

# Mountaineer

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July 18, 2003



Photo by Pvt. Aimee J. Felix

## Home at last ...

Spc. Stephen Saint, an ammunition specialist with 1st Platoon, 60th Ordnance, returned to the embrace of his wife, Jessie and son, Addison, on Saturday after seven months in Kuwait. After Saint's return from his previous assignment, Korea, the couple was married for two months before he was deployed to Kuwait. "They'd been telling us for about a month that we were coming home, but it wasn't until I actually got on the plane that I realized I was really coming home," said Saint.

## 3rd ACR roundup

by Sgt 1st Class Gary L. Qualls Jr.  
3rd Armored Cavalry Regiment

**AL ANBAR PROVINCE, Iraq** — The final week of the Desert Scorpion phase of Operation Iraqi Freedom saw heartbreak, frustration, danger, a bit of fun and progress in 3rd Armored Cavalry Regiment's ongoing mission in this part of the Middle East.

The regiment started the final week with a brief respite from the stress of a real-world deployment with Fourth of July celebrations across the unit's area of responsibility. Troops enjoyed American sports such as football, baseball and volleyball. They also enjoyed American food such as hamburgers, hot dogs and ice-cold soda pop. Songs like Bruce Springsteen's "Born in the U.S.A." and

AC/DC's "For Those About to Rock; We Salute You" filled the air. The celebration allowed soldiers to momentarily forget the hardships of their present assignment.

Tragedy struck July 5 when an explosion, caused by a command-detonated device, killed seven Iraqi police recruits and injured 13 who were part of a group the regiment had just trained up to police Ar Ramadi.

"It's very tragic," said Maj. Tony Aguto, 3rd ACR executive officer. "We trained up this police force to protect the Iraqi people and now they've killed their own and only hurt themselves."

See 3rd ACR, Page 3

## Water limits in effect despite early rainfalls

Courtesy Directorate of Environmental Compliance and Management

Despite what may seem like a lot of rainfall in spring this year, the reservoirs where Colorado Springs and Fort Carson get drinking water are still well below average. Water restrictions adopted by Fort Carson in April are still in effect and require people being conscious of water use at work and at home.

Fort Carson is currently in a Stage II B water shortage. If Colorado Springs does not achieve its desired goal to reduce overall water use, more stringent water use restrictions may be required next year.

Watering schedule under Stage II, Level B restrictions:

- Odd number residential addresses can water Tuesday and Saturday.

- Even number residential addresses can water Wednesday and Sunday.

- All commercial addresses can water Monday and Friday.

Watering restrictions:

- Watering is only allowed between midnight and 9 a.m. or between 6 p.m. and midnight on a customer's designated watering day. Residents can water for a maximum of three hours per day on their designated watering day.

- Watering of trees, shrubs, flowers, vegetables, gardens, etc., is allowed at any time with a hand-held hose equipped with a positive shutoff nozzle, a watering can or a drip-irrigation system. This does not apply to turf watering.

- Water waste is prohibited, including the pooling or flowing of water, failure to repair leaking irrigation systems or applying water intended for landscapes to streets, sidewalks, driveways, patios or decks.

- Washing of vehicles, trailers, boats and equipment on Fort Carson is allowed on designated watering days at any time with a hose or with a bucket. Hoses must be equipped with a positive shutoff nozzle.

- Hose washing of sidewalks, walkways, patios, driveways, windows, buildings and parking areas is prohibited, except to eliminate conditions that pose a threat to public health or safety.

- There are no restrictions on filling or using pools, spas, hot tubs and children's plastic pools in Stage II. Because of the threat of West Nile Virus from mosquitoes,

See Water, Page 3

## INSIDE THE MOUNTAINEER

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## Feature



Thousands of Colorado Springs residents chow down at the annual Pikes Peak Rodeo Street Breakfast.

See Pages 18 and 19.

## Happenings



Colorado is the place to go white-water river rafting.

See Page 27.

## What's new

Phase 2 of the construction on Gate 4 is scheduled to begin Aug. 4. The project should be complete by January 2004. Until then, alternate routes are advised.

Post Weather hotline:

526-0096

# Army standards:

## Uniformity only happens if all soldiers follow all regulations

Commentary by Spc. Matt Millham  
14th Public Affairs Detachment

Every once in a while we have to do this, remind people of how to and how not to wear the Army uniform. Basically it all comes down to one simple fact — if we don't all wear it the same, it's not a uniform.

### Pockets

Pockets, as we know them, are for wallets and lint. Pockets were stripped of their long-held role as hand warmers or a place for me to put my hands when they weren't busy doing something else. Since then I've learned to occupy myself with pushups or overhead arm claps as alternatives.

### Berets

Does anyone in the Army have a head shaped into a reasonable facsimile of a cake? It seems as if there are a lot of people running around wearing their berets as if they were cake toppers these days. The uniform regulation says the beret is to be worn so the headband is straight across the forehead, one inch above the eyebrows.

Quoting the regulation for wear and appearance of the Army uniform and insignia, AR 670-1 for all those heading to the board, "When worn properly, the beret is formed to the shape of the head; therefore, soldiers may not wear hairstyles that cause distortion of the beret."

The excess material should be draped over the right ear and is sup-

posed to extend to at least the top of the ear and no lower than the middle of the ear. The strings in the back are supposed to be tied and cut off after the knot, and the knot is to be tucked into the band. And as for when to wear it, the regulation says if you're outside, you should have it on. Pumping gas? Put it on. Sure the pump island has a cover over it, but you're still outside.

Likewise, take off your beret when inside, only those carrying weapons may wear their beret indoors.

### Trousers

Are there any pirates in the Army? The peg leg is fine for pirates, but the uniform regulation says bluntly, "Personnel will not wrap the trouser leg around the leg tightly enough to present a pegged appearance." To get more into blousing, 670-1 reads, "Soldiers will wear the trousers bloused, using the draw cords or blousing rubbers, if the trousers are not tucked into the boots. Soldiers will not blouse the boots so that the trouser leg extends down to the ankle area. When bloused, the trousers should not extend below the third eyelet from the top of the boot."

### Sleeves

No mention of leg can ethically go without an equal dose of arm, so I'll go now to sleeves. Summer for those of us in uniform means wearing the same clothes we wore in winter with the sleeves rolled up. There are a number

## Some uniform dos and don'ts

### Beret:

- One inch above eyebrows
- Band straight across forehead
- Excess at least to top of ear but not more than halfway down ear
- Worn whenever outside of a building
- Sleeves:
  - Rolled neatly

- Camouflage print showing
- Above elbow, but not by more than three inches above elbow
- Physical Training Uniforms:**
  - Not to be worn off post
  - Must wear socks; ankle- or calf-length
- Don't keep hands in pockets**
- Don't 'peg' trousers**

of sleeve-rolling styles strutting the runways of Fort Carson. In an attempt at making us uniform, the regulation says, "When soldiers wear the sleeves of the coat rolled up, the camouflage pattern will remain exposed. Personnel will roll the sleeves neatly above the elbow, no more than three inches above the elbow."

### Physical training

This leads us to physical training and, naturally, PT uniforms. You have to wear white socks with your shoes when doing PT. Like doing preventive maintenance on a Humvee, it's something we just have to do. The regulation says we must wear calf- or ankle-length white socks with no logos.

Soldiers must also wear either the new PT uniform, or the old PT uniform in its entirety — not the new PT shirt and the old shorts.

Commanders have the option of

authorizing the wear of gloves, reflective belts or vests, and other items appropriate to the weather conditions and type of activity. We can also wear commercial running shoes — not cross trainers but running shoes. We are authorized to wear commercially purchased gray or black spandex shorts under the physical fitness uniform or improved physical fitness uniform shorts, but they must end above the knee or higher and can't have logos, patterns or other markings. And of course, don't forget to tuck your shirt in. And please, reserve the PTs for PT. Under no circumstance should anyone be exposed to the odor of a sweaty soldier after PT. Simply put, don't wear PTs off post.

Soldiers need to help each other maintain the Army standards. NCOs need to lead, and correct when necessary, their soldiers. Everyone is responsible for maintaining the standards, so let's get it together.

# Deployed mom defends her decision to serve

Commentary by Pfc. Christina Carde  
Army News Service

**BAGRAM, Afghanistan** — While sitting at my desk writing my daily article for the Freedom Watch, an Army newspaper for soldiers in Afghanistan, my co-worker casually turned to me and suggested I type my name in the Yahoo search engine to see all of the articles I've written have been posted on the Internet.

Not thinking anything of it, I typed my name in and began to scroll down headlines of stories I've written since my deployment to Afghanistan. I was not prepared for what I found.

"Agape News Press — The case of Private Christina," read one of the sites on the page. Curious, I clicked on it to see what had been printed about me. I received the shock of a lifetime.

Cort Kirkwood, journalist and editor of The Daily News Record in Harrisonburg, Va., had read an article about me run by the Department of Defense Web news site, *Defend America*, titled "A Mom's Mission" and had decided to rip it to shreds. He called me everything from an unfit mother for leaving my son to go off to war to a sellout for enlisting in the Army for "30 pieces

of silver," a.k.a., the Montgomery G.I. Bill.

As I read the article, I realized this was not only an attack on my 3-year-old son and me, but on all mothers deployed in the service of their country. However, since Kirkwood believes he is the subject-matter expert on the lives of women in the military he has never met or spoken to, I thought I would take the time to broaden his horizons using a few points he made in his article.

"Patriotism ain't the real reason Pfc. Christina signed up. She enlisted for college benefits and to improve her family's lot in life, she enlisted for 30 pieces of silver."

Before I joined the Army, my son and I were living in one of the worst sections in the New York City area. Working up to 60 hours a week was just barely paying the bills, and my 2-year-old son could have walked out the door at any time and been shot during a drive-by.

I could have taken the alternate route and applied for public assistance, so citizens like Kirkwood could pay my bills for me, but I decided to get out of the rut I was in on my own and joined the service. Now my son lives in a neighborhood where you can hear a pin drop and lights are out by 9 p.m.

"Who are the military morons who think this is a good idea (to allow mothers to deploy overseas)?"

The "military morons" who give American women a chance to serve their country and provide for their families, are the same who give journalists like Kirkwood the freedom of press and speech to write, unprofessional and uneducated "news articles" such as "The Case of Private Christina."

At least these mothers can return home with a sense of pride and accomplishment and be able to tell their children that they had a part in defending their country.

"Perhaps the would-be MacArthurs see nothing wrong with a mother dumping on her young son," was the final statement in the article.

Like many deployed parents, I haven't seen my son in six months. However, I know my son is in a safe place with everything he needs. He will never be a child who has to wear second-hand clothing or the one stuck at home because I can't afford to send him on a class trip. That's the way it should be, and if I have to deploy in search of every Bin Laden and Hussein on the planet to keep it that way, then so be it.

