

Mountaineer

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Visit the Fort Carson Web site at www.carson.army.mil

Aug. 20, 2004

Bustin' out ...

Cammaron Gerke from Brighton holds on as Tall Crown tries to buck him off during the first night of the bareback riding competition at the 64th Annual Pikes Peak or Bust Rodeo. Gerke tied for 3rd place in the bareback riding competition, winning a total of \$2,099. The five-day rodeo was held at Colorado Springs World Arena Aug. 11 through 15. The morning of Aug. 11 downtown Colorado Springs was filled with cowboys and cowgirls as well, as hundreds of people watched the Pikes Peak or Bust Rodeo Parade.

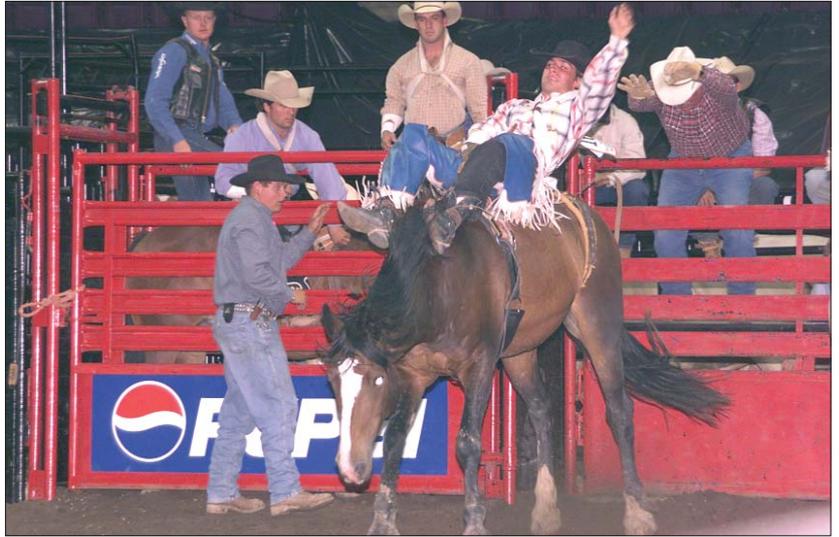


Photo by Pfc. Clint Stein



Photo by Sgt. Jon Wiley

Burnin' ...

The Fort Carson fire department got some real-world training Saturday after setting fire to a converted trailer on post that was no longer being used. Mel Davis, assistant chief, said it was cheaper to burn the trailer than to haul it away.

CDC works on anthrax vaccine, asks Soldiers to donate plasma blood

Defenselink News Service

The Departments of Defense and Health and Human Services today announced that the military will support a Centers for Disease Control and Prevention effort to create a new medication against anthrax.

The new medication, anthrax immune globulin, is an antibody-based medication and could become a critical medical countermeasure for the nation in case of an anthrax attack.

Anthrax-vaccinated military personnel at Army installations will be invited to donate some of their blood plasma to support this effort to create

and evaluate AIG. The first installation is Fort Campbell, Ky. Military personnel will receive brochures and oral presentations about the project when they receive anthrax vaccinations, which began Aug. 11 at Fort Campbell. Other installations will be included at a later date.

Officials from the program are discussing when it will be coming to Fort Carson in a meeting Monday.

The plasma will be used to make the new medication, AIG. If AIG passes several tests, it will be stored for emergency use to treat patients with severe

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Pikes Peak or Bust Rodeo comes to Colorado Springs.
See Pages 18 and 19.

Happenings



It's a good time for a visit to Colorado's Great Sand Dunes.
See Pages 23 and 24.

Race tickets

ITR has free Indy Racing League tickets and a LeAnn Rimes concert Sunday. Call 526-5366 for more information.

Post Weather hotline:
526-0096

Women's Equality Day

Commemorating women's right to vote

by Sgt. 1st Class Ronny L. Phillips
3rd Brigade Combat Team
Equal Opportunity Advisor
We celebrate "Women's Equality Day" to commemorate the ratification of the 19th Amendment to the Constitution of the United States, which occurred Aug. 26, 1920.

With the 19th Amendment, 51 percent of the population won the right to vote. Women won the right to have a say in how their government is run. The passage of the 19th Amendment in 1920 was one of the great milestones in one of the longest running civil rights campaigns in our nation's history. In 1971, the U.S. Congress designated Aug. 26 as "Women's Equality Day."

The campaign for women's equality can be traced back to the birth of this great nation. During the Revolutionary War, when women were not allowed to serve in the Continental

Army, Deborah Sampson was the first woman known to have served (masquerading as a man) and many more followed. In the Civil War, Dr. Mary Walker was commissioned as a lieutenant in the Union Army Medical Corp. She was the first female doctor in the Army and was awarded the Medal of Honor.

Since then, women have made great strides in both the military and the civilian way of life. During the Vietnam era, Army Cols. Elizabeth P. Hoisington and Anna Mae Hays became the first women to reach the rank of brigadier general in military history.

Desert Storm became the largest involvement for women in military history. In 1993, President Bill Clinton signed the bill ending combat exclusion for women on combat ships. Even today's presidential cabinet reflects

great strides women have made.

The Secretary of Agriculture is Ann Veneman, the Secretary of Labor is Elaine Chao, the head of the Environmental Protection Agency is Christie Todd Whitman and the National Security Advisor is Condoleezza Rice.

In Operation Iraqi Freedom, women held many various leadership positions.

One in particular that I would like to mention is one of Fort Carson's very own. Lt. Col. Laura Loftus, battalion commander, 4th Engineer Battalion, 3rd Brigade Combat Team. Not only is she the first female combat engineer battalion commander to command in a wartime situation but also, she is the very first female combat engineer battalion commander in the Army.

Despite these gains, women continue to face obstacles. They continue to

face sexual discrimination and sexual harassment in the workplace. In civilian jobs, women's annual salaries are two-thirds that of men's.

It is important for us all to have an understanding of the history, contribution, current condition and issues for women in the United States and in the military service.

7th Infantry Division and Fort Carson will celebrate Women's Equality Day Thursday at the Elkhorn Conference Center from 11:30 a.m. to 1 p.m. This celebration is not just for women; everyone is invited to celebrate the contributions that women have made in the military and the civilian sector.

To help celebrate Women's Equality Day, the National Women's History Project developed the following quiz to use at events, around the office or in conversation with friends.

Women's Equality Day quiz

1. Aug. 26, Women's Equality Day, commemorates:

- the women's work during the World War II
- the anniversary of women winning the right to vote
- the flappers of the 1920s
- the contemporary women's rights movement

2. In what year did Congresswoman Bella Abzug introduce legislation to ensure this important American anniversary would be celebrated?

- 1992
- 1984
- 1971
- 1965

3. In what year did women in the United States win the right to vote?

- 1776
- 1848
- 1920
- 1946

4. How many years did it take for women to win the right to vote in the United States?

- 72 years
- 120 years
- 20 years
- 51 years

5. Women in most of the western states won the right to vote years before the Federal Amendment was secured. This is the 90th anniversary of women in Kansas and Oregon winning the vote. What other state is celebrating the 90th anniversary of women winning the right to vote.

- New York
- Florida
- Maine
- Arizona

6. What was the name given to the 19th Amendment to the Constitution, which guaranteed women's right to vote in the United States.

- Abigail Adams Amendment
- Sojourner Truth Amendment
- Susan B. Anthony Amendment
- Gloria Steinem Amendment

7. Women who worked for women's right to vote were called

- radical
- immoral
- suffragists
- all of the above

8. The term suffragist is derived from

- one who suffers
- a voting tablet in ancient times
- the Constitution
- the Bill of Rights

9. How many countries had guaranteed women's right to vote before the campaign was won in the United States?

- 6
- 2
- 1
- 16

10. What was the first country

to grant women the right to vote?

- Canada
- Germany
- New Zealand
- United Kingdom

Answers:

1. b
2. c
3. c
4. a (from the first Women's Rights Convention in 1848 to 1920)
5. d
6. c
7. d
8. b
9. d (New Zealand, 1893; Australia, 1902; Finland, 1906; Norway, 1913; Denmark, 1915; Union of Soviet Socialist Republics, 1917; Canada, 1918; Germany, 1918; Poland, 1918; Austria, 1919; Belgium, 1919; Great Britain, 1919; Ireland, 1919; Luxembourg, 1919; the Netherlands, 1919; Sweden, 1919)
10. c (1893)

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 AR 360-11, 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

41st BCT trains at Piñon Canyon

by Spc. Nicholas Wood

115th Mobile Public Affairs Detachment Oregon
Army National Guard

PIÑON CANYON MANEUVER SITE —

About 2,600 Soldiers from 12 states and territories are participating in Operations Piñon Canyon and Bayonet Thrust Aug. 7 to Saturday at Piñon Canyon Maneuver Site near Trinidad.

Operation Bayonet Thrust was initially a mission intended to prepare the 41st Brigade Combat Team for its 2005 Joint Readiness Training Center rotation in Fort Polk, La., but because they will not be going, the Piñon Canyon mission was adapted.

“The concept of the operation originally developed has changed because the 41st BCT’s mission has changed,” said Oregon Army National Guard Soldier Lt. Col. Rendell Chilton, chief of staff, Joint State Task Force.

Instead of going to JRTC, the 41st BCT is slated to go to Afghanistan to support ongoing stabilization and security operations there, said Col. Stephen Truesdell, commander of the JSTF and an Oregon Army National Guard Soldier.

“(We) wanted to replicate missions in Afghanistan down range,” Chilton said.

The 7th Infantry Division, 41st BCT’s higher command, will also be participating in the training. Located on Fort Carson, the 7th ID is the host unit for



Photo by Sgt. 1st Class Dee McNutt

See Annual training, Page 9

Soldiers in the 1st Battalion, 86th Infantry head out for perimeter training.

2004 Soldier Show coming to Fort Carson

by Tim Hippias

**U.S. Army Community and Family Support
Center Public Affairs**

FORT BELVOIR, Va. — Communication

between deployed Soldiers and their loved ones is the driving force behind “The Heart of a Soldier,” theme of the 2004 U.S. Army Soldier Show, which is touring through mid-November.

The U.S. Army Soldier Show comes to Fort Carson’s McMahon Theater Sept. 9 and 10 with two shows daily. Each day there will be a show at 2 and 7 p.m. Free tickets are available at Information, Tickets and Registration and are required for each show. Call 526-5366 for more information.

