

Mountaineer

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Aug. 22, 2003

Back to school for Mountain Post Be cautious of children walking to, from school

by Pfc. Stephen Kretsinger
Mountaineer staff

The second leading cause of unintentional injury-related death among children ages 5 to 14 is pedestrian injury, following the leading cause, motor vehicle occupant injury. An estimated 44,600 children ages 14 and under suffered motor vehicle-related pedestrian injuries in 2000 alone.

Now that school has started, parents may have worries about the safety of their children going to and from school. There are steps parents can take to assist in teaching their children about safe-walking habits.

Parents should discuss the safest route to and from school or bus stop and map out a route with their children. Walking the route to school with their children is recommended to parents.

"Maybe (walk the route) the first few days, depending on how old the child is," said Jennifer J. James, a safety specialist at the installation safety office. "Talk about each segment of the route such as traffic lights or safety crossings."

Children should be taught safety rules as well as the meanings of traffic signals and markings found along the way to school. Parents should talk to their children about such safety tips as not crossing the street without a crossing guard, not crossing in the middle of the street and to always cross at corners, said



Photo by Pfc. Stephen Kretsinger

Spc. Mark A. Chavez, 64th Forward Support Battalion, stops traffic in front of the post's newest school, Patriot Elementary, so children can cross the street safely. Fort Carson schools started Monday and post soldiers will stand guard at intersections around schools, but motorists should watch for children walking to and from school.

See Back to school, Page 3

4th Engineers make soldiers' lives easier

by 1st Lt. Robert Elliott
Headquarters Company
4th Engineers Battalion

Life is not easy in Iraq. However, having a little help from the 1st General Construction Platoon, Company C, 223rd Engineer Battalion has made life a little bit easier for soldiers in the 4th Engineer Battalion.

The "Mississippi Boys," as they like to call themselves, hail from Charleston, Miss. This 31-soldier Mississippi National Guard platoon specializes in the areas of plumbing, electricity, masonry and car-

penry.

"They've made life here as close to home as you can get here," said Sgt. Theresa White, a cook in Headquarters Company, 4th Engineer Bn., about the Mississippi Boys.

Many of the projects they work on are small, yet they are the ones that make the most difference. The soldiers have built shelves, footlockers, basketball hoops, weight benches, entertainment centers and file cabinets. They can build frame and screen windows, doors and have put up air-conditioning stands. Their larger proj-

ects include building showers, latrines, a chapel, an aid station, a small living hut and a shopette. They have several projects in the works. These include a screened-in eating area for the dining facility, larger living huts and construction of an Morale, Welfare and Recreation facility to be used for a phone center, card room and movie theater. One might say these soldiers specialize in improving base camp morale.

"If it wasn't for them, we'd be living the hard life," said Sgt. Scott Reynolds, a cook in HHC.

Soldiers in HHC, 4th Engineers are

not the only ones benefitting from the skills and expertise of the construction platoon. The Mississippi Boys have been sent out to work quality of life improvements for Companies A and B, 4th Engineers; HHC, 3rd Brigade; 3rd Battalion, 29th Field Artillery; 1st Battalion, 8th Infantry; 1st Battalion, 68th Armor; and even 1st Battalion, 66th Armor, a unit based out of Fort Hood, Texas. Soldiers in the 4th Engineer Bn. are thankful for the work and service these soldiers are doing over here in Iraq to improve quality of life.

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Feature



The Mountain Post community enjoys food and fun in Ironhorse Park.

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Visitors walk toward the dunes, taking snow equipment to slide on the sand.

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What's new

Because of the training holiday, the *Mountaineer* publishes Thursday. Deadline for that issue's classified ads is noon Monday.

The Sept. 5 issue deadline for stories is close of business today.

Post Weather hotline:

526-0096

Soldier's experience Overcoming the cycle of addiction

Commentary by Army News Service

I am an addict. A better way to term it is: I am a recovering addict. I am sharing this revelation in the belief that I can bring hope to others who are fighting addictions. I want them to know that it can be done. You can change your life.

My 12-year battle with addiction influences my view of the world and my relationship with my wife and family. In the past, it affected my church standing, my finances and my work performance, as well as other aspects of my life. At one point, my addiction had control of my life, and I was miserable.

Addiction, whether it's gambling, smoking, alcoholism, obsessive overeating, or any number of ailments, is destructive and invades the life of the addict. An addiction is defined as being so dependent upon something that separation from it causes trauma. You become devoted to it. It takes over your life. You feel you need it just to remain calm and be who you are. Whatever form the addiction takes, it takes away from the truly important things in life. It makes you lose sight of hope and see only misery.

It was that misery that made me want to change. I was able to see the destruction that was coming my way if I didn't change my life. It was then that

I admitted that I had a problem. That first step was the one that started me on the path to recovery. It wasn't until I hit the bottom that I could admit my addiction.

My wife was upset and nearly left me. My boss was upset, and I was almost kicked out of the Army. I was upset, and more than once considered suicide.

In essence, I had hurt many people around me because of my selfish desires. However, even though they were hurt, I found that when I tried to change, the people who cared the most about me wanted to help me become a better person. They loved me enough to help me fight my desires. Having that strong support system plays a vital role in recovering and overcoming addiction.

I was rock climbing once at a place called Lisa Falls. The rock there is slick granite and not easy to climb. I was leading the climb, and a trusted friend was on belay. I was about 25 to 30 feet in the air reaching for the next anchor to lock into, when my foot slipped. I began falling. My friend did his job and began pulling in the slack on the rope. I passed the anchor below me and was about six feet from the ground when my friend stopped my fall.

In the same way that my friend stopped my descent when I slipped

while climbing, friends and family can help keep an addict from falling.

By trusting in my family and friends, and being accountable to them, I am able to resist my addiction. That constant reminder that my wife, boss or friend is going to ask how I'm doing today, is a help in overcoming my addiction.

The biggest support I have is God. Turning my problems over to a higher power allows me to be truly introspective. It helps me to know that I am not doing it alone. It is easier for me to turn my problems over to him. I believe he helps me through the recovery process when I ask him.

Of course there are always people who are more than willing to cause you to go the opposite direction. It is important while you are working through an addiction to avoid people and circumstances that could lead you into a relapse.

Another beneficial support I have is therapy. By sharing my problems, worries, and fears with the therapist, I am better able to deal with them. My ability to function in life without turning to my addiction increases as we discuss life and better ways to cope with it.

Other types of professional help are available as well. There are 12-step programs for almost any addiction, as

well as support groups and medications that can help. The more I desire to change, the more options I am willing to try to overcome the addiction.

Where I used to do anything I could to get my "fix," I am now doing everything I can to find my way out of it.

Although I am in recovery, I still attend therapy sessions. I still rely upon God, family and friends to help me through each day without a relapse. The weak days are fewer and farther between, but they are still there, and I still need to keep my guard up. I am on the road to healing, though.

The results of working through my addiction are wonderful. I see my wife and family in a different light; we are closer than we have ever been. I am using my time in better pursuits, such as exercise, studying and taking my son swimming. I feel in control, rather than out of control. I am truly happy.

I wish I could share with you what I feel in my heart now that I have my priorities in order again. I hope this will help someone to see that there is a way out of addiction. It is not hopeless. You can find help. It is there; just reach out and take it.

Editor's note: This article was submitted by an Army Public Affairs Officer. The names of the installation and author are being withheld because of the sensitive nature of the topic.

Letter to the Editor

This reaches you from Germany. While my fiance is in Iraq right now, I'm trying to cope with his deployment from far away. He won't be back home until April and we barely have any communication (one call in about five months), I'm far away from my family-in-law to be, and since I'm German I don't have anyone near me that is in the same situation, no one who faces the fear of losing someone that you love so truly and deeply, or losing the love that two people felt for each other before a war took them apart.

I'm writing to you, because of the great information and assistance that Fort Carson provides, such as the Family Readiness Group, Rear Detachments, the chaplains, newsletter and *Mountaineer*, without them I'd feel very lost. All of this gives me a chance to be informed and stay strong, since the German media often gives a different picture about things going on or information is not as current and exact.

I'm not an American, so I wasn't raised with the same kind of patriotism as an American, but I know the United States is doing the right thing, and he and

his fellow soldiers are doing a great job and so are the people that stayed behind. It is not easy to keep up to date when one is not married yet, but the *Mountaineer* and other sources help me incredibly. I want to thank Fort Carson for that with all my heart.

God bless you and God bless all the men and women who are doing their very best every day to free Iraq.

Keep up the great work

With the best wishes
Kim from Germany

LETTERS TO THE EDITOR

The *Mountaineer* invites readers to write letters to the editor in response to stories in the *Mountaineer* or events that affect the entire Mountain Post Team.

Guidelines are set to ensure fairness to everyone. All letters must be signed and include an address or unit designation and daytime telephone number for verification. No address or telephone number will be published and name will be withheld upon request. Anonymous letters will not

be considered.

Letters should be no longer than 200 words in length. The *Mountaineer* reserves the right to appropriately edit all letters. If a letter involves an on-post situation, the text of the letter will be forwarded to the appropriate person or directorate for comment. Obscene or pornographic language or materials will not be published.

Because of legal restrictions, both in federal regulations and AR360-81, under which the *Mountaineer* is pub-

lished, no letters concerning local or national political issues will be published. Publication of any letters will also conform to all appropriate Department of Defense and U.S. Army regulations.

Letters may be sent to: Letters to the Editor, The *Mountaineer*, 1550 Specker Ave., Fort Carson, CO 80913 or dropped off at the *Mountaineer* office, building 1550, Room 2180.

