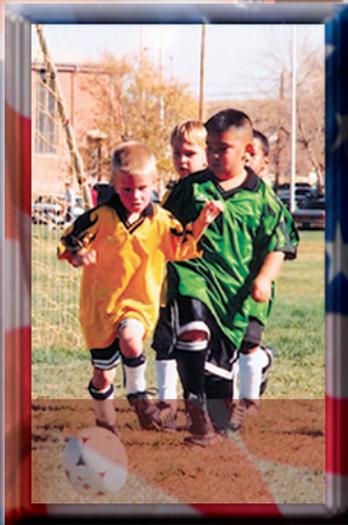


Fort Carson

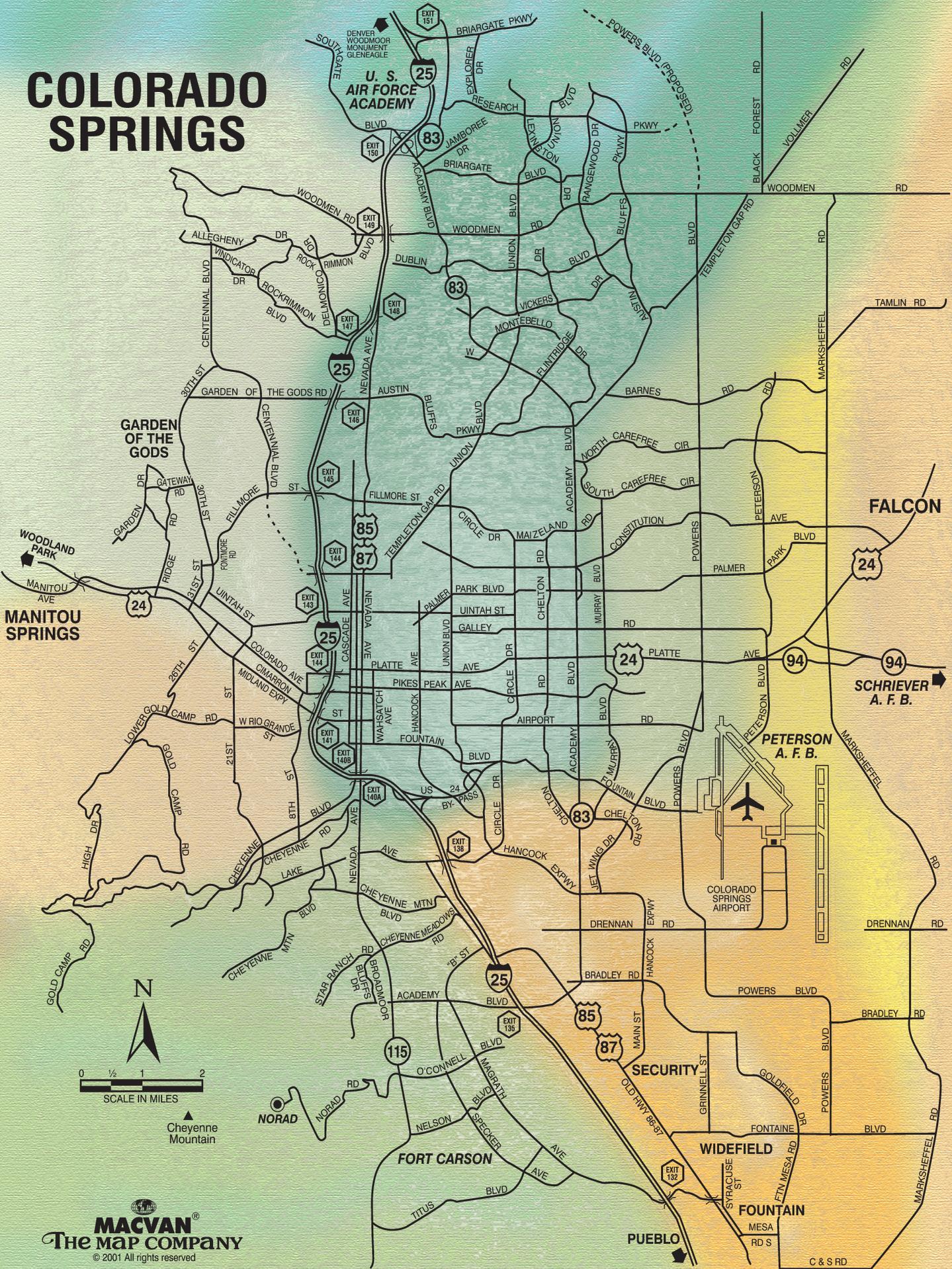
2004 MOUNTAIN POST GUIDE



www.carson.army.mil



COLORADO SPRINGS





COMMANDING GENERAL VISION STATEMENT

“Fort Carson ... the best place in the Army for soldiers to soldier ... leaders to lead ... families to grow ... and people to work. We are a home to the force ... a committed neighbor, trained to deploy, trained to fight, trained to win ... the 7th Infantry Division and the Mountain Post Team ... a dominant combat ready force for the 21st century.”

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Welcome to Fort Carson. The “Mountain Post” is located in eastern Colorado at the base of the Rocky Mountains.

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President George W. Bush addressed the troops on November 24, 2003, in praise of the soldiers' determination.

WELCOME

Fort Carson, the "Mountain Post," is located just south of Colorado Springs at the base of the Rocky Mountains. Colorado Springs' unparalleled beauty and mild climate make it a gateway to a wide variety of outdoor activities. Many internationally-known ski areas, some of the nation's most scenic parks and finest hunting and fishing areas are located within a short drive.

