Do any of these complaints sound familiar? They do to the people who answer the phones at TRICARE service centers around the country, or at the TRICARE Management Activity (formerly known as CHAMPUS headquarters or, more recently, the TRICARE Support Office), in Aurora, Colo.

Busy military members and their families have a lot to deal with in today's world -- and now

and then, some basic bits of information tend to get lost in the shuffle. Here are a few tips that may help you and your family use your military health care benefits more effectively, and get the government to share the cost of civilian care when it's appropriate:

When you get covered health care under TRICARE, somebody has to pay for it. If the government is going to pay its share of the cost of the covered care, somebody has to send a claim into the proper TRICARE contractor. It may be you. It may be the doctor or hospital. But somebody has to send in a claim, or Uncle Sam won't know you got the care -- and won't pay any of the costs.

Before you get medical care from a civilian source, talk to the provider of the care or his/her staff to determine who's going to file the claim with the TRICARE contractor. If they do it, they'll have their own forms to use (the HCFA 1500 for individual providers or the UB-92 for hospitals and other institutional providers.) If you file the claim, you'll need the DD Form 2642 (CHAMPUS Claim: Patient's Request for Medical Payment).

Of course, if you're enrolled in TRICARE Prime, or are using TRI-

CARE Extra, and are being treated by a TRICARE network provider of care, the provider will always file claims for you. If you get non-institutional care under TRICARE Standard, your provider may or may not file claims for you.

If you have to file a claim yourself, where do you get the DD Form 2642? TRICARE contractors have them. TRICARE service centers have them. Health benefits advisors at military medical facilities have them. If you can't get claim forms from these sources, write to: the TRICARE Management Activity, 16401 E. Centretech Parkway, Aurora, CO, 80011-9043.

If you have internet access, you can also get the claim form on-line. Just go to the Military Health System's home page at: <http://www.mhs.osd.mil> or: <http://wwwt.so.osd.mil>.

When you file a claim, don't send just the bills in. They have to be attached to a claim form. Fill out the claim form completely and accurately (it's only a half-page long) and sign it -- then attach copies of the itemized bills to the claim and send it in to your regional TRICARE contractor. You have one year from the date you received the service -- or one year from your date of discharge from

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SMC receives Carillion Bells from Fitzsimons

by Pfc. Socorro A. Spooner
Mountaineer staff

Soldiers Memorial chapel received a nice surprise in the form of Carillion bells July 21. The bells which were originally donated to Fitzsimons in 1986 by Col. Thomas L. Bond and wife, Marguerite, in memory of their daughter, Marguerite, were in need of a new home due to Fitzsimons closing.

When the Bonds discovered the bells were in need of a new home they along with Fitzsimons

began to look for a new home. Eventually they got in contact with Fort Carson and decided to donate them to SMC, according to Chap. (Capt.) Kevin Cavanaugh, Soldiers Memorial Chapel.

We are happy to have the bells as an added addition, said Cavanaugh.

Originally, when SMC was built, it had Carillion bells which eventually stopped working and were turned in, said Cavanaugh. These bells can play festive music, traditional hymns, patriotic

music and even Army ceremonial music, he said.

The bells are a very traditional enhancement to worship, said Cavanaugh.

They will be placed in the steeple of SMC and will be heard through four speakers located in the steeple. These bells will project the sound of bells although they re all electronically mastered sounds once the chapel s electrical rewiring is complete.

The chapel is currently running on schedule for its projected



Water

From Page 4

ty of electric power. Monday and Tuesday, electric power usage was at record-breaking highs, and the utility company was at the brink of rolling blackouts except that some major users voluntarily cut back on usage and some users converted to back-up generator power.

A rolling blackout refers to the point that electricity usage is greater than the power that is available, and a power outage occurs or is induced. The utility company may turn power off to certain neighborhoods for a certain period of time.

Deborah Duncan, acting director of Public Works, said the hospital and Emergency Operations Center have backup systems uninterrupted power systems.

The operating rooms and critical care units are never in jeopardy, said Col. Eric Schoemaker, commander of Evans Army Community Hospital. Evans has two independent generators (a backup to the backup), which are tested regularly, he added.

It is in the best interest of Fort Carson resi-

dents and office workers to cut back on power usage and avoid having electrical power shut off for a period of time so that the utility company can continue providing power to the Colorado Springs region.

The only bright spot in a crisis like this is that it raises (energy conservation) awareness, Snyder said.

Snyder mentioned several ways people can conserve electric power in homes or offices that won't affect quality of life but will affect Fort Carson's utility bill and help avert a rolling blackout situation. Snyder said that a significant part of the utility bill is a demand charge which is levied on power usage during peak demand periods, usually 10:30 a.m. until 11:30 a.m. and 2:30 p.m. until 3:30 p.m. Snyder said that if users turn off unused lights and computers during those times, it would help. Even the most efficient lights contribute heat to the office or home, Snyder said.

Snyder suggests that people use the altitude and natural temperatures to help cool houses and offices—open windows early in the morning when it's cool outside. Close blinds on the sunnyside of the house or build-

ing as the day warms up. Snyder said that in the morning, and at the same time, Snyder

Snyder pointed out that using energy-efficient or evaporative coolers, or efficient type coolers, adding humidity to

Utility company tips on bills

Colorado Springs utility company offers tips for days when temperatures are above 90 degrees.

Turn off lights, televisions, and other appliances or computers.

Avoid turning on air conditioning, computer, TV, air conditioning, hot tub or spa, clothes dryer, or the oven.

Limit use of air conditioning between noon and 4 p.m.

Use fluorescent lights.

Keep frost-free freezers on freezer walls.

Swim, splash, cool down at post's outdoor pool

by Pfc. Socorro A. Spooner

Mountaineer staff
Looking for the one

place to beat the heat during these scorching days of the summer? The place to be is the Fort Carson Outdoor Pool.

The pool, which is located at the intersection of Ellis and Specker, is open from 11 a.m. to 8 p.m. Monday through Friday and

11 a.m. to 6 p.m. weekends, holidays and training holidays. Pool admission is \$2 per person with valid military ID.

The pool can offer a variety of water activities like a diving board and a basketball hoop for fun. The pool, which ranges from 3 feet to 12 feet on the deepest end, is monitored by at least three certified lifeguards at a time.

There are life jackets available at the pool for those who can't swim. Those who are under the age of 12 must pass a swimming test in order to be left at the pool without an adult. The proper attire for the pool is swimsuits. The pool also offers a concession area for patrons.

The pool has season passes available for individuals and families. A Splash



Pool patrons enjoy cooling off during the hot summer days.



Children enjoy cooling down at the outdoor pool.

Chapel

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

Soldiers Memorial Chapel is offering Summer Sunday School in the Chapel Religious Education Wing Building 1500 every Sunday from 9:30 to 10:30 a.m. Classes are offered for adults and youth. Group sessions are conducted for children using Christian Videos.

Religious Education Classes needs volunteers to serve as teachers and assistants in the Protestant and Catholic Religious Education Programs. If interested, call Miki Feldman at 526-0478 or Dennis Scheck at 526-5626.

Chapel Schedule

ROMAN CATHOLIC

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

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

LITURGICAL

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

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

For additional information contact the Installation Chaplain's Office, Bldg. 6. For information and a schedule of Jewish Sabbath services, call the U.S. Air Force Academy at 2636. Normally, free child care is available for infants and preschool age children at 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 51 & 2 Kings 23-25
 Sunday, Psalms 52 & 1 Chronicles 1-5
 Monday, Psalms 53 & 1 Chronicles 6-10
 Tuesday, Psalms 54 & 1 Chronicles 11-15
 Wednesday, Psalms 55 & 1 Chronicles 16-20
 Thursday, Psalms 56 & 1 Chronicles 21-25

COMMUNITY

Chaplain s

by Chap. (Capt.) Matthew L. Gibson
4th Personnel Services Battalion

Do not let yourselves become discouraged ..., writes Paul in his letter to the Hebrews. That is easier said than done. The world seems to be filled with discouraged people. Millions could be singing the plaintive black spiritual:

Sometimes I feel like a motherless child,
Sometimes I feel like a motherless child,
Sometimes I feel like a motherless child,

A long ways from home, a long ways from home.