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News

Back to school

From Page 1

James. Parents can teach children not to enter streets from between parked cars or from behind bushes. Darting into streets accounts for the majority of child-pedestrian fatalities.

Children should walk, not run when crossing roads. "We don't want kids running across the street, because it distracts them and they could run outside the area where they are supposed to walk," said James. "Taking their time gives them a little more time to actually see the cars and watch everything that's around them."

Looking both ways before crossing streets is something that many of us were taught as children. Parents should also teach children to make eye contact with the drivers and wave to ensure the driver sees them before they attempt to cross roads.

Wearing footwear with retro reflective material or carrying flashlights at dawn or dusk is another way to make children more visible to drivers. Retro reflective material is 1,500 times brighter than white fabric because it redirects incoming light back at its source.

If a child must walk on a street that has no sidewalks, parents should teach them to walk facing traffic and stay as far from the road surface as possible. If a child must walk in bad weather, inform the child to be extra alert as drivers may have trouble seeing and stopping.

Bike safety is also an issue when school time comes around. "We also inform kids that if they are riding bicycles to get of their bikes and walk them across the street, not just ride them across at the crosswalks," said James.

Before allowing children to ride their bicycles to school, parents should check with the school to make sure they provide "safe areas." A "safe area" for bike racks should be away from drop-off and pick-up zones at the school and areas with high pedestrian traffic.

Children should wear helmets that meet the U.S. Consumer Product Safety Commission safety standards. The helmet should fit snug, but not too tight. It should sit on top of the head in a level position and the helmet strap should always be buckled.

Teach children the rules of the road when it comes to riding bicycles. Children riding bikes should ride on the right side of the road and not against traffic. They should use appropriate hand signals. They should also stop at all intersections, marked and unmarked. Parents should never let children under the age of 10 ride on streets without adult supervision and children should not be allowed to ride on roads after dark.

Parents can give children a few rules to remember when traveling to and from school. Such as go directly to and from school without stopping in between, cooperate with police, school safety patrols and adult crossing guard, and watch for vehicles that might turn.

Moreover, parents should set the example by demonstrating proper safety procedures. Children need parents to teach them safety, as well as set the example. Also, parents should let older children in the household and neighborhood know how important good role models can be.

These are just a few tips to help parents create a safe environment for their children to travel to and from school. Taking the time to discuss these safety measures with children, setting the example by using proper safety procedures and planning out the safest routes to and from school can help ensure child safety and perhaps give parents a little peace of mind.

Editor's note: Certain information for this article was borrowed from the SAFE KIDS Web site. SAFE KIDS is a nonprofit organization dedicated to the prevention of unintentional childhood injury.

Students can get to school safely by:

- **Going straight to school without unnecessary stops.**
- **Crossing at corners only.**
- **Walking, not running, across streets.**
- **Obedying all traffic signals.**
- **Being extra alert in bad weather.**
- **Looking both ways before crossing the street.**
- **Watching for vehicles that might be turning.**

Forces commander meets with families ...

Gen. Larry R. Ellis, commanding general, U.S. Forces Command, met with leaders of Family Readiness Groups and other members of the Mountain Post Team in a “town-hall meeting” Aug. 15 at Elkhorn Conference and Catering Center on post. Community questions and concerns were discussed. Items of interest from the town-hall meeting will be addressed in future articles of the *Mountaineer*.



Photo courtesy Regional Training SupportCenter

Military

Benefits for returning servicemembers

by TriWest Healthcare Alliance

As some servicemembers return home from wartime deployments and prepare to end their active duty service, a concern will be to ensure health care coverage for themselves and their families is not interrupted.

Many will be eligible for TRICARE benefits available through the Transitional Assistance Management Program. These transitional benefits will help them maintain coverage while bridging the gap between military service and civilian life.

TRICARE's transitional health care benefits for servicemembers

Servicemembers who served less than six years' total active federal military service are eligible to receive TRICARE benefit for 60 days after their separation date, and those who served for six years or more are eligible for 120 days' of TRICARE coverage after their separation. These include: members involuntarily separated from active duty; reservists separated from active duty who were called up or ordered in support of a contingency operation for an active duty period of more than 30 days; members separated from active duty and involuntarily retained in support of a contingency operation; and members separated from active duty following a voluntary agreement to stay on active duty for a period of less than one year in support of a contingency mission.

TRICARE eligibility is determined by the spon-

sor's service branch and by information available in the Defense Enrollment Eligibility Reporting System.

TRICARE Transitional Health Care Demonstration Project

The TRICARE Transitional Health Care Demonstration Project provides eligible family members with the same level of care (except dental, which may be available, if eligible, under the TRICARE Dental Program) that their military sponsor receives under the TRICARE Transitional Health Care Benefits program.

Under the TRICARE Transitional Health Care Demonstration Project, eligible family members may continue receiving TRICARE benefits for 60 to 120 days after their military sponsor's separation date, depending upon the sponsor's length of service.

To make sure family members are eligible for TRICARE transitional health care benefits programs, servicemembers must update their information in the DEERS.

If the servicemembers and their eligible family members want to keep their TRICARE Prime coverage under their Transitional Health Care Benefits, they will have to re-enroll by submitting a new TRICARE Prime enrollment application. Otherwise they may use their TRICARE Standard or Extra benefits. Information about these benefits can be found at www.triwest.com or www.tricarecarson.army.mil. The TRICARE Prime Remote and TRICARE Prime Remote for Active

Duty Family Members Programs are not an option for beneficiaries eligible for TAMP.

Continued Health Care Benefit Program

The Continued Health Care Benefit Program offers a private, conversion health plan, for 18- to 36-month transition periods, similar to, but not the same as, TRICARE Standard. CHCBP is not part of TRICARE but provides similar benefits and operates under most of TRICARE's rules. It is available to former servicemembers and their families, to some former spouses who have not remarried, and to children who no longer qualify as dependents but who enroll and pay quarterly premiums.

To make use of the CHCBP, eligible individuals must enroll within 60 days after separation from active duty or loss of eligibility for military health care. For enrollment forms and specific eligibility and enrollment information, contact the DOD's CHCBP contractor:

Humana Military Healthcare Services, Inc., Attn: CHCBP

P.O. Box 740072
Louisville, KY 40201
(800) 444-5445, option 4.
www.humana-military.com

It is hoped that these transitional health care programs will eliminate one source of concern for military servicemembers and their families who are making the transition to civilian life.

Military Briefs

Hours of operation

Legal Assistance hours — Hours at Legal Assistance are back to normal. Walk-ins to see attorneys are Mondays and Thursdays 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., Monday through Thursday.

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.

Are you ETSing?

If you're within 120 days of ETS, you must immediately call 526-2607 or 526-2599 to make your appointment for your MANDATORY Reserve Component Briefing.

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 McMahon 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.

Hours of operation

Office of the Staff Judge Advocate

Claims Office hours of operation — Claims division office hours are Monday through Thursday, 9 a.m. to 11:30 a.m. and 1 p.m. to 4 p.m.

Personnel Claims Hours: Monday and Wednesday, 10 a.m. to 2 p.m. for mandatory briefing to submit DD 1840/1840R and receive documents for filing. Tuesday and Thursday, 9 a.m. to 11:30 a.m. and 1 p.m. to 4 p.m.

Call 526-1355 for more information. **The Mountain Post Training and Education Center's** hours for certain programs and services will change Monday. Hours are:

eArmyU Testing center, Monday through Thursday, 7:30 a.m. to 4:30 p.m. Army Learning Center and Basic Skills Classes, Monday through Thursday, 9 a.m. to 4 p.m.

Counselor Support Center, Monday through Thursday 7:00 a.m. to 4:45 p.m. Friday 11 a.m. to 4:45 p.m.

ETS Briefings, Monday through Thursday, 7:30 p.m.

Claims Division new hours — The Claims Division office hours are now Monday through Thursday from 9 to 11:30 a.m. and 1 to 4 p.m. The office is closed Fridays.

Personnel Claims hours:

Mandatory briefing: Mondays and Wednesdays from 10 a.m. to 2 p.m. Submit DD 1840/1840R

Receive documents for filing: Submitting completed Tuesdays and Thursdays from 9 to 11:30 a.m. Claims: 1 to 4 p.m. Closed on Friday.

If there is an emergency personnel claims issue on Friday, call Tina Kolb at 526-1352 to see if it warrants an appointment.

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

Quiet week for 3rd ACR soldiers in Iraq

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

3rd Armored Cavalry Regiment Public Affairs

AL ANBAR PROVINCE, Iraq — No news is good news.

That's the way some 3rd Armored Cavalry Regiment leaders and troops are looking at the situation in Iraq after what has been, for the most part, a quiet week.

One reason for less activity, as far as attacks are concerned, is the regiment has been proactive in countering subversive elements' current tactics of hitting coalition forces with Improvised Explosive Devices, Capt. Mike Davis, 3rd Armored Cavalry Regiment battle captain said.

"We're doing sweeps of areas to see if any attacks are being set up and identifying and clearing roadways of IEDs," Davis said. "We get some false reports

(about IEDs), but getting some false reports is better than getting none."

The regiment is also striving to cut down on friction with the community due to raids, switching to a "knock and walk" tactic where they try to detain wanted persons without the use of violence unless it becomes necessary, Davis said.

During a raid Aug. 16 in Aquabah, which may have been civil and orderly but was not quiet, soldiers of Company M, 3rd Squadron, 3rd Armored Cavalry Regiment, raided three houses there, detaining 34 people and seizing numerous munitions, including 20 mines, 40 rockets and 10 crates of 25 mm rounds.

The detainees Company M apprehended in this one raid represented more than half of the detainees the regiment snagged this week.