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## MOUNTAINEER

### Commanding General:

Major Gen. Robert Wilson

### Public Affairs Officer:

LT Col. Thomas Budzyna

### Chief, Command Communications:

Douglas M. Rule

### Editor:

Sgt. Alicia Stewart

### Staff Writers:

Spc. Jon Wiley

Pvt. Aimee J. Felix

### Happenings:

Nel Lampe

### Sports Writer:

Bill Scharton

### Layout/graphics:

Cindy Tiberi

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# News

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## 3rd ACR

From Page 1

The regiment has not only been training up the Iraqi recruits to police the inner-city, but has also trained them on running traffic control points and patrols.

Despite the blow to the order and stability of the city, the Iraqi police recruits remained steadfast with the remainder of them reporting for duty the day after the incident.

The regiment received more heart-breaking news July 10. Teeba Ayaad, a 4-year-old girl died of cancer. The regiment had been helping her from the time the unit arrived in country. The desperate quest of Teeba's father to get help for his ill daughter was an emotional roller coaster, not only for Teeba and her father, but for the entire regiment.

The regiment, through the efforts of Capt. Edward Palacios, thought it had secured the sponsorship for Teeba's medical care. It fell through at the last minute, however. Through more efforts of Palacios and the full backing of the regiment, another sponsor was found —

in Greece. Another flight was scheduled and special arrangements were made to transport Teeba to BIAP, to fly to Kuwait, then onto Greece. After Teeba finally made it to Greece, the regiment was disappointed and saddened to learn of her death several days after her arrival.

A high-level meeting relating to the security and stability of the region was held July 10. Regimental leaders met with the sheiks of tribes in the region. They talked about the top importance of the security of American forces as well as concerns the sheiks had about the perceived intrusive manner in which the regiment's troops conduct raids. Col. David A. Teeples, regimental commander, reminded the sheiks they had agreed to help the regiment find individuals working against Coalition Forces, and that if they followed through on their promise, raids by the regiment would not be necessary.

The regiment is now seeing some progress in this area, according to Capt. Mike Davis, regimental battle captain.

The regiment continued to share information with Special Forces detachments throughout Desert Scorpion, enabling it to apprehend several individ-

uals conducting operations against Coalition Forces, Davis said.

The regiment also enjoyed success with community service and humanitarian projects. The 4th Squadron, 3rd ACR, has started four women's clinics in the area surrounding Al Asad Air Base. This marked a breakthrough for Iraqi women, who had no outlets for medical treatment for six months before the clinics opened. Squadron female

doctors are assisting Iraqi women in the clinics and see about 50 women a day.

The regiment has also been deeply involved in food drops — placing 40,000 rations from the World Food Organization — to food banks and hospitals, not only in 3rd ACR's area of responsibility, but in other units' areas of responsibility as well.

The 122nd Engineer Battalion is

actively engaged in community service projects, constructing playgrounds and soccer fields for Iraqi children and improvements for soldiers on Rifles Base.

Soldiers on Rifles Base can soon look forward to a dining facility currently being built by Brown and Root. Windows and air conditioning units are scheduled to be installed in soldiers' quarters throughout the regiment, although it could take months before some soldiers see that development.

The regiment shifted to Operation Iron Grip July 12. This operation remains focused on combat operations. Its objective is to locate terrorist camps and cells in 3rd ACR's area of responsibility and render them ineffective.

"It won't be easy," Davis said. "It won't be an overnight solution by any means, but Coalition Forces' efforts will be successful because of United States resolve in this region."

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***"It won't be an overnight solution by any means, but Coalition Forces' efforts will be successful because of United States resolve in this region."***

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Capt. Mike Davis  
Regimental battle captain.

# Keane: Army has more world policing to do

by Spc. Robert Woodward  
Army News Service

**MOSUL, Iraq** — Acting Chief of Staff Gen. John Keane told soldiers who want to know when they are going home that there is much work in the world to do to get rid of tyrants and thugs.

“We have to be honest with ourselves,” Keane said. “We’ve been on an operational treadmill since 1989, beginning with Operation Just Cause in Panama.”

Since the ousting of dictator Manuel Noriega, the US has sent major contingents to the Middle East during the first Gulf War, then to Somalia, Bosnia, Kosovo, Afghanistan and again to the Middle East for Operation Iraqi Freedom.

“What we do know is that about every 18 months, somebody is going to do something that will require military intervention,” Keane said.

Keane stressed that there is no predictability in such post-Cold War operations involving tyrants and thugs who impose their malevolent will on their own people and neighbors.

Keane added that there would be more years of conflict with terrorists and rogue governments.

“We’ve got about six more years dealing with these guys,” Keane said.

The next operation on the horizon is that President George W. Bush is considering deploying troops to Liberia, Keane said.

“What we have here is a failed state,” Keane said. “They have not had electricity or running water in the capital since 1990.”

As a result of the country’s poverty and disorganization, said Keane, any future involvement in Liberia would be less of a fighting mission and more of a stability operation.

Keane spoke to members of the 101st Airborne Division (Air Assault), out of Fort Campbell, Ky. Keane’s visit began with an aerial tour of Mosul followed by a briefing on the northern area of operations, given by Maj. Gen. David H. Petraeus, 101st Abn. Div. commander.

Many Screaming Eagles wanted to know when they would be returning home.

“I cannot tell you because I do not know,” said Keane. “What I can tell you is that we have got to stabilize. Everything that we are doing now is just as important as when we were pulling triggers.”

The Army is stretched thin as there are 33 active

brigades in the Army, 16 of which are in Iraq. There are three brigades in Afghanistan and one in Kosovo. Three are tied up in the Stryker brigade transformation, and two more in Korea can’t be moved anywhere. That leaves two in Hawaii, three in Europe, and another three at Fort Hood, Texas.

During Keane’s visit he presented Silver Stars to two division soldiers.

Lt. Col. Stephen Schiller, commander, 2nd Battalion, 17th Cavalry Regiment, and Staff Sgt. Walter E. Wolfe, 1st Battalion, 502nd Infantry Regiment, received the award for gallantry during battles in Karbala and El Hillah, respectively.

Keane, who earned the Silver Star as a company commander in the 101st during Vietnam, told soldiers they have carried on a legacy that began on D-Day during World War II when 6,000 troopers parachuted behind enemy lines in Normandy.

“What was unique about that operation was that the soldiers, sergeants and officers all fought together,” Keane said. “That has been our tradition ever since.”

*Editor’s note Robert Woodward is a journalist with the 101st Abn. Div.*

# Military

## 3rd ACR father, son reunite in Iraq

by Sgt. 1st Class Gary L. Qualls Jr.  
3rd Armored Cavalry Regiment

**AR RAMADI, Iraq** — When Sgt. Maj. Paul D. Wilkinson, regimental training sergeant major for 3rd Armored Cavalry Regiment, passed a young soldier recently he saw a face he never envisioned seeing in a far away country in the same regiment. He saw the face of his son.

Wilkinson and his son, Pfc. Adam A. Wilkinson, a fuel handler with S and T Troop, Regimental Support Squadron, 3rd ACR, saw each other earlier this month when the younger Wilkinson's platoon sergeant sent him on a mission to Rifles Base here, where the senior Wilkinson is assigned. The senior Wilkinson didn't know his son was coming to the base. They passed by each other on the compound and he almost didn't recognize his son.

"He changed a little bit," Wilkinson said. "I had to look harder. He's not the same goof he was. It was good to see each other."

The younger Wilkinson, who joined the Army within the past year, deployed to Iraq with the regiment April 3. The senior Wilkinson came here after finishing the Sergeants Major Academy and in processing at Fort Carson. It became possible for the senior Wilkinson to be assigned to the regiment when the former regimental training sergeant major, Sgt.

Maj. John Calendar, was selected to fill a battalion command sergeant major slot with 3rd Infantry Division.

"I'm still amazed," said the senior Wilkinson about the reality of being in the same regiment as his son. "What are the odds?"

Although the younger Wilkinson grew up in a military environment, he did not join the Army by design.

"I just kind of fell into it," he said, noting that factors such as the economy and the benefit getting money for college played a part in it.

The younger Wilkinson is interested in being a firefighter and is leaning toward hooking up with a reserve fire-fighting unit in Colorado once his stint in the active duty Army is up.

Meanwhile, the experience he is gaining now while on active duty is paying big dividends in personal growth, he said.

"It's helped a lot with discipline," he said. "I used to start a job and then not finish it a lot. Now, I take a job and finish it. Now it comes easy."

His deployment to Iraq has been beneficial too, he said, by expanding his horizons.



Photo by Sgt. 1st Class Gary L. Qualls Jr.

**Sgt. Maj. Paul D. Wilkinson pauses for the camera during a reunion with his son, Pfc. Adam A. Wilkinson. The father and son are both in 3rd Armored Cavalry Regiment and deployed to Iraq.**

"It's been interesting," he said. "It's kind of blown me away."

The younger Wilkinson's job will allow him to visit his father on a weekly basis, something they are both grateful for and that is a comfort to the younger Wilkinson's mother. "In 30, 40 or 50 years from now, when I've lost all my teeth, I look forward to telling war stories with my son," Wilkinson said.

# Military Briefs

## Hours of operation

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

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

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

Please call 576-5188 to confirm

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

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

## New CIF Hours

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

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

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

signs at CIF.

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

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

## Briefings

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

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

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

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

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

## Laundry Service

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

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

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

## 3rd Infantry Division

# Soldiers may be home sooner than later

by **Spc. Bill Putnam**  
Army News Service

**WASHINGTON** — Talk of the Army's 3rd Infantry Division staying indefinitely in Iraq may be a little exaggerated, said Larry Di Rita, during a media roundtable at the Pentagon July 15.

Maj. Gen. Buford C. Blount III, the division's commander, said last week that he hoped the division's 1st and 2nd Brigade Combat Teams, based at Fort Stewart, Ga., would be home by September.

He sent an update to families back home this week. Because of the "increasing attacks on coalition forces in Iraq" the general said the redeployment had been postponed. Some media reports used the term postponed "indefinitely."

However, a 3rd ID spokesman said that Blount never used the word indefinite in that e-mail message

to families.

In any case, the division may come home on time anyway, said Di Rita, the acting assistant secretary of Defense for Public Affairs.

"The intent is to have the division home by September," he said.

There are a lot of variables that determine how soon the units can re-deploy back home, Di Rita said. They include the availability of either international or U.S. troops slated to replace them, and the security situation in Iraq.

The key to this redeployment is to maintain a level of troops there, said Di Rita.

The current number of 150,000 soldiers, as Gen. Tommy Franks said in testimony before Congress, is about right, Di Rita said.

Although Di Rita said it was premature to give

numbers, he did say the United States has a number of sources to maintain that level. They include coalition forces, noncoalition forces and U.S. National Guard divisions, he said.

India's recent decision not to deploy a division of 17,000 soldiers to Iraq hasn't played a part in delaying the 3rd Infantry's complete redeployment, Di Rita said.