Fort Carson families also have easy access to the many cultural attractions of "The Springs" and the bright lights of Denver.

Whether you have already arrived at Fort Carson or have just received orders to report here, the information in this publication will help you get settled and take advantage of the on- and off-post services and attractions for your enjoyment.

GETTING HERE

Fort Carson is located 60 miles south of Denver on Interstate 25, exit 135, or Nevada Avenue (State Highway 115), Exit 140A. (See map insert.)

The Colorado Springs Airport is currently served by 9 airlines and is located about 10 miles from Fort Carson. The USO booth, located near baggage claim area #4, is available for assistance.

Greyhound also has a bus terminal in Colorado Springs.

CLIMATE AND ALTITUDE

The Colorado Springs area has a mild year-round climate. In January, the coldest month, temperatures average a high of 43 degrees and a low of 23 degrees with a mean of 33 degrees. The area averages 42.4 inches of snow annually.

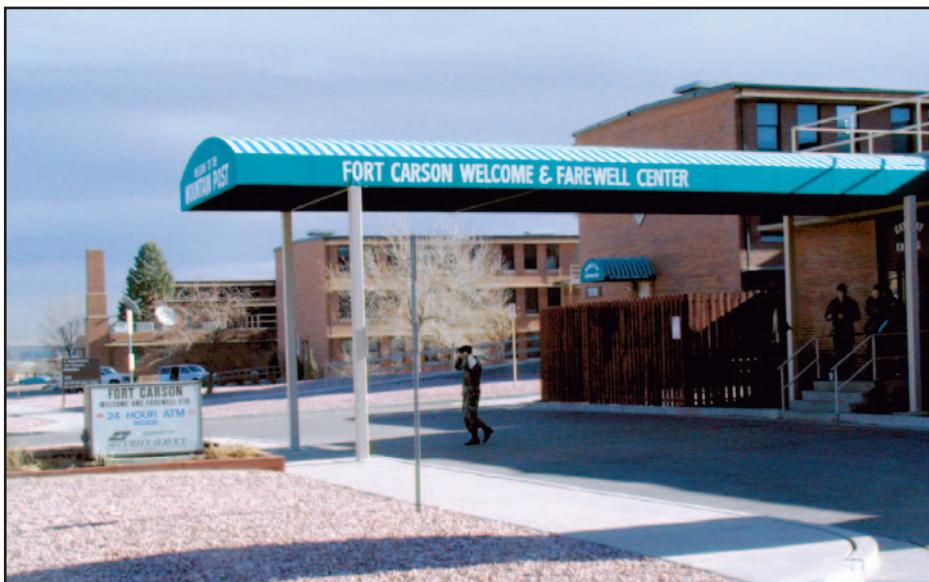
August, the warmest month, has an average high of 84 degrees and a low of 61 degrees with a mean of 73 degrees.