Another disruption to the mostly quiet week was

some sabotaging of pipelines in theater. An oil pipeline to Turkey was sabotaged as was a water main in Baghdad and, in the incident that affected 3rd ACR the most, an oil pipeline south of the Haditha Dam was vandalized, causing a leak which spilled into the Euphrates River and caused food service to be disrupted for 24 hours for some 3rd ACR personnel.

"This sabotaging of Iraq's resources is frustrating," Davis said. "It disrupts our efforts to help the people. It seems that every time we do something to help the people someone comes along to destroy what we've built up. It's like we take one step up and two steps back."

Still, the week remained quiet enough for there to be no fatal incidents for the regiment.

"It's always a good week when people aren't dying," Davis said.

Week of Aug. 23 to 29

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)
3rd BCT Strikers Cafe (building 2061)

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.
- CAV House is closed Sat., Sun.
- Mountaineer Inn is closed until further notice.
- Cheyenne Mountain Inn is closed Aug. 29



Saturday, Sunday and Training Holiday Dining Facilities

3rd ACR Cav. House. (building 2461)
43rd ASG (building 1040)
3rd ACR Patton House (building 2161)
3rd BCT Strikers Cafe (building 2061)

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)

Students set goals for new school year

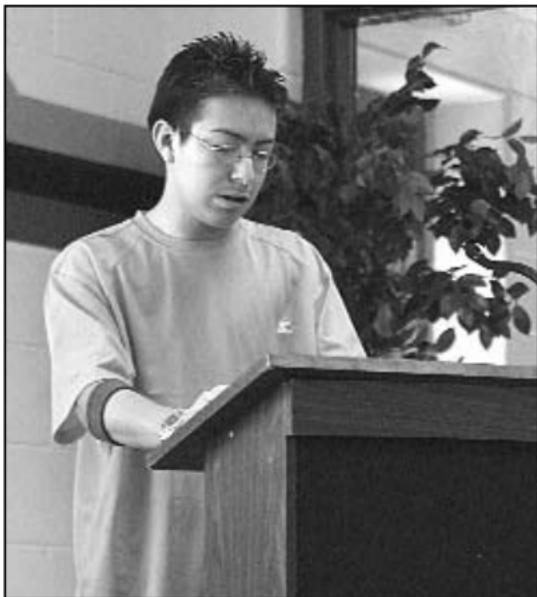


Photo by Pfc. Aimee J. Felix

Randy Ortiz, 14, read the "I can achieve" pledge Aug. 15 at the Youth Services Center.

by Pfc. Aimee J. Felix
Mountaineer Staff

"I will attend school and strive not to miss a day. I will be on time for class. I will listen to my teachers. I will ask questions when I do not know the answer. I will raise my hand when I do know the answer. I will write down my homework assignments each day. I will complete all of my homework. I will turn in my homework daily. I will talk to an adult about school each day. I will do my very best each day. I can achieve in school. I will achieve in school."

The "I can achieve" pledge epitomizes the purpose of "Goals for Graduation," a program applied through the Boys and Girls Club by Fort Carson Youth Services.

A barbecue was held Aug. 15 for parents and students at the Youth Services Center to kick off the program. Preceding the barbecue a few of the students and YSC workers spoke to the crowd. When they were done, students interested in the program signed their pledges.

While waiting for the program to begin, students

were given a puzzle to work on. Parents were instructed to stand back and let the students finish the puzzles on their own. One of the main purposes of the program is to teach students to accomplish goals on their own.

This is the first year the program will run at Fort Carson. Teachers expect it to increase grade-point averages and teach students to set goals and achieve them while maintaining a stable commitment.

The program will consist of weekly goal setting that will be set during the morning and after-school homework club programs. YSC workers will follow up on students' progress in accomplishing their individual goals. Students will receive points according to how quickly they achieve these goals.

As an incentive program, students will be able to turn in points for prizes. The prizes have yet to be determined.

Students in grades six through 12 are invited to sign up for the program at the YSC. They can sign up now or throughout the school year. For more information, call Loren Morris, Youth Center director at 526-1236.

Carson community to vote for mayors

by Fort Carson Mayoral Program Army Community Service

Fort Carson housing residents will be under new leadership once community members vote for the village mayors Aug. 27 and 28, between 9 a.m. and 4:30 p.m.

The voting sites are at the Army Community Service, Army and Air Force Exchange Service, commissary and Evans Army Community Hospital and there will be a van that will be drive through the villages on those days in order to allow tenants a more convenient way to vote.

Residents in post housing can only vote for candidates in the village they reside in. For more information about the election process or mayoral program, call Joey Bautista at 526-4590 or 526-1082.

Pictures not available:

Chris Moore: Cherokee Village West,
Brenda Keller and Kristie Meyer: Kiowa Village.



Veronica DeVore:
Apache Village



Kimberly Routon:
Apache Village



Michelle Bryant:
Arapahoe Village



Colleen Tucker:
Cherokee Village
West



Kim Alexander:
Cherokee Village
West



Mike Foster:
Cherokee Village



Moriah Dale:
Cherokee Village
East



**Staff Sgt. Brian
Leary:** Choptaw
Village



Jessie Robinson:
Choctaw Village



Mary Dantzler:
Blackfoot Village



**Linda
Funkhouser:**
Pawnee Village



Amanda Gillard:
Cherokee Village
West



Elena Aleman:
Comanche Village



Cigi Little:
Comanche Village



**Amanda
Gallagher:**
Navajo Village



Addelee Waites:
Shoshoni Village



Lori Gill:
Ute Hill Village



Photos by Pfc. Aimee J. Felix

Saying goodbye ...

Soldiers from the 3rd Armored Cavalry Regiment and the 3rd Brigade Combat Team fire volleys at a memorial service held for Sgt. Taft V. Williams Tuesday at the Soldiers' Memorial Chapel. Williams, 29, was killed Aug. 12, near Ar Ramadi, Iraq, when his vehicle hit an improvised explosive device. Williams was assigned to the Regimental Support Squadron, 3rd ACR.

Community

Beating cancer

Hope, early detection keys to survival

by Pfc. Aimee J. Felix
Mountaineer staff

After discovering a malignant tumor in her breast, six months of nausea-inducing chemotherapy followed as well as the removal of both her breasts. Fifteen years later, she's a breast cancer survivor.

"I had lots of faith," said Jamie Wonnert, head nurse of the internal medicine clinic at Evans Army Community Hospital.

Most women with breast cancer have no known risk factors. As a result, for many, the only option is survival, and the key to a greater chance at that survival and more treatment options is early detection, said Col. Michael Harkabus, chief of General Surgery at EACH.

This year, 211,300 women in the U.S. will be diagnosed with breast cancer, and 39,800 women will die from the disease. There is no definite form of prevention and the risk factors are vague. The greatest risk factor is being a woman, and age increases that risk.

Breast cancer is a malignant tumor that starts from cells of the breast. Normally, cells grow and divide to produce more cells only when the body needs them, but sometimes cells keep dividing although new cells aren't needed. These cells may form a mass of extra tissue called a growth or tumor, which can be benign or malignant.

Breast cancer is the most common cancer among women, other than skin cancer. It is the second leading cause of cancer death in women, after lung cancer. The disease occurs mostly in women, but men can get breast cancer as well. While the percentage of men who are diagnosed with breast cancer is small, men should also give themselves monthly exams and note changes to their physicians.

The exact causes of breast cancer are not yet known, but there are possible risk factors, said Harkabus.

ACS's six-step guidelines for breast self-examination

- Lie down and put a pillow under your right shoulder. Place your right arm behind your head.
- Use the finger pads of your three middle fingers on your left hand to feel for lumps or thickening in your right breast. Your finger pads are the top third of each finger.
- Press firmly enough to know how your breast feels. If you're not sure how hard to press, ask your health-care

provider. Or try to copy the way your health-care provider uses the finger pads during a breast exam. Learn what your breast feels like most of the time. A firm ridge in the lower curve of each breast is normal.

- Move around the breast in a set way. You can choose either the circle, the up and down, or the wedge. Do it the same way each month. It will help you to make sure that you've gone over the entire breast area, and to

remember how your breast feels.

- Now examine your left breast using the right-hand finger pads.

- Repeat the examination of both breasts while standing, with one arm behind your head. The upright position makes it easier to check the upper and outer parts of the breasts.

You may want to do the standing part of the breast self-examination while in the shower.

Some risk factors, such as smoking, can be controlled. Others, like a person's age or family history, can't be changed. But having a risk factor, or even several, doesn't mean that a person will get the disease. Some women who have one or more risk factors never get breast cancer. And most women who do get breast cancer don't have any risk factors.

More than 20 percent of breast cancers are diagnosed in women under the age of 50.

About one case of breast cancer in 10 is linked to changes in certain genes. If a woman has inherited a changed gene from either parent, she is more likely to get breast cancer. About five to eight women out of 10 with these gene changes will get breast cancer during their lifetime.

The risk is higher among women whose close blood relatives have the disease. Having a mother, sister or daughter with breast cancer about doubles a woman's risk.

Although it isn't known why, race is also a factor. Caucasian, Hawaiian and African-American women have the highest levels of breast cancer risk. Asian, Pacific Islander and Hispanic women have a lower level of risk; their chance of developing breast cancer is less than two-thirds of the risk of Caucasian women. The lowest levels of risk occur among Korean, Native American and Vietnamese women.

It is still not clear what part birth control pills might play in breast cancer risk. However, studies have found that women now using birth control pills have a slightly greater risk of breast cancer.

Being overweight is also linked to a higher risk of breast cancer, especially if the weight gain took place during adulthood. Fat stores estrogen and some breast cancers are estrogen dependent, so the more fit and trim we are, the better our health. Caloric intake of fat three times the norm could increase the risk of breast cancer. Since diet and weight have been shown to affect the risk of getting several other types of cancer and heart disease, the American Cancer Society claims it's best to stay at a healthy weight, and limit consumption of red meats, especially those high in fat.