The division's 3rd BCT and 4th Brigade, the division's aviation unit, is scheduled to finish redeploying back to Fort Benning, Ga., and Hunter Army Airfield, Ga., this week.

About 6,500 soldiers from the division will have redeployed back home by the end of this week, said Dina McKain, a 3rd ID spokesperson.

The division deployed 16,500 soldiers to Iraq during the fall of 2002 and the winter of 2003 before Operation Iraqi Freedom started.

## Week of July 19 to July 25

### Weekday Dining Facilities

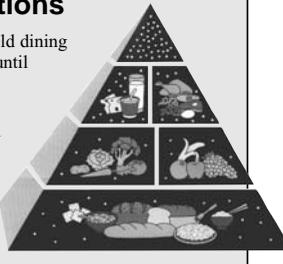
43rd ASG Cheyenne Mtn. Inn (building 1040)  
3rd ACR CAV House (building 2461)  
3rd ACR Patton House (building 2161)  
10th SFG (A) (building 7481)

### Weekday Meal Hours

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

### Exceptions

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



### Saturday, Sunday and Training Holiday Dining Facilities

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

### Saturday, Sunday and Training Holiday Meal Hours

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

*Just back from deployment ...*

## Money burning a hole in your pocket?

by 1st Lt. Theodore Stutz  
4th Finance Battalion

Rewarding yourself or your family with a new purchase using the extra money received from a deployment is a noble idea. Buying a car is a very popular option. However, before I go into the best ways to buy the freedom mobile that you have been dreaming about for the last six months, there are a few things to consider first.

**Is there a better way to spend the money that will give me more financial freedom in the future?**

You have undoubtedly heard that a car is the worst investment a person can make, and it is very true. Cars will never give you any money in return for the money that you put into them. But you have to have one right? Of course you do, but if you want to reach the ultimate goal of wealth, sometimes we have to put good investments in front of things that we want in our budget pecking order.

For example, if you are coming home, planning on selling the old beater that still runs and buying a new car while moving back into the apartment, you may want to reconsider, especially if the car is paid off. You would be financially better off to buy a



house and keep the old car. A house will almost always resell for as much or more than what you paid for it, something that a car will almost never do.

So if you get into a car loan and apartment rent for a total of \$1,200 a month, when you leave Fort Carson after, say, two years, you will have spent \$28,800 and will probably get enough selling the car to repay the rest of your loan, leaving you at a total expense of — \$28,800. On the other hand, if you keep the old car, and get into a home mortgage of \$1,200 a month, when you sell the house in two years you will probably profit somewhere around \$28,800 on the sale and would therefore have lived for free for the last two years. It would be the equivalent of putting the \$1,200 in the bank every month. You could also keep the house and rent it and make more when you eventually sell it later.

If you do not have the credit to purchase a house, this is the perfect time to rebuild your credit. The best thing you could do with your money is pay off all debts. You can usually pay off loans early with little or no early termination fee. Any fee would undoubtedly be less than the interest you would pay over the full life of the loan. Bottom line: pay off all credit cards first.

Do not be afraid of large down payment requirements for home purchases. Being in the military and having decent credit entitles you to a VA loan, a loan backed by the Veterans Association that requires no down payment. Do not assume your credit is not good enough; you can verify your credit with the help of your realtor. All other closing costs that arise during home purchase can be included in the amount borrowed. I made it clear to my realtor I wanted to buy my house without paying a dime until my first mortgage payment. And that is exactly what I did.

**OK, I hear you, but I am happy with my living situation and I have my debt under control and it is time to buy a car ... what is the best way to use my extra money?**

The decision is whether or not to use the extra money as down payment. I would not recommend keeping the money in the bank and using it to pay loan payments with. You would be wasting a lot in interest, and it is unreasonable to think you can invest the money and make enough to buy a car. Therefore, it comes down to your budget and your priorities.

I really think people need to save their money. So if you are a disciplined budgeter and spender, and

# HAZMAT training required despite deployments

by Jim Wagner

## Defense Ammunition Center

Because of current and on-going deployments and the activation of many Reserve and National Guard units, the Defense Ammunition Center's Accredited Off Campus Instructors for hazardous material training located here at Fort Carson, thought it would be appropriate to provide a reminder on Department of Defense/Department of Transportation mandated HAZMAT training requirements.

There are two levels of HAZMAT training:

- General Awareness/Familiarization and Safety Training — required for anyone who handles HAZMAT, i.e., vehicle drivers carrying HAZMAT, forklift drivers, anyone who loads/unloads and/or packages/marks HAZMAT. In other words, virtually all soldiers.

- This is a computer-based training class. It takes about six hours. It can be accomplished individually, or more efficiently in a classroom setting. Anyone who has completed the certifier training listed below can conduct the class. Necessary copies can be obtained from DAC by going to the DAC Web site:

[www.dac.army.mil](http://www.dac.army.mil). We have a few copies on hand.

- This training is mandated by U.S. Federal law (49 Code of Federal Regulations) and DOD 4500.9R Defense Transportation Regulation.

- Technical Transportation of Hazardous Materials Training — this is required for personnel who certify (sign the DD Form 836 or other applicable documentation) shipments of HAZMAT. This is the most intensive training — 80 classroom hours. Students must be present for all 80 hours. We are the only locally authorized instructors for this class.

- This training is mandated by the above references plus FORSCOM Reg 55-1, K-4 and 7th Infantry Division and Fort Carson Reg 525-3-2, 3-5.b.(4) which requires a minimum of two certifiers per unit.

For those of you who are current HAZMAT Certifiers, there are two changes coming down the pike:

- Effective Oct. 1, the new Inhabited Building

Distance designations for Hazard Class/Division 1.2, i.e., 1.2.1 and 1.2.2, must be cited for military air shipments.

- Effective Jan. 1, the new Air Eligible marking for single and combination packages (including limited quantities) containing liquid hazardous materials must be used for military and commercial air shipments.

Because the Technical Transportation of Hazardous Materials course is part of the Army Training Requirements and Resources System units/individuals must apply for a slot through their unit training noncommissioned officer.

The HAZMAT instructors at G3/IMT are also available to provide technical assistance.

For more information or assistance, contact Jim Wagner or Tom Evans at 524-1241/2740, building 1117, room 206/207 or e-mail them at: [james.wagner@carson.army.mil](mailto:james.wagner@carson.army.mil) or [thomas.evans@carson.army.mil](mailto:thomas.evans@carson.army.mil).

### Did you know?

Because the Technical Transportation of Hazardous Materials course is part of the Army Training Requirements and Resources System units/individuals must apply for a slot through their unit training NCO.

# Trial demo tracks treatment of spina bifida

## *New MOMS study will track in-utero treatment of severe spinal defect*

### TriWest Healthcare Alliance

TRICARE recently modified its guidelines regarding treatment of the most severe form of spina bifida. The change will allow a small number of beneficiaries to participate in a clinical trial demonstration involving in utero (in the womb) surgery for this condition. Outside this demonstration, the in utero procedure is not a covered TRICARE benefit.

Spina bifida is a congenital spinal column defect in which one or more vertebrae fail to form properly while a child is still in the womb, causing damage to the central nervous system. The most serious form of spina bifida, however, is myelomeningocele (pronounced MY'-EH-LO-MEN-IN-GEO-SEAL), in which a sac or cyst containing part of the spinal cord and its surrounding tissue protrudes through a gap in the vertebral column.

In February 2003, the DoD announced that it was participating in a demonstration Myelomeningocele Study, or MOMS, conducted by the National Institute of Child Health and Human Development. The findings of this clinical trial demonstration will help determine whether it is medically appropriate, safe and effective to do corrective surgery while the baby is still in the womb. The Department of Defense currently considers in utero surgical intervention for myelomeningocele to be an experimental procedure.

Those who are accepted into the trial will be ran-

domly assigned to one of two trial pods. The first will demonstrate the in-utero surgical repair and the second will have the surgery performed after the child is born. Children from both trial pods will be tracked for three years to compare their progress.

General eligibility criteria for MOMS participation include being at least 18 years of age and having a fetus diagnosed with myelomeningocele at 16 to 25 weeks' gestation. A TRICARE beneficiary will also have to pass an eligibility prescreening for which they will be referred to the Data and Study Coordinating Center at George Washington University. The patient must agree to the basic rules of participation, including the random assignment to in utero and post-birth trial pods and follow-up at the assigned MOMS center. The three MOMS centers are Vanderbilt University Medical Center, Nashville, Tenn., the University of California at San Francisco, and Children's Hospital of Philadelphia.

A final screening will involve

- a comprehensive OB ultrasound
- fetal MRI to document abnormalities in the rear-most part of the brain
- a physical examination of the mother to clear her for surgery
- a psychosocial evaluation to identify family and social issues
- instruction about neural tube defects, community resources and other topics

All TRICARE beneficiaries (except those in the Continued Health Care Benefits Program or Federal Employee Health Benefit Program) will be eligible to participate in MOMS. They will be responsible for the applicable copayments and cost-shares.

If accepted to participate, a beneficiary must be able to travel to the demonstration site, pay room and board there, and stay at the demonstration site through the post-operative period. How long this will take will depend upon the trial and the mother's condition. Some patients will stay longer than others. According to Federal regulations, the necessary travel, meal and lodging costs for each prenatal and postnatal surgery group participant and a support person (friend or relative) will be covered by grant support from the NICHD. Costs of the study follow up, including meals and lodging, when the child returns at 2

and a half years of age, will also be covered.

Beneficiaries who consider participating in this clinical trial demonstration should realize that MOMS is not a cure-all. Treatment will involve long-term rehabilitative therapy.

A TRICARE Prime beneficiary who believes she may be eligible for MOMS should be referred to TriWest's MOMS demonstration trial coordinator by her primary care manager or OB/GYN. Standard beneficiaries can be referred by their OB/GYNs. For more information about referral to the MOMS clinical trial demonstration, call TriWest Healthcare Alliance at (888) TRIWEST (874-9378).

### Spina bifida

Spina bifida is a congenital spinal column defect in which one or more vertebrae fail to form properly while a child is still in the womb, causing damage to the central nervous system. The most serious form of spina bifida is myelomeningocele

## Water

From Page B1

water should be monitored carefully. Pools, spas and hot tubs that are covered to protect from mosquitoes, do not need to be emptied. Items, such as children's plastic pools or any container with standing water should be emptied every two to four days to control mosquito breeding sites. Residents can consider using the water they empty from containers to water their grass, trees and flowers to avoid wasting the water.

Report water leaks or other system problems you may observe in the housing areas by calling Fort Carson Family Housing at 579-1605. Problems in non-housing areas should be called in to the Directorate of Public Works Service Order Desk at 526-5345.