Fort Carson's elevation is above 6,000 feet and some newcomers experience slight fatigue at first. Because of the high elevation, all new personnel are allowed 30 days to adjust to the altitude and to reach the Fort Carson fitness standards.

COLORADO ROAD CONDITIONS

Colorado weather can be erratic. Mountain passes are frequently closed due to snow and ice or mudslides - even in the summer. During winter months, storms may suddenly occur. Unprepared travelers may become trapped.

If you are traveling in the winter, come prepared. It is advisable to have equipment, such as tire chains, blankets, flashlights, etc., for emergency situations. The State Highway Patrol road conditions report is updated constantly, year-round. The phone number is (719) 630-1111 Category #7623.



The Welcome & Farewell Center, located in Bldg. 1218, welcomes soldiers to Fort Carson.

UNIFORMS

BDUs are the duty uniform at Fort Carson. The post has an offpost uniform policy, which normally allows wearing BDUs to lunch or traveling to or from offpost housing. Soldiers should contact their unit for more information regarding the uniform policy.

INPROCESSING

All incoming personnel should report to the United States Army Replacement Detachment and Fort Carson Welcome and Farewell Center, Bldg. 1218, located on the corner of Wetzel Avenue and Ellis Street. It is not necessary to report in uniform. The detachment operates 24 hours a day. You will receive an inprocessing appointment after signing in. Allow two to four days to in process, depending on rank.

Be sure to have your dental, medical, finance, and personnel records, orders and a DA 31 (leave form). If your finance records are in order, you will normally be paid your travel time entitlements within five days of your first day of inprocessing.

DA CIVILIANS

Department of the Army civilians should report to Bldg. 1550, Specker Avenue, at 7:30 a.m. on the first day of their employment at Fort Carson. For information on employment at Fort Carson, call (719) 526-4524 or DSN 691-4524.

WHERE TO STAY

If you are a Staff Sergeant or below unaccompanied by your family, you will receive temporary billeting at the Replacement Detachment. The Colorado Inn, the post's temporary lodging facility, is operated on a first-come, first-served basis. Reservations can be made up to

60 days in advance. TDY personnel and PCS families will be housed on a priority basis.

Currently, there are a total of 181 rooms available for service members on post. Smoking and non-smoking rooms are available. Children under 16 stay for free. Pets are not allowed in the Colorado Inn.

The Colorado Inn has also contracted with several local, name-brand hotels to provide rooms for overflow personnel. These hotel contracts provide for lower than normal rates for military personnel and families due to the number of rooms that we generally utilize in the Colorado Springs area. If you

need additional information or would like to make a reservation, on or off post, please call 719-526-4832, ext. 0. The hours of the Colorado Inn are 0630 to 0130 daily. You can view rooms or make on-line reservations at www.ftcarsonmwr.com then hit the link to Business Activities and the Colorado Inn.

HOUSEHOLD GOODS

Contact the Joint Personal Property Shipping Office (JPPSO) as soon as possible. They will coordinate delivery of your household goods, unaccompanied and hold baggage. Hours are Monday through Friday from 7 a.m. - 5 p.m.



Claims on damaged shipments are handled by the Staff Judge Advocate. For more information or for delivery coordination, call 554-9298 (electronic voice mail). Once the voice mail answers, follow the on-line menu.