Every Soldier Show has a theme, but few have a woven storyline throughout quite like this year’s emotional rendition, said Director Victor Hurtado.

From letters to cellular telephone calls to e-mails, this is a song-and-dance display of how Soldiers touch base with home from the Global War on Terrorism. The show touches on the realities of mothers deployed without children, fathers who’ve yet to see their kids, couples who’ve put marriage on hold, brothers who long to hug their sisters and vice versa.

“I hate to give too much of it away,” Hurtado

said. “It’s going to be a fun and energetic show, but I don’t want to give away much more — it does put a lot of focus on deployments.”

Prepare to have your heartstrings tested, Hurtado warns. The show uses a lot of telepathic energy that exists between Soldiers and their loved ones experiencing sleepless nights at home, pondering if and when their hero will return. Songs originate from both sides of the issue, focusing on the significance one life can project upon so many.

“Part of what makes the show is the emotional impact of it,” Hurtado said. “Parts are really happy, but there are going to be some emotions, definitely.”

Eighteen performers, including a drummer, were selected from 138 Soldiers who auditioned for the show. Seven technicians and four drivers also are part of the cast that will conduct 110 performances during a six-month tour to 21 states, Germany, Italy, Washington, D.C., and Guantanamo Bay, Cuba.

Country, rock, pop, gospel, rhythm and blues, Latin and “‘80s’ hair-band rock,” as Hurtado calls it, are intertwined throughout the show, including the works of Prince, ABBA and Outkast. The show “moves quickly” and won’t exceed 90 minutes.

The cast includes active duty, National Guard and

Reserve Component Soldiers who vary in rank from private first class to first lieutenant.

Hurtado said military members and families can easily relate to the plot of this year’s show while the general public should be entertained and educated.

“I think it’s important to humanize our Soldiers to the American public, and what it takes to fight for America,” said Hurtado, who performed in the Army Soldier Show while on active duty from 1986 through 89 and served 1990 to 92 as tour manager and assistant director. “I don’t know that my mentality would’ve been the same if I hadn’t been a Soldier myself. I don’t think I would have had the sensibility to put this kind of show together.”

Hurtado expresses great confidence in the cast.

“This group has a fairly phenomenal set of instruments — of raw voices, of tongue, of intensity, of character, of attitude,” he said. “They have the ability to have fun, but then lock into seriousness and focus. There are a lot of characters in the show, and I’m using their character.

“If I had one word for this cast, they’re fearless — completely and utterly trusting of me, and fearless. And that, more than any kind of talent, is an incredible asset for a director to have.”

Military

Warrior ethos

New signs remind Soldiers of warrior spirit

by Sgt. Jon Wiley
Mountaineer staff

I will always place the mission first, I will never accept defeat, I will never quit and I will never leave a fallen comrade — these words capture the essence of what it means to be a Soldier, and now they are the first thing Soldiers see when entering Fort Carson.

A series of four signs, one for each statement, have been placed at

the entry of Fort Carson's gates as a reminder to Soldiers.

Lt. Col. Roger Wood, deputy chief of staff for personnel, Fort Carson, said placing the signs in prominent places on post is part of an Armywide campaign to promote the warrior ethos, the heart of the new Soldier's Creed.

"The warrior ethos is the most important part of the Soldier's Creed, and some Soldiers don't

know what it is, so we wanted to emphasize it for every Soldier coming on post," said Capt. Christopher Wendland, assistant secretary of the general staff, Fort Carson.

Wendland had the idea to put signs with the warrior ethos at Fort Carson's gates after a visit from Chief of Staff of the Army Gen. Peter Schoomaker to the post April 17. During his visit, Schoomaker said he wanted the warrior ethos to be put up in places around the Mountain Post where Soldiers would see them.

Putting the warrior ethos front-and-center is part of Schoomaker's push to remind Soldiers they are warriors first. While Soldiers come from diverse backgrounds and do

different jobs for the Army — such as cook, postal clerk and truck driver — they are first-and-foremost warriors.

Besides encouraging Soldiers to think of themselves as warriors, the warrior ethos also "compels Soldiers to fight through all conditions to victory no matter how much effort is required" and "is grounded in refusal to accept failure," according to Field Manual 7-0, Training the Force, published October, 2002.

A Soldier is

a warrior, and a warrior is a mission-focused person who never accepts defeat, quits or leaves a fallen comrade — that's what all Soldiers will be reminded of every time they enter Fort Carson.

"The warrior ethos is the most important part of the Soldier's Creed, and some Soldiers don't know what it is, so we wanted to emphasize it for every Soldier coming on post."

Capt. Christopher Wendland, assistant secretary of the general staff, Fort Carson.



Photo by Sgt. Jon Wiley

Soldiers entering the Mountain Post are now greeted by a series of four signs reminding them what it means to be a warrior.

Military Briefs

Misc.

Enlistment bonus — If you were deployed in Iraq, Kuwait or Afghanistan, you may be entitled to a lump sum reenlistment bonus of \$5,000. Effective April 13, the Army announced a retroactive bonus to qualified Soldiers that reenlisted from March 18, 2003, to Sept. 18, 2003.

Also effective May 18, the Army announced a new listing of Selective Reenlistment Bonus and Targeted SRB Program. Under this new message, qualified Soldiers may be eligible for a lump sum bonus of up to \$10,000.

To see if you were qualified, please see your local Career Counselor:

3rd ACR — 526-3417

3rd BCT — 526-4549

43rd ASG — 526-9366

Division troops — 526-3983.

Officer Candidate School Board

— There will be an Officer Candidate School board Aug. 5 and 6. All participants must report in Class A's. All packets must be turned in to the 478th Personnel Support Battalion, building 1118, Room 208, no later than July 27. For more information, call Spc. Samantha Lamping at 526-1906.

Warrant officer recruiting — The U.S. Army is looking for highly motivated Soldiers, Marines, Sailors and Airman to fill its warrant officer ranks.

Positions are open in all 45 specialties if you qualify.

Applicants with less than 12 years active federal service are encouraged to apply.

For more information and all forms and documents required, visit the Warrant Officer Recruiting Team Web



BOSS meeting — The post BOSS meeting, for BOSS representatives, meets the third Thursday of each month at Xtremes from 1:30 to 3:30 p.m. For information, call 524-BOSS.

site at www.usarec.army.mil/warrant or call 1-800-223-3735.

U.S. Military Academy positions available — The U.S. Military Academy at West Point is looking for branch-qualified company grade officers and non-commissioned officers in the rank of sergeant first class interested in an assignment to the USMA. NCOs should have drill sergeant or platoon sergeant experience with 12 to 15 years of service to be assigned to the staff and faculty as instructors and company tactical NCOs.

Selected officers will normally attend advanced civil schooling for up to two years followed by a three-year tour at West Point.

For application information, go to <http://www.usma.army.mil/adjutant-general> or write to Management Operations Branch, AG Division, West Point, N.Y. 10996-1926.

Special Forces briefings — Special Forces briefings will be conducted weekly at the Grant Library. The briefing times are Wednesdays at 1:30 p.m. and Thursdays at 1:30 and 3:30 p.m.

The Army's Special Forces is a strategic, multi-purpose force capable of rapid response to various contingencies around the world. Called "Green Berets," these highly-skilled Soldiers are trained in unconventional warfare, foreign internal defense, direct action, special reconnaissance, combating terrorism, information operations and counter proliferation.

Special Forces candidates must be mature and self-motivated; open and humble; and better conditioned physically and emotionally than the average Soldier. All interested male Soldiers, privates first class to staff sergeants, and second and first lieutenants are encouraged to attend. For more information, contact Sgt. 1st Class Bill Roepe at 524-1461.

CIF Hours

Central Issue Facility hours of operation:

Regular business hours

Mondays, Tuesdays, Wednesdays and Thursdays from 7:30 a.m. to noon and 12:30 to 3 p.m. and Fridays from 7:30 a.m. to noon.

Initial/partial issues

Mondays, Thursdays and Fridays from 8 to 11:30 a.m. and 12:30 to 3 p.m. and Mondays, Tuesdays, Wednesdays and Thursdays from 12:30 to 3 p.m.

Direct exchange

Mondays, Tuesdays, Wednesdays and Thursdays from 12:30 to 3 p.m.

Partial turn-ins

Mondays, Tuesdays, Wednesdays and Thursdays from 12:30 to 3 p.m.

Full turn-ins

Appointments are scheduled Mondays, Tuesdays, Wednesdays and Thursdays, call 526-3321.

Effective immediately: Replacement will be scheduled Monday, Thursday and Friday mornings. Demobilized units tentatively have Tuesdays and Wednesdays to schedule out processing. Mobilization units will schedule unit direct exchange by appointment. Unit supply sergeants will collect Soldiers' DX items and schedule CIF appointments. A CIF employee will work one-on-one with a supply sergeant.

Active-duty units — Permanent Change of Station/End of Time in Service/chapters/retirees will make an initial out processing appointment Mondays, Tuesdays, Wednesdays and Fridays for turn-in. All follow-on appointments (14 OCIE items or less) will be scheduled if needed.

Bulk issue and turn-ins — by appointment only.

Appointments can be made with Kristine Harald at 526-3321. POC for this information is Frank Howard, CIF supervisor at 526-6477.

Laundry Service

Post Laundry Service — The post laundry service provides free laundry 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. 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. Turn around for service is 72 hours.

No appointment is necessary. The post laundry will not clean personal items like Battle Dress Uniforms, 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.

Briefings

eArmyU — eArmyU program briefings are conducted at the Mountain Post Training and Education Center, building 1117, Tuesdays at 9 and 11:30 a.m. and Wednesdays at 1:30 p.m.

The Army Career and Alumni

Center briefing is required for all departing servicemembers. The current ACAP policy is to register personnel ETSing one year out and retirees two years out. Briefings are held Mondays, Tuesdays, Thursdays and Fridays from 8:30 to 10 a.m.

Call 526-1002 or 526-0640 to schedule a briefing.

Are you end of time in service? If you're within 120 days of end of time in service, you must immediately call 526-2607 or 526-2599 to make your appointment for your mandatory Reserve Component Briefing.

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

Hours of operation

Education Center hours of operation — The Mountain Post Training and Education Center's hours for certain programs and services are as follows:

Counselor Support Center — Monday through Thursday, 7:30 a.m. to 4:30 p.m. and Friday, 11 a.m. to 4:30 p.m.