Contrary to popular belief, silicone breast implants do not increase breast cancer risk. Women with breast implants might need a special X-ray picture during a mammography.

Drinking alcohol also increases one's risk for

breast cancer. Alcohol consumption can cause between a 40 to 70 percent increased risk of breast cancer with two drinks daily.

Some risks are related to a woman's natural hormones. A woman's risk of breast cancer increases with the amount of time she is exposed to estrogen.

Conditions that allow high levels of estrogen to persist for long periods of time in the body include having a first menstruation before the age of 12; menopause after the age of 55; and having children after the age of 30 or not having children at all.

A woman of average risk for breast cancer might lower her risk by changing those risk factors that can be changed.

In some rare cases, women at very high risk of breast cancer might consider a preventive mastectomy. This is an operation in which one or both breasts are removed before there is any known breast cancer. The reasons for thinking about this type of surgery need to be very strong. Women should get a second opinion before making a decision to have this type of surgery.

Women can take an active part in the early detection of breast cancer by having regular mammograms and clinical breast exams. Women should also perform monthly breast self-exams. An early detection plan should include: Clinical breast examinations every three years from age 20 to 39 and then every year thereafter. Monthly breast self-examinations should begin at age 20. A mammogram should be conducted by the age of 40. Mammograms should be conducted every two years for women ages 40 to 49, depending on previous findings. Women over the age of 50 should have a mammogram yearly.

The widespread use of screening mammography has increased the number of breast cancers found before they cause any symptoms. Breast cancer death rates declined significantly from 1992 to 1996, with the largest decrease in younger women, both white and black. This decline is probably the result of earlier detection and improved treatment.

The most common sign of breast cancer is a new lump or mass. A lump that is painless, hard, and has uneven edges is more likely to be cancer. But some rare cancers are tender, soft and rounded. It's important to have anything unusual checked by a



Courtesy photo

Women can take an active part in the early detection of breast cancer by having regular mammograms and clinical breast exams.

Community Events

Miscellaneous

Fort Carson athlete honored on cereal box — Sgt. Dremiel Byers, a member of the Army World Class Athlete Program and one of five military athletes to be featured on select Cheerios boxes, will be signing autographs Thursday at the commissary from 11 a.m. until 1 p.m.

The Armed Forces Sports Office and General Mills have teamed to honor Byers and four other servicemembers on a 2003 commemorative Cheerios box this fall. While quantities last, the special boxes will be sold exclusively in commissaries worldwide.

Notice of temporary closure of Preventive Medicine Careline — The Preventive Medicine Careline located in building 2059 will be closed Aug. 28 to Sept. 1.

Sports physicals available at Evans Army Community Hospital — Evans Hospital is now offering sports physicals. The physicals will be performed in the Family Practice Clinic on Friday, Aug. 22 from 2 to 4 p.m. and Thursday, Aug. 28 from 1 to 4 p.m. Call TRIWEST at 264-5000 to schedule your child's sports physical.

Service examinations — Soldiers wanting to take the Automotive Service Examinations in November must register by Sept. 12. Three funded exams are available for servicemembers who have a Military Occupational Specialty in the following automotive/mechanical service specialties: 52B, 52C, 52D, 61C, 62B, 63B-H, 63B-N, 63B-2, 63B-T, 62B-W and 63B-Y.

Funded exams are available for anyone who previously held the MOS/RATE/AFSC (such as warrant officers) or are currently enrolled in an associate degree program in automotive technology. Soldiers taking the examinations must pay a \$29 registration fee. For information, contact guidance counselors in building 1117, room 160B, or call the Testing Section, 526-8072.

Tree pruning — The Directorate of Environmental Compliance and Management Agronomy Section is responsible for all trees and shrubs in the cantonment area that require special tools, equipment or expertise to prune. J.A. Jones is responsible for all pruning operations in the family housing areas. Check with the contractor to determine if occupants are allowed to do any pruning.

However, units are allowed to prune suckers off of trees in their areas of responsibility. When pruning, soldiers should remember the following:

Use small hand pruners

Cuts should be made just outside the branch collar, or area of raised bark where the bark and trunk meet

Cuts should not be covered with wound dressing

Debris should be deposited in the nearest dumpster.

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: Department of Homeland Security Police Officers in Fort Collins. Who: 21 Years old, no felonies

What: ACAP Counselor in Fort Huachuca, Az. Who: MA degree required

What: Financial planner in Fort Polk, La.

What: Technical Manager in Norman, Okla.

For more information, contact at ACAP at 526-1002

Annual leave donations — Alan Wright, an

employee in the Directorate of Environmental Compliance and Management, needs annual leave donations to help cover his absences due to an illness and the exhaustion of available paid leave.

Civilian employees willing to donate annual leave under the "Voluntary Leave Transfer Program" should refer to Fort Carson Regulation 690-4. Leave donation forms (OPM Form 630-A) may be obtained from your personnel section or at the OPM Web site at www.opm.gov/forms/index.asp. Completes donation forms should be forwarded to your leave approval official for approval, and then to the Customer Service Representative at DRM. For more information, call Patrick McCusker at 526-1696 or Kathy Green at 526-1729.

Job openings at Fort Carson chapels

Soldiers' Memorial Chapel:

Catholic parish priest

Catholic parish deacon

Choir director/cantor for 5 p.m. Saturday

Catholic service

Choir director/cantor for 9:30 a.m. Catholic ser

vice

Organist/pianist for 9:30 a.m. Catholic service

Organist/pianist for 11 a.m. Protestant service

Choir director for 11 a.m. Protestant service

Provider Chapel:

Musician/cantor for 12:15 p.m. Catholic service

Pianist/organist for 9 a.m. Protestant service

Pianist/organist for 5 p.m. Saturday Catholic ser

vice

Choir director for 9 a.m. Protestant service

Pianist/organist for 10:45 a.m. Liturgical

Prussian Chapel:

Musician/cantor for 8 a.m. Catholic service

Pianist/organist for 11 a.m. Gospel service

Choir director for 11 a.m. Gospel service

Veterans' Chapel:

Pianist/organist for 9:30 a.m. Protestant service

Family Life Center:

Clinical supervisor

If you are interested in any of these positions, contact Jean Gatta at 526-6600 located in the Directorate of Contracting 1850 Mekong, building 6222.

Command and General Staff College

Offered at Fort Carson — All active, Reserve component and National Guard majors and promotable captains are invited to enroll in the U.S. Army Reserve Command and General Staff College offered through the 10th Battalion, 104th Division (IT). This course is an equivalent alternative to residence attendance at Fort Leavenworth, Kan., and the correspondence option. Small group instruction takes place in four phases. Phases one and three are conducted at Fort Carson from October through May, one night a week. Phases two and four are conducted in a two week annual training or temporary duty status in June and July each year. These phases are currently planned to be held at Fort Carson as well. Hurry — classes begin Oct. 1. Contact Maj. Greg Kropkowsky for more information 668-8530 or at greg.kropkowsky@us.army.mil or Lt. Col. Kim Wortham at 526-6879 or kim.wortham@carson.army.mil.

West Nile Virus

West Nile Virus precautions — Mosquito season is here and so is the need to take precautions against West Nile Virus. Here are some simple preventive measures individuals can take to reduce the risk of mosquito bites:

- Wear white or light colored long-sleeve shirts, long pants and socks when outdoors, especially in the early mornings and evenings in areas where mosquitoes are most active. Dark colors tend to attract mosquitoes.

- Apply insect repellent containing DEET when outdoors. Be careful applying repellent to children under 12 years old. For young children, only apply



Army Community Service
Family Readiness Center
526-4590

Mayoral Elections

27 & 28 August
9am-4:30pm

RESPONSIBILITIES

- Prepare & distribute monthly newsletters
- Provide timely information on activities and events
- Maintain an up-to-date phone roster
- Attend monthly mayors meeting, quarterly Mountain Post Action Council meetings & other community meetings
- Receive concerns, needs & community recommendations from residents.

Voting sites will be set up at the Post Exchange, the Commissary, Evans Army Hospital, Army Community Service & will also be held in the MWR RV at various stops throughout Fort Carson. For more information, call the Mayoral Program at 526-4590.

repellent that contains 10 percent or less DEET. Avoid spraying or applying DEET to their hands and mouth area.

- Avoid standing water in stagnant puddles, wetlands and ditches. Standing water provides an ideal breeding sites for mosquitoes.
- Change the water in birdbaths, pools and other containers of standing water at least every two-to-four days.

If you notice standing pools of water on Fort Carson, notify Pest Control at 526-5141.

Report dead crows, jays, ravens, magpies and other birds to the DECAM Pest Control Facility (526-0979/5141) or Fort Carson Wildlife Office (576-8074) Monday through Friday between the hours of 7:30 a.m. and 3:30 p.m., or the Military Police (526-2333) during non-duty hours, weekends and holidays.

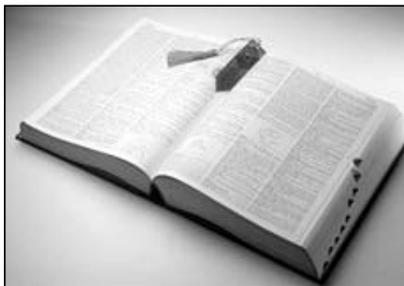
Claims against the estate

Claims against the estate — With deepest regret to the family of Sgt. Michael Eugene Dooley, deceased. Anyone having claims against or indebtedness to his estate should contact 2nd Lt. Scott Weaver at 577-4096.