WEAPONS REGISTRATION

Military personnel assigned or attached to Fort Carson, civilian employees, visitors or anyone desiring to bring a weapon/firearm onto the installation must register their privately owned weapon/firearm with the Provost Marshal's office, Bldg. 2700 within 72 hours after acquisition of the weapon/firearm or 14 days after initial arrival at Fort Carson. This registration requirement applies to individuals living in government quarters and those living in an off-post residence. Persons with weapons/firearms registered at the Provost Marshal's office must de-register upon departure from Fort Carson. For more information, call 526-0094.

Regulations make it illegal to possess, store, maintain, or display a blackjack, gravity or inertia knife, switchblade, stun gun, zip gun, etc., or any other instrument designed to injure or cause death. Weapons should not be stored in vehicles under any circumstances.

FORT CARSON VETERINARY TREATMENT FACILITY

To promote the health and well being of animals owned by eligible personnel, the Fort Carson Veterinary Treatment Facility (VTF) offers vaccination clinics and limited sick call clinics. For further information or to schedule an appointment call 526-3803. The clinic is located on the corner of Nelson and Harr in Bldg. 6001.

If you own pets and live on Fort Carson, you must abide by the following regulations, IAW FC Reg. 40-5 and the Fort Carson Family Housing Guide:

- Register your pets at the VTF within 10 days of arrival, or after acquiring a new pet. Fort Carson residents are limited to two pets in post quarters.
- Have all puppies and kittens vaccinated with an initial series beginning at 6-8 weeks of age (and every 3-4 weeks until 16 weeks of age), and annually thereafter. Have all pets vaccinated for rabies at 16 weeks of age, and annually thereafter. The rabies identification tag must be placed on the animal's collar.
- Have your dog and/or cat microchipped. This involves placing a microchip, which is the size of a grain of rice, underneath the skin in the shoulder area.

This is a means of permanent identification and is absolutely mandatory for all residents on Fort Carson who own a dog or a cat.

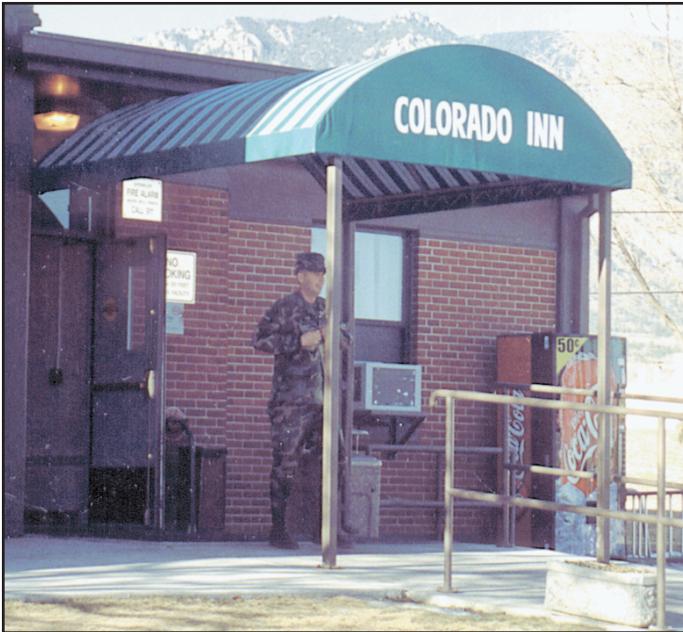
- Provide adequate food, water, and shelter for all animals, and remove animal waste daily.
- Animals must be under proper control at all times and cannot roam free. Animals will not be left unattended in vehicles.
- If you live off post within the city limits of Colorado Springs, dogs and cats must be vaccinated against rabies annually. Dogs must be licensed within 30 days of arrival, and annually thereafter. Contact the Veterinary Treatment Facility for current licensing agencies.



Pet care is available at the Fort Carson Veterinary Clinic.



Housing Information



The Housing Referral Office is co-located within the Colorado Inn.

OFF-POST REFERRAL SERVICE

The Housing Referral Office assists military families in locating suitable off-post housing. The service maintains nondiscriminatory listings of available homes, apartments and mobile homes.