Army Learning Center and Basic Skill Classes — Monday through Thursday, 9 a.m. to noon and 1 to 4 p.m.

Defense Activity for Non-Tradition Education Support and Advanced Personnel Testing — Monday through Friday, 7:30 a.m. to 4:30 p.m.

eArmyU Testing — Monday through Thursday, 8 a.m. to 4:30 p.m. and Friday, 8 a.m. through 4:30 p.m.

eArmyU Office — Monday through Thursday 7:30 a.m. to 4:30 p.m. and Friday, 11 a.m. to 4:30 p.m.

Military Occupational Specialty Library — Monday through Friday, 7:30 a.m. to 11:45 a.m. and 12:45 to 4:30 p.m.

Claims Division hours — The Claims Division office hours are 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 issue on Friday, call Tina Kolb at 526-1352.

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

Dining Schedule

Wolf Inn (Bldg. 1444)

	Weekdays	Weekends
Breakfast	7:00 to 9:00 a.m.	7:30 to 9:30 a.m.
Lunch	11:30 to 1:00 p.m.	11:30 to 1:00 p.m.
Dinner	4:30 to 6:30 p.m.	4:30 to 6:00 p.m.

Striker Inn (Bldg. 2061)

	Weekdays	Weekends
Breakfast	7:00 to 9:00 a.m.	7:30 to 9:30 a.m.
Lunch	11:30 to 1:00 p.m.	11:30 to 1:00 p.m.
Dinner	4:30 to 6:30 p.m.	4:30 to 6:00 p.m.

Patton Inn (Bldg. 2161)

	Weekdays	Weekends
Breakfast	7:00 to 9:00 a.m.	7:30 to 9:30 a.m.
Lunch	11:30 to 1:00 p.m.	11:30 to 1:00 p.m.
Dinner	4:30 to 6:30 p.m.	4:30 to 6:00 p.m.

Aug. 21 to 27

Exceptions

- Open Aug 21 and 22 Cav Inn.
- Open Aug 28 and 29 Patton Inn and Wolf Inn.



Cav Inn (Bldg. 2461)

	Weekdays	Weekends
Breakfast	7:00 to 9:00 a.m.	7:30 to 9:30 a.m.
Lunch	11:30 to 1:00 p.m.	11:30 to 1:00 p.m.
Dinner	4:30 to 6:30 p.m.	4:30 to 6:00 p.m.

La Rochelle Inn (Bldg. 7481)

	Weekdays	Weekends
Breakfast	7:00 to 9:00 a.m.	Closed
Lunch	11:30 to 1:00 p.m.	
Dinner	5:00 to 6:30 p.m.	

Long Knife Inn (Bldg. 9612)

	Weekdays	Weekends
Breakfast	6:30 to 9:30 a.m.	Closed
Lunch	11:30 to 1:00 p.m.	
Dinner	4:30 to 6:30 p.m.	

CCTT provides valuable garrison training

by Spc. Zach Mott
Mountaineer staff

Simulators are becoming more and more popular in today's digital Army. Not only do simulators save valuable training time and dollars, but they are a harmless training tool that allows units to make productive use of their time in garrison. However, simulators are no substitute for the real thing.

Fort Carson is home to a number of simulators. August 2000 saw the opening of the Close Combat Tactical Trainer, and with that came a new way to train for company- and troop-level exercises.

"The value of the time as well as the actual costs of when you take all of the equipment, all of the people down — be it downrange here on Carson, Piñon Canyon or wherever it is — that you can do a lot of that initial training and learning and integration of the individual crews into platoons so they know how to operate to perform various tasks out of their tactical SOP (standard operating procedures)," said David Eby, the CCTT site manager.

Units can utilize any of the six terrain maps — ranging from the sands of the National Training Center in Fort Irwin, Calif., to the lush, green mountainous forest environment of Kosovo — to hone their small unit collective training tasks.

A terrain map of Fort Carson is currently in the works and they hope to have it ready for use soon.

"We have pre-built exercises — for instance platoon movement to contact, platoon defense, similar company-level pre-built exercises — or units can come in, and depending on the training goals and the level of training, we can build exercises for them to meet those specific training goals," Eby said.

Simulators allow units to train within feet of their company areas without using training dollars to move

equipment, personnel and supplies downrange.

"These simulators allow us to conduct training where we have full up troop operations without having to lessen the condition of our equipment," said Capt. Jesse Sellars, commander F Troop, 2nd Squadron, 3rd Armored Cavalry Regiment.

Currently, Sellars said, vehicles from his troop are undergoing a services period from a previous deployment. The CCTT allows his unit to still train while their equipment is being refurbished, he said.

The CCTT has a total of 14 tanks — 10 M1-A2 variety and four M1-A2 Selective Enhanced Production tanks; 14 Bradley Fighting Vehicles, eight M2-A2 and six M2-A2 ODS — one "Humvee" and one M-113 Armored Personnel Carrier. Each of the vehicles is the same as either those from the 3rd Brigade Combat Team or the 3rd ACR.

"We divide things up so we can support the brigade and the regiment," said Jim Kwasniewski, the contract oversight representative and instructor. "We're here to train the Soldiers."

Because of the number of simulators, more than one unit is able to train at a time.

"If we have a cav unit in and they're only using four tanks and four Bradleys, the rest of the stuff is open so anybody can use it at that time," he said.

Kwasniewski did say that because of the upcoming deployment cycle, preference is given to 3rd ACR units when scheduling is made.

There is room to train up to five separate platoons conducting five separate operations, two company teams or one battalion task force.

"If it's a battalion task force it has to be leaders — in other words down to platoon level in the actual simulators because of the limited number of simulators," Eby said.



Photo by Spc. Zach Mott

The view inside one of the simulators shows an exact replica of what it's like inside the turret of the actual tracked vehicle.

Using a simulator instead of actual maneuvers helps Soldiers become more confident in the skills they'll need to possess to be successful in combat.

"It helps particularly at the smaller unit leaders, the lieutenants and captains, but if you've got new platoon leaders, platoon sergeants, tank commanders,

CCTT

From Page 7

it allows them to operate and get the reporting procedures as well as the command," Eby said.

From a command perspective, Sellars said it allows his crews to gain experience before going downrange to conduct live-fire training.

"It's a really effective tool to exer-

cise troop leading procedures and to get down SOPs for new leaders at all levels," he said. "It allows us to work crew drills inside each of the vehicles. Really, it allows you to practice and perfect systems that typically you wouldn't get unless you roll out."

Kwasniewski, who has worked on Army simulators since 1987 and at Fort Carson since 1992, has seen the progression from almost prehistoric con-

traptions to near complete reality.

"It's probably one of the better tools we have here," he said. "(But,) it doesn't take the place of real training."

Soldiers using the CCTT have praised the reality of the training.

"We've had Soldiers come back and say it helped us," Kwasniewski said. "Everything they can see on the battlefield, we can throw at them."

Part of what helps with the realism

of this training is that the CCTT staff is mainly retired military personnel.

"99 percent of the guys down here are retired military," he said. "And they are true, true trainers of Soldiers. These guys really care. They bend over backward for the Soldiers."

"It helps with the Soldiers because they're able to converse. That's the key — we speak the same language as the Soldier."



Photo by Spc. Zach Mott

Tighten up ...

Spc. Isais Valencia, a tank driver from F Troop, 2nd Squadron, 3rd Armored Cavalry Regiment, checks the belly-plate bolts on an M1-A2 Abrams tank Friday during Sergeant's Time Training.

Other members of F Troop, 2nd Sqdrn., 3rd ACR, were repairing engines, replacing parts and other mechanical work as part of the regiment's services period to ensure all of the vehicles and equipment are ready for their upcoming deployment.

Annual training

From Page 3

the operation. As the higher command, the 7th ID is not only participating in Operation Bayonet Thrust, but is also integrated with the 91st Training Support Battalion from Washington, in order to assure training and execution is up to par with Army standards through evaluation and mission essential task training checks.

In addition to the 41st BCT, many other units will receive training by doing their jobs in support of this training operation.

While the combat training mission is overseen by Brig. Gen. Douglas Pritt, commander of the 41st BCT, the responsibility for overseeing the welfare, supply and transportation of all Soldiers, known as Operation Piñon Canyon, falls to the JSTF, which arrived July 25 and will be staying until Aug. 27.

The JSTF set up supply lines through the 67th Area Support Group from Nebraska and set up receiving facilities for the Soldiers who would soon be inbound.

Truesdell said there are three task forces involved. The aviation task force,

headed up by the 211th Aviation Group out of Utah, provides Medical Evacuation and other aerial services. The logistics task force is comprised of the 67th ASG and is charged with supply and logistics in support of Operation Piñon Canyon. The third task force is the Medical Task Force, which provides real-world medical services, and is led by Oregon Medical Command and staffed by the medics of Company C, 141st Support Battalion.

Though not a task force, military police from the 480th MP Co. Puerto Rico also play an important role in the operation by securing the base against threats and helping to maintain peace and order.

There are five phases to Operation Piñon Canyon. The first and second phases involved planning the operation, which began nearly three years ago as the JSTF coordinated what type of units were needed, which units would go, how they would arrive at PCMS and finally the readying of troops involved in Operation Bayonet Thrust

The third phase is the actual training mission, which takes place in and around the fictional town of Talatha, where the 41st BCT will have to deal with all the threats of a modern battlefield, to include



Photo by Sgt. Jon Wiley

Sgt. 1st Class Wilfred Suarez, 7th Infantry Division Air Defense Artillery, left, and 2nd Lt. Walyn Vannurden, Battery E, 1st Battalion, 88th ADA, 41st Brigade, North Dakota National Guard, middle, demonstrate the proper way to hold a Stinger missile for Master Sgt. Jackson Vanpelt, 7th ID. As part of the 41st Brigade's annual training, Battery E, 1st Bn., 88th ADA fired Stinger missiles at a live-fire range at Fort Carson Monday.

nonuniformed combatants, improvised explosive devices, media on the battlefield and civilians on the battlefield.

The last two phases of the mission involve the recollection of any issued

equipment, the breakdown of unit areas and the travel home.

The JSTF's job is to provide command and control for the first and last two phases of the mission, said Truesdell.