In a recent article in a national magazine, we were told that depression and despair are at epidemic proportions. Nearly 30,000 Americans kill themselves each year in overt acts of suicide. Another 100,000 attempt to take their own lives. Countless thousands more are killing themselves slowly by less obvious means such as overeating, alcohol and drug abuse, overworking, etc. In addition to these, there are millions more who daily seek to diminish themselves through humilia-

tion and other psychological forms of punishment.

Do not let yourselves become discouraged ..., writes Paul.

Jeremiah the prophet knew what it was to be discouraged. God had given him a most unpopular message to deliver to his people. When people came to him to ask him to pray for them -- to ask him to seek God's word for them -- the message he was given by God was never the message they wanted to hear.

Therefore, rather than heeding the message he brought on behalf of God, they sought to kill the messenger. They threw him into an empty cistern and were going to leave him there until he died of thirst and starvation. There was no water in the cistern, but there was a thick layer of mud. We are told that Jeremiah sank down into the mud.

There have been times that I have sunk down into the mud of life. Haven't you? Do not be discouraged ... writes St. Paul. We can heed his admonition because we know St. Paul knew what it was to be discouraged. He

was shipwrecked, lied in every possible way, and was crucified up or give in. Neither did they allow themselves to be discouraged. They did not allow themselves to be discouraged.

Notice, first of all, that the letter was written to the saints for their benefit and the benefit of the sinners. It was for the benefit of the Christian people of that time.

Lance Webb, in his book "Your Sins?" tells us that one of England's greatest writers, who was disgusted with the state of the world, so many Christians were at that time.

One day, when he was in a state of hopelessness, isolation, and despair, he opened his eyes to the world and began to read. His eyes were opened to the world and he began to read. His eyes were opened to the world and he began to read.

Since all have sinned and fallen short of the glory of God, they are justified by a gift, through the

Military



A bulldozer clears a path for a fitness trail on the foothills next to Titus Boulevard.



Engineers dozing with Fort Carson

Fort Carson Public Affairs Office

The 52nd Engineer Battalion is finding the summer a busy season as its soldiers are doing numerous projects on the Mountain Post.

The soldiers are currently building

ion at the
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Retiring colonel proud of Army, its

by Spc. Jon Parr
Mountaineer staff

Each day that passes, Col. Dennis L. Cripps, post deputy commander, is a day closer to retirement. For almost 30 years, he has awoken each morning for physical training, personal hygiene and reported to work. His last official work day was Monday, and his last day as an active duty soldier is Sept. 1. Retirement is inevitable in the Army, but Cripps would gladly go on serving his country.

"If I could go another 30 years, I would. I love it," Cripps said. "This is the greatest Army in the world, and I love being a part of it."

Cripps has served the last four years at Fort Carson. In that time frame, Cripps served as an Aviation Brigade commander for 19 months, as the Chief of Staff for Fort Carson and the position he retired from, the deputy commander for support. In each of these positions, Cripps has made accomplishments that he is proud of.

In each position Cripps has held, he has made significant contributions, but he is most proud of his work during the changes Fort Carson made when it lost the 4th Infantry Division to realignment. Cripps was instrumental in converting a division staff into an installation staff. The mission wasn't easy, he had to establish an installation staff in absence of a division staff, with half the people.

"We lost a division staff of 250 people and had to take the Garrison staff and provide the service of a division staff. It was a big challenge, but we adapted and overcame," Cripps said.

"Being a part of the ACOE (Army Community of Excellence) team was an honor," he said. "We had to take on a total quality management philosophy. Instead of focusing from the top

down, we had to switch to a customer focus. This meant we had to identify our customers and figure out what they wanted."

The team was successful though, Fort Carson was recognized as the best installation in the Army for its total quality management.

As chief of staff, Cripps was busy all the time, but he also found time for extracurricular activities. He was a member of the Fort Carson Army Ten Miler team that took first place in Washington D.C. He is also a member of the Colorado Springs Sports Corporation Board and a Boy Scout board.

Extensive hours are nothing new to Cripps though, after graduating from the Infantry Officer Candidate School in 1970, Cripps left for Vietnam. He is one out of a handful of Vietnam veterans still in the Army, he said. He spent a year there as a pilot flying helicopters with the 101st Airborne Division (Airmobile) and the 229th Aviation Battalion, 1st Cavalry Division (Airmobile).

After taking part in the Vietnam War, Cripps witnessed the Army go from rock bottom to the "finest military ever known," he said.

"The U.S. Army was demoralized after Vietnam," he said. "The NCOs were dedicated, but not properly trained. The Army used 'Shake 'n' Bake' training policies. It was a poorly trained and poorly led Army, but now there isn't a force in the world better than the U.S. Army. After Vietnam, the people who stayed in the Army revamped the schools and the overall tactical and technical procedures changed in the 80s."

When the Army was at its lowest, Cripps stuck it out. He is leaving the Army at the best it has been since he joined. He said he is amazed at how far the leadership has come along.



Colonel Dennis L. Cripps looks on as Maj. Sherry C. [Name partially cut off] commanding general, presents Sherry C. [Name partially cut off]

"If you can picture the worst leader you could ever imagine in your head, we use to have lots of them," Cripps said. "The Army has come so far in every way though."

The changes in Cripps' career, have been for the better, he said.

It is these changes that kept Cripps busy, but these changes make Cripps want to stay another 30 years.

He has served his country at its worst and its best, but nonetheless, his awards and decorations show he has

always honor.

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Photo by Spc. Jon Parr

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Soldiers climb over a vehicle after identifying a minefield. They climbed over the vehicles to decrease their chances of setting off a mine.

Ordnance

From Page 1

This became a problem for the soldiers, because the mayor and his people were promised food and water first, Flores said.

The non commissioned officer in charge approached the mayor, but the mayor was unhappy with the answer, so his people tried to seize the soldiers vehicles.

Soldiers moved quick and efficiently to remove the road block so the vehicles could get through, but civilian resistance was high.

One soldier battled with civilians as he tried to move concertina wire out of the road. He eventually won the battle, but the civilians moved on and began jumping in front of the soldiers vehicles in protest.

To keep the soldiers from driving off one civilian stood in front of the vehicle. The driver didn't want to run over the civilian, so he stopped as other soldiers moved the civilian out of the way.

Although an encounter of this level isn't likely, Flores said the training is key for the soldiers deploying to Bosnia.

These soldiers will be involved with a lot of convoys, and they will come across

illegal checkpoints, Flores said. An illegal checkpoint could be a civilian standing in the road, asking some assistance. It could be like the situation they face today and worst case scenario, they could come across a military threat.

This training was meant to be stressful for the soldiers, Flores said. However, it also benefited them.

This helped out a lot, said Sgt. John Burke, 60th Ord. Co., This isn't a normal field problem, it was based on a peace-keeping mission. We may face the same situations in Bosnia, so it helps us prepare for these situations.

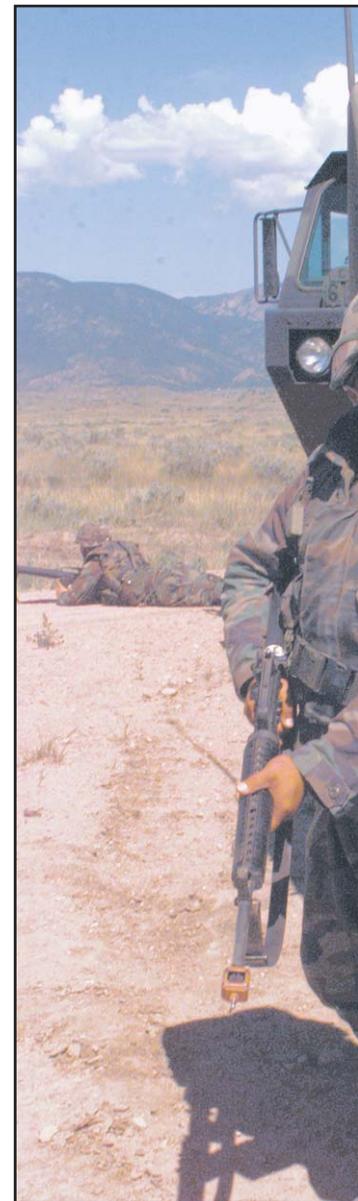
The second part of the mission facing the soldiers was a group of land mines. All vehicles came to a halt and the soldiers began to execute all required measures.

It didn't come easy as the NCOIC was given a casualty card. His jaw was broken and he could no longer talk to his soldiers.