Claims against the estate — With deepest regret to the family of Sgt. Taft Williams, deceased. Anyone having claims against or indebtedness to his estate should contact 1st Lt. Melony Pate-Arnold at 526-4066 or 576-2541.

Health programs

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.



Chapel

AWANA: Because kids matter to God — Fort Carson's AWANA club is gearing up for another exciting year. Club No. 13,334 will resume Sept. 4 and will meet every Thursday evening from 5 to 7 p.m. at Soldiers' Memorial Chapel.

AWANA is an international, nondenominational organization whose goal is to reach boys and girls with the gospel of Christ and train them to serve him.

AWANA is divided into age-appropriate clubs, which are similar to Girl or Boy Scouts, in that the children wear uniforms and progress through handbooks. A series of awards reward achievements at every level.

The club is also looking for adult volunteers to serve in this exciting ministry. If you have a heart for reaching children with the gospel of Jesus, the join our team. Call Stacy Chapman for information.

Soldiers' Memorial Chapel Fall Religious Education Classes — Registration is currently underway for Protestant and Catholic religious education classes at Soldiers' Memorial Chapel.

Classes for Protestant Sunday School begin Sept. 7. For Protestant information call Dennis Scheck at 526-5626, Catholic Classes begin Aug. 24. For Catholic information, call Pat Treacy at 526-2458.

Breast cancer

From Page 11

physician. Other signs of breast cancer include swelling of part of the breast, skin irritation or dimpling; nipple pain or the nipple turning inward; redness or scaliness of the nipple or breast skin; a nipple discharge other than breast milk or a lump in the underarm area.

If a lump is detected, a mammogram is next in order. The mammogram, which is a low-dose X-ray

picture of the breast, confirms whether or not there is a growth. The next step is a biopsy to determine whether or not the growth is benign or malignant. There are two biopsy procedures. Tissue can be drawn from the growth with a needle or tissue can be cut from the growth. The first is less invasive and usually the first method used. If it is benign, surgeons need simply remove the growth. If it is malignant, the patient has two options: have a mastectomy, which is a removal of the breast or remove the growth itself and undergo radiation treatment, said Harkabus.

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 1st Armored Division, headquartered at Wiesbaden, Germany.

Army: For all the soldiers, noncommissioned officers and officers of the Army Nurse Corps, who in war or peace remain on a constant vigil of care for our people.

State: For all soldiers and families from the state of North Dakota. Pray also for Gov. John Hoeven, the state legislators and municipal officials of the Peace Garden State.

Nation: For all the administrators, staff and volunteers of the Red Cross, who dedicate their time, energy and talents to caring for all in our world who are in need.

Religious: For the soldiers, families and personnel of the Independent and Fundamentalist Churches of America. Pray also for the 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.

Chapel Schedule

Day	Time	Service	Chapel	Location	Contact Person
M-W-F	noon	Mass	Healer	Evans Army Hospital	Fr. Battiato/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. Battiato/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
PROTESTANT					
Sunday	9 a.m.	Protestant	Healer	Evans Army Hospital	Chap. Kincaid/526-7387
Sunday	9 a.m.	Protestant	Provider	Barkeley & Ellis	Chap. Borden/526-3711
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
LITURGICAL					
Sunday	10:45 a.m.	Lutheran	Provider	Barkeley & Ellis	Chap. Lloyd/526-3888
For information and a schedule of Jewish Sabbath services, call the U.S. Air Force Academy Cadet Chapel at 333-2636.					
JEWISH					
WICCA					
Tuesday	6:30 p.m.		Family University	Bldg. 1161	Ms. Costantino-Mead
MORMON					
Sunday	2 p.m.	LDS	Provider	Barkeley & Prussman	Chap. Jones/526-4416
NATIVE AMERICAN SWEATLODGE					
For ceremonial information and directions, call Michael Dunning at 382-5331					

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 77 & Job 1-3

Saturday — Psalms 78 & Job 4-6

Sunday — Psalms 79 & Job 7-9

Monday — Psalms 80 & Job 10-12

Tuesday — Psalms 81 & Job 13-15

Wednesday — Psalms 82 & Job 16-18

Thursday — Psalms 83 & Job 19-21

Even if you become a victim of the worst-case scenario, there is hope. "Focus on the things you love and different hobbies," said Wonnett. "I focused on my passion for nursing and became a Harley girl," she added. Wonnett now rides motorcycles as a hobby. "In the words of my father 'If one thing doesn't work, just remember you have a brain and an entire functioning body to be grateful for,'" she said.

Editor's note: Some information from this article was taken from the American Cancer Society Web site.

Heroes are holding down home front

by Chaplain (Col.) Lowell P. Moore
Command Chaplain

Several months ago, my wife Betty and I were in bed. I had just dozed off when Betty sat straight up and announced in her excited voice, "There's a bird in here." Annoyed at being awakened, and being sure there wasn't a bird in our bedroom, I sarcastically groaned, "There's no bird in here."

In her same excited voice she answered, "Oh yes, there is."

I rolled over in time to see a silhouette whiz past our bedroom window which was back lit by a nearby streetlight and explained, "It's just flying past our window on the outside."

Making no effort to hide her excitement she exclaimed, "No, it's not. It's in here"

Realizing I wouldn't get any sleep until I solved the mystery, I turned on the light just in time to see a bat dart through the doorway into the hall. "It's a bat," I yelled as I sprang out of bed then wide awake. I ran into the hall just in time to see the bat fly down the hall and disappear.

I spent the next hour with all the lights on looking for places a bat could hide or sneak in and out of our house. After looking behind the curtains, piano, refrigerator and everywhere else I could imagine, I finally gave up and went back to bed where my wife was now relaxed and almost asleep.

I told her it was amazing that the bat could disappear so quickly. She rolled over, opened one eye and said, "What's really amazing is that this is hap-

pening while you are home."

All my unused adrenaline made going back to sleep difficult. So as I lay there trying to get sleepy, I contemplated her last comment. She was right. I thought about the many times something had gone wrong while I was deployed, on temporary duty or on an exercise. I thought of the time the furnace filled our house with smoke and nearly exploded. I thought about the time our daughter was hospitalized while I was learning to jump out of airplanes. I thought about the time my wife's father had a heart attack and she had to pack and leave without any emotional support.

I believe if Murphy was a military spouse, his law would be, "If anything could go wrong, it will go wrong while the spouse is away."

I say all this because the war on terrorism has caused many of our comrades to be deployed. They had to leave behind children and spouses even though Murphy's Law is still in effect.

I believe those of us who remain behind have a moral responsibility to help those who have watched their brave spouses or parents leave the comforts of home to ensure the safety of America, including us. If we

know anyone with a deployed father, mother, wife or husband, let us remember to encourage them and see if there is anything we can do to help them. The least we can do is be willing to change a tire, fix a leaky pipe or chase a bat.

By the way, we never found that bat, but I was able to convince Betty that it got out the way it got in and that kept her from going to her mother's house.

Taking part in two conflicts, Vietnam and Desert

Chapel

Ecumenical picnic — The Catholic and Protestant congregations of Fort Carson are having a joint picnic Saturday at noon at Ironhorse Park. There will be an 11 a.m. Protestant outdoor service at the park. There will be an 11:30 a.m. Catholic Mass at Soldier's Memorial Chapel to replace the usual 12:15 p.m. Mass

Soldiers' Memorial Chapel Fall Religious Education classes — Registration is currently underway for Protestant and Catholic religious education classes at Soldiers' Memorial Chapel. Classes begin Sept. 7. For Protestant information, call Dennis Scheck at 526-5626, for Catholic Classes, call Pat Treacy at 526-5744.

Native American Sweatlodge ceremonies — Native American Sweatlodge ceremonies (He Ska Akicita Inipi) are offered to military personnel, dependants and DOD 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.

Storm, has convinced me that it is harder on the spouse who stays behind than it is on the spouse who deploys. When I was deployed I knew how I was and when I was in danger I could do something to improve my condition like get my head down or dig my hole a little deeper.

Betty, on the other hand, could only wait and worry. Furthermore, she had to pick up all my responsibilities without giving up any of hers.

It is my prayer that God will bless our brave men and women who have answered the call to fight terrorism in a distant land. And that he will bless our equally brave spouses and children who stayed behind and waved "good-bye."





Even though he is not quite two years old, Anthony Trejo was not afraid to get on this pony Saturday at Ironhorse Park. The folks from Turkey Creek Ranch were in charge of the pony rides at "Summer Fun in the Park" and, as usual, it was one of the more popular activities for the younger children.



"Summer Fun in the Park" for this couple, Gene and Dorothy Santala, included sharing a soda while listening to the band Casablanca play songs they could relate to. The couple said they will have been married 60 years in the near future and they support Fort Carson activities as often as they can.



The band Casablanca provided easy listening jazz and blues tunes Saturday during the first half of the "Summer Fun in the Park" event at Ironhorse Park.

Fun in the



by Bill Scharton
Mountaineer staff

A plate full of food and fun was served to the Mountain Post community Saturday at Ironhorse Park. "Summer Fun in the Park" featured a honey barbecue chicken meal and a variety of fun activities for dessert. Fort Carson's Directorate of Community Activities was the host of the special event "in support of family members of deployed soldiers" and the major sponsors were Citigroup and Phil Long auto dealerships.

There were no age limits when it came to having fun Saturday. Gene and Dorothy Santala will be celebrating their 60th wedding anniversary in the near future and their form of fun in park was sitting and listening to the smooth sounds of the live music provided by the band Casablanca.

The couple first came to the Mountain Post in 1959. While stationed here at the time, they fell in love with the area and decided to make Colorado Springs their permanent home in 1970.