Anthrax vaccine

From Page 1

anthrax infection. Use would occur under Food and Drug Administration oversight since it is a new drug. The plasma-donation project is sponsored by CDC.

Most of the people in the United States vaccinated against anthrax are U.S. military personnel. For this reason, the secretary of Health and Human Services asked for Defense Department assistance in requesting plasma from anthrax-vaccinated troops. Whether AIG will be useful in treating

severe cases of anthrax is not yet known, but it is under investigation.

The 2001 anthrax attack catalyzed development of AIG. During the 2001 anthrax attack, the mortality rate from severe (inhalational) anthrax disease was 45 percent. We hope that administering AIG with the recommended antibiotic treatment will decrease the death rate of persons with inhalational anthrax during possible future anthrax attacks.

Plasma donors must have received four or more doses of anthrax vaccine. For this program, most plasma donations will begin between 10 and 21 days

after vaccination. Donors must pass a physical examination, medical history screening and blood tests. The goal is for each donor to begin donating plasma at about two weeks after vaccination, and to continue donating plasma once a week for 10 consecutive weeks.

The plasma will be processed by Cangene Corp., working with plasma-donation centers in Clarksville, Tenn., near Fort Campbell; and other locations.

For more information about this plasma-donation project, visit <http://www.anthrax.mil>, or contact CDC media relations at (404) 639-3286.

Community

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 Wednesday and Thursday 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 Morale, Welfare and Recreation voting van driving through the villages on those days in order to allow residents 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, mayoral program coordinator, at 526-1082 or 526-4590.



Bianca Baldwin
Navajo Village



Arnold Lewis
Blackfoot Hill Village



Dawnette Walters
Shoshoni Village



Vanessa Guerra
Shoshoni Village



Dominique Haftmann
Kiowa Village



Holly Thorne
Pawnee Village



Fiona Williams
Arapahoe Village



Jonathan K. Settle
Arapahoe Village



Mylia Phou Amkha
Arapahoe Village



Jennifer Maschino
Cherokee West Village



Olen Johnson
Cherokee West Village



Dani Jurjens
Cherokee East Village



Sylvia Baca
Cheyenne Village



Tanisha Cobel
Apache Village



Trischa Lanum
Ute Hill Village



Kristy Little
Choctaw Village



Virginia Carl
Comanche Village

Proper food handling prevents disease

by Staff Sgt. Pamela Heidelberg
Fort Carson Veterinary Branch

The Fort Carson Veterinary Branch's main mission is to ensure that the food delivered to the Fort Carson Commissary is safe and fit for human consumption. Another part of the mission is to educate the general military public on safe handling of potential hazardous foods or PHFs.

Because September is National Food Safety Month and Labor Day weekend falls at the beginning of the month, many people plan one last summer barbecue. The following tips might help keep people out of the emergency room with a food-borne illness.



Step 1: Clean

Wash hands and surfaces often.

Bacteria are organisms you can't see. Some of them are harmful and can be carried to people in food.

To protect yourself and your family, and to provide the safest food possible, do these things:

- Wash your hands with hot, soapy water before handling food and after using the bathroom, changing diapers and handling pets.
- Wash your cutting boards, dishes, utensils and counter tops with hot soapy

water after preparing each food item and before you go on to the next food.

- Use plastic or other nonporous cutting boards. These boards should be run through the dishwasher or washed in hot, soapy water after use.

- Consider using paper towels to clean up kitchen surfaces. If you use cloth towels, wash them often in the hot cycle of your washing machine.

Step 2: Separate

Don't cross-contaminate.

Bacteria can be spread from one food to another or from one utensil or surface to food when they come in contact. This is called cross contamination. This is especially a problem when

Community Briefs

Miscellaneous

Fort Carson stray policies — Have you ever had a lost pet? Well, if you live on Fort Carson and have a lost pet, call the Fort Carson Veterinary Treatment Facility. Anytime a lost pet is picked up as a stray on Fort Carson it is brought to the VTF.

The VTF houses the animals, and checks for microchips and tag numbers to return them to their homes. If your pet has a microchip or rabies tag the VTF will try to contact the owner as soon as possible. If they cannot get any owner information on the pet, they then have to turn the pet over to the Pikes Peak Humane Society at 471-1741. For each day a pet is impounded there is a \$5 fee and if pets aren't already fully vaccinated and microchipped, they must perform those services at a small fee. If your pet is missing and the VTF has not contacted you first, call 526-3803, in case the VTF can check has your pet. If we don't have your pet leave your contact information just in case your pet comes in at another time.

Because of limited kennel space we cannot keep pets on the weekends. Pets that are impounded on the weekends are turned over to the Humane Society, so that they can attempt to find the rightful owner.

Food safety month — Military food inspectors will be handing out food safety pamphlets, talking to the public about food safety and answering questions at the front entrance to the Commissary Sept. 2 from 9 a.m. to 1 p.m. in recognition of September as National Food Safety Month.

Carport repair — Monday, all carports in the 4000 area will be repaired as needed. Since the time to complete the repairs cannot be estimated, specific times of when your carport will be worked on cannot be determined. Carports will be repaired and then in the following couple of days they will be painted.

Great ideas wanted for ACS Army Family Action Plan Program — Your great ideas are wanted. Fort Carson will host the annual Army Family Action Plan Conference Nov. 4 and 5 at the Sheraton Hotel (off of Circle drive). Participants of the conference will discuss quality of life issues; however, we need your help. Let us know of some of your concerns/issues, provide your ideas on how it may be accomplished and why you think it needs to be changed. Any issues not resolved at Fort Carson will be forwarded to the regional level (Department of Army) for action and/or resolution.

AFAP drop boxes are located around Fort Carson: Army Community Service, Family Connection (off of Berkeley Ave. building 1354), 43rd, 3rd Brigade, 3rd ACR Family Readiness Assistant offices, Soldier Readiness Processing site, Fort Carson Welcome Center and Better Opportunities for Single Soldiers Program office, building 1217.

Issue submission deadline is Oct. 1. For details, issue submission or if you are interested in volunteering as a conference delegate, contact Nancy A. Montville at Army Community Service, 526-4590 or e-mail Nancy.Montville@carson.army.mil.

Self-Help Weed Control Program — Army Regulation 200-5, Pest Management, requires pesticide applicators on military installations to be certified. The Directorate of Environmental Compliance and Management developed a self-help program that allows military members, after they receive the necessary training, to be issued a pre-mixed Round-Up herbicide to treat weeds in rocky areas around their barracks, administrative areas and motor pools.

In order to meet regulatory requirements for application, units that wish to participate in the Self-Help Weed Control Program must have their military members trained in the proper handling, transport and application of herbicides. Once an individual has

received the training, DECAM can issue them pre-mixed herbicides in sprayers or Weed-N-Feed.

Training sessions are held Tuesdays from 10 to 11 a.m. through October at building 3711. Each unit may send up to five people for training unless pre-approved for more through the unit commander and DECAM. Sprayers or spreaders can be picked up and returned to building 3708 Monday through Friday between 9 a.m. and noon only.

For more info about the Self-Help Weed Control Program, call the Pest Control Facility at 526-5141. The Fort Carson housing contractor is responsible for the application of herbicides for weed control in family housing areas. More information on housing weed control is available by calling 579-1606.

Active-duty servicewomen are invited to participate in a women in the military self-diagnosis study

— If you are an active-duty female and have symptoms of a vaginal infection (vaginal discharge that looks or smells abnormal; itching, burning, pain inside or outside your vagina) or a urinary tract infection (pain or burning upon urination; frequent urination; or greater than normal urge to urinate), you are invited to participate in a research study to test military women's ability to use a newly developed self-diagnosis kit to determine the cause of their vaginal/urinary symptoms.

If you are not on your period and are not pregnant, call DiRaimondo TMC, 524-2047 or 524-2051 to schedule an appointment with Lynn Money, research nurse practitioner. When you call for an appointment, you must mention that you want to participate in the research study.

Career fair — The Defense Department Regional Career Fair is Oct. 7 from noon to 5 p.m. at the Colorado Springs World Arena. The career fair is sponsored by the Fort Carson Army Career and Alumni Program and the family support centers at Schriever and Peterson Air Force Bases and the United States Air Force Academy. The event is free and open to anyone seeking employment.

Youth sponsorship training — Army life means having to leave your home, school and friends to move to a new installation. Youth sponsorship offers you the opportunity to make new friends and help someone adjust to his or her new home.

Classes are offered one Saturday per month at the Family Connection Center in building 1354, from 2 to 4 p.m. Upcoming classes are Saturday, Sept. 18 and Oct. 16. For more information call 526-1070.

Voting information — For voting information or voting materials, see your unit's Voting Assistance Officer or contact the Fort Carson Voting Assistance Officer at 526-8419. You can also find voting information at the Federal Voting Web site at www.fvap.gov or the Fort Carson Web site at www.carson.army.mil, click on links.

Yard Sale — Fort Carson Mayors' yard sales are twice a month on the first and third Saturday of the month between 8 a.m. and 3 p.m.; dates are Saturday, Sept. 4 and 18, Oct. 2 and 16 and Nov. 6 and 20.

Both on- and off-post residents can participate. Housing residents can set up yard sales in front of their houses; barracks and off-post residents can set up in the Beacon Elementary School parking lot.

All residents and sellers must comply with the following guidelines:

- Residents are responsible for conducting their yard sale.
- Individual occupants are responsible for trash control and removal, which must be completed by 5 p.m. the day of the sale or citations will be issued.
- Commercial organizations and individuals will comply with regulations about solicitation.
- All sellers are prohibited from offering for sale items such as drugs, guns, food or anything that does not conform to the rules and regulations of Fort Carson or the state of Colorado.

For more information, contact your village mayor or the program coordinator at 526-1082 or 526-1049.

Civilian Wellness Program — Make that change from being a couch potato watching sports to being on the team; join the Civilian Wellness Program. Get

**Army Community Service
Family Readiness Center
719-526-4590**



**OPERATION
back to
School**

- ✓ Providing school supplies for eligible school age children
- ✓ Applications now available:
- ✓ Appointments available:
 - Tuesdays thru Friday, 5:30 p.m. - 7:00 p.m.
 - Saturdays, 8:30 a.m. - 4:00 p.m.
- ✓ Please bring to appointment:
 - Social security numbers for all eligible children
 - Most recent end of month LES
 - Pay stubs (if applicable)
 - Military ID
- ✓ Application Deadline: Saturday, 7 August.