To help his soldiers out, the NCO wrote all of his orders on paper. The soldiers used cravats to mark the land-mines, called an engineer element with all the information they had and climbed over their vehicles.

Climbing over their vehicles was important, because they may have been in a minefield, Flores said. By climbing

Sergeant John Burke, 60th



Sergeant Vicente Green, provides security at an illeg

Proactive measures lead to

by Julie K. Johnston
Fort Carson Safety Office

In recent months, Fort Carson has experienced a series of work related incidents and near-misses that have resulted in three fatalities.

For whatever reason, the workforce wasn't following established standard operating procedures and risk management. Although workers knew what they should have done, they simply weren't doing



it. And, they were not proactive when it came to their own safety -- or that of others. One way to improve this situation is to change how the workforce thinks in terms of safety and ownership. Who is responsible for safety. We all are. A concept that needs to be developed is one of operational excellence that uses the systems already in place.

The concept of operational excellence is the dedication of every member of an organization to perform each task correctly, to follow each step of every procedure, and to value safety above every thing else. Operational excellence is the tool for turning a "paper program" into a reality.

Organizations with strong operational excellence share 11 key characteristics:

- **Leadership by example:** Management demonstrates that everyone has a leadership role in refusing to bend the rules or allow shortcuts.
- **Sufficient resources:** Funds are made available for employee training in skills and attitudes; new equipment; and hazard analyses through risk management.
- **Employee involvement:** Employees participate in process hazard analyses, belong to teams that audit a process and serve on focus teams.
- **Active communication:** Everyone is clear and direct in his/her communication about the process, product, changing conditions, maintenance expectations, etc.
- **Strong teamwork:** Employee teams work together to ensure safe, timely production, adequate

preventive maintenance.

• **Shared values:** Everyone needs to follow every rule. If a rule is compromised.

• **Up-to-date documentation:** Equipment, alteration, and repair processes are documented.

• **Practices consistent with safety:** Because each person is a part of the team, everyone is responsible for safety. No compromises.

• **Absence of shortcuts:** No shortcuts. No sources of hazards, and no excuses for them.

• **Excellent housekeeping:** An accepted element of safety.

• **Pride in the organization:** Employees take pride in their ability to perform. They enforce their behavior.

These 11 characteristics are the denominator: they are the common behavior and integrated into the community. Operational excellence is improved safety performance. It is acceptance, even though it is less. With operational excellence, safety can be fostered. The employee as well as the organization is improved.

Carson converting to digital radio

by Nel Lampe
Mountaineer staff

Keeping up with technology can be challenging, but Fort Carson leads the way in converting analog radio systems to digital.

"We were told in November 1995 to start preparing to convert all analog radio systems to digital," said Master Sgt. Barbara Vanis, Fort Carson's frequency manager, Directorate of Information Management.

The National Telecommunications Information Administration controls all radio frequencies and will be able to double the number of available frequencies once everything is on digital narrow band. The NTIA is working to convert three blocks of frequencies, all of which affect the frequencies used at Fort Carson.

The non-tactical hand-held radios are all affected, and are being converted to digital narrow band.

Known as Base Support Trunked Radio System, Vanis said \$1 million was designated to bring the program on-line.

"We were given 10 years to convert to the digital narrow band," Vanis said. Fort Carson meets NTIA standards in Phase I, which was completed about seven years before the deadline.

Phase I of BSTRS is completed, and is scheduled to be accepted in a ceremony next week. Optimization of the system and testing period is 30 days, and if there are no problems, downtime or interruptions, the final



Reinforced concrete piers, 14-foot deep, hold the 200-foot steel tower.

test acceptance of Phase I should be official about Sept. 5. At that time, users can be added to the BSTRS. The first radios to be converted will be the commanding general's staff, DOIM and the military police staff and some other activities on post.

The BSTRS program has involved the construction of a new 200-foot tower on signal hill, and a building at the tower's base. The tower, erected in March, was transported in sections from the company in Illinois. The building at the base of the tower was trucked to Fort

Carson from Commerce City. The two halves were put together in February.

The old tower, located on Cheyenne Mountain, will continue to be used. Using the two towers increases the coverage as each tower can "see" areas the other doesn't "see" as well, Vanis said.

Phase I of BSTRS will give all units with radios remote access to the digital system, either through Signal Hill or the tower on Cheyenne Mountain. Users from different units can now communicate with other units, unlike the current system. Some users presently must carry two radios, in order to be able to talk to their own people and to also communicate with other agencies.

At a future date, Phase II of BSTRS will enable the system to use a smart zone, and track the radio

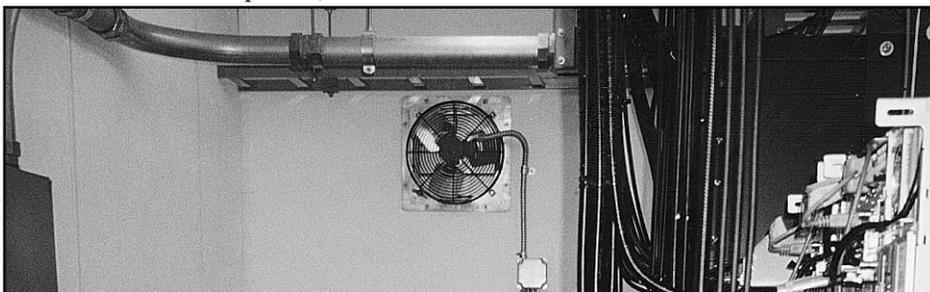
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End of year marks end of open season

Army News Service

From now to Dec. 31, more than 1 million employees in the federal government face a decision that could have a substantial impact on their personal finances.

All these employees are currently covered by the Civil Service Retirement System. They are given an opportunity to transfer to the newer Federal Employees Retirement System, under terms of a Congressionally mandated open season that started July 1, and runs through the end of the year.

Deciding whether to stay with CSRS or switch to FERS won't be easy for most employees. The two systems are different, and the only way to know which one is better for you would be to know exactly what the future will hold.

Both CSRS and FERS are good retirement systems offering good benefits. You can figure out which one benefits you more by assessing your present financial status and future financial goals; making reasonable assumptions about what will happen in the future; and educating yourself on CSRS and FERS.

This article provides a general overview of various aspects of the two systems.

Introduction

Let's begin with a basic comparison of the Civil Service Retirement System and the Federal Employees Retirement System.

CSRS is a classic "defined benefits" program which pays benefits according to a set formula and requires no positive action on the part of individual employees. In the case of CSRS, annuity payments are calculated using a formula based on the average amount of the highest three years of salary earned by an employee. Employees covered by CSRS do not pay into the Social Security system (unless they are covered by CSRS Offset. Instead, a fixed percentage of basic pay is withheld for CSRS.

While some changes have been made over the years, CSRS isn't much different today than when it was first formulated in 1920. CSRS works best for employees who have a long, uninterrupted career with the federal government, and its benefits essentially cannot be transferred to other jobs. According to one study, only 30 percent of federal employees work long enough to qualify for full CSRS benefits.

FERS is made up of Social Security, a small pension known as the Basic Benefit, and the Thrift Savings Plan, which is similar to 401(k) and other tax-deferred plans offered to employees in the private sector.

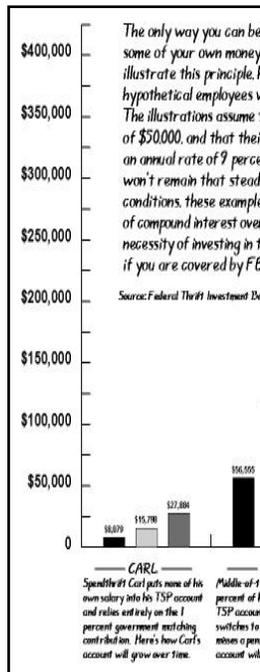
Those covered by FERS are responsible for opening their own Thrift Savings Plan accounts and contributing money to them. Those who fail to do so may find Social Security and FERS pension payments inadequate to maintain their lifestyles into retirement.

Though CSRS employees can open and contribute to Thrift Savings Plan accounts, they do not receive the matching government contributions offered to FERS employees.

Under the law which set up the Federal Employees Retirement System, all employees hired on or after Jan. 1, 1984, are automatically covered by FERS. The law permanently closed CSRS to new hires but contained a "grandfather clause" which allowed present employees to remain in the system.