### Landscaping guidance:

- New sod or seed, which requires additional water to establish, is allowed year round in family housing areas. Residents can apply for a turf irrigation permit from DPW, building 305, room 305, (526-1695).
- Xeriscaping is strongly encouraged in

residential landscapes, including the use of decorative rock or brick, wood chips and drought-tolerant plants suitable for Colorado. Residents can apply for a Xeriscape permit from DPW, building 305, room 124, (526-1695).

Indoor water saving tips:

- Wash only full loads of laundry or dishes.

- Take short showers instead of tub baths.

### Indoor water saving tips:

- Wash only full loads of laundry or dishes.

- Take short showers instead of tub baths.

- Turn off the water flow while hand washing, soaping or shampooing.

- Turn off water while shaving or brushing teeth.

- Tour a water saver home and learn about water saving opportunities at <http://www.h2ouse.net>

equipment washing in motorpools is only allowed when returning from the field, for redeployment, for maintenance purposes or if the CVWF is closed.

- Report vehicle wash rack or hydrant leaks to the DPW service order desk at 526-5345.

## Greenback

From Page 7

you can put your extra money into investments and still make all your monthly payments without having to rack up any credit card debt, then do that. This may require you to buy a car that is a little less than you had originally hoped for. However, we as humans are flawed creatures who love to spend beyond our means. We then let our worst enemy, credit card debt, succeed. Therefore, it is better to put that money down on a car, and get your monthly payments to fit into your budget so that you avoid having to rely on Visa or MasterCard to bail you out at the end of the pay period.

This decision simply takes you being honest with yourself, and figuring out exactly how much money you need to spend each pay period on bills and quality of life. If after that there is enough money to make the payments on the car you want, then invest the extra money. If there will not be enough monthly cash flow, then put the money down on the car and get the monthly payments down into your range. If you try to do both, save and squeeze in a payment you can't afford, you will build up credit card debt that will incur interest that will eventually negate your hard-earned deployment money. You will never be as frugal as you hoped.

Find a car you can afford and be firm on the monthly payment maximum that you have set. Before going to the dealer table, go to the manufacturer's Web site and find out about all the incentives available. The dealer keeps any rebates you don't remind them of — if you have a choice on whether to take rebates or use zero percent financing, have the dealer work the numbers and simply choose whichever will get you to your desired monthly payment while keeping the length of the loan the same.

Start your negotiations with a monthly payment that is way below what you can afford. If you are not embarrassed by your initial offer, it is too high. And do not let the dealer try and talk you into leasing as an option to get the monthly payment down. If the vehicle you are buying is reliable, then it is worth it to buy it and drive it after you pay it off while saving up to buy the next car in cash.

# Community

## When is it OK to shake a baby? Never, never, never

by Spc. Jon Wiley  
Mountaineer staff

**N**ever, never, never — those are the words that flash on bumper stickers, in doctors' offices and in information pamphlets to describe when to shake a baby. When it comes to shaking babies, the bottom line is don't do it — not under any circumstances, not even for a second.

Babies are highly vulnerable to whiplash forces due to their bodies' structures, said Carol Wetzig, a certified nurse practitioner at the Well Baby Clinic at Evans' Army Community Hospital. Their heads are large and heavy in proportion to their bodies, their neck muscles and ligaments are weak and not fully developed, and there is a space between their brains and skulls to allow for growth and development, she explained.

Due to these factors, an infant's brain absorbs the brunt of the force caused by shaking or jerking, which can result in permanent brain damage and a variety of other disabilities, including partial or complete loss of vision, hearing impairments, seizure disorders, cerebral palsy, sucking and swallowing disorders, developmental disabilities, autism, cognitive impairments, behavioral problems and a permanent vegetative state.

As bad as these injuries are, the babies who incur them are actually the lucky ones. About 25 percent of victims of shaken baby syndrome, or SBS, die.

If SBS has such dire consequences, why do people shake babies?

Wetzig said one of the most common reasons people shake babies is because they are under stress, and their infants will not stop crying. The average infant spends about two to three hours a day crying, and some exceed this amount of time substantially.

Sometimes, infants appear to cry for no apparent reason and do not respond to their parents' efforts to comfort them.

Wetzig explained this behavior is normal.

"Babies cry because that is their way of communicating with their parents. They're not doing it out of spite or to be annoying; it's just their way of expressing their needs," she said.

A person who is ignorant about SBS may think that shaking consoles babies because crying infants who are shaken often stop. The reason they stop, however, is due to injuries they suffer as a result of the action. For this reason, it's never a good idea.

Wetzig said at the Well Baby Clinic, parents learn better ways to cope with crying infants and are taught what to expect with their developing children.

"A lot of the parents we see are young and far away from their families, so when they come in for their regular well-baby check ups, we spend a lot of time educating them. More than just examining their babies and providing immunizations, we provide information so they can be better parents," she said.

Nurses spend a lot of time going over issues such as safety, nutrition and good discipline techniques with new parents.

"We know the benefits of giving parents an education it keeps them out of the emergency room," Wetzig said.

When it comes to educating parents about SBS, Wetzig said she assures them that it does not result from gentle bouncing or play, but she said it's a good idea to not play games like "horsey" or to throw infants in the air because it gets parents in the habit of shaking. Parents who are used to shaking children in fun may be more prone to shake a crying infant in anger or frustration.

Wetzig said she also discourages waking children by shaking.

Remember, babies are fragile. Don't shake them.



Photo by Spc. Jon Wiley

The average infant spends about two to three hours a day crying. At the Well Baby Clinic, parents learn better ways to cope with crying infants and are taught what to expect with their developing children

### Shaken Baby Syndrome: Prevention

- Never shake a baby or child, whether in play or anger.
- Do not hold your baby during an argument.
- If you find yourself becoming annoyed or angry with your baby, put him in the crib and leave the room. Try to calm down. Call someone for support.
- Call a friend or relative to come and stay with the child if you feel out of control.

- There are resources available such as a local crisis hotline or child abuse hotline
- Seek the help of a counselor or attend parenting classes. The Well Baby Clinic at Evans' Army Community Hospital is an excellent place to look.
- Do not ignore the signs if you suspect child abuse in your home or in the home of someone you know.

## Poor hygiene may lead health problems

by Spc. Chris Smith  
14th Public Affairs Detachment

In a time when stories of Severe Acute Respiratory Syndrome, Monkey Pox and West Nile Virus are extremely prominent, the issue of frontline preventative measures comes up with the most important being personal hygiene.

It's also a good rule of thumb to remember that people around you will appreciate it if you exercise proper hygiene.

The military has always taken proper

personal hygiene as a form of preventive medicine. New recruits are instructed in the importance of cleanliness. The Army even dedicated Field Manual 22-10 to field hygiene and sanitation to ensure standards are set to preserve the force.

Preserving the fighting force is exactly the purpose of such guidance, according to the manual itself. Sick soldiers don't do their jobs well or can't perform at all. The FM states various rules for the storage of waste,

water and food as well as those for hygiene.

### Hygiene

Brushing teeth, showering (with soap), shaving, cleaning ears, etc. are essential to preventing diseases that can keep a person from achieving a level of good health, according to the Center for Disease Control.

Proper personal hygiene starts with a soldier's morning routine. Brushing teeth, showering (with soap), shaving, cleaning ears, etc. are essential to preventing diseases that can keep a person from achieving a level of good health, according to the Center for Disease Control.

Other steps can be taken as well to protect oneself from other possible sources of disease and infestations.

A consistent regiment of hand washing is one of the best ways to fight communicable diseases. The CDC recommends hands be washed frequently, and especially after using public facilities.

Keeping nails clean helps as well. Dirt trapped under the nail can contain

bacteria, which can manifest into something greater if left to prosper.

Another place that needs attention is the feet. During World War I, soldiers were faced with a plethora of horrific ailments to their feet. They had no choice in the conditions that created their problems, but soldiers these days do. Changing socks, keeping the feet clean and using powder can help prevent most ailments of the feet.

Many diseases can be prevented by simple, proper hygiene. With the average 30 minutes it takes each day for people to perform the necessary personal hygiene steps, there's no reason a person can't slice a small percentage of the time to help themselves.

# Community Events

## Miscellaneous

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

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

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

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

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

**What:** Systems engineer at Schriever Air Force Base

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

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

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

**Sports, daycare and camp physicals** — Appointments for physicals at Evans Army Community Hospital are provided on a space-available basis through the month of August.

Please be aware that because of deployments associated with Operation Iraqi Freedom, there will be a decrease in available appointments for children requiring sports, daycare and camp physicals. Call Tricare at 264-5000 to schedule an appointment for a physical. If you are unable to access an appointment at EACH, see additional options below.

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

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

Emergicare: All locations provide physicals on a walk-in basis. Approximately cost — \$50  
402 E. Garden of the Gods Road  
Phone: 590-1701  
4083 Austin Bluffs Parkway  
Phone: 594-0046  
3002 S. Academy Blvd.

Phone: 390-7017  
Express Care: Appointments available on a walk-in basis or you can call to schedule an appointment. The cost is between \$35 to \$50 depending on type of physical.

2141 Academy Circle  
Phone: 597-4200  
Local Schools: Often the local schools will offer physicals prior to the start of major sporting tryouts at a reduced cost of \$10 to \$25. Call your local school district to find out more information.

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

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

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

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

Personal precautions:  
• Avoid wetlands, areas of standing water, and areas of mosquito activity.  
• Use insect repellent containing DEET when outside.  
• Wear light-colored clothing. Long-sleeve shirts and long pants are recommended.  
• Limit outside activities at dawn and dusk.  
• See a doctor if you contract the symptoms listed above.

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

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

For more information on WNV, you can also log on to [www.cdc.gov/ncidod/dvbid/westnile/](http://www.cdc.gov/ncidod/dvbid/westnile/).

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

**Youth Army Family Action Plan Conference** — Fort Carson Child and Youth Services will host a Youth AFAP Conference Aug. 1 at the Youth Center. The half-day conference is intended to identify challenging issues facing Army youth, both locally and globally, and to assist the Army leadership in identifying and prioritizing family quality of life issues. The top issues from the Youth AFAP Conference will be presented at the installation AFAP Conference in November 2003.

The Youth Conference will have four workgroups: middle school students, high school students, Parents and CYS Sports Program Parents. Work groups will identify and prioritize youth and family quality of life issues. Each group will select three issues to present the entire group. The large group will then prioritize five issues, which will become working material for the installation AFAP in November. These issues will be highlighted at the major command and the



**Army Community Service**  
**Family Readiness Center**  
526-4590

Deployment Support Group



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

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



**Northwest Region.**  
If you are a teen or parent interested in shaping the future for families and young people at Fort Carson, please consider being part of the Youth AFAP Conference. Please contact Vanessa Tranel, 526-2301 or Loren Morris, 526-1236 for more information. The conference is from 11 a.m. to 3:30 p.m. Lunch is provided.