Schedule your appointment with your ACS
Financial Readiness Program, (719) 526-4590.



ready to play those sports, take that hike, bike or pursue a new sport. Are you ready and able to hike one of Colorado's 14,000-foot mountains and see what a real Rocky Mountain high is all about? Have you ever biked the Sante Fe Trail from Monument to Fountain to see another view of Colorado? Get off the sofa and out of the house and enjoy the beautiful weather and the breathtaking sights of Colorado. Take the challenge and join the Civilian Wellness Program for Department of Defense employees. Join the team at the Mountain Post Wellness Center for this unique opportunity. The Civilian Wellness Program allows three hours each week of duty time to work out at the wellness center (approval from supervisor required).

The program starts with an assessment and baseline testing. Individuals set goals and the wellness center team sets a physical exercise program and provides educational opportunities to increase total health. This is the opportunity to start a holistic program for a lifetime of good health. Take that first step to a healthier lifestyle. Then step up that mountain and enjoy the view. Call Sandra Ensmann at 526-4264 for information or pick up your enrollment packet. Join the Civilian Wellness Program for DOD civilians. The next session begins Sept. 16 at 9 a.m. This is the last and chance to get in shape for the holidays.

ESCO Scrapbook fundraiser — Come and catch up on all those photos you've set aside Sept. 11, 2 to 7:30 p.m. at Waa-Nibe House, building 1007.

The cost is \$25 to register in advance and \$30 at the door. Cost includes dinner. If you're new to scrapbooking and want to see what it's all about, bring six to 10 photos for a product presentation and demonstration. Bring someone new and receive a \$25 credit on your Memory Keepers Card. There will also be a raffle for a 12 by 12 inch album, and 15 percent of product purchase will be donated to ESCO.

If you are unable to attend but would like to sign up and would like your purchase to go toward ESCO, call Jessica Masiasak at 597-1710.

Crafters needed — The first Fort Carson Craft Fair will be held Oct. 2 at the Special Events Center. Booths will cost \$25 or \$20 with a donated door prize. Call Jessica Masiasak at 597-1710 for information.

ID Card/DEERS Section closure — The Fort Carson ID/DEERS Section will be closed Aug. 30 and 31 for installation of new software. For more information, call Mary Foster at 524-3704.

3-D models changing face of Army medicine

by Michael E. Dukas

Walter Reed Army Medical Center

WASHINGTON — Faced with an increase in complex head injuries, caused mostly by improvised explosive devices, surgeons turned to Walter Reed's new 3-D Medical Applications Center for help.

With a computerized tomography scan of a patient, the center produces 3-D medical models of the shattered faces and skulls. Armed with this tool, surgeons can better analyze a patient's injury and better plan their treatment approach.

"We were finding that the pieces were so far distracted that using these models would help us to get more precise re-approximation for the realignment of the fracture lines," said Col. John Casler, Walter Reed's otolaryngology consultant to the Surgeon General of the Army.

"One of the things this has allowed us to do is actually reduce the fractures on the models first; get an idea how they fit before getting to the operating room," he explained. "It also gives us the opportunity to fit plates and reconstruction bars on the models first. To model it perfectly on the model first, reduce the fractures with a perfectly shaped reconstruction bar and sterilize that reconstruction bar, then use it on the patient knowing that the alignment would be perfect."

Before 3-D models, surgeons used two-dimensional CT images. "We would use CT scans or other radiologic tools to try to get an idea of where the fractures were and how they should go back together," Casler said. But this method wasn't as accurate and left some guesswork or estimation.

"Some of the patients we had coming back from operations Enduring Freedom and Iraqi Freedom have such severely displaced fragments that ordinary

techniques were not as helpful in terms of knowing where the pieces should go when we put them back together."

Casler said that before having the 3-D option, he had a patient with a gunshot wound through his lower jaw. "He had a severely fragmented mandible. It took us about six hours to do his reconstruction and reduction of his fractures. We had to bring the plates in and out of the operating room.

"I had an almost identical patient who came in with the same injury, and we used the 3-D models. I reduced the fractures on the models first and was able to do his surgery in about two and a half hours," he said. "It was an almost identical injury, the only difference was that we knew exactly where the fractures were and exactly where the pieces went and we were able to mold the reconstruction plate ahead of time. We saved a considerable amount of time, and I feel that we got excellent reduction of the fracture as well.

"I had a case of a gentleman who had complete fractures across his mid-face and was missing most of his jaw bone," Casler said. "We were able to work on him in stages. In one, we put his mid-face back together; in another stage, we did the reconstruction of his jawbone. So we were able to use the models to form a reconstruction bar and have the right contour."

To replace the jawbone, he requested a model of the patient's hip so the surgical team could approximate what needed to be done. Once satisfied, they duplicated the bone graft in the OR. "We probably saved five to six hours with him by doing everything ahead of time," Casler added.

Lt. Col. James Ecklund, Walter Reed's neurosurgery chief, also takes advantage of this technology. "This is exceptionally helpful in the war," he said.

Once the infections clear after a head trauma, his department uses the models to create custom-fitted replacements for missing parts of a patient's skull.

Col. Michael Will estimates a 20-percent time savings in cases where he uses a model to help prepare for the surgery. Besides shorter visits to the OR, the Walter Reed oral and maxillofacial surgeon said "Using this technology helps achieve a more appropriate anatomic and functional utilization after reconstruction."

"I don't think they can get any better care in the world based on this type of surgery," Casler said.

For more information about the 3-D Medical Application Center visit <http://www.wramcamedd.army.mil/departments/>



Photo by Maj. Frankie Evans

Walter Reed otolaryngologist, Col. John Casler, references a 3-D model of the patient's skull during reconstructive surgery.

Chaplain's Corner

Rainbows serve as a reminder to be honest

Commentary by

Chaplain (Capt.) Jamison Bowman

1st Squadron, 3rd Armored Cavalry Regiment

Recently, I looked out my window and saw a portion of a rainbow. I went into the backyard and surprisingly beheld a picture-perfect colorful arc in the sky.

From my vantage point, it started out near Peterson Air Force Base and ended near the 10th Special Forces Group. I was amazed at the sight and marveled at it for about 15 minutes. During the past couple of weeks, I have seen at least seven rainbows, including a double arc similar to the one described previously.

As I reflected upon the meaning of rainbows, I thought about the historical account of the flood. The Bible tells us in Genesis that the Earth was corrupt and filled with violence. Consequently, God flooded the Earth to rid it of wickedness. In his grace, he saved a man named Noah, his sons and their wives. When the flood waters receded, God put his bow in the clouds as a sign that he would not destroy the Earth with a flood again. I am thankful that he keeps his promises.

We should imitate God in this manner. Let us

always be true to God and steadfast in our covenants that we make with each other. All of us can point to a time in our lives when we were disappointed by someone's unfaithfulness. Likewise, we have disappointed others when we were not truthful. Through God's help, however, humans possess the ability to be honest in their endeavors.

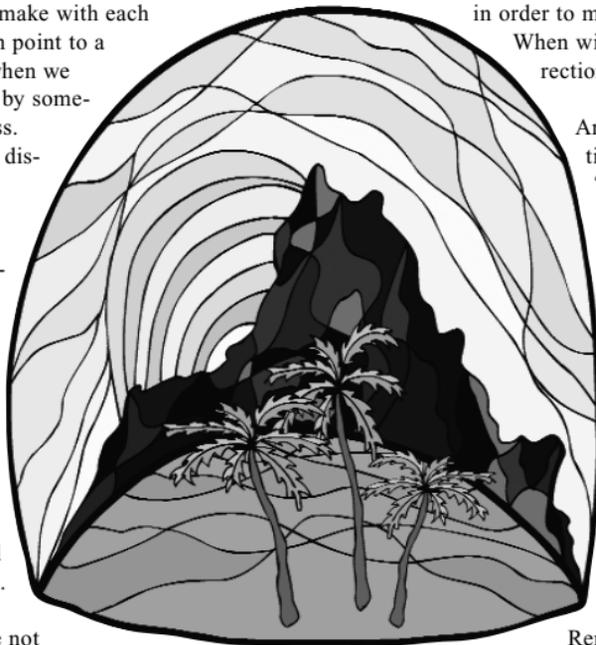
How can we begin to change our dishonest habits? Let us examine the things that we said this previous week. Did we make any promises that were not kept? Was any of our conversation dis-

honest? If so, what corrections can we implement in order to make situation right?

When will we make these corrections?

Honor is one of our Army values. One definition of honor reads, "One's word given as a guarantee of performance." All Soldiers should be truthful in what we do. This helps to raise us above other world armies. When we are truthful, God continues to give us favor when we execute missions, during our family time and as we interact with others. Would you like to be a promise keeper?

Remember our lesson from



the rainbow.

Chapel**AWANA-Because kids matter to God**

— The Fort Carson Awana Club will kick off its 2004 to 2005 season Sept. 2. The club meets Thursdays at Soldiers' Memorial Chapel from 5 to 7 p.m.

There is room for children from 3-years old to eighth grade. They are also looking for committed individuals with a heart for teaching children God's word to be on the leadership team. Call Stacy Chapman at 382-3970.

Catholic Family Religious Education

— Registration is currently under way for all Catholic Family Religious Education programs. Please complete the registration forms at Soldiers' Memorial Chapel during duty hours and on Sunday morning. Space is limited, please register today.

Volunteer teachers and musicians are also needed. Call Dennis Scheck at 526-5626 for more information.

Protestant Adult Sunday School

Classes — are offered at 9:30 a.m. at Soldiers' Memorial Chapel, building 1500 (next to the post exchange).