"I was active duty during World War II, Korea and Vietnam," Gene said. "We have a son who is a colonel at the Army War College and another son who has been in the Air Force reserves for 33 years. We like to keep

up with the activities at Fort Carson."

"Summer Fun in the Park" captured their attention and they decided to drive to the post to spend part of the day in the park. While the Santalas listened to Casablanca play "Bye Bye Blackbird," 9-year-old J.J. Santibanez was doing his own blackbird impression on the outdoor recreation climbing wall.

Following a successful climb to the top of the wall, J.J. received congratulations from his mother Janet and younger sister Annalicia. "This was my first time on a climbing wall," said J.J. "I thought I wasn't going to make it to the top. It was good exercise."

Janet photographed the successful climb and J.J. was excited about this. "Did you take a picture?" J.J. asked his mom. Janet answered, "Yes," and J.J. emphatically responded with a "Yeah!" Janet then strapped on the climbing equipment and proceeded to scale the wall with no trouble whatsoever.

Face painting was a popular activity and the service was provided by family volunteers of the 3rd Armored Cavalry Regiment soldiers. Anne Torza was one of the volunteer painters and the use of stencils was a neces-

sity for her artwork.

"I would not be able to do this free hand," said Torza. "By using stencils, I can handle the job." Hurley the clown was twisting and turning balloons into animals at a rapid clip. One youngster made a request for a dolphin. This was not in Hurley's repertoire, so she told the youngster, "When I go back to animal balloon school for clowns, I will learn how to make a dolphin."

Santa and Mrs. Claus were seen roaming the park grounds. Maestro the magician performed in the pavilion right next to Hurley.

A giant eagle slide was one of the more popular activities and two bounce houses were filled with children most of the time. Turkey Creek Ranch ponies were available for short treks around the park.

Classic rock band "Nuthin Fancy" performed on stage until the end of the event. Prizes were given away all afternoon.

Karen Brasfield, assistant director at the Mountain Post Wellness Center, attended "Summer Fun in the Park" with her family and praised the organizers of the event. "DCA is amazing here at Fort Carson," said Brasfield. "They have something going on all the time."



Tamera Greene, 6, takes a ride on a fun slide. The giant eagle slide was a popular activity for kids Saturday during the "Summer Fun in the Park" celebration at Ironhorse Park.



Nine-year-old J.J. Santibanez makes it to the top during his first climbing wall experience. "It was good exercise," he exclaimed after he reached the top of the "Summer Fun in the Park" outdoor climbing wall.



Out & About

August 22 - 28

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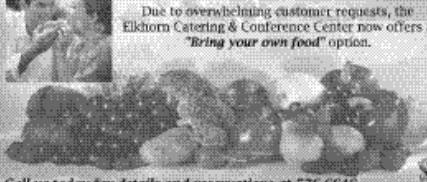
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Sports & Leisure

Fall sports begin at Carson Middle School

Practice makes perfect

by Bill Sharton
 Mountaineer staff

School is back in session and this also means the pigskin will soon be flying, the harriers will be running and the volleyballers will be spiking.

Carson Middle School is no exception. Practice officially started Monday for the fall sports of football, cross country and volleyball and the grunts and groans coming from the Eagles' student-athletes seemed to be echoing off Cheyenne Mountain.

The Eagles' second-year head football coach Justin Arnell had most of his troops on the field Monday, however, playing football was not the order of the day. As a matter of fact, there were no footballs in sight.

Instead, orange cones dotted the football field and were used for running and agility drills. Running came in a variety of forms on practice day number one-back and forth, side to side, cross-legged, long distance, and short distance sprints.

"Conditioning was a problem for us last year, especially late in the game," said Arnell. "I plan to straighten this out right away this year."

Luckily for the Eagles' players, first day practice weather was overcast and cool. Otherwise, it would have been a much tougher outing for the Eagles. Full uniform practice was slated to begin later in the week.

Prior to heading to the outdoor playing field for the physical activity, the Eagles' football players received mental coaching by Arnell and his staff. This included a packet of information that listed Carson Middle School football rules to follow, an academic checklist, a statement of philosophy, communication and conflict guidelines and parent/guardian release forms.



Photos by Bill Sharton

Eighth-grader Tery Brackens gets down and dirty while exercising Monday during the first day of football practice at Carson Middle School. The Eagles begin the 2003 football season on the road Sept. 3 at Cheyenne Mountain.

"We are here to take care of business and win football games," Arnell told the Eagles' players while distributing the packet of information.

Greg Williams will assist Arnell with the Eagles' 8th grade team and John Bishop will be the assistant coach for the 7th grade squad. The Eagles will open the 2003 campaign Sept 3 at Cheyenne Mountain Middle School. The 7th grade game starts at 3:30 p.m. and is followed immediately by the 8th grade contest.

Carson Middle School will play in a league that has two divisions. The Eagles will be a member of the Small Division that also includes middle school teams from Skyview, Falcon, Ellicott and Florence-Penrose. The other division, known as the Large Division, features middle school teams from Canon City, Cheyenne Mountain, Woodland Park, Fountain and Horizon. Eighth grade teams will play a post-season playoff game against the team from the other division that has the same ranking in the division standings.

Demetra Casseus will be the Carson Middle School cross country coach this year. At the first day of practice Monday, Casseus said she expected at least 15 student-athletes to try out for the 2003 Eagles' cross country team.

First day training for the runners included a lot of calisthenics, stretching, form evaluation and, of course, running. A complete 2003 cross country schedule was not available this week, but Casseus said the first meet of the season would be Sept. 2 at Woodland Park.

Michelle Secor will be in charge of Carson

Middle School girls volleyball again this year. The Eagles' 7th and 8th grade teams will compete against counterparts from Falcon, Cheyenne Mountain, The Christian Academy, Colorado Springs Christian

See Middle School, Page 21



Carson Middle School 8th-grader Mellus Carney goes through a running and agility drill Monday during the first day of football practice.



Demetra Casseus, the 2003 Carson Middle School cross country coach, provides instructions to the Eagles' runners during the first day of practice at the school Monday.

Softball tournament returns to post

by Bill Scharton
Mountaineer staff

Summer softball tournaments featuring teams from Fort Carson and the civilian world have been absent from the Mountain Post for several years.

This changed Saturday when the Fort Carson Summer Classic softball tournament took place at the Mountain Post Sports Complex softball diamonds. The

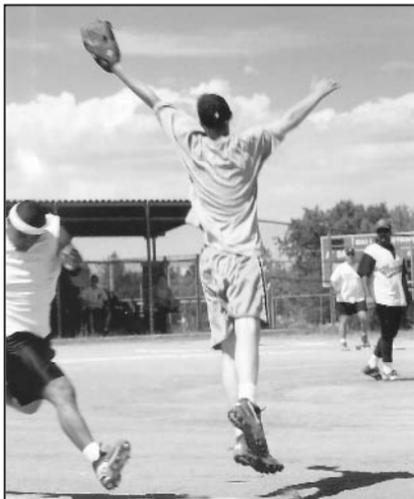


Photo by Bill Scharton
Mountaineers' first baseman Brian McKnight leaps and stretches for the ball during softball tournament action Saturday.

tournament was sanctioned by the Independent Softball Association and served as a qualifier for the upcoming ISA state tournament. Colorado Springs ISA representative was on hand for the tournament.

The Aces, a Fort Carson based men's competitive slowpitch softball team, organized and ran the tournament. The Aces already qualified for state tournament participation, therefore the team did not have to play in their own tournament. This also gave the Aces the opportunity to use the tournament as a fund-raiser.

Nine teams battled for the men's class E championship and three teams played a round robin format to decide the class D winner.

Team Next, a squad of Fort Carson soldiers, played Peak Contracting for the class D title. This title tilt turned out to be a wild and wooly affair.

The first three innings featured a lot of offense and Team Next maintained a 16-11 lead after three frames. Peak rallied for 11 runs in the next two innings and held on for a 22-20 title game victory. Peak player Stephen Grakam won the Gold Glove Award for the class D tournament.

Team Foxworth Galbraith Company went undefeated in the class E tournament. In the title game, Foxworth Galbraith pounded CKW Relocation Services for a lopsided 17-1 victory. Foxworth Galbraith players Gary Bowling and Mark Crane title for the class E Gold Glove Award.

The Aces ran a home run derby contest in conjunction with the tournament. The derby had 31 entries. Mike Byrd blasted six of 10 over the fence to win the derby. T.J. Ward placed second and Ian Rey finished third.

Aces' spokesman Bryant Rushing was anticipating a slightly larger turnout for the Fort Carson Summer



Pierre "Big Cat" Sanders, the pitcher for Team Next, shows his form during a softball tournament at the Mountain Post Sports Complex.

Classic softball tournament but this did not put a damper on his enthusiasm for the event. He thinks restarting the summer classic will lead to bigger and better softball tournaments in the future.

"We are already putting together the preliminary plans for a winter classic along with tournaments next spring and summer," said Rushing. "As long as the tournament is run properly and the teams abide by the rules, we should be able to have more tournaments in the future."

The Aces will be competing for the ISA state championship this weekend at the Widefield Community Complex. For game-time information, call Rushing at 4-4515.

Middle school

From Page 19

School, Manitou Springs, Skyview, Ellicott, Penrose and Florence. The 8th grade team will play in a post-season tournament. The first match of the season is Sept. 3 at Falcon. Seventh grade matches start at 3:30 p.m., followed immediately by the eighth-grade contest.