**Phase 2 of the construction on Gate 4 is scheduled to begin Aug. 4** — As early as Aug. 7, both inbound and outbound traffic will be switched to the new outbound lanes, the present inbound/outbound lanes will be removed and construction of the new gate complex will begin.

Construction on Gate 4 should be complete sometime in mid to late January 2004. Until then, alternate routes are advised, especially during the heavy traffic periods.

Note: The speed limit through the construction area is 20 miles per hour.

**Project Santa** — Project Santa is accepting donations at the main post exchange as part of its "Christmas in July" toy drive. There will be a Christmas tree set up there until Aug. 23.

The tree, decorated in red, white, blue and yellow will have tags with age and gender of children. Toys can be purchased and placed under the tree and/or in the donation box located next to the tree. Toys will be picked up every evening and stored until the Holiday Season.

For more information, contact Sara Smith at 596-8579 or [sara.smith@carson.army.mil](mailto:sara.smith@carson.army.mil).

**Commissary** — The Fort Carson commissary will be closed Aug. 4. It will resume normal hours Aug. 5.  
**Officer Candidacy School** — There will be a local Officer Candidacy School board held on Aug. 7 and 8. This board is required for all applicants. All participants must report in Class As. All packets must be turned in to building 1118, room 208 no later than Friday. For more information, call 526-1906.

Don't get ticked off —

# Protect yourself from Lyme Disease

## Courtesy of TriWest Healthcare Alliance

Lyme disease is a tick-borne illness that infects more than 16,000 people working or playing outdoors during the summer in many parts of the United States each year. It can cause skin, nervous system, heart and joint problems if not properly treated, but there are ways you can protect yourself.

Most cases of Lyme disease reported to the Centers for Disease Control and Prevention are from southern New England (the disease is named for Lyme, Conn.), the Middle Atlantic States and Wisconsin. Minnesota has the highest incidence of the disease in the TRICARE Central Region and reported a record number of cases in 2002.

## Symptoms/dangers

About 90 percent of people infected with Lyme disease develop an expanding, circular, red skin rash (or bright red, bullseye-shaped rash with a pale center) within one to four weeks of being bitten. About half of those infected will develop flu-like symptoms accompanied by:

- Fatigue
- Headache/stiff neck
- Fever and chills
- Muscle/joint pain
- Swollen lymph nodes

About 25 percent of infected individuals will have flu-like symptoms without the rash or no early symptoms at all. If you have been in parts of the country where the disease is prevalent

## Symptoms

About half of those infected will develop flu-like symptoms accompanied by:

- Fatigue.
- Headache/stiff neck.
- Fever and chills.
- Muscle/joint pain.
- Swollen lymph nodes.

and develop any of these symptoms, see your doctor right away.

Without early detection and prompt, appropriate treatment, the infection may develop more serious symptoms in one to four months. Additional serious complications can develop months or years after the initial infection and, in some people, may be the first signs of the disease. They can include:

- More skin rashes that are not from the tick bite
- Pain, weakness or numbness in arms or legs
- Fainting or recurring headaches
- Conjunctivitis ("pink eye") or more serious eye damage
- Heart palpitations or serious cardiac problems

## Prevention

The American Lyme Disease Foundation says that the black-legged ticks (also called "deer ticks") and a related Pacific coast species are proven to carry Lyme disease in the United States. Ticks hide in shady, moist ground litter dead leaves and grass and cling to tall grass, brush and low tree branches. Most cases reported to the CDC occur during June and July. Deer ticks usually latch on when the host (including wild birds and mammals, domestic animals and humans) brushes against grass, leaves or branches. A tick will try to attach itself to a protected area, like the back of the knee, navel, armpit or ears, and may stay attached for 36 to 48 hours.

Because these ticks are about the

## Precautions:

- Avoid walking through low bushes and long grass.
- If walking or working in grassy, brushy or wooded areas, wear shoes, long pants tucked into socks and long-sleeved shirts.
- Use insect repellents containing diethyltoluamide or permethrin.



Courtesy photo

**Lyme disease is a tick-borne illness that infects more than 16,000 people working or playing outdoors during the summer in many parts of the United States each year.**

size of a pinhead, they are difficult to see on your skin, clothing or pets. Not every tick bite will transmit Lyme disease, but ticks are known to carry other serious diseases and should be removed promptly.

The following precautions are recommended:

- Avoid walking through low bushes and long grass.
- If walking or working in grassy, brushy or wooded areas, wear shoes, long pants tucked into socks and long-sleeved shirts.
- Use insect repellents containing diethyltoluamide or permethrin. Be sure to follow the instructions on the label.
- Clear yards of brush and leaves that harbor ticks.
- Check yourself and your pets after being in wooded or grassy areas. Ticks may not bite right away, so shower as soon as you can.
- Remove ticks with tweezers by grasping near the head or mouth and pulling carefully and steadily. Do not

crush or squeeze the tick. Once the entire tick is removed, apply an antiseptic to the bite area.

## Treatment

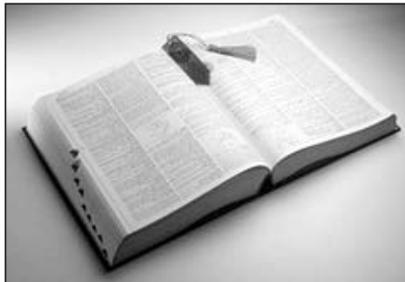
Three weeks of treatment with antibiotics will usually clear the infection and prevent complications if the disease is caught early. Patients whose infection has progressed to a later stage may have to be hospitalized and receive stronger antibiotics intravenously.

Although Lyme disease can be serious if untreated, its presence should not interfere with outdoor activities if you take the proper steps to protect yourself and your family.

To learn more about Lyme disease, consult the following:

Centers for Disease Control and Prevention,  
[www.cdc.gov/nceid/dvbid/lyme/index.htm](http://www.cdc.gov/nceid/dvbid/lyme/index.htm).

American Lyme Disease Foundation, Inc., [www.aldf.com](http://www.aldf.com) or (914) 277-6970.



## Chapel

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

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

## Chapel Schedule

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

For additional information, contact the Installation Chaplain's Office, building 1550, at 526-5209. Normally, free child-care is available during on-post worship services.

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

- Friday** — Psalms 44 & 2 Kings 1-3
- Saturday** — Psalms 45 & 2 Kings 4-6
- Sunday** — Psalms 46 & 2 Kings 7-9
- Monday** — Psalms 47 & 2 Kings 10-12
- Tuesday** — Psalms 48 & 2 Kings 13-15
- Wednesday** — Psalms 49 & 2 Kings 16-18
- Thursday** — Psalms 50 & 2 Kings 19-22

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

**Unit:** For the soldiers, families and leaders of the 75th Ranger Regiment, headquartered at Fort Benning, Ga.

**Army:** For the thousands of dedicated soldiers, noncommissioned officers and officers, past and present, who have served our Army as Rangers.

**State:** For all soldiers and families from the state of Utah. Pray also for Gov. Michael Leavitt, the state legislators and municipal officials of the Beehive State.

**Nation:** Give thanks for the freedom of assembly. Give thanks that in America we can meet freely to debate and deliberate about our interests. Pray that as our people gather together in groups large and small, their purposes will always be to enrich and strengthen the fabric of our nation.

**Religious:** For the soldiers, families and personnel of the Presbyterian Church in America. Pray also for all chaplains endorsed to military service by this community of faith. For more information on the Army Cycle of Prayer, or to pray for items from previous weeks, visit the cycle's Web site at [www.usarmychaplain.com](http://www.usarmychaplain.com).

ner

*No matter where you are ...*

# God listens during bad, good times

Commentary by  
**Chap. (Maj.) Duane Kincaid**  
**MEDCOM Chaplain**  
**Evan Army Community Hospital**

From the ancient account of "Jonah and the Whale," found in the Old Testament book of Jonah, there is a wonderful message of comfort and security. Jonah, as you might recall, was running away from God, and God caused a great fish to swallow him.

Talk about fish bait! At any rate, Jonah calls out to God in the midst of his predicament, "In my distress I called to the Lord, and he answered me, from the depths of the grave I called

for help, and you listened to my cry." (Jonah 2.2)

That's our message of comfort and security ... God hears us. In these troubled times when everything seems to be going wrong, when we don't know of the welfare of loved ones, and what can go wrong does ... God hears us. We often need to unload our burdens, and to flush out our stresses, who better to talk to than God. People of faith know that God cares for us, that he knows every need in our hearts, and even knows our name. You might say, he is like our best friend but even better.



It is incredible to me how a mother can be some distance away, and in the midst of a crowd, yet be able to recognize the cry of her child. Noise and distractions don't make any difference; the cry of their child always comes through loud and clear. Somehow mothers must be tuned into their children in a special way so they can hear their cry, no matter what. God is tuned into us, and no matter what surrounds us or what trouble assails us, he hears our cry.

I'm glad God is like a mother, in that he always hears us, and like a mother, we have the assurance and faith that he will take care of all our needs. Jonah was heard from the belly of a great fish under the ocean, so certainly God can respond to us any time and anywhere. There is no situation or difficulty beyond God's ability to take care of ... you can complain and vent all you want ... God listens with a loving ear and open heart. What more could Christians ask for?

## Chapel

### Youth of the Chapel —

Activities for Protestant and Catholic Middle School and High School Youth take place each Tuesday evenings at 6 p.m. at Soldiers' Memorial Chapel. Protestant High School activities include Bible studies Sundays at 9:30 a.m. and Tuesdays at 6 p.m. at Soldiers' Memorial Chapel. Catholic youth classes meet at 10:45 a.m. Sundays at Soldiers' Memorial Chapel.

### Native American Sweatlodge —

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



Photos by Spc. Jon Wiley

"Chute Nine" kept the early-morning crowd entertained at the annual Rodeo Street Breakfast fund-raiser which kicks off the Pikes Peak or Bust Rodeo. Since 1950, the breakfast has been the official send-off the Pikes Peak Range Riders.



Channel 13 Weatherman Marty Ventichinque talks on camera with attendees at the annual street breakfast held in downtown Colorado Springs Wednesday.



Maj. Gen. Robert Wilson, commanding general 7th Infantry Division and Fort Carson, rides along Pikes Peak Avenue with the Range Riders en route to a ranch north of Cotopaxi. The general's ride took place immediately following the breakfast.



Pfc. Brian Nowack, 984th Military Police Company, was among the army of Fort Carson soldiers who were on-hand to flip flapjacks and serve up eggs to the thousands who attended the event.



Five-year-old Cacey Bradley gets her face painted by Candace Stuck. Face painting was one of the many children's activities on site, including a petting zoo, an inflatable castle for bouncing and balloon animals.



Starting off the rodeo with a flip

by Pvt. Aimee J. Felix  
Mountaineer staff

Heroes on the home front made sure that thousands of Colorado Springs residents didn't miss out on some good old Army chow this year.