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 75 & Esther 4-6

Saturday — Psalms 76 & Esther 7-10

Sunday — Psalms 77 & Job 1-3

Monday — Psalms 78 & Job 4-6

Tuesday — Psalms 79 & Job 7-9

Wednesday — Psalms 80 & Job 10-12

Thursday — Psalms 81 & Job 12-15

Chapel Schedule**ROMAN CATHOLIC**

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. Amano/526-5769
Saturday	5 p.m.	Mass	Soldiers'	Nelson & Martinez	Chap. Amano/526-5769
Sunday	8 a.m.	Mass	Prussman	Barkeley & Prussman	Chap. Amano/526-5769
Sunday	9:30 a.m.	Mass	Soldiers'	Nelson & Martinez	Chap. Amano/526-5769
Sunday	10:45 a.m.	CRE	Soldiers'	Nelson & Martinez	Pat Treacy/524-2458
Sunday	11 a.m.	Mass	Healer	Evans Army Hospital	Fr. Battiato/649-5260
Sunday	12:15 p.m.	Mass	Provider	Barkeley & Ellis	Chap. Amano/526-5769
Tuesday	6:30 p.m.	RCIA	Soldiers'	Nelson & Martinez	Pat Treacy/524-2458
Saturday	4 p.m.	Reconciliation	Soldiers'	Nelson & Martinez	Chap. Amano/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. Kennedy/526-8011
Sunday	11 a.m.	Prot./Gospel	Prussman	Barkeley & Prussman	Chap. Bowman/526-5513
Sunday	9:30 a.m.	Sun. School	Prussman	Barkeley & Prussman	Chap. Bowman/526-5513
Sunday	9:30 a.m.	Sun. School	Soldiers'	Nelson & Martinez	Dr. Scheck/526-5626
Tuesday	9 a.m.	PWOC	Soldiers'	Nelson & Martinez	Chap. Kennedy/526-8011
Sunday	11 a.m.	Contemporary	Veterans'	Magrath & Titus	Chap. Ellison/526-8890
Sunday	6 p.m.	PYOC	Soldiers'	Nelson & Martinez	Chap. Kennedy/526-8011
Friday	noon	Prayer	Soldiers'	Nelson & Martinez	Ms. Scheck/524-1166

LITURGICAL

Sunday	10:45 a.m.	Lutheran	Provider	Barkeley & Ellis	Chap. Lloyd/526-3888
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JEWISH

For information and a schedule of Jewish Sabbath services, call the U.S. Air Force Academy Cadet Chapel at 333-2636.

WICCA

Monday	6:30 p.m.		Family University	Building 1161	Melissa Dalugud/330-7873
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MORMON

Sunday	2 p.m.	LDS	Provider	Barkeley & Ellis	Chap. Jones/526-3718
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NATIVE AMERICAN SWEATLOGDE

Native American Sweatlogde ceremonies (He Ska Akicita Inipi) are offered to military dependents and Department of Defense personnel for traditional prayer and purification. Fasting before the ceremony is recommended and refreshments are offered following the ceremony. Please call the following for information and directions: Michael Dunning 382-5331 or 330-9537, or Zoe Goodblanket 442-0929.

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 the chaplain community and pray for these individuals and organizations.

Unit: For the Soldiers and leaders of the U.S. Army Reserve's 99th Reserve Readiness Command, headquartered at Coraopolis, Penn.

Army: For Maj. Gen. Anders B. Aadland, and the military personnel and civilian staff who work in the Office of the Assistant Chief of Staff for Installation Management.

State: For all the Soldiers and families from the state of Iowa. Pray also for Governor Tom Vilsack, the state legislators and local officials of the "Hawkeye State."

Nation: For the Director of the Office of National Drug Control Policy, John Walters. Pray for this

agency and its mission to reduce illicit drug use, manufacturing and trafficking, drug-related crime and violence and drug-related health consequences.

Religious: For the Soldiers and families who travel on leave or for a permanent change of station this summer.

For more information on the Army Cycle of Prayer, visit the cycle's Web site at www.usarmy-chaplain.com.

Safe food prep

From Page 11

handling raw meat, poultry and seafood or raw eggs. So keep these foods and their drippings or juices away from foods that are ready to eat without further cooking.

- Separate raw meat, poultry and seafood from other foods in your grocery shopping cart and in your refrigerator.
- If possible, use a different cutting board for raw meat products. Never cut lettuce after raw meats on the same board.
- Always wash hands, cutting boards, dishes and utensils with hot soapy water after they come in contact with raw meat, poultry and seafood.
- Never place cooked food on a plate, which previously held raw meat, poultry or seafood.

Step 3: Cook

- Cook to proper temperatures.
- Ensure you are cooking food long enough to get temperatures hot enough to kill harmful bacteria.
- Use a clean thermometer, which measures the internal temperature of cooked foods, to make sure meat, poultry, casseroles and other foods are cooked all the way through.
- Cook roasts and steaks to at least 145°F.

Whole poultry should be cooked to 180° F for doneness.

- Cook ground meat, where bacteria can spread during grinding, to at least 160° F. Do not rely on color to tell you if the meat is done to a safe temperature. Research has shown that meat may be brown in color and still not hot enough to kill harmful bacteria.
- Cook eggs until the yolk and white are firm. If recipes call for raw egg and the egg will not be cooked later in the preparation (eggnog, homemade ice cream, etc.), use pasteurized egg products instead of fresh shell eggs. The products are available at most supermarkets.

- Fish should be opaque and flake easily with a fork.
- Using a microwave?

For best results and even heating, cover food, stir and rotate.

- Bring sauces, soups and gravy to a boil when reheating. Heat other leftovers thoroughly to at least 165° F.



Step 4: Chill

- Refrigerate foods quickly to help keep harmful bacteria from growing and multiplying. Set your refrigerator for 40° F.
- Refrigerate or freeze perishables, prepared foods and leftovers within two hours or sooner.
- Thaw food such as turkeys and other meats in the refrigerator, never at room temperature. Or, thaw under cold, running water or in the microwave. If marinating foods, do it in the refrigerator.

• Divide large roasts, soups, etc. into small portions for cooling in the refrigerator. Put soups and stews in shallow container, never leave them in a stock pot. The food will not cool down fast enough to be safe.

- Don't pack your refrigerator. Cool air must circulate freely to lower and then keep temperatures of food low enough to be safe.

These four steps may help

ensure your barbecue will be a success and everyone returns from the long weekend, safe, happy and above all, healthy.

Editor's note: Information obtained from Partnership for Food Safety Education.

Western Pride

64th Annual Pikes Peak or Bust Rodeo saddles up

by Pfc. Clint Stein
Mountaineer staff

The 64th Annual Pikes Peak or Bust Rodeo and Parade was celebrated in grand fashion starting Aug. 11 as members of the Colorado Springs and surrounding communities showed their Old West spirit during the five-day rodeo extravaganza.

The Pikes Peak or Bust Rodeo and Parade theme this year was "Western Pride" in honor of the men and women who lived, worked and helped civilize the wide open spaces of western North America. Cowboys, American Indians,

farmers, ranchers, Scouts and Soldiers all played an integral part of that great endeavor.

The street parade kicked off the week's festivities with several floats, bands, horses and wagons making their way through the streets of downtown Colorado Springs. Even Fort Carson's 7th Infantry Division and Deputy Commanding General, Brig. Gen. Joseph Orr, rode horseback in the parade representing the Mountain Post and the Army. Military commanders from the surrounding Air Force bases rode alongside Orr to represent their branch of service as well.

Although the morning of the parade started out with chilly weather, hundreds of people lined the edges of the streets bundled up in blankets and coats to help stay warm during the parade. As the 90 minute long parade went by, the day got warmer and the rodeo start time drew closer.

When the rodeo got started later that night, 7th Infantry Division and Fort Carson Commanding General, Maj. Gen. Robert Wilson, was on hand for the opening ceremony. Dressed for the occasion in cowboy boots and cowboy hat, Wilson stood in the middle of the Colorado Springs World Arena and thanked the community for the great support it has shown toward the military and Fort Carson Soldiers.

In addition to the rodeo, opening night was also Army night honoring Fort Carson Soldiers and their families. Many of the proceeds from the Pikes Peak or Bust Rodeo go toward Fort Carson and other military charity programs.

The military was not the only beneficiary of the rodeo. More than a \$215,000 purse was up for grabs by rodeo contestants.

Johnny Chavez from Bosque, N.M., was the big-money winner, taking home more than \$7,000. A veteran bull rider, Chavez won top honors in the first round of competition, placed third in the finals and won the belt buckle with a total of 168 points on two rides.

Josh Peek, the all-around champion of the rodeo, winning \$5,852, is a close neighbor of Colorado Springs. From Pueblo, Peek won in steer wrestling and tie-down roping.



Children dressed in costumes representing influential people in American history ride through downtown Colorado Springs on the Kiddie Dress Revue float during the Pikes Peak or Bust Parade.



Nick Pullara, Army sponsored team roper, attempts to lasso a steer during the first night of the Pikes Peak or Bust Rodeo.

Photos by Pfc. Clint Stein

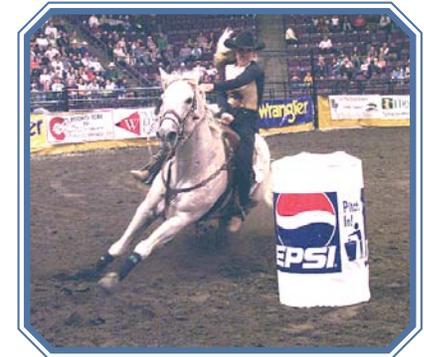


Tate Stratton holds on tight as he tries to ride out Rattle Trap for eight grueling seconds in the bull riding event.

Winners in the other events were Eric Swenson in bareback riding, J.R. Crozier for steer wrestling and Blair Burke for tie-down roping. There was a tie for first place in the saddle bronc riding between Tom Reeves of Eagle Butte, S.D., and Cody Wright of Milford, Utah. Winners of the team roping competition were Speed Williams of Amarillo, Texas, and Rich Skelton of Llano, Texas, roping the calf in a time of 4.7 seconds. Winner of the women's barrel race, with a time of 25.16 seconds, was Tana Poppino from Big Cabin, Okla.

Although there were seven different events that the professional rodeo contestants took part in, there were two events added to the billet that were just for fun. The wild horse racing was a contest that consisted of six, three-man, teams. Each team had to capture, saddle and race a wild horse around barrels set up in the arena. As the cowboys ran frantically trying to saddle their horses and not be trampled at the same time, the World Arena audience was entertained to see only one team actually get on one of the bucking broncos.

Another event that had the audience laughing out of their seats was the wild cow milking contest. This was especially entertaining to the Soldiers and their families in the audience because several of the contestants were Soldiers. Members of the Medical Department Activity, 1st Mobilization Brigade and the 10th Special Forces Group made up three of the four teams that were challenged to milk their team's wild cow. The four-man team from the 10th Special Forces group was finally able to hold the cow still long enough to get some milk and the win.