FERS is designed to be "portable," meaning employees can take retirement benefits with them when they interrupt or end their government careers. Such a system is well suited for the fast-paced, modern world of work, in which employees can expect to change jobs and employers several times.

With no new employees entering CSRS, FERS



has gradually overtaken the retirement system among... of 1996, 49 percent covered by FERS; 44 CSRS; and the remainder other systems.

If you are in the... may not be eligible to... special conditions may a... includes employees c... hybrid of CSRS and... applies to employees... who left federal servi... returned after 1983... are now covered by C... consider your special... that decision.

Editors note: Next... run a continuation of... participate, figuring... your FERS annuity.

Show me the money

by Sgt 1st Class Paul Strange
Command Financial NCO



Strange

There are many aspects to the world of finance, far too many to talk about in one short article, but what I would like to do is talk to you about a strategy that helps consolidate and save money.

There are many ways to consolidate your debt, but the one I would like to talk to you about is credit cards,

since we live in a world dependent on plastic.

Credit cards can actually be great consolidation loans — if you play your cards right. By transferring the outstanding balance on a higher rate card (or loan) to one with a lower interest rate, you can save a considerable amount in interest payments.

For example, let's say you have a credit debt of \$10,000. If the interest rate on your existing credit card is 17%, and you only make the minimum payment, it will take you about 10 years to pay off the debt at a cost of \$33,447.

However, if you switch this debt to a credit card

that has an interest rate of 11 percent, you could pay it off, making minimum payments, in just five years at a cost of only \$13,045 — that's a savings of more than \$20,000.

Most credit card issuers make it very easy to transfer balances from one card to another by offering convenience checks. These checks look like personal checks and you can use them to pay off your higher interest debts.

The key to consolidating credit card debt is to really take the time to sift through the offers and find one with a steady, low interest rate. You can save even more money by strategically transferring your debt to another low introductory rate card when the last "teaser" rate is about to expire. However, the constant balance swapping might burn you out.

First, take a look in your wallet. A great rate may be waiting right there. Call your current issuers and tell them you would like to transfer other credit card debt to their card, but only if they can give you a good rate.

Be persistent. If the customer representative is unable to help, ask to speak to a supervisor. Chances are at least one will bite.

If you do not have enough credit available to take all your debt on to one card, ask for a credit

line increase. If you have time, most credit cards will give you more credit.

Once you have a plan, create a plan for paying it off. See your unit commander or she can help you.

Also, ask the bank for a fixed payment each month from your account to help you won't be tempted to "skip payment" offers.

If you have a good credit history, you could get on a better rate.

However, on the other hand, charge fees for convenience transfers, which can be more expensive than it may seem.

Be sure to send your debt off in three to five years. A financial NCO has a good idea of how much that amount does pay to ask the bank for a plan.

July Dining Schedule

O = Open X = Closed CD = Closed Dinner B = Open Breakfast OL = Open Lunch Sha
4th Squadron, 3rd Armored Cavalry Regiment DFAC, building 9612, serves breakfast and lunch only -- not on weekends or holidays.
Note: Dining facilities scheduled to close on weekends shown will close after lunch Friday before weekends. Signs will be posted which are open.

3rd ACR Cav House*Building 2461***Weekdays**

B 7:30 to 9 a.m.,

L 11:30 a.m. to 1 p.m.,

D 5 to 6:30 p.m.

Thursdays

B 5:30 to 7 a.m.,

L Noon to 1:30 p.m.,

D 4 to 5:30 p.m.

Weekends

Brunch 9 a.m. to noon,

Supper 3:30 to 6 p.m.

3rd ACR Patton Facility*Building 2161***Weekdays**

B 7:30 to 9 a.m.,

L 11:30 a.m. to 1 p.m.,

D 5 to 6:30 p.m.

Thursdays

B 5:30 to 7 a.m.,

L Noon to 1:30 p.m.,

D 4 to 5:30 p.m.

Weekends

Brunch 9 a.m. to noon,

Supper 3:30 to 6 p.m.

3rd BCT*Building 2061***Weekdays**

B 7:30 to 9 a.m.,

L 11:30 a.m. to 1 p.m.,

D 5 to 6:30 p.m.

Thursdays

B 6 to 7:30 a.m.,

L Noon to 1:30 p.m.,

D 3:30 to 5 p.m.

Weekends

Brunch 9 a.m. to noon,

Supper 3:30 to 6 p.m.

43rd ASG Cheyene Mountain Inn*Building 1040***Weekdays**

B 7 to 8:30 a.m.,

L 11:30 a.m. to 1 p.m.,

D 5 to 6:30 p.m.

Thursdays -

B 6 to 7:45 a.m.,

L Noon to 1:30 p.m.,

D 4 to 5:30 p.m.

Weekends

Brunch 9 a.m. to noon,

Supper 3:30 to 6 p.m.

3rd BCT Mountaineer Inn*Building 1369***Weekdays**

B 7:30 to 9 a.m.,

L 11:30 a.m. to 1 p.m.,

D 5 to 6:30 p.m.

Thursdays

B 5:30 to 7 a.m.,

L Noon to 1:30 p.m.,

D 4 to 5:30 p.m.

Weekends

Brunch 9 a.m. to noon,

Supper 3:30 to 6 p.m.

10th SFG*Building 7481***Weekdays**

B 7 to 9 a.m.,

L 11:30 a.m. to 1 p.m.,

D 4:30 to 6:30 p.m.

Thursdays

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Sports & Leisure

HHC 1/68 wins post softball championship

by Walt Johnson
Mountaineer staff

They had to do it the hard way, but when it was over on Thursday night, the Headquarter, Headquarters Company, 1st Battalion, 68th Armor softball team had reached the highest peak in intramural sports here, capturing the post championship.

HHC 1/68 defeated 3rd Battalion, 29th Field Artillery, 13-11 in the if necessary game that was played because 3/29 staged one of the most amazing comebacks possible in the first championship game.

The evening ended as it began for the two combatants in the championship game. Both teams went through the early rounds of the tournament without a defeat and met at 5:30 p.m. on Mount Lincoln for the winners bracket championship.

3/29 was the visiting team for the first of what would be a three-game series with HHC 1/68 and it looked like they would run the armor squad off the field in the top of the first inning.

After two quick outs, the 3/29 responded with seven straight hits and five runs as Christopher Hueber, Douglas Krause, Robert Carter, Jeffrey Poulton and Lyle Schomer each scored. Taking a five run lead into the bottom of the first inning was just what 3/29 needed to boost its confidence and put the HHC team on its heels. The eventual champions responded in their half of the first inning by scoring three runs as Scott Wolkow and Andrew Spears trotted home ahead of George Wirm who blasted a deep home run over the right center field fence. After one inning 3/29 had a 5-3 lead and what seemed to be a strong hold on the

game. The only problem was the game was played over five innings and not one.

The champions held the 3/29 team scoreless in the next four innings of the game while scoring 14 points of their own. The big inning for HHC 1/68 was the second inning when they scored eight runs to take a commanding 11-5 lead. They added five more runs in the third inning and one more in the bottom of the fourth to secure the victory and a spot in the championship game.

The loss left the 3/29 team looking at playing in a game for the loser's bracket championship game against the winner of the game between the 10th Combat Support Hospital and the 4th Engineers that turned out to be the 10th CSH's Chris Hardnick show.

Hardnick blasted three long home runs and his teammates did plenty of hitting also to end the Cinderella hopes of the 4th Engineers 22-9.

That put the 10th CSH in the game against a rested but angry 3/29 team for the right to play for the championship.

3/29 took a one run lead into the bottom of the second when the 10th CSH put two runs on the board to take a 2-1 lead. Sensing their chance to play for a title was slipping away, the 3/29 team came up in the third inning and scored six runs to take a 7-2 lead into the bottom of the third. The 10th CSH followed up the 3/29 outburst with three runs of their own to pull back within two runs at 7-5.

3/29 also responded to a challenge as the top of the fourth inning began. They matched the three runs by the 10th CSH and then added another to increase its lead to 11-5 going into the bottom of the fourth. That essentially put the game away as the 10th CSH could only come up with one more run in the fifth inning enroute to losing the game 14-7.