CARSON MIDDLE SCHOOL

2003 Football Schedule

Sept. 3	at Cheyenne Mountain
Sept. 8	Canon City
Sept. 10	Skyview
Sept. 17	at Falcon
Sept. 22	Fountain
Sept. 24	at Ellicott
Oct. 1	at Woodland Park
Oct. 8	Florence-Penrose
Oct. 13	Playoff Game

CARSON MIDDLE SCHOOL

2003 Volleyball Schedule

Sept. 3	at Falcon
Sept. 8	Cheyenne Mountain
Sept. 10	The Christian Academy
Sept. 15	at CSCS
Sept. 17	Manitou Springs
Sept. 22	at Skyview
Sept. 24	Ellicott
Sept. 29	at Penrose
Oct. 1	at Florence
Oct. 6-9	Playoffs



Photo by Spc. Matt Millham

Sunrise knockout...

Soldiers boxercise for morning physical training at the Special Events Center. On Mondays, Wednesdays and Fridays, soldiers on Fort Carson have the option of boxercising for physical training. For more information call Staff Sgt. Lavell R. Sims at 661-2320.

Joe Gentry still inspiring today's young athletes

by Bill Sharton
Mountaineer staff

Joe Gentry is an energetic, enthusiastic, proud man. When he watches the youthful members of Joe Gentry's Track Troupe compete, the pride inside makes it hard for him to contain his emotions.

This was the case earlier this month when he watched his troupe members compete at the Rocky Mountain State Games on the Air Force Academy oval. Whenever a troupe member competed, Gentry rose to his feet, leaned on the rail and watched with anticipation.

Gentry consults and trains millionaire athletes, but competition at the teenage and younger level still seems to bring out a great deal of joyful emotion in this man. During the Rocky Mountain State Games, he learned that the total number of Joe Gentry's Track Troupe athletes receiving college scholarships down through the years had jumped to 178.

This good news brought tears to his eyes and he took a couple of moments to think about this before commenting on his troupe's success story.

"This demonstrates that through track and field, kids can experience success and they can make it," Gentry said. "It is really important to get these kids into college. If this happens, more than likely they will become good, productive citizens and community leaders."

Gentry first came to Fort Carson and Colorado Springs in 1974 while active duty Army. At that time, he started a track and field club and called it the Colorado Springers. Each summer (and for some the winter as well), club members would train under Gentry at Fort Carson. Gentry eventually retired from the Army at the rank of lieutenant colonel but the track and field coaching continued.

The club operated with the Springers name for several years. Due to the constant encouragement of parents and athletes, the name of the club was changed to Joe Gentry's Track Troupe in 1989.

Each year, troupe members would continue to experience success in state, regional and national junior olympics competition. Nonetheless, approximately four years ago Gentry said he was ready to "shut the whole thing down."

Gentry was busy working with the Minnesota Vikings and other individual professional athletes.

His expertise about speed, agility and quickness was in demand in the pro ranks and taking up a lot of his time.

John Smith was active duty Army at Fort Carson at the time and had been one of the troupe's volunteer coaches since 1995. He told Gentry that he would be retiring soon and he would find the time to keep the troupe up and running. Gentry felt good



Photo by Bill Sharton

Joe Gentry, right, watches the athletes from Joe Gentry's Track Troupe compete at the Rocky Mountain State Games in early August.

Gentry

From Page 22

about this and the beat goes on.

"Why should we let it go," Smith asked himself. "This troupe has helped a lot of kids and all of the glory goes to the kids."

Smith currently is the president and head coach of Joe Gentry's Track Troupe. This summer, his volunteer assistant coaches were Charles Rollins, Greg Stinson and Glenn Hamilton. Parents are very involved with the troupe's activities and help with the expenses associated with running a club like this. The athletes become members of USA Track and Field.

While attending the Rocky Mountain State Games, Gentry was a popular man. He tried to keep his focus on the athletes and the competition but was constantly interrupted by well wishers. The main talk was track and field, but at the end of this interview his thoughts turned elsewhere and he said, "God bless the soldiers and the veterans of the USA."

The summer track and field season has ended for Joe Gentry's Track Troupe members, but several of the athletes will resume training in the fall for the upcoming indoor track and field competition.

Free fundamentals of basketball officiating clinic

A free fundamentals of basketball officiating clinic is being offered to active duty military, family members, reserves, guard, retired military and Department of Defense civilian employees Saturday and Sept. 13.

The clinic will be run by John Wyatt, scheduling supervisor of officials for Fort Carson and Peterson Air Force Base. This clinic is the first step to official certification. If interested, call Wyatt at 719/382-0199 or send an e-mail to tophoopref@aol.com.

Fort Carson Golf Scramble slated for Thursday

The next Fort Carson Golf Scramble is slated for Thursday.

Sports briefs

The shotgun start will be at 1:30 p.m.

The entry fee is \$25 per person and this includes cart, green fee, food and prizes.

This event is open to all active duty military, family members and Department of Defense civilian employees. Teams can pre-register at the Fort Carson Golf Course or by calling 526-4122.

The 2nd annual AG Regimental Association golf scramble

The scramble is scheduled for Sept. 12 at the Fort Carson Golf Course.

The shotgun start will be at 1 p.m. Entry fees vary based on military rank. For additional information or to enter the event, call 526-4077 or 526-5501.

UTE Valley Pary Walk

The Falcon Wanderers Volksmarch Club of Colorado Springs will be sponsoring a five kilometer (3.1 miles) and a 10 kilometer (6.2 miles) volksmarch (non-competitive walking) event Sept. 6. The start/finish location for the walk is Colorado Springs Fire Station No. 18, Centennial and Vindicator Drives in the Community Room. Participants may start this event any time between 8 a.m. to noon. This event is free and open to the public. All participants under the age of 12 must be accompanied by an adult. Leashed pets only.

Strollers and wheelchairs are not recommended on this event.

For more information call Annette Kester (719) 392-1834.

Colorado sand: The Great Sand Dunes



Snow-capped Rocky Mountains with adjacent sand dunes present a bizarre sight as the Great Sand Dunes come into view in front of the Sangre de Cristo Mountain Range.

W

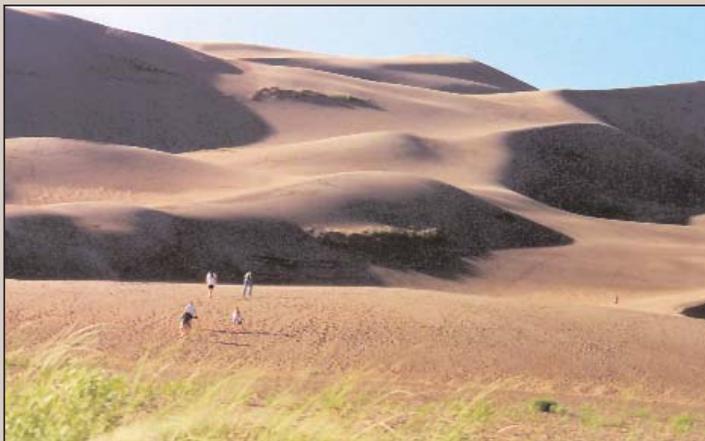
Story and photos
by Nel Lampe
Mountaineer
staff

Why is all that sand piled in front of the Rocky Mountains?

It's been millions of years since Colorado was a sea, according to scientists. But this isn't beach sand, tumbled into piles by sea breezes. These dunes of sand have been piled at the foot of the Sangre de Cristo Mountain Range over thousands of years. Some scientists believe the sand dunes are 12,000 years old; other scientists say the dunes are even older and may have eroded from ice-age glaciers.

The grains of sand at the Great Sand Dunes are composed of volcanic rock, quartz and other minerals.

For hundreds of years the Rio Grande River ran through the San Luis Valley. Sand was deposited



Visitors are drawn to the sand dunes in southern Colorado. The sand has collected over thousands of years.

along shores and on the riverbed. When the Rio Grand River changed course, the sand was left behind. Over the years the winds swept the sand along the valley until it reached the steep mountain wall. The sand fell to earth and began to accumulate.

Over thousands of years the sand collection grew. Now the sand covers 40 square miles, with dunes as high as 750 feet.

Winds, breezes and air currents still propel the collection of sand. Patterns are left in the sand, sometimes looking much like an ocean; waves and ripples cover the surface.

The Sand Dunes almost beg to be explored and visitors may do so. The sand can be very hot in summer, so shoes are recommended. Walking across deep sand is slow and plodding. Sunscreen and water are a must.

More than 300,000 people visit the Great Sand Dunes each year.

They come for many reasons: out of curiosity, to look over the next ridge, to wonder about their origins, to play on the sand or to photograph the lines and shadows.

People walk on the sand, fly kites, play volleyball or make sand castles. Both children and adults use flattened cardboard boxes or plastic snow saucers to slide down the dunes.

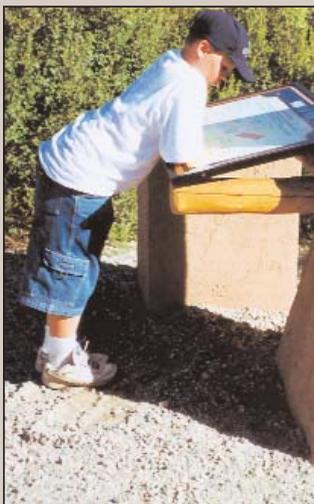
Colorado's dunes are the tallest sand dunes on the North American continent, but there are sand deposits in 20 other states. This is the only sand collection in Colorado.

The Great Sand Dunes became a National Monument in 1932, for preservation and protection of the unique resource.

The Great Sand Dunes National Monument has an unexpected land scape: snowy peaks, great piles of sand, grass, trees and a creek.

The Great Sand Dunes was struck by a fire in the spring of 2000, which burned the amphitheater and several outbuildings, vegetation and trees. Grass has now grown back and aspen trees have sprouted. Burn marks can still be seen on some of the large trees.