Ambler Bruce-West from Philip, S.D., carefully rounds the second corner during the first round of the barrel racing competition.



Rodeo fans are astonished as Troy Lerwill, also known as "Wild Child," jumps a truck and trailer with his motorcycle at the Colorado Springs World Arena. Lerwill makes the crowd laugh as a rodeo clown and thrills them with his stunt act.



Out & About

Aug 20 - 27, 2004

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2004



United States Army

SOLDIER SHOW



Date: Sept. 9 and 10
Time: 1400 and 1900
Place: McMahon Theater

"The Heart of a Soldier"
AN ARMY ENTERTAINMENT PRODUCTION

FREE CONCERT IN THE PARK

FEATURING

BLUE STEEL

This "Welcome to Ft. Carson" event is Wednesday, August 25th
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This event is open to everyone!!!

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McKibben's POWER LIFTING Competition

Event Date: Aug. 21 - 22, 2004

Entry Deadline: no deadline

Event Time: 9 am to 7 pm

Events: Dead lift, squats, bench press

POC: Lenwood Jordan

Contact Info: 526-2137, 526-2597

Location: Building 1160

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The Great Sand Dunes

The Great Sand Dunes National Monument in southwestern Colorado is one of 20 such collections in the United States.

Colorado's shifting sand

Story and photos by Nel Lampe Mountaineer staff

Even though you know it's there, first sight of the huge collection of sand at the foot of snow-covered Rocky Mountains is unexpected. Many miles from a town, visitors looking for the sand drive the nearly straight highway heading north, with no encouraging clues that the sand is straight ahead. Occasionally an out-of-state car will slow to a stop and make a U-turn, seemingly losing faith that the Great Sand Dunes are just a few miles ahead.

The first glimpse of the sand dunes is less than spectacular — sort of a tan-colored stripe between a layer of green and dark blue, topped with white snow. But close up, the sand is much more awesome. Huge dunes of sand dwarf visitors who hike on the 750-foot high dunes.

Billions of grains of sand have been sculpted by winds. More sand arrives every day, deposited by the breezes which also sculpt new shapes and patterns while whirling through the 30 square miles of sand. Why is all that sand piled in front of Rocky

Mountains?

The sand collected near the Sangre de Cristo range of the Rocky Mountains isn't beach sand leftover from some prehistoric sea. The sand has accumulated at the foot of these mountains over thousands of years. Scientists believe the sand dunes are at least 12,000 years old. Some scientists believe the sand may have eroded from ice age glaciers. The grains of sand are composed of volcanic rock, quarts and other minerals.

The Rio Grande River ran through the San Luis Valley for hundreds of years, leaving sand along its shores and riverbed. The Rio Grand River eventually changed course, leaving the sand behind.

Later, winds swept the sand along the valley floor until it collided with the steep mountains. Unable to exit the valley, the sand fell to earth. Over the centuries the sand continued to accumulate at the foot of the mountain range. Now the sand covers 30 square miles, with dunes reaching as high as 750 feet. Winds, air currents, water and breezes still scatter the sand. More grains of sand arrive each day, borne on winds which re-sculpt the patterns left by previous winds. Some sand patterns resemble ocean waves, others are small ripples.

The Sand Dunes inspire exploration. Some visitors play volleyball or fly kites in the sheet sand next to Medano Creek, as evidenced by the thousands of footprints still visible. Other visitors challenge the dunes, taking on the arduous task of plodding in deep sand in a quest to reach the top, becoming smaller and smaller dots on the dunes. Visitors to the dunes should be prepared for an arduous hike; feet sink deeply into the sand and walking is slow. Shoes fill with sand; hats, sunglasses and sunscreen provide comfort; drinking water is a must. Hikers who



A visitor washes the sand from his feet at the sand dunes visitor center. make it to the top are rewarded with a great view.

Some visitors bring snow-saucers to slide on the sand, others use flattened cardboard boxes. Motorized vehicles are not allowed on the dunes. There are wheel chairs available at the visitor center which are especially equipped for use on sand — they have big, fat tires.

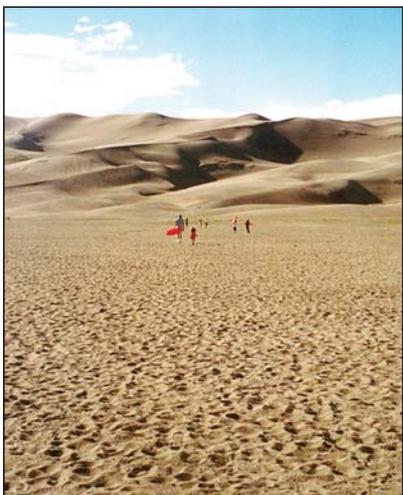
Learn about the dunes at the visitor center, temporarily located in a trailer behind the permanent stucco building which is presently being renovated.

Rangers are on duty to answer questions and give advice. Watch the informative film about the history and formation of the Great Sand Dunes.

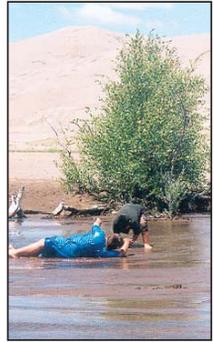
There's also a gift shop in the trailer with books, pictures, postcards and the like.

It's just a few hundred feet from the visitor center parking lot to the sand dunes.

Medano Creek runs between the parking lot and the sheet sand, most of the time. The creek is shallow and



Thousands of footprints show the tread of visitors heading for the sand dunes.



Places to see in the Pikes Peak area. Aug. 20, 2004



Walking in deep sand to the crest of the sand dunes is hard work, but the view is rewarding. The tallest dune is 750 feet high.

Dunes

From Page 23

a favorite among park visitors for splashing and wading.

There are large deposits of sand similar to Colorado's dunes in 20 states, but Colorado's dunes are the tallest sand dunes on the North American continent.

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

The best time to visit the sand dunes is in spring or fall. Most visitors however, arrive in summer. It's best to avoid the heat of the day when sand temperatures may reach 140 degrees. Summer visitors must also be on the watch for afternoon thunderstorms and the danger of lightning.

The dunes can be visited in winter as the warm sand quickly melts new snow. The park does observe federal holidays during the winter.

In summer the visitor center is open every day from 9 a.m. until 5 p.m.

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

Hiking trails range from a half-mile to seven-miles. Get trail information at the visitor center.

The Great Sand Dunes site is popular with campers. The Piñon Flats Campground has 88 camping sites, available on a first come, first served basis. The sites have running water, but no showers or electricity. Call (719) 376-2312 for camping reservations.



When Medano Creek is deep enough, visitors enjoy playing in the water. The creek may run dry, depending on waterfall and the time of year.

Just before the entrance to the sand dunes, a privately owned facility, The Oasis, offers sand dune tours, food, refreshments, souvenirs and gasoline from April to October. The phone number is (719) 378-2222.

The Great Sand Dunes is about 150 miles from Fort Carson and is probably too far away for a day trip. The town of Alamosa is about 35 miles from the sand dunes and has lodging. Call the Alamosa Chamber of Commerce, (719) 589-3681, or call the Alamosa Visitor Center at (800) 258-7597.

Other sites to visit while in the area include

the restored U.S. Army frontier post at Fort Garland, about 50 miles from the Sand Dunes.

An alligator farm, "Colorado 'Gators,'" is about 25 miles west of the Sand Dunes in Mosca. 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. It's about 150 miles from Fort Carson to the sand dunes.

There is a charge to visit the Great Sand Dunes: \$3 per person over 17 years of age. Rangers at the entrance will ask for the fees, and issue a pass to be displayed.

After paying the fee at the entrance, continue to the visitor center, about a mile and a half ahead, on the left.



Visitors to the Great Sand Dunes see the Sangre de Cristo mountain range of the Rocky Mountains behind the sand. The snow caps are shrouded by afternoon storm clouds.

Just the Facts

- **Travel time** two hours plus
- **For ages** families
- **Type** natural sand dunes
- **Fun factor** ★★★★★ (Out of 5 stars)
- **Wallet damage** \$ entry
 - \$ = Less than \$20
 - \$\$ = \$21 to \$40
 - \$\$\$ = \$41 to \$60
 - (Based on a family of four)

Get Out!

Colorado State Fair

The 132nd Colorado State Fair begins Saturday and runs through Sept. 5. Fair weekend hours are 10 a.m. to midnight, Monday through Friday; weekend hours are noon to midnight. There's a carnival, merchandise booths, arts, crafts and food competitions. Some entertainment is free; concert tickets are on sale at the State Fair Box Office and Ticketmaster, 520-9090, for Stacie Orrico, Chris Cagle, Chris LeDoux, ZZ Top, Dierks Bentley, Trick Pony, Brad Paisley, REO Speedwagon, Olivia Newton-John and Clay Aiken. Tickets are \$13 to \$33. For information go to www.coloradostatefair.com.

Salute to veterans

The Annual Salute to American Veterans Motorcycle Rally and Festival in Cripple Creek runs through Sunday. The parade of bikes begins Saturday in Woodland Park at 10:30 a.m. and arrives in Cripple Creek in time for the POW/MIA remembrance ceremony at noon in city park. There's food vendors, a beer tent, music and Colorado Regulators Reenactment group. Various activities are ongoing throughout the weekend. Call (877) 858-4653 for information. Entry is free.

Soldier Show

The Soldier Show will be in McMahon

Theater Sept. 9 and 10, at 2 and 7 p.m. Tickets are free to all shows and are required for entry to the show. Tickets are in the Fort Carson Information, Tickets and Registration office.

Broadway in Colorado Springs

Season tickets are on sale for the new season in the Pikes Peak Center, which includes "Fiddler on the Roof," Oct. 20 and 21; "The Full Monty," March 15 and 16, "Defending the Caveman," April 8 and 9; "42nd Street," May 8 and 9. An optional show is Hal Holbrook in "Mark Twain Tonight!" Call 520-SHOW for information.

Air Force Academy concerts

The Academy Concert season is now on sale. The schedule includes Emerson Drive, Sept. 17, Paul Rodriguez, Sept. 18 and Capitol Steps, Oct. 9. In 2005, "Crazy for You" is Jan. 22, "Steel Magnolias" is Feb. 25, "Broadway Rhythm" is March 5, "Da Noise, Da Funk" is March 12, "Contact" is March 30 and "Passing Zone" is April 23. Call 333-4497 for information.