Soldiers are advised on rental costs, commuting time and environmental conditions. They can also get information about neighborhoods, leases, deposits, and hazard insurance for personal property and sanctioned facilities.

Low-income families are assisted in obtaining federally subsidized housing in the surrounding community. For more information, call (719) 526-2322.

WHEN YOU GET HERE

If you receive Basic Allowance for Housing (BAH) you must report to the Housing Referral Office in Bldg. 7301 on Woodfill Road, co-located with the Colorado Inn, upon your arrival at Fort Carson.

Army regulations require you to report to Housing Referral before you make any permanent off-post living arrangements. If you are eligible, you can be placed on the waiting list for on-post housing. All soldiers with family members are eligible for on-post housing.

Soldiers are placed on the waiting list for on-post housing in accordance with the soldier's eligibility date. This date will be established in the Housing Office. The waiting list for quarters currently varies from 12 months to 24 months. The Housing Referral Office will consider waiting list variables such as grade, unit, number of family members, etc.

Company grade officers, warrant officers and most senior NCO's drawing BAH at the without dependents rate are not required to live on post. For general information on housing in the Fort Carson area, call (719) 526-2322/2323.

Fort Carson does not have a mobile home park. However, Colorado Springs has a large number of mobile home parks and many of them are close to post. Lots rent from \$310 to \$325 per month, plus utilities. Some parks do not allow pets or young children and there are adults-only parks.

To obtain a listing of mobile home parks call or visit the Housing Referral Office at (719) 526-2322.

OFF-POST HOUSING

A wide range of apartments and houses are available within reasonable driving distance of post. The average monthly rates are: one bedroom, unfurnished, \$530 and up; 2 bedroom, unfurnished, \$625 and up; 3 bedroom, unfurnished, \$850 and up.

A three-bedroom unfurnished house rents for about \$875 and up. Rental rates for apartments usually do not include utilities, many do not allow pets and some are for adults only.

If pets are allowed, you can expect to pay an additional deposit. Security deposits range from nothing to one month rent and must be paid before occupancy.

Few furnished apartments are available in the area. Rental furniture is available through furniture rental stores. Apartment leases vary from six months to one year.

Washer and dryer connections may not be available in older apartments. Newer apartments usually include these connections.

If you are interested in buying a house in the area, you will find a wide variety of locations and styles and a wide range of prices.



A wide range of housing options is available in the surrounding communities.

COMMUNITY HOUSING INCENTIVE PROGRAM

To assist soldiers and families in finding adequate, affordable off-post housing, Fort Carson has entered into a partnership with local landlords called "CHIP." Landlords in the Colorado Springs area are providing special rent incentives to Mountain Post soldiers. Incentives include reduced or waived security deposits; reduced rent during deployments; waived application and credit check fees, and more. The CHIP manager also assists in any landlord-tenant disputes.

The CHIP office is located in the Community Homefinding Relocation Referral Service (CHRRS) office in the Colorado Inn, Bldg. 7301, on Woodfill Road. The hours of operation are from 7:30 a.m. - 4 p.m., Monday, Tuesday, Wednesday and Friday, and 9 a.m. - 4 p.m., Thursday.

For further information, call (719) 526-5219 or 691-5219 DSN. Visit the CHIP office before entering into any rental agreement.



The Community Housing Incentive Program provides assistance in finding affordable housing for soldiers off-post.

VOLUNTEER REALTOR PROGRAM

The purpose of the Fort Carson Volunteer Realtor Program is to assist the Housing Office in providing housing and community information to military families. The Pikes Peak Association of Realtors provides qualified realtor volunteers to assist the Army Housing Counselors in this endeavor and to furnish rental and sale listings through the Multiple Listing Service System. Services include printouts of rental and sale listings, information regarding purchases of a home such as application procedures, interest rates, and discussing various types of mortgages such as VA, FHA and conventional. For more information, call 526-4671 or visit the Colorado Inn located in Bldg. 7301.

UTILITIES

The Colorado Springs