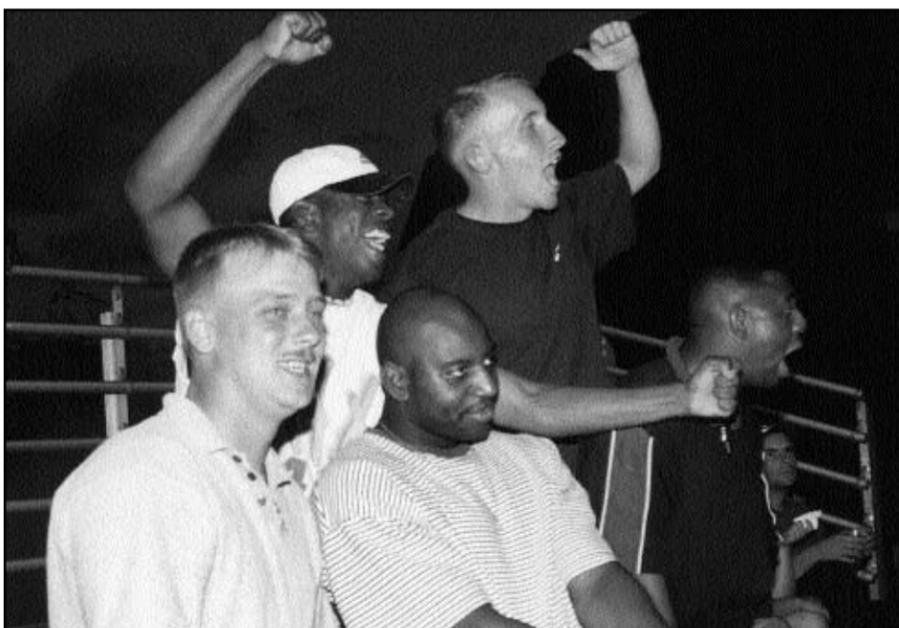
The victory set up a rematch between HHC 1/68 and 3/29 for the

See Champs Page 30

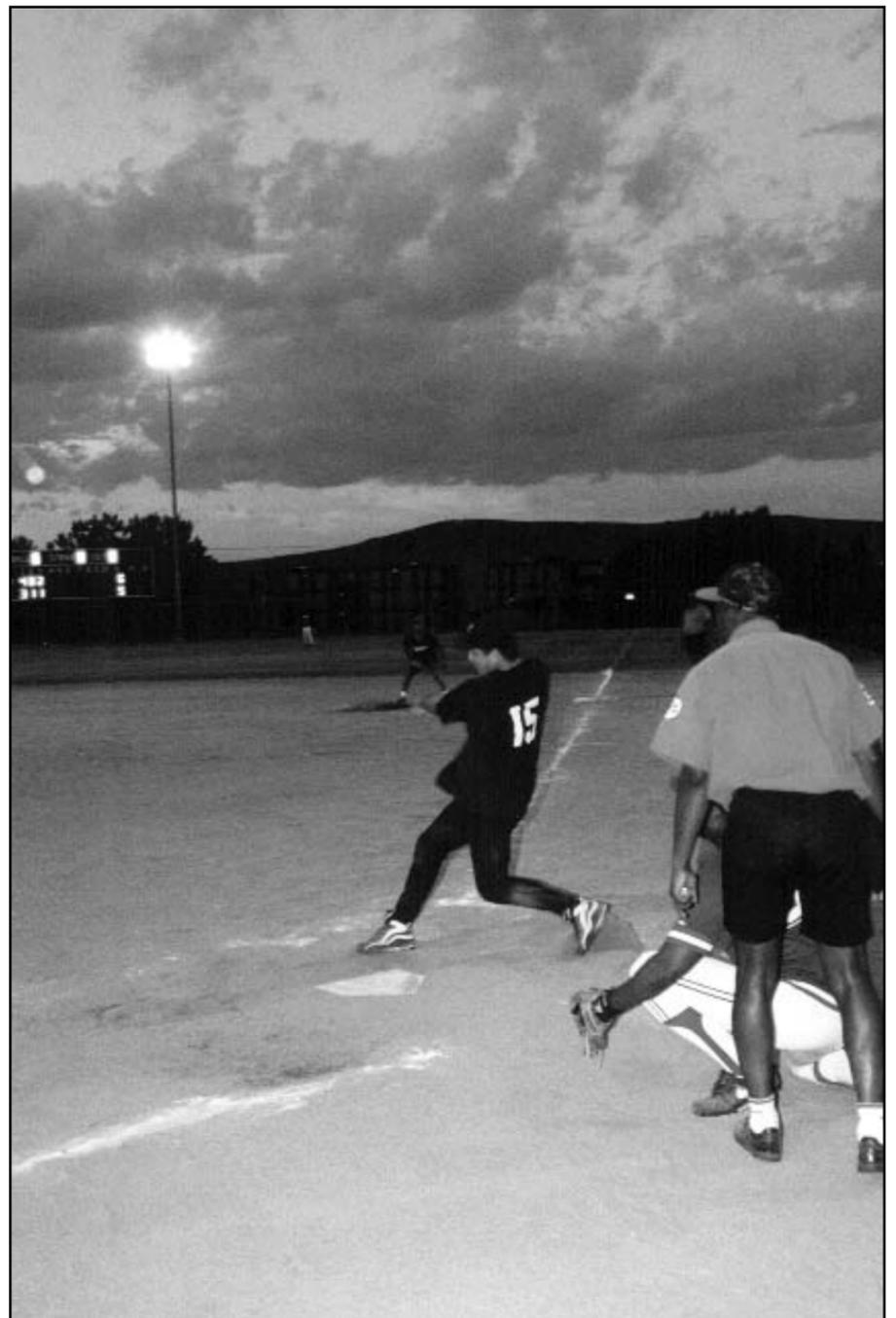


Photos by Walt Johnson

A soldier from 3/29 accepts the glad hand of his coach after reaching first base via a walk during the championship game.



Supporters of HHC 1/68th show their approval during a rally by their team as they were on the way to the post championship.



A soldier for the 3/29th blasts a single in the first inning during intramural post season action Monday at the Mountain Post Sports Complex.

On the Bench

Thunder Alley debuts tonight at bowling center



by Walt Johnson
Mountaineer staff

Tonight the lights will be bright and colorful, the walls will be shaking to their foundation, the music will make a team of jet aircraft seem whisper quiet, and the post community may not mind in

the least.

Why in the world would anyone put up with this much racket and not complain? Better yet, why would they likely allow their children to be a part of this noise? Simple, this could be one of the best things to hit the Mountain Post in years and it could also be a whole lot of fun.

Tonight will be the grand opening of the Fort Carson Bowling Center's newest attraction, Thunder Alley entertainment and sound experience.

Bowling center director Don Cade said this new and exciting entertainment show will be something soldiers or anyone else attending the grand opening tonight will not soon forget. Cade said Thunder Alley is designed to bring

the bowling experience into the 90s with an emphasis on making it a total cultural experience.

This will not be the same bowling alley atmosphere most people are used to where the loudest noise they will hear are the cracks of the balls meeting the pins. Now they will be lucky to hear anything as the music blaring from the speakers will more than drown out the sounds of the pin, while the party atmosphere will make bowling seem like more of a fraternal party than anything else.

Thunder Alley will not be another day at the bowling lanes. This will not just be bowling, this will be a bowling party, Cade said.

Cade said that after looking over the new premier sound system and hi-tech lighting that will be a huge part of Thunder Alley activities. The lighting display will have red, orange, blue and white lights coming off the ceiling; bowling lane lights and lights bouncing off the walls. The light show will be augmented by a light fog that will give the place a festive atmosphere.

The idea behind Thunder Alley has been in the works here since January, according to

Cade. The problem was finding a way to do something that hasn't been done, at least in this part of the country, while still giving the troops and the civilians who bowl at the lanes something fun and exciting to participate in.

We wanted to give the people of the community a place to have a fun time, Cade said.

Many people think of bowling lanes as a place to bowl and always have serious functions like league play. We want this facility to be more of a recreation type facility. We want the troops and the people to come here and have fun. If they want serious, we will still have leagues for them, but we think this is going to be something everyone will have fun with.

Thunder Alley will be held on Sunday (8 to 10 p.m.); Tuesday (1 to 5 p.m.); Thursday (3 to 5 p.m.); Friday (9:30 to 11:45 p.m.); and Saturdays (1 to 5 p.m. and 9:30 to 11:45 p.m.). The bowling center will be open at regular hours for open bowling at all other times the center is open.