One more Renaissance day

The Air Force Academy presents a Renaissance Festival, featuring combat jousting, sword play, food and craft vendors and more. It's Saturday, 10 a.m. to 7 p.m., at the Cadet Athletic Fields off North Gate Road. Call 333-4497 for tickets. It's open to Department of Defense and military identification card holders. Admission is \$8 for

adults; \$5 for children under 12.

Buffalo Bill Museum

Mountain Melodies Music Festival, featuring seven hours of bluegrass music, is a free concert at the Buffalo Bill Museum in Golden, Aug. 28 at 10 a.m. There'll be hands-on activities for children. Bring a lawn chair and enjoy the concert. Refreshments are available at the gift shop and snack bar, and the Buffalo Bill Museum is open; \$3 for adults, \$1 for ages 6 to 15. The museum is off Interstate 70 west at exit 256.

Performing arts in Pueblo

Preservation Hall Jazz Band opens the performing arts season Sept. 19 at 7:30 p.m. at the Jackson Conference Center in Pueblo. Marcus Belgrave's Tribute to Louis Armstrong is Oct. 23, 7:30 p.m. at the Arts Center Theater. Aspen Santa Fe Ballet is Nov. 7, at 4 p.m. in the Arts Center Theater; "Rhapsody in Taps" is March 19 at 7:30 p.m., and "The Passing Zone" is April 22. Call (719) 295-7222 for information.

Gem and Mineral Show

Lake George Gem and Mineral Show is in the small town of Lake George, about 40 miles from Colorado Springs on Highway 24 West. The show includes minerals, fossils, jewelry, and is free. Call 632-9686 for information.

Free concert

The Air Force Academy's band, "Blue Steel," presents a free concert in Fort Carson's Ironhorse Park Wednesday at 6:30 p.m.



Photo by Nel Lampe

Olympic Training Center ...

With the summer Olympics in Greece in full swing, why not take a tour of the Olympic Training Center? Tours are free; just show up at the visitor center between 9 a.m. and 4 p.m.; tours begin at the top of the hour. Many competitors and medal winners trained for the Olympics at the Colorado Springs facility. The center is at 1 Olympic Plaza, just off Boulder Street, a block west of Union Boulevard. The phone number is 632-5551. There's a gift shop at the visitor center with hundreds of Olympic souvenirs for sale.

ch10

Program Schedule for Fort Carson cable Channel 10, today to Aug. 27.

Army Newswatch: stories on the transformation of the Army, the Blue-to-Green program and eCybermission finals. Aairs at 7:30 a.m., 12:30 p.m., 7:30 p.m. and 12:30 a.m.

Navy/Marine Corps News: stories on Cargo Handling Battalion 7, Exercise Summer Pulse 2004 and the 40th anniversary of the Gulf of Tonkin incident. Aairs at 8 a.m., 1 p.m., 8 p.m. and 1 a.m.

Air Force News: stories on the new C-130 aircraft, convoy training classes and Air Force Academy flights. Aairs at 8:30 a.m., 1:30 p.m., 8:30 p.m. and 1:30 a.m.

The Mountain Post Community Town Meeting, held monthly, airs at 9 a.m. and

5:30 p.m.

The Pentagon Channel plays on Channel 9. In addition to standard programs like Army Newswatch, the channel will feature other Army-related programs, including briefings and other Army news.

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.

For additions to the Community Calendar, please submit an e-mail to the above address, send a 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 the desired airing time.

Sports & Leisure

Flag football

Defending champs begin title quest

by **Walt Johnson**
Mountaineer staff

The 10th Combat Support Hospital has been successfully climbing the ladder of the intramural leagues here for three years.

Three years ago the team finished third in the final post standings. Two years ago it finished second in the post standings, and last year it reached the top of the post intramural football heap, winning the championship.

So, with all that success behind them and the target a champion always carries, is it safe to assume the champions have seen their better days?

Is it just as safe to think that this year's team will walk softly and not seek to raise the level of play for its opponents?

Or maybe the team doesn't think it is the same team that won the title last year? If that is what people think, they may want to guess again.

The 10th CSH intramural football team returns 15 of the 21 players that won the title last year and quite frankly are in no mood to relinquish its hold on the top spot of the post intramural mountain.

"We have as good a team this year as we have had the previous three years. We are very confident in what we can do as a team, and in fact, we will let anyone know that the 10th Combat Support Hospital is the team to beat. If any team wants to win a

championship on post, they are going to have to come through the 10th Combat Support Hospital to do it," said 10th CSH Defensive Captain Ryan Allen.

The 10th CSH began its quest for a second consecutive championship with an impressive 6-0 victory over the U.S. Army Garrison/7th Infantry Division Monday at Pershing Field on post.

The champions got on the scoreboard on the third possession of the game as quarterback Antonio Steel found Donte Palmer running up the middle of the Infantry team defense for a 50-yard touchdown pass. It seemed like the game would be an offensive explosion for the 10th CSH team, but the Infantry team was having none of that, shutting down the champions with a championship style defense of its own. The problem was, the 10th CSH defense was as stingy as a hungry man with a bite of a candy bar left. The team surrendered little in terms of yardage and gave the Infantry team little hope of winning, just like it planned.

"We knew they were going to come after us and play us tough and they did. We wanted to make sure we matched their energy and hold them scoreless. If a team doesn't score on us, it can't win. It was our first game, and we feel good about holding them scoreless. We are ready to defend our title," 10th CSH's Anthony Burriss said.



Photos by Walt Johnson

10th Combat Support Hospital offensive captain and running back Anthony Burriss looks upfield for additional yardage after catching a pass.



Anthony Ringold, U.S. Army Garrison/7th Infantry Division defender, leaps to intercept a pass from 10th Combat Support Hospital quarterback Antonio Steel.



Ryan Allen, 10th Combat Support Hospital defensive captain, with the ball, returns an interception during Monday's intramural action.

Mountaineer Event of the Week

New aerobics schedule coming in September ...

Forrest Fitness Center aerobics instructor Cherry Walker leads a body tone class Aug. 12 at the fitness center. Forrest will introduce a new and exciting aerobics schedule for the Mountain Post community after Labor Day that promises to have something for everyone according to Gina Casanova, Forrest Fitness Center, aerobics coordinator. When completed, the new schedule will be posted in the *Mountaineer*.



Photo by Walt Johnson

Mountaineer Youth Sports



Trojans begin football practice ...

Fountain-Fort Carson Trojans Head Football Coach Mitch Johnson, right, goes through a blocking drill with members of his offensive line during the first day of training camp for the high school team. The Trojans will begin regular season play in about two weeks as they look to equal last year's impressive outing that saw them come very close to winning the state championship. This year's Trojan team will be young and inexperienced in some areas, but Johnson thinks the potential of the team is high and this could be a good year for the Trojans.

Photo by Walt Johnson



Photo by Walt Johnson

Members of the 13th ASOS got into a bind Monday at Pershing Field. When the team showed up for its intramural flag football game, its opponent, the 10th Combat Support Hospital, was wearing the same black jerseys they were, so in the interest of “not being wimps” the team went without shirts for the game.

On the Bench **Powerlifters to meet on Saturday**

by Walt Johnson
Mountaineer staff

Military and civilian powerlifters will show what they are made of Saturday and Sunday at McKibben Physical Fitness Center on post.

Powerlifters representing the Army and Air Force community in Colorado Springs will be at the center flexing and lifting as Lenwood Jordan, McKibben Physical Fitness Center manager, tries to bring back a time honored tradition to the post.

Defending post powerlifting champion Tony Claiborne said this is an

Bench

From Page 32

event
he
looks

forward to because of the opportunity it affords people to test the limits of their ability. He has been helping train some of the competitors who will be in the event, but don't think for a minute that he has resigned himself to do anything less than keeping his title.

"I don't have any problem with this being a competitive event because I like competition and seeing how I can push myself to new limits. Besides, I hear the McKibben staff has ordered some outstanding second place trophies for the other competitors," Claiborne said with a smile.

Xtremes Entertainment and Sports Bar will present "Comics on duty" Friday at 8 p.m. The show features comedians Derek Richards, PJ Walsh, Scott Henry and Mike Burton. According to the Comic on Duty Web site, the Comics On Duty World Tour provides the highest "network-caliber" comedy program to the U.S. Armed Forces, while affording host installations, regions and commands with the cost saving benefits of a joint force, multi-market, turnkey promotion.

Since their first performance in 1992, the Comics on Duty World Tour has performed more than 1,350 shows worldwide and entertained thousands of military personnel. To date, the CODWT has performed more than 70 shows at more than 50 sites in support of Operation Iraqi Freedom, and more than 25 sites in support of Operation Enduring Freedom according to the group's Web site.

The next boxing smoker is set to take place Aug. 27 and Aug. 28 at the Special Events Center on post.

Amateur boxers have been practicing their skills at the World Class Athlete Program facility for the past month, and they are ready to put on quite a show according to Lavell Sims one of the trainers for the athletes.

The action will begin Aug. 27 and 28 at 6 pm. at the post Special Events Center.

The post youth center is gearing up for the upcoming fall football and soccer seasons.

Registration is currently underway for coed volleyball (5th and 6th grade) flag football, cheerleading and youth soccer, and will take place until Aug. 28.

The coed volleyball season is set to begin Sept. 6, and the season will run through Nov. 6. The cheerleading season is scheduled to begin Sept. 9 and run through Oct 11.

The fall soccer season is scheduled to begin in September with skills assessments for children 7 to 9 years old and 10 to 12 years old. To play soccer, a child must have an annual membership with the youth center. Call the youth center at 526-1233 or 526-4425 to make an appointment for the skills assessment and register your child. Also, coaches are needed for the upcoming season.

The flag football season is scheduled to begin Sept. 9 and run through Oct. 11. Call Central Registration at 526-1100 or 526-1101 for information.

Each of the activities requires a physical for the child to participate.



Photo by Tony Claiborne

Strike the pose ...

Fort Carson's Ann Horn strikes a pose; it earned her a first-place finish in the women's lightweight novice division of the Sun City Border Regional Bodybuilding Championships in El Paso, Texas, Saturday. At the same event, reigning Colorado middleweight open champion, Tony Claiborne, finished first in the men's lightweight open event.