Because of the number of deployments causing a lack of equipment and manpower, Fort Carson was almost unable to participate in the pancake breakfast/fund-raising event that kicks off the Pikes Peak or Bust Rodeo every year. After realizing that without their support and participation, the 43-year tradition would have been broken this year, Fort Carson pulled together as a team of soldiers still here and civilians to make the event happen.

Pancakes, eggs, coffee and juice, Wednesday morning's menu, were all served and cooked by Fort Carson soldiers. There were three breakfast lines with seven to nine cooks each. The street breakfast was held at the corner of Pikes Peak Avenue and Tejon Street. "We came prepared to feed up to 10,000 people this year," said Sgt. Ray Waller, supervisor at one of the breakfast lines. Soldiers arrived as early as 1:30 a.m. to set up and prepare the breakfast feast.

"It almost didn't even happen, but a mixture of national guardsmen and active duty members came together so the fund-raising could go on," said Spc. Leroy Barfield, a cook at the event.

"Chute Nine," a well-known local band, provided the morning entertainment for the third year in a row, and the Fort Carson Mounted Color Guard presented the colors during the pledge of allegiance.

More than 160 Range Riders paraded down Pikes Peak Avenue after the breakfast before heading to a ranch north of Cotopaxi. They were joined by Maj. Gen. Robert Wilson, 7th Infantry Division and Fort Carson commanding general.

The first of these street breakfasts was held in 1936 and was promoted as a rodeo booster. Since 1950, the breakfast has been the official send-off to the Pikes Peak Range Riders. Fort Carson first supported the breakfast in 1955. In 1961, Centennial Sertoma became the sponsor/organizer of the breakfast.

Sertoma's main service project is assisting the more than 50 million people with speech, hearing and language disorders. The club also sponsors community projects to promote freedom and democracy, youth causes and other community needs.

All funds raised at the breakfast go back to the community, hearing agencies and some Fort Carson programs.

The breakfast grants Fort Carson the opportunity to interact with the community. Handshakes and thank yous were given by community members as tokens of appreciation to the soldiers.



Proudly Brought to You by Your Fort Carson Directorate of Community Activities, Bldg. 1217 Specker Ave. 719-526-3161  
Visit us at [www.ftcarsonmwr.com](http://www.ftcarsonmwr.com)

**CHews TO READ**

# BARNYARD FOLLIES

Grant Library, 4950 Flint Street, Bldg. 1528, Fort Carson  
**Summer Children's Program**

For Ages: 6-12

Wednesdays  
June 11 - July 16  
10-11 AM

FOR MORE INFORMATION  
CALL: 526-2550

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## Armed Forces Vacation Club

For more information, visit your Fort Carson ITR Office in Bldg. 2429 Specker Ave. 719-526-2083 or go to [www.afvclub.com](http://www.afvclub.com) and click on the Armed Forces Vacation Club logo. The Fort Carson Base code is 41

## Sports Tickets On Sale at Your ITR

Fort Carson Information Tickets & Registration Office  
Bldg. 2429 Specker Ave. 719-526-2083

Army Community Service  
Family Readiness Center  
719-526-4590

Fort Carson's ACS Mayoral Program Presents

# NATIONAL NIGHT

America's Night Out Against Crime

"A Welcome Home Event" brought to you by Fort Carson Army Community Service (ACS) & Directorate of Community Activities (DCA)

## NOTICE!!!

Starting 19 July 2003

Grant Library, 4950 Flint Street, Bldg. 1528, Fort Carson will be closed on Saturdays for the rest of this summer. For more information please call, 719-526-2350

**SMITH WOODCRAFT CENTER**  
Bldg. 2426 Wetzel Ave.

## Parent and Child Woodcraft Class

6 - 8 pm  
25 July - 22 August

Small Wood Projects Available to Build upon Arrival

- Shelves - Shoe Boxes
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Only \$5.00 + Materials

For More Information  
Call 526-3487

## BRING YOUR SKATES!

Fort Carson Family Skate Night  
Every Saturday

at the Fort Carson Special Events Center  
Bldg. 1829, Specker Ave

10 & under and beginners 3 - 5 pm  
All other skaters 5 - 9 pm

**FREE!**

- 185 Rink
- Great Music
- Fantastic Light Show
- Fun for all!
- Skate Rental \$1.00

For more information, please call  
524-1163 or 526-1023

Tuesday  
**5 August,**  
4:30pm-8pm, Iron Horse Park

Family Activities & Community Information  
K9 Obedience Training Demonstration  
Self Defense Demonstrations  
Food, Fun & Entertainment  
Crime Awareness  
Kids Finger Printing

For details, please contact the Mayoral Program at 526-4590

## FREE MOVIES!

Latest & Greatest  
Every Day of the Week!

**McMahon Theater**  
Bldg. 1517 McDonald Street

FREE Evening Movies Start 7 pm  
FREE Saturday Matinee Starts 2 pm

For the most current movie listings or information call 719-526-4629

**BOSS**  
Better Opportunities for Single Soldiers  
Fort Carson

## Summer Bash Luau

19 July • 6 - 10 pm  
Outdoor Pool

DJ, Prize for best Hawaiian outfit, Assorted Beverages, Volleyball, Horseshoes

Only \$5.00 Per Person!  
Includes Food

Call 524-BOSS

## JR. Golf Clinic

Ages 6 - 17

Join us at the  
Fort Carson Golf Club  
Bldg. 7800 Titus Blvd.

August 4-7  
6:00 - 7:00 p.m.  
To Register Call 526-4102 or stop by and see us

## FREE Godfather's Pizza!!!

# Happy Hour Pizza Every Friday!

at **X TREMES**  
ENTERTAINMENT & RESTAURANT

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For Happy Hour Times Call 719-576-7540

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WEEKLY MYSTERY EVENTS

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# TENNIS Clinic & Brunch

9 August • 6 am - 12 pm

Mountain Post Sports Complex  
Bldg. 1920 Specker Ave

Come out and join us for a fun filled family day of tennis instruction & brunch.

Clinic & light brunch only \$2.00

For sign up and more information please call  
719-526-2151 or 524-1388

## Pikes Peak or Bust Rodeo

★ MILITARY APPRECIATION NIGHT ★  
OPENING NIGHT - AUGUST 6, 2003

**COLORADO SPRINGS WORLD ARENA**

SHOW STARTS AT 7:00 PM  
GATES OPEN AT 6:00 PM  
\$5.00 PARKING CHARGE

TICKETS CAN BE PURCHASED AT ITR AT A DISCOUNTED PRICE

FOR MORE INFORMATION:  
526-4494 OR 526-5366

# Sports & Leisure

## Play ball

### Carson youths take to field Saturday mornings

by Bill Scharton  
Mountaineer staff

Before her baseball game started Saturday morning at the Mountain Post Sports Complex, 7-year-old Yankees' player Joanna Childress seemed concerned that she did not have a hit in any of her games so far this season.

The 7- to 9-year-old players in the Fort Carson Youth Services Center summer-baseball program face a pitching machine that can be a little intimidating to some youngsters at this age.

"I haven't hit anything in a game yet," Joanna said prior to her first at bat Saturday. "I hit the ball in practice though."

This last statement by Joanna would turn out to be a confidence booster for her as she headed to home plate for her first turn at bat in the game. She swung and missed the first machine pitch and watched another offering sail past the catcher to the backstop.

And then the magic moment happened. The machine sent the next pitch

to the plate. Joanna waited patiently for the ball to arrive at home plate, took a swing, made contact with the ball and put it into play.

In a state of suspended animation, she stayed in the batter's box and watched the ball roll into the field of play. It was as if she could not believe what just happened. Her feet seemed to be stuck in cement.

One of the coaches yelled, "Run to first, Joanna." This instruction by the coach appeared to jolt her back to earth and she hustled down the first base line. Joanna beat the throw to the bag and had her first hit of the season.

After realizing she was safe at first base, Joanna clapped her hands, raised her arms and a look of joy came across



Yankees' teammates Libbie Sargent and Joanna Childress, left, do some clowning around in the dugout prior to the start of their game Saturday morning at the Mountain Post Sports Complex.

her face. Her 8-year-old brother Rett, the Yankees' starting catcher, also got a hit in the inning and this base knock drove Joanna home.

"I don't know how I hit it," said an excited Joanna when she got back to the Yankees' dugout.

"I don't know if I was even watching the ball. We only have two more games after this one, so I hope I can get some more hits for the team." A couple of innings later, Joanna got her second hit of the game.

Another one of Joanna's teammates, 8-year-old Libbie Sargent, didn't start the game but replaced Rett at catcher in the middle of the game. After getting through a couple of batters, one of the pitching machine balls smacked Libbie in the shoulder and she was forced to retreat to the dugout.

Mother was there to provide words of comfort and encouragement and this helped Libbie fight back the tears of pain. "You were doing an excellent job catching the ball," she said to Libbie.

"You are a tough little girl!"

Libbie was supposed to take a turn at bat the next time the Yankees came to the plate. At first, she indicated she probably would not want to hit. However, after a few minutes of recuperation, Libbie decided to give it a try.

Libbie would swing and miss the first two pitches that came her way. On the third pitch, she made contact, put the ball in play, and beat the throw to first for an

infield hit.

The bruised shoulder hurt even less at this point in time. Libbie later came around to score a run and Joanna was the first to greet her with a hand slap.

Over on another field Saturday morning, the 3- and 4-year-old Bam Angels were swatting the T-ball with fun and fury. Three-year-old Parker was wearing a left-handed glove on his right hand and was throwing the ball around with his left hand.

"He's not really a lefty," said Parker's mother Mai Josephson. "So I don't know why he is throwing it with his left hand today."

For Parker, it would be his last T-ball game of the summer because the Josephson family (mother Mai, sister Riley, brother Brandon and Parker) was heading to Montana this week for a vacation.

The family will be visiting the children's grandparents and the parents of husband/father Scott Josephson. Scott currently is deployed to Iraq with 2nd Squadron, 3rd Armored Cavalry Regiment.

Parker received a fond farewell from his Angels' coach, Christina Baker. Baker's son James is Parker's teammate on the Angels team.

"It's a blast coaching these kids," said Baker. "I have been coaching T-ball and soccer for five seasons now."

"My husband is retired Navy and I got him into coaching. He is going to do soccer this fall and I am going to take a break. We think the Youth Services Center youth sports programs are great."



Photos by Bill Scharton

Seven-year-old Joanna Childress, a player for the Yankees in the Fort Carson youth baseball program, got her first hit of the season Saturday morning.

# Lady Mountaineers turn into Jekyll, Hyde

by Bill Scharton  
Mountaineer staff

The Lady Mountaineers competitive-slowpitch-softball team did a really good Jekyll and Hyde impression during a league doubleheader July 9.

Game number one featured the Lady Mountaineers against Noah Heating/Baxley Oil. The Lady Mountaineers entered the game with a 6-2 season record while Noah Heating/Baxley Oil was winless at 0-7. The two teams had met once earlier in the season and the Lady Mountaineers cruised to an easy 23-3 victory.