All facilities at the bowling lanes, snack bar, pro shop etc., will be open and available to patrons.



Photo by Walt Johnson

Soccer anyone?

The Post Soccer Team matched its skills against some of the finest state and regional soccer teams here Saturday and Sunday, at Pershing Field. The post team didn't do well as it dropped three games in the tournament and didn't make the championship round. Still, the post team did play competitively and was within a few breaks of winning the games it lost.

Champs

From Page 27

championship. It almost looked like a replay of the first game of the evening as again 3/29 was the visiting team and got to bat first. They took advantage of the opportunity by scoring four runs to take a 4-0 lead into the bottom of the first inning. As they did in the first game of the evening, HHC responded by scoring three runs to pull within 4-3 after one inning.

After holding 3/29 scoreless in the second inning, the eventual champions scored one run to tie the game at four apiece. 3/29 came back to score two runs in the top of the third inning to take a 6-4 lead but HHC came back in its half of the third inning to score a run that pulled them to within two runs at 6-4. After holding 3/29 scoreless in the top of the fourth, HHC put two more runs on the board tying the game at six apiece. In the fifth inning scored a run to take a 7-6 lead.

In the bottom of the sixth HHC came to bat trailing by one run and looking defeat squarely in the eyes. They apparently didn't like what they saw. HHC brought out the heavy lumber and put six runs on the board to take a 13-7 lead into the top of the seventh inning.

Considering the way 3/29 lost the first game of the evening, and considering it was facing their final at bat of the season, it would have been understandable if everyone had written off 3/29 and awarded the HHC team the title. Understandable, but a big mistake.

The first 11 batters reached base for 3/29 in the top of the seventh inning, one runner was out on a fielder's choice, and pushed eight runs across the plate to take a stunning 15-13 lead into the bottom of the ninth inning. The HHC team was so surprised by the uprising that they went out in order in the bottom of the seventh for the first time in the game, securing the 3/29 victory and forcing the if necessary game.

Once again 3/29 found itself the visiting



Photo by Walt Johnson

A soldier from HC 1/68th reaches first as the ball eludes 3/29 first baseman during softball action Monday at the sports complex.

team for the championship game and once again they jumped out ahead of the HHC team scoring three runs in the top of the first inning. Again HHC responded by scoring two runs to pull within one run at 3-2 going into the second inning. 3/29 put two more runs on the board in the second inning to take a 5-2 lead and held HHC without a run in its half of the second inning.

HHC returned the favor by holding 3/29 scoreless in the top of the third inning HHC then got out the aluminum again and scored six runs to take a 8-5 lead that they would not relinquish the rest of the way, but there was the rest of the game to be played.

3/29 scored one run in the top of the fourth inning to pull within 6-4 but HHC scored five runs in the fourth inning to take a commanding

12-4 lead

This time the HHC team would not make the same mistake they made in the previous game by celebrating before the championship was won. 3/29 made sure of that by scoring five runs in the top of the fifth inning to pull within 12-9 and in their minds planting seeds of doubt in the minds of the eventual champions.

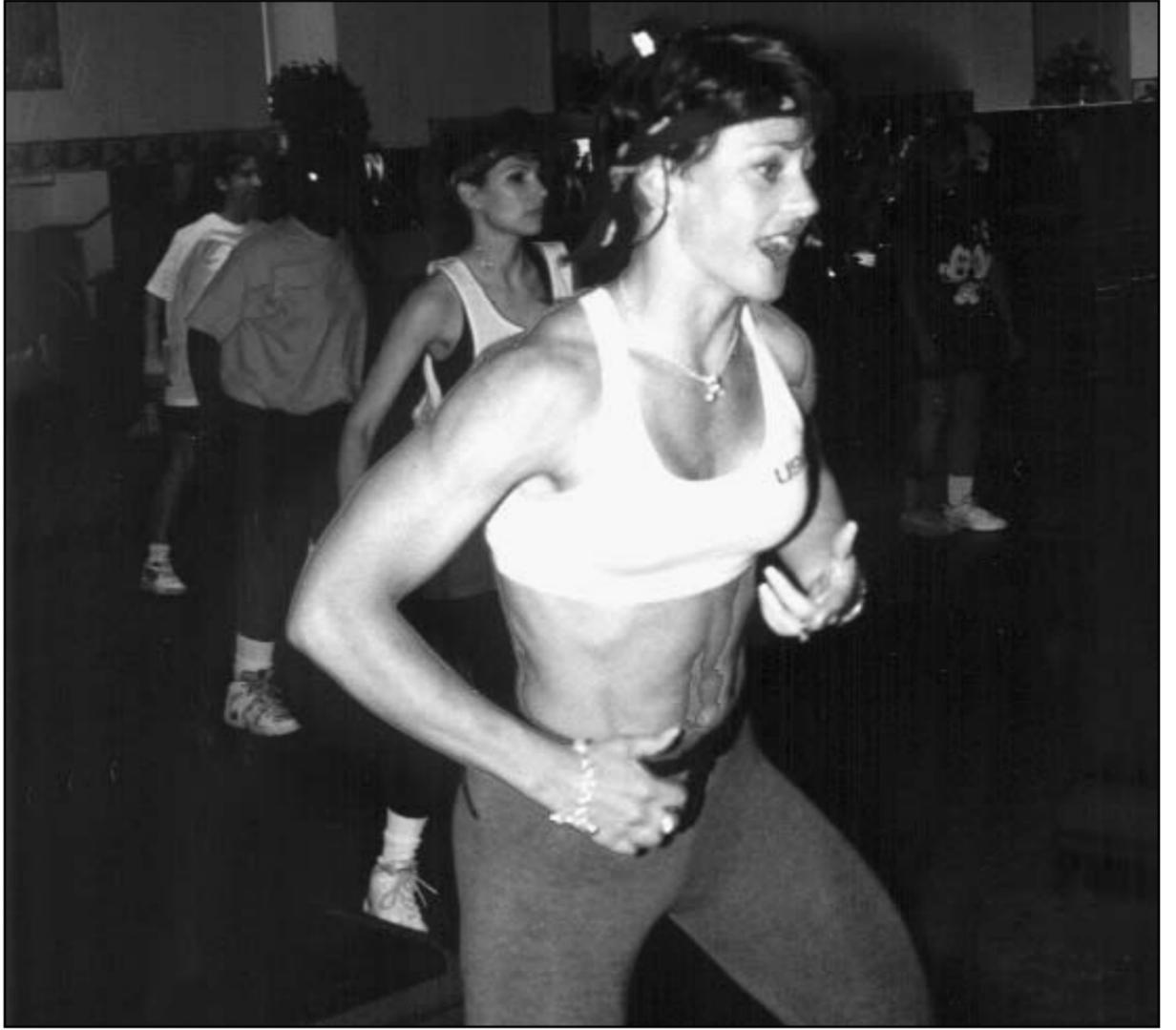
But unlike the previous game Services would not catch the HHC team and when they went down one, two three in the seventh inning, HHC had its softball championship.

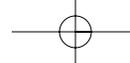
After the game HHC coach Andrew Spears said his team swagger around all year as though they were going to be champions, but they knew they had as good a chance as any team if the breaks went their way.

New aerobics classes at Forrest Fitness Center

photo by Walt Johnson

Christine Schlacter leads the Monday night aerobics class in a work out. The Forrest Fitness Center has hired two new fitness instructors and added more classes. The schedule for aerobic classes at the fitness center is: Monday, Wednesday and Friday with Mary Orange from 5:15 to 6:15 p.m.; Monday and Wednesday from 6:30 to 7:30 p.m. with Schlacter; Tuesday and Thursday from 4:20 to 5:20 p.m. with Elizabeth Casciaro and Tuesday and Thursday from 5:30 to 6:30 p.m. with Inez Horn. Each class cost \$1 per session. For more information on aerobic classes at Forrest Physical Fitness Center, call 526-2706.





Courtesy photo. Graphic illustrations by Sandra Marin

by Nel Lampe
Mountaineer staff



Whitewater rafting can be the thrill of a life-time. And Colorado is the place to do it. Colorado's Arkansas River is one of the most popular in the nation for whitewater

rafting.

And the best deal around is at the Outdoor Recreation Center at Fort Carson.