The best times to visit the sand dunes are probably during spring and



A youngster learns about the sand dunes near the visitor center.

Happy
Summers



Places to see in the Pikes Peak area.

Aug. 22, 2003

Sand Dunes

From Page 25

fall. Summer is great too, if you avoid the heat of the day. During July and August, sand temperatures may reach 140 degrees. Visitors those months must also watch for afternoon thunderstorms. Since lightning strikes high points, being on top of a dune during a storm could be quite dangerous.

The dunes can also be visited in winter. Snow does fall on the dunes but the temperature of the sand soon melts the snow.

Upon arrival at the Great Sand Dunes National Monument, go first to the visitor center to watch a video and look at the exhibits on the history of the area. Talk to the ranger on duty, who will give you helpful information and direct you to the trails or the parking lot in walking distance of the dunes. The ranger can also tell you about camping sites.

There's a large collection of books, pictures and souvenirs for sale in the visitor center.

The visitor center is scheduled for renovation in the fall. A temporary visitor center will be located in the parking lot. Visitor center hours

are 9 to 5 p.m. Sunday through Thursday. It closes at 7 p.m. Fridays and Saturdays.

There is a charge to visit the dunes — \$3 for each person older than 17. Anyone 16 or younger gets in free. You can pay the ranger or deposit your payment in the box located outside the center.

A picnic area near the dunes has tables, grills, water and restrooms.

Hiking trails in the area range from a half-mile, two miles or a seven-mile trail. Get information at the visitor center.

The Great Sand Dunes are popular with campers. The Pinyon Flats Campground has 88 camping sites, available on a first come, first served basis.

The sites have running water, but no showers for electricity.

The camp fee is \$12 per night.

There are some group sites,

for which reservations can be made.

The group sites are quite popular.

Campfire programs and hikes are held nightly during the summer.

Schedules are posted or check with the visitor center.

Backpackers are allowed on the dunes, but need a backcountry permit, obtained free at the visitor center. There are 10 backcountry campsites.

The Great Sand Dunes is about 300 miles round trip from Fort Carson and may be too far away for a day trip except for people who start very early. To make it an overnight trip, check for accommodations at Alamosa, the largest town near the Sand Dunes which is about 35 miles away. The Alamosa Chamber of Commerce phone number is (719) 589-3681, or call the Alamosa Visitor Center at (800) 258-7597.

The other option might be to camp overnight. In addition to camping sites at the Sand Dunes, the visitor center rangers can pass along information about camping sites in the vicinity, call (719) 378-6300.

If time permits, visitors to the Great Sand Dunes might want to stop at Fort Garland, which is on the way to and from the dunes. Fort Garland is a former U.S. Army frontier outpost once commanded by Brig. Gen. Kit Carson. The fort has been restored and may be visited for a small fee. It's in the town of Fort Garland, about 50 miles west of Walsenburg on Highway 160.

Another attraction is the alligator farm, "Colorado 'Gators,'" which is at Mosca, about 25 miles west of the Sand Dunes.

There's a \$5 charge to visit the alligator farm for anyone older than 13. Ages 6 to 12 are charged \$2.50. Call (719) 378-2612 for information, or ask for directions at the sand dunes.

To reach the sand dunes from Fort Carson, head south on Interstate 25 to Walsenburg, then take Colorado Highway 160 west. Shortly after Fort Garland, turn north on Highway 150. It's about 18 miles to the entrance.



Footprints are left in the sand by a lone hiker walking toward the sand dunes.



A telescope on the terrace at the visitor center allows a closeup view of the sand dunes.



Visitors return from the sand dunes carrying the flattened cardboard box they used for sliding down the dunes.



Exhibits in the visitor center explain the mysteries of the sand dunes.

Just the Facts

- Travel time about two hours
- For ages all
- Type zoo
- Fun factor ★★★★★ (Out of 5 stars)
- Wallet damage \$

\$ = Less than \$20

\$\$ = \$21 to \$40

\$\$\$ = \$41 to \$80

(Based on a family of four)

Get Out!

Colorado State Fair

The Colorado State Fair begins Saturday and runs through Aug. 31. Hours are 10 a.m. until midnight Fridays through Sundays. Mondays through Thursdays, hours are 2 p.m. until midnight. State fairs always mean good eating, and new food items



Photo by Nel Lampe

The Colorado State Fair continues through Aug. 31.

this year include fried pickles, fried green tomatoes, sweet potato fries, deep fried oreos and twinkies, among other foods. There are 59 food locations on the fairgrounds. Other attractions for this year's fair are street performers, a new interactive fountain, an extreme thrill zone with a sky-diving and surfing simulator; an interactive robot, duck races, a giant alligator and professional in-line skaters. There are still the same fair attractions — a midway, exhibits and lots of animals. Rodeos and concerts are also a part of the Colorado State Fair. General admission is \$5 per person, Monday through Thursday and \$7 Friday, Saturday and Sunday. Children 6 and younger are admitted free when accompanied by an adult. The Colorado State Fair is at the State Fairgrounds in Pueblo. Follow the signs on Interstate 25 south. For information about the fair and remaining concerts, visit www.coloradostatefair.com.

Fall Festival

The 34th Fountain Fall Festival starts with a barbecue supper and dance at 5 p.m. at the City Hall Plaza Aug. 31. Sept. 1 activities start with a pancake breakfast at Fountain Middle School, 515 N. Santa

Fe, beginning at 7 a.m. A 10 a.m. parade is followed by activities in Metcalfe Park from 11 a.m. to 4 p.m., and includes entertainment, a car show, a tractor pull, crafts and children's activities. For more information, call 382-3190.

Mountain Music Festival

The 21st annual Manitou Springs Free Mountain Music Festival is today, Saturday and Sunday and features Spider Murphy, the Bertye Maddux Band and Coyote John Blosser on the dulcimer. Free concerts are today from 5 to 10 p.m., Saturday from 11 a.m. to 9 p.m. and Sunday 11 a.m. to 6 p.m. All concerts are in Soda Springs Park, in downtown Manitou Springs.

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 Berky 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.

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 special engagements of "Rent," March 16, 17 and "Riverdance," April 7 to 10.

Military Insignia Show

The American Society of Militaria Insignia Collectors is hosting a convention and collectibles show in Denver at the Holiday Inn at Denver International Airport, Aug 29 through 31, Call (303) 277-1077 for information. Admission is \$6 for adults.

Bill Cosby

Bill Cosby is at the Pikes Peak Center Sept. 26 for shows at 6 and 9 p.m. Tickets begin at \$45; call

Ticketmaster at 520-9090.

Vintage baseball

Rockledge Ranch Historic Site hosts the Colorado Vintage Base Ball Association game with the Camp Creek Sluggers for an 1880s style baseball game. Bring a lawn chair, umbrella and a picnic lunch and watch the baseball game Sept. 1 at noon. Soft drinks, popcorn and candy will be sold. Admission is \$5

Bear Creek Nature Center

The Bear Creek nature Center in Bear Creek Park has trail hikes and bluegrass music Aug. 30 from 11 a.m. to 1 p.m. Entrance is free, for more information call 520-6387.

Food fest

"A Taste of Colorado" is one of Denver's most popular fests, featuring food from restaurants as well as entertainment, a carnival, music and arts. It's in downtown Denver Aug. 30 and 31, from 11 a.m. to 10:30 p.m. and Sept. 1, 11 a.m. to 8:30 p.m. Call (303) 478-7878 or go online at www.atasteofcolorado.com.

New Arts Center exhibit

The Sangre de Cristo Arts Center in Pueblo honors the artist's centennial birthday with three exhibits of Gene Kloss. Kloss, a Taos, N. M., artist, is honored with three exhibits: "The Early Years," is in the King Gallery through Nov. 29; "Drawings," are on the 2nd Floor Foyer Gallery Saturday through Nov. 8 and "Gene Kloss: A Centennial Tribute" is in the White Gallery Sept. 9 through Nov. 1. Admission to the Arts Center is \$4 for adults and \$3 for children. Art Center admission also includes the Buell Children's Museum. The Arts Center is at 210 N. Santa Fe Ave., off Exit 98b, Interstate 25 south.

Performing Arts Series

The Sango De Cristo Arts Center in Pueblo announces its 2003-2004 "Center Stage" season. "The Guys" is Sept. 24; "Dallas Brass" is Jan. 29, "Les Ballets Jazz de Montreal" is March 1, "Black Broadway" is March 24 and "Mark O'Connor" is April 26. A season ticket is \$90, all performances begin at 7:30 p.m.; seating is reserved. Call (719) 295-7222. The theater is at 210 N. Santa Fe Ave., off exit 98b in Pueblo.

Happenings



Photo by Nel Lampe

Cheyenne Canon ...

The visitor center in North Cheyenne Canon near Helen Hunt Falls will be closing Labor Day. North Cheyenne Canon is a free city park with hiking trails, picnic tables and scenic mountain scenery. Take Cheyenne Canon Road to the park's entrance.



Program Schedule for Fort Carson cable Channel 10, today to Aug. 28.

Army Newswatch: includes stories on swearing in the Army Chief of Staff, troops in Iraq and training for the Olympics. Airls at 7:30 a.m., 12:30 p.m., 7:30 p.m. and 12:30 a.m.

Navy/Marine Corps News: stories on the Columbia shuttle recovery, sailors becoming citizens on the USS Theodore Roosevelt and decommissioning the USS Constellation. Airls at 8 a.m., 1 p.m., 8 p.m. and 1 a.m.

Air Force News: includes stories on airmen in southwest Asia, high-tech identification procedures and improving schools in Hawaii. 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.

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.