The July 9 matchup would tell a different story however. A foreshadow of things to come happened in the top of the first inning when the Lady Mountaineers' offense went three up and three down. Noah Heating/Baxley Oil tallied three in the bottom of the first frame and had a quick 3-0 lead that it would never give up.

The Lady Mountaineers loaded the bases in the top of the second inning but failed to score a run.

The Lady Mountaineers defense kept the opponent off the scoreboard in the bottom of the second.

In the top of the third inning, it was

three up and three down once again for the Lady Mountaineers. Noah Heating/Baxley Oil scored two more runs for a 5-0 lead after three innings of play.

The Lady Mountaineers finally got the goose egg off the scoreboard in the top of the fourth inning. A base hit by Nina Dawson knocked in Amber Barker with the first run of the game. The Lady Mountaineers offense stalled again at this point. The Lady Mountaineers defense played tough in the bottom of the fourth by keeping the opponent from scoring with the bases loaded.

Inning number five continued to feature a faltering Lady Mountaineers' offense. A ground out, a walk and a double play allowed only three Lady Mountaineers' hitters to come to the plate in the top of the fifth. The Lady Mountaineers' defense went from sweet in the fourth to sour in the fifth. The Lady Mountaineers' bad defense enabled Noah Heating/Baxley Oil to score three more runs and the Lady Mountaineers trailed 8-1 after three innings.



Photo by Bill Scharton

Lady Mountaineers third baseman Lenore Moskey braces for a collision as she gets ready to tag a runner for the Noah Heating/Baxley Oil team. Noah Heating/Baxley Oil picked up its first win of the season July 9 with an 11-1 victory over the Lady Mountaineers.

See Softball, Page 24

# Race to the finish

## August earns relay gold

by Bill Scharton  
Mountaineer staff

Raphael August earned one gold medal at the XV World Masters Athletics Championships in Carolina, Puerto Rico.

He picked up the gold medal Sunday as a member of the United States first place 400-meter relay team in the 40 to 44 age group.

"We had a shot at the age group world record of 42.74 (seconds), but one bad handoff kept us from getting the record," August said. The USA team won the race with a time of 43.84 seconds, two seconds ahead of the second place team from Great Britain. The team from Puerto Rico placed third.

Earlier in the championships, August also made it to his age group finals in the 100-meter dash.

In the final of this race, he had to stop running because of a strained hamstring. "This was frustrating," said August. "I think I could have placed in the top three."

August, a staff sergeant in Fort Carson's 2nd Brigade, 91st Division, Training Support Battalion, is now preparing for the Rocky Mountain State Games competition Aug. 2 and 3. The track and field competition will take place at the Air Force Academy.

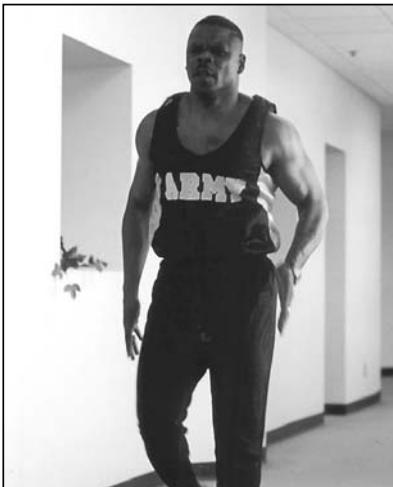


Photo by Bill Scharton

**Raphael August, shown training at the Forrest Fitness Center, won a gold medal Sunday at the XV World Masters Athletics Championships in Carolina, Puerto Rico. He won gold as a member of the first place United States 400-meter relay team in the 40 to 44 age group.**

### Sports briefs

#### Summer Classic Softball Tourney slated for Saturday and Sunday

The Fort Carson Summer Classic softball tournament will take place Saturday and Sunday at the Mountain Post Sports Complex.

United States Slowpitch Softball Association rules will apply. The entry fee is \$150 per team and game balls will be provided. Trophies will be awarded to the top three teams and to individuals on the first and second place teams. For additional information, call Bryant Rushing at 524-4515 or Seth Peters and 524-0956.

#### Fort Carson Golf Classic

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

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

#### Fountain-Fort Carson High School sports physicals

Fountain-Fort Carson High School sports physicals for the 2003-04 academic year will take place at the high school gym from 5 to 7 p.m. Aug. 8.

The cost of the physical is \$10. For additional information about the physicals, camps or starting times for fall sports, call Kelley Eichman at 382-1640.

### Softball

From Page 22

The quick pace of the game allowed the teams to play a sixth inning. In the top of the sixth, it was more of the same for the Lady Mountaineers offense = three up and three down. Noah Heating/Baxley Oil scored three more runs in the bottom of the sixth for an 11-1 lead and the game was halted due to the 10-run mercy rule.

Controversy surrounded the contest. Noah Heating/Baxley Oil allegedly used higher division unsanctioned players according to the Lady Mountaineers' management. "They used players from a higher division who were not on their official roster," said Lady Mountaineers' player/manager Catherine Satow. "I don't like it when people play dirty pool like that. But I decided to be a good sport and not protest the game."

The Lady Mountaineers bounced back in fine

fashion in the second game of the twin bill. The Lady Mountaineers were playing the S.G.O. Wild Things and the earlier first game loss had dropped the Lady Mountaineers two games behind the Wild Things in the race for second place in the league standings. Therefore, the Lady Mountaineers would need a victory in this nightcap in order to have a shot at second place in the final standings.

After giving up two runs in the top of the first frame, the Lady Mountaineers offense finally came alive and erupted for eight runs in the bottom of the first and the team would not relinquish the lead. Barker smacked a two-run homer, Dawson blasted a three-run dinger and Naomi Gilbert stroked a two-run single.

In the bottom of the third inning, the Lady Mountaineers scored two runs on a RBI triple by Lenore Moskey and a Satow sacrifice fly. The team added three more tallies in the bottom of the fourth frame. Barker, Jeri Gallus and Dawn McCarty had singles to load the bases. Dawson and Kim Routon walked in runs and Moskey drove home on a fielder's choice.

The allotted game time expired with the Lady Mountaineers leading and batting in the bottom of the fifth inning ... Lady Mountaineers win 14-11. The Lady Mountaineers play another game against the Wild Things two weeks ago and this contest will probably be the battle for second place in the final league standings.

"The results of the doubleheader were kind of backwards from the way I thought it would be," said Satow.

The Lady Mountaineers had a bye this week and are scheduled to return to action at 6 p.m. Wednesday against the Bijou Babes.



Photo by Bill Scharnton

Lady Mountaineers pitcher Nina Dawson watches her delivery go to the plate during game action July 9. In the background, first baseman, Jeri Gallus, checks out the delivery.

# 5 troupe members qualify for junior olympics track meet

by **Bill Scharton**  
**Mountaineer staff**

Five members of the Fort Carson based Joe Gentry's Track Troupe have qualified for and will compete in the national junior olympics track and field meet July 29 to Aug. 1 in Miami.

The troupe members qualified for the national meet during competition July 10 to 13 at the Region 10 (Colorado, Arizona, New Mexico, Utah, Wyoming, part of Texas) junior olympics meet in Phoenix. The top three finishers in each event at regionals qualified for the national meet.

Brothers Maurice, Daniel and Raymond Blackledge qualified for nationals in their age groups.

Maurice placed first in the long jump (4.97 meters) at the regional meet in the midget boys division (10 to 12 years old). In the intermediate boys division (15 and 16 years old) at regionals, Raymond placed first in both the long jump (6.51

meters) and triple jump (13.61 meters) and Daniel finished second in the same two events.

Rena Napoleon earned the right to go to the national junior olympics with a second place finish in the young women's (17 and 18 years old) 400-meter dash. Tiffany Morton made nationals in the young women's 400-meter hurdles by placing second at regionals.

The intermediate girls 1600-meter relay team (Faybiana Gobert, Jessie Humeston, Zoria Brooks, Jasmine Rollins) placed first at regionals and the young women's 1600-meter relay team (Morton, Napoleon, Jamile Young, Ivory Stewart) finished second at regionals. Due to prior commitments, these two relay teams will not compete at nationals.

The other members of Joe Gentry's Track Troupe who competed at regionals included GinAsia Hamilton, Jerrod Landress, Kevin Lambkins, Michael Jones and Matt Bartholomew.

## Checkmate

# 5-time win

by **Tim Hippi**  
**Army News Service**

**FORT MYER, Va.** — It seems nobody in the U.S. Army can figure the chess strategy of Sgt. Rudy Tia Jr., who recently became the first five-time winner of the All-Army Chess Championship.

Tia, 38, of Fort Hood, Texas, won his fifth overall and fourth consecutive championship June 21 to 26 in Armywide competition at Fort Myer, Va. Sgt. Michael Fletcher, the only other four-time winner of the event, owned the All-Army crown from 1979 to 1982.

Sgt. Kenneth Davidson came all the way from Karsi-Khanabad, Uzbekistan — just north of Afghanistan — to get a rematch with Tia, the ultimate commander of an Army of 16 chessmen.

"I was trying to get him this year," said Davidson, who lost to Tia in the first round. "I thought I had him beat last year, but I just missed my winning move. This year, I was trying to get my revenge, but he's tough."

Fast, high water makes whitewater rafting exciting



Courtesy photo

A group of Fort Carson rafters ride through whitewater on the Arkansas River during a June rafting excursion.

**W** by Nel Lampe  
**Mountaineer staff**  
 whitewater rafting is a thrilling sport. Colorado's rivers draw almost a quarter million people each year to participate in whitewater rafting. The Arkansas River is one of the nation's most popular waterways for whitewater rafting. Snowmelt in the high country feeds the Arkansas River, and when the water is high, as it is this year, the resulting high water results in white-water rapids.

According to Ted Brinegar, coordinator for the adventure program team at Outdoor Recreation, "The water this year is the best sustained water we've had in four years. In addition to the snowmelt,

water is being sent along the Arkansas for use further down river."

This is a good year for whitewater rafting.

Whitewater rafting is best early in the season, when water is higher. As summer wears on, the water becomes lower. By mid-August, the lower water exposes more rocks and the water channels are lower.

However, the whitewater-rafting season this year might be extended until September.

Last year's drought and low water in the rivers left rafting companies struggling, but business is booming this year. Rafting companies using the Arkansas River are in Cañon City and along Highway 50 West near the Royal Gorge Bridge. Other outfitters serve the Brown's Canyon near Buena Vista and other parts of the state. The yellow pages list nearly two dozen rafting outfitters; brochures for several companies are available at tourist information racks.



Photo courtesy Rob Lampe

Rafters paddle a rubber raft through the Arkansas River west of Cañon City.

Excursions available include half-day or full-day trips, with or without lunch included in the price, with departures from several locations along the Arkansas River.