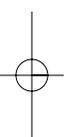
Outdoor rec is a licensed river outfitter in Colorado, and the guides are trained and certified in rafting. The trip package includes the rafts, transportation and necessary safety equipment.

may be left in the van, however, for use at the conclusion of the trip.

On full-day trips, the rec center provides a coldcut-style lunch.

Half-day trips begin at 7:30 a.m. An afternoon rafting trip leaves the outdoor rec area at 9:30 a.m. arriving about noon at the river bank. The rubber rafts will be ready to go

See Rafting, Page B2





Courtesy photo

Several teens and adult chaperones, sponsored by the Chaplain Section at Fort Carson, went white water rafting through Echo Canyon on the Arkansas River July 11.

Rafting

From Page B1

when the vans arrive. The rafts are soon in the water and the adventure is underway.

Outdoor Rec has 16 rubberized rafts, which are 12, 14 or 16 feet in length. Depending on the size of the group, six to eight people will ride in each raft. The bigger the water, the bigger the boat, Phil Rhodes, a recreation specialist at the Outdoor Recreation Center said. The half-day trips cover seven miles of river; whole day trips go 14 miles.

Upon arrival at the rec center on the day of the trip, you will be equipped with life jackets and helmets. The rec center does have some wet suits and splash jackets, but not enough to outfit the entire

safety briefing. Fort Carson's rafts are classed as paddle boats. Upon arrival at the riverbank, rafters are issued a paddle.

Paddle boats require teamwork, Rhodes said. Everybody gets the same size paddle, and it requires everyone it's a team thing. The difference between a log and a moving raft is that people are paddling as a team, he said.

Rhodes advises that rafters wear a wind breaker and stay away from cotton products. Perhaps a swimsuit made of synthetic material, with shorts or sweatpants also made of a synthetic material, pulled over.

Rhodes explained that cotton takes a long time to dry. Polyester or synthetic fabrics dry out faster. On a sunny day, Rhodes said, the less clothes the better. Although people in the boat still get wet,



Swirling, foaming water of rafters.

Center makes special rafting trips. It doesn't run the trips, but are the staff at Parkdale, and are in Brown Vista.

The rafting is the first of the melting snow on the high water rapids. It depends on how high the river gets. Lower, the channel is that point, rock dodge,

Rhodes said. Class V waves. Class V waves from three feet to some maneuverable channels, bigger than

Class V big waves a final classifiable, such

The out-

Community Events ACS

The Family Employment Assistance Program is offering a Standard Form 171 and Optional Form 612 workshop Monday and Aug. 12 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 Member Employment Assistance Program is holding a resume workshop Aug. 5 and 19 from 1 to 3 p.m. The workshop will include a variety of resume styles. For registration and information, call 526-0452.

Family Support Group training will be held Monday from 1:30 p.m. to 4:30 p.m. at the Army Community Service Support Conference

Youth

room. There will be free childcare available. For more information, call 524-2382.

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 sub-

Miscellaneous

ject each week. Visit building 5510 or call 526-1100 for more information.

The G4/Directorate of Logistics will be closed Aug. 6 for organizational day activities. For emergencies, call 339-3856. Normal business hours resume Aug. 7.

For more information, call 526-9058.

The Dental Activity will be closed Monday for its Organizational Day. All clinics will be closed for the entire day. Emergency care will be provided at the Evans Hospital Emergency Room. All clinics will re-open Tuesday.

All clinics at Evans Army Community Hospital will be closed Aug. 7 for the Medical Department Activity Organizational Day. The Emergency room, the Pharmacy, and all the wards will maintain normal hours.

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

The Fort Carson Equal Opportunity Office is looking for volunteers to assist with the Hispanic Heritage Month Cultural event. For more information, call 526-3385.

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 screening is set for 7 a.m. Tuesday at Smith Dental Clinic.

Fort Carson housing residents with questions regarding their sprinkler systems should contact the base operations contractor, Pacific Architects and Engineers.

If there are any problems, residents should contact, 526-5345 (24-hours a day).

The Fort Carson Equal Opportunity Office is looking for volunteers to assist with the Hispanic Heritage Month Celebration. The volunteer meeting will be July 30 at 1 p.m. to 2 p.m. at the Directorate of Information Management in the 2nd Floor Conference Room. For more information, call 526-3385.

The Fort Carson Commissary hours of operation 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.

Pacific Architects and Engineers, Inc. has been the Fort Carson contractor for almost five years and would like to provide the best service possible.

To discuss any matter, whether a complaint or a compliment for a craftsman, call the customer assistance office at 526-3050 or 526-6690.

The Directorate of Environmental Compliance and Management is currently phasing in the new ECOLAB cleaning system in three barracks.

Eventually all barracks on post will be required to use the cleaning system. For more information, call Karen White at 526-6838.

Pikes Peak or Bust Rodeo will host Fort Carson Night Aug. 7 at Penrose Stadium. Tickets can be purchased for \$7 from IIT or unit sergeants major. For more information, call 526-5366.

The Young Children and Families, Inc., is looking for volunteers to provide service coordination to families that have infants and toddlers with special needs in El Paso County. High school diplomas or equivalent a must.

For more information, call Christine Mahler at 527-9190.

The Rainbow Kids present their unique style of music and fun Sept. 7 at the Fountain Fall Festival at noon. The festival will be held at Metcalf Park and is free and open to the public.

Grant Library has books available featuring summer crafts and activities geared toward children.

Fort Carson's Outdoor Recreation is offering two rafting trips Wednesday through Sunday every week through August. Brown s 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 seven-mile trip down the Parkdale section. This trip is \$23.50 or \$20.50 each depending on group size. 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 Brown s Canyon trip is available.

Rafting season is from June through 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.

TRICARE is 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.

The Pikes Peak or Bust Girl of the West Erin Riley and aide Christi Purlock will visit Fort Carson July 27. They will visit the Post Exchange.

Fountain-Fort Carson High School sports physicals for school year 1998-1999 are given Aug. 6 from 4 to 6 p.m.

Cost for the physicals will be \$10. For more information, call 382-1649.

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

The Pikes Peak Library District is sponsoring its Young Adult Summer Reading Program for ages 11 to 18 through Aug. 1.

Weekly prizes are given for those registered. The more books read the better the chance to win a prize.

For more information, visit any branch of the Pikes Peak Library District.

The Colorado Hill Climb Association is looking for volunteers for the upcoming Victor Hill Climb Aug. 1. Volunteers would assist during the race with ticket taking, crowd control, scales volunteers, and pit volunteers. Approximately 20 to 24 volunteers are needed.

For more information, call 520-1184.

Head Start enrollment is under way 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 U.S. Association of Blind Athletes is seeking 140 host families in Colorado

July Yard of the Month

Shoshoni Village: Sgt. Jose Baez and wife, Adrian

Cherokee Village: Staff Sgt. Brian Motter and wife, Jennifer

Apache Village: Staff Sgt. Donald Riggins and wife, Kimberly

Sioux Village: Sgt. William Huntington and wife, Barbara

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

Cheyenne Village: Chief Warrant Officer Todd Evans and wife, Teresa

Choctaw Village: Staff Sgt. James Jones and wife, Lorrta

Military Briefs

A civilian work force briefing, hosted by Col. Michael Kazmierski, garrison commander, is scheduled for Aug. 4 and 5, from 10 to 11:30 a.m. at McMahon Auditorium.

The Central Issue Facility is closed today for 100-percent inventory. Normal business hours resume Monday. For more information, call 526-6477.

Anyone with claims against or indebtedness to the estate of Pfc. Donovan Gray should contact 2nd Lt. Benjamin Sheehan at 526-1282.

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 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.

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

The Supply Management Branch, including material management section I and II, customer assistance, local purchase, editing and the main offices have relocated

from building 8000 to building 237. Telephone numbers and fax numbers remain the same. For more information, call 526-9086.

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

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 each week. For more information, call 524-1461.

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.

The Education Center and Pikes Peak Community College have developed a program that provides 100-percent tuition assistance to enlisted soldiers. To qualify, a soldier must take the PCC placement test, have a minimum GT score of 100 or higher and receive a recommendation from their unit commander.

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 can apply. For more information, call (800) 517-8379, extensions 4182, 4183 or 4184.

Third Brigade Combat Team is using smoke and CS gas at the Pinon Canyon Maneuver Site now through Aug. 17.