A rafting trip is available from Fort Carson's Outdoor Recreation Center. Using this outfitter, you don't have to provide your own transportation to the outfitter's location in Cañon City, Leadville or Buena Vista, because Outdoor Recreation provides the transportation in vans or buses from the post. Rafts and safety equipment are provided; wet suits and splash jackets are available. The fee is \$32.50 per person for the half-day trip. Or, for a group of five or more, the fee is reduced to \$30 each. Participants must be able to swim and weigh at least 50 pounds.

Outdoor Recreation takes half-day trips through the Bighorn Sheep



Photo by Nel Lampe

Rafters are fitted with helmets and other safety gear in the Outdoor Recreation Center.

# Happenings



Places to see in the Pikes Peak area.

July 18, 2003

## Rafting

From Page 27

Canyon, west of Cañon City.

Participants meet at the Outdoor Recreation Center at 7 a.m. to be fitted with equipment, leaving about 7:30 a.m. on vans or a bus, depending on the number of participants, for the launching location.

Once on the river, the rafting trip covers about nine miles of water, and takes about an hour and 45 minutes, with the water running about 1,500 cubic feet per second.

Bob Bence, a volunteer guide, ticked off a list of rapids the rafters would traverse: "Prelude to Madness," "Three Rocks," "Sharks," "Puppy Dog," "Puppy Dog Tail," "Chicken Lips" "Spike Buck" and "Last Chance."

After a couple hours on the Arkansas River, the group returns to the Outdoor Recreation Center about 1:30 p.m.

Participants can bring along water and an energy or candy bar. "The return is early enough that people can have lunch after getting back," Brinegar said.

Brinegar said changing into dry clothing back at the van is appreciated by wet rafters.

The half-day rafting excursion is ideal for first-time rafters or those just looking for a recreational whitewater trip. Trips are offered Wednesday through Sundays throughout the season. Special trips can be arranged for a unit or group excursion for any day of the week.

Outdoor Recreation also offers a two-day whitewater rafting trip for the more serious rafter. The overnight trip is interactive, has more hands-on participation and teaches participants a lot about whitewater. "It's a more in-depth experience and participants learn the 'whys' and 'hows' of whitewater rapids. It's more exciting," Brinegar said.

The two-day trip is in Brown's Canyon and includes overnight camping and traversing through wilderness canyons. Participants need to bring their own sleeping bags. Outdoor Recreation provides

all meals and camping equipment.

The first day of the two-day trip begins at 8 a.m. with equipment fitting at Outdoor Recreation. Participants are loaded on vans and the trip to the launching site begins. Paddle rafts take participants down the Arkansas River along with a gear boat loaded with food and camping equipment for the overnight stay. The group returns on the second day at about 5:30 p.m.

A minimum of 12 people is required for the two-day rafting excursion. A group excursion can be arranged for any day of the week.

Rafting participants should wear a swimsuit with a drawstring waist and a synthetic warm-up suit or something similar over it. Clothing should be of synthetic material. Brinegar said that cotton garments should not be worn as cotton fabric is slow to dry once it is wet, and rafters will get wet. Wool or fleece jackets and wool socks are also good choices.

Sandals or sneakers you don't mind getting wet are good footwear, Brinegar said. Flip-flops or a slide-type sandal without a heel strap will likely be lost in the water. Baseball caps may be worn under helmets.

Rafters should bring sunscreen and lip balm for protection from the sun during the hours the rafters are in the water.

As is the policy with Outdoor Recreation trips, alcohol and illegal drugs may not be brought along.

And rafters on the two-day raft trip will want to bring along a toothbrush and other gear needed for an overnight stay, including a sleeping bag.

Outdoor Recreation uses rubberized rafts which are 12, 14 or 16 feet in length, depending on the number of rafters. Six to eight peo-



Photo courtesy Rob Lampe

Rafters get ready to enter the Arkansas River at the launching point.



Photo courtesy Rob Lampe

The first raft gets under way at the launching site on the Arkansas River.

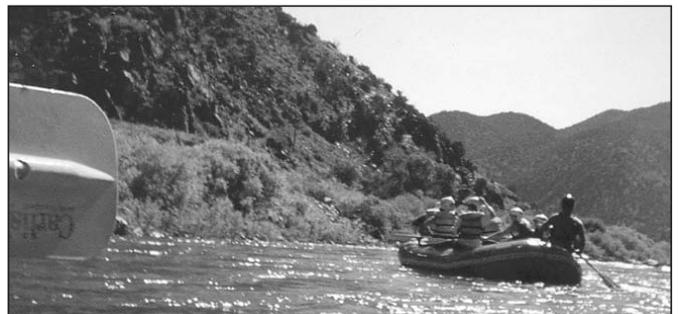


Photo courtesy Cameron Lampe

Participants paddle between rapids while rafting on the Arkansas River.

ple are in each raft. The rafts are actually paddle boats, and all rafters are required to help row the boat in a team effort.

All spaces on raft trips are reserved. Wannabe rafters should register and pay for their spaces ahead of time. Call 526-2083 for information or to sign up, or stop by the Outdoor Recreation Center at building 2429.

Hours are Tuesday through Sunday, 10 a.m. to 6 p.m. Payment can be made by check, cash or credit card.

The Outdoor Recreation Center is on Specker, south of Burger King and the Mountain Post Sports Complex.

There's plenty of parking in front of the building.

### Just the Facts

- **Travel time** an hour to launch site
  - **For ages** swimmers, 50 pounds and up
  - **Type** whitewater rafting
  - **Fun factor** ★★★★★ (Out of 5 stars)
  - **Wallet damage** \$\$\$\$ plus
    - \$ = Less than \$20
    - \$\$ = \$21 to \$40
    - \$\$\$ = \$41 to \$80
    - \$\$\$\$ = \$81 to \$100
- (Based on a family of four)



Photo by Neil Lampe

Participants board the bus at 7:30 a.m. at the Outdoor Recreation Center, headed for the Arkansas River.

## Get Out!

### Renaissance Festival

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

### Ride the rails

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

### Pikes Peak or Bust Rodeo

**The annual Pikes Peak or Bust Rodeo** is Aug. 6 to 10 at the Colorado Springs World Arena. "Tanya Tucker in Concert" follows the Aug. 8 rodeo and "Rushlow in Concert" follows the Aug. 9 rodeo. Rodeo tickets include the concert. Fort Carson night is Aug. 6. Discounted tickets are on sale at Information, Tickets and Registration.

### Fine Arts Center theater

The Fine Art Center's Youth Repertory Theater Company presents "**Les Miserables**," school edition. All actors and singers are ages 13 through 19. Tickets are \$12 in advance or \$13 at the door. Performances are July 25 and 26, 29 and 30 at 7 p.m. A 2 p.m. performance will be July 27. Call 634-5581 for tickets.

### State Fair concerts

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

### Money Museum

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

### Pueblo Festival Fridays

**The Sangre de Cristo Arts Center hosts "Festival Fridays"** in the sculpture garden in front of the center. A band will play in front of the grand staircase "The Martini Shot Band" is set for today. July 25 is "Dotsero." "Esperanza takes the stage Aug. 1. Wallace Cotton and the Royals finishes up the series Aug. 8. Concerts are 6:30 to 9:30 p.m. Admission is \$5 at the entrance. Take Exit 98b off Interstate 25 south to reach the center at 210 N. Santa Fe in Pueblo.

### Concert series

**The Air Force Academy announces its new season, opening with "Jay Leno"** in person Sept. 13 at 6 and 9 p.m. "Diamond Rio" is Oct. 4 at 7:30 p.m. "Seussical the Musical" is Nov. 1 at 7 p.m., the U.S. Army Field Band and Chorus is Nov. 2 at 3 p.m., and "A Christmas Carol" is Dec. 13. During 2004, the "Dallas Brass" is Jan. 30, "Sing-A-Long Wizard of Oz" is Feb. 20; "A Few Good Men ... Dancin'" is Feb. 21; "Singin' in the Rain" is March 6, and theatrical mime Bob Berkly closes out the concert series with two performances April 17. Ticket prices for season ticket holders are \$110, \$170, \$200 and \$222. Call 333-4790 for information.

### JoyRides

**JoyRides Family Fun Center honors the military with "Military Mondays."** Show your military ID and get three hours of unlimited rides for \$7 per person. Bring more than five people and the price is \$5 per person. JoyRides is off East Platte Avenue

### Denver Art Museum

**"Sargent and Italy"** is an exhibit in the Denver Art Museum through Sept. 21. The exhibit includes 65 of the works of John Singer Sargent, one of the most acclaimed American painters in the early 20th century. Admission to this exhibit is \$9.50 for adults,

\$7.50 for students and \$5.50 for children 6 to 18. Tickets may be purchased on site. The exhibit is open Tuesday through Saturday from 10 a.m. to 5 p.m.; Sundays from noon to 5 p.m., downtown Denver.

### Broadway to Colorado Springs

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

### VW car show

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

### Victor Gold Rush

**The small mining town of Victor, south of Cripple Creek, marks Gold Rush Days** today through Sunday. There's entertainment, games for children, llama races, a chili supper, pancake breakfast and a 11 a.m. parade Sunday. Call 689-4022 for information.

### Pikes Peak races

**Pikes Peak International Raceway presents concerts after the races July 26** by Craig Morgan and Sherrie Austin. The Bush NASCAR races begin at 1:30 p.m., and gates open at 8 a.m. Tickets are half-price for service members at the raceway or at Information, Tickets and Tours.

### Cheyenne Frontier Days

**Cheyenne Frontier Days in Wyoming begin today and run through July 27,** with daily rodeos, the Air Force Thunderbirds Air Show, carnivals, free pancake breakfasts, parades, carnival and nightly entertainment, ranging from Toby Keith and 3 Doors Down to Willie Nelson and Alan Jackson. Check out the schedule at [www.cfdrodeo.com](http://www.cfdrodeo.com) or call (800) 22-RODEO.

### The Rodeo Parade

**The city's largest parade** is the Pikes Peak or Bust Rodeo Parade Aug. 6 at 10 a.m. the parade runs along Tejon from St. Vrain. Get an early start, find a parking place and get set to watch lots of horses, marching groups and bands.

## Happenings



Photo by Nel Lampe

### JoyRides ...

**Military ID card holders pay \$7 per person for unlimited access to the park for three hours on "Military Mondays." JoyRides Family Fun Center is off East Platte Avenue, near the flea market. Hours are 10 a.m. until 10 p.m. Sunday through Thursday; until midnight Friday and Saturday.**

Program Schedule for Fort Carson cable Channel 10, today to July 25.

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

Navy/Marine Corps News: includes stories on new Sergeant Major of the Marine Corps, NATO North American headquarters and the Navy's top issues. Airls at 8 a.m., 1 p.m., 8 p.m. and 1 a.m.

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

a.m.

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

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

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

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

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