The U.S. Air Force Cadet Sponsor Program is searching for volunteers to act as sponsors for the class of 2002 during the 1998/99 Academic year. The purpose of the program is to provide cadets with host families that will expose them to military family life, provide positive adult role models and give them a place to relax away from the cadet wing.

All interested sponsors must reside in the Colorado Springs area, must hold an enlisted rank of sergeant first class or above and officers must be a captain or above.

For more information, call 333-2727.

The Engineering Community is currently looking for motivated soldiers in ranks of private through private first class and soldiers in the rank of specialist or corporal with less than a year time in grade.

Soldiers interested must possess a GM score of 100 or above and a GT or ST score of 110 or above. For more information, call DSN 436-5261.

Sand Canyon road will be closed for construction from Aug. 17 to Sept. 30. Units traveling downrange must use alternate routes.

The Central Issue Facility starts its new business hours Thursday. The new hours are, Monday, Tuesday, Wednesday, and Friday from 7:30 a.m. to 3 p.m.; Thursdays from 7:30 a.m. to 11 a.m. Emergencies during nonbusiness hours will be handled on a case-by-case basis.

For more information, call 526-6477.

Fort Carson Emergency Medical

Sports & Leisure Athletics

The Garrison Golf League 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 runs from 3:30 to 6:30 p.m. For more information, contact Russ Lee at 526-8346 or Capt. Jean Kobes at 526-9469.

The Fort Carson Post Soccer team will compete in the Colorado State Cup Saturday at 2 p.m. at Pershing Field against the Rangers. Their second game will be Aug. 1 at 4 p.m. against Pikes Peak Community College at Persian Field.

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: 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.

Twenty-five-percent discount cards are available for 10 rounds of golf. The amount of the discount is based on rank.

The Rocky Mountain Sports Officials Association is looking for anyone interested in officiating a variety of sports on post and in the Colorado Springs area. RMSO officiates the following youth and adult sports programs on a full-time basis: softball, football, volleyball, soccer and basketball. For more information, contact Bob Lantzy at 390-9321 or Walt Johnson at 390-4637.

The Outdoor swimming pool is currently providing swimming lessons for advanced, beginner and pre-school levels. The classes are held three times a day for each category, from 8:30 to 9:15 a.m. for the first class; 9:30 to 10:15 for the second class; and 10:30 to 11:15 a.m. for the third class. Dates for the sessions are today through July 31; Aug. 3 through Aug. 14 and Aug. 17 through Aug. 28. The cost for the class is \$20 per session.

The Outdoor Recreation Center Staff will sponsor a hike up some of Colorado's mountains with spectacular views Saturday and

Sunday. The staff invites you to join them in climbing beautiful mountains such as Mount Democrat, Mount Massive, Mount Harvard and Mount Elbert, the highest peak in Colorado. The trips consist of two days and one night in the back country and depart from the Outdoor Recreation Complex at varying times, depending on the destination. Outdoor recreation will provide transportation, food and tents for sleeping.

All participants are required to attend a pre-briefing covering details of each trip. The cost for the adventure is \$25 per person and there must be a minimum of four participants. For more information, call 526-2083.

The Outdoor Recreation office is sponsoring half-day water rafting trips all summer. The staff will provide an adventurous, scenic seven-mile raft trip on the lower Arkansas River. Trips are available now through Aug. 20.

Units can sign up Wednesday through Thursday on a space available basis. Individuals may sign up on Saturdays. Transportation is provided but lunch is not provided.

The outdoor recreation program is a licensed river outfitter in Colorado. Morning departures and afternoon departures are available. The cost is \$23 per individual and \$20.50 per individual in a group.

For more information, call the outdoor recreation office at 526-2083.

The Fort Carson Sports Division is

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: Various

Title: Music From the Original Motion Picture

Soundtrack: Wicked City

Tracks: 16

Time: 58:53

Rating: ☆☆☆

by Mark Simon

Mountaineer columnist

It's hard to listen to a soundtrack album without having first seen the movie it's attached to. Even when there is exciting and outstanding music attached to a project, taken out of context the music has an entirely different meaning. Such is the case with the soundtrack to the independent film Wicked City.

Because Wicked City is set in New York's East Village, always on the cutting edge of music and fashion trends, much of the soundtrack is filled with music you would hear at any of these clubs in the Village. The 16 songs, by 14 up-and-coming New York bands, help to drive the coming-of-age story about a girl who moves to the big city from her little home town. Many of the

bands featured on the soundtrack also appear in Wicked City.

About half the tracks on this collection have the sound and feel of the early punk movement that grew out of the East Village in the late '70s. That is to say, those songs and those bands, including Sweet Diesel, the only band to have two tracks on the CD, sound like punk cover bands. Basically, you get three chords of thrashing guitar, a hyperfast beat, and a lead singer that is more of a screamer than a singer. Some of the other tracks have more of a death-metal feel, but, those bands still sound more like cover bands than anything original.

The most exciting bands on the Wicked City soundtrack are CIV, Demonspeed, Pry, Samsara, Mephiskapheles, and Shift. The songs featured by these bands are original-sounding and fresh. Those are the bands to watch for from this collection. The rest are just wannabes experiencing their 15 minutes of fame.

Overall, this is an interesting soundtrack. Of course, once you see Wicked City (which probably won't be

Everybody loves a parade

One of the oldest parades in the United States, Pikes Peak or Bust Rodeo Parade, begins at 10 a.m. Aug. 5. The parade heads south on Tejon beginning at St. Vrain, goes to Colorado Avenue, then north on Cascade to St. Vrain. Bands, horses, cowgirls, cowboys, more horses and lots of floats entertain and excite kids and grownups. Plan to go early enough to find a parking place, then head for Tejon or Cascade. Take a folding chair and stroller if needed. Balloons, snowcones and the like should be available to purchase.

To be or not to be

Shakespeare is presented by Theatreworks until Aug. 2, every night except Monday in the festival tent on the CU-Colorado Springs campus. General admission seats are free, preferred reserved seats are \$15 a piece. Check with the box office at 262-3232 for more information.

Ride, Cowboy, Ride

The Pikes Peak or Bust Rodeo runs Aug. 5 to 9, in Penrose Stadium. Next week's Happenings will have a complete story about the rodeo. In the meantime, circle Aug. 7, Fort Carson night, on your calendar and pick up your discounted tickets at Information, Tour and Travel before they're sold out. Tickets are \$7.

Listen up little buckaroos

The Kiddie Dress Up Revue is Aug. 8 and is in conjunction with the rodeo. It's the chance for the little ones (ages 3 to 8) to have their own competition. The contest, in its 50th year, has five categories for children to dress-

Get Out!



Photo by Spc. Jon Parr

Steer wrestling is one of the events at the Pikes Peak or Bust Rodeo.

up for: Rodeo Contestant, Working Cowboy, Working Cowgirl, Novelty Boys and Novelty Girls. The contest is from 10 a.m. until 12:30 p.m., at the Penrose Equestrian Center indoor arena, next to Penrose Stadium. Judging is based on authenticity and originality.

After prizes are awarded, all the contestants parade in the rodeo arena just before the

Saturday matinee.

It's a great chance to get those children a little stage experience. Put together a costume and let them compete.

Korean War Veterans holiday

Celebrate Korean War Veterans Armistice Day at the Veterans Monument in Memorial Park, near Union Boulevard and Airport Road, at 10 a.m. Sunday. A formal ceremony will mark the event, and a special invitation is extended to all who fought in the Korean War.

Colorado Springs History

Legend and Legacy is a dramatic production of Colorado Springs history, presented by the Colorado History Theatre Company and the Fine Arts Center. Only presented a few times each summer, call now for reservations and information, 634-5583. Tickets are \$12, available at the FAC box office, 30 West Dale St.

Military Kids Day

Ringling Bros. Barnum & Bailey Circus is coming to the World Arena Aug. 19 to 23. KRDO is sponsoring a Military Kids day at the Circus 3:30 p.m. Aug. 21. Military children, ages 2 to 12, can get in for \$10 for that performance only if an adult with military ID also purchases a ticket for themselves. Regular priced tickets are \$14.50 to \$19.50, available at the World Arena ticket office, 3205 Venetucci Blvd.

School of the Arts Theatre Camp

Hey, We're Young and Proud is a musical production which will take place at 10 a.m. and 7 p.m. Wednesday at McMahon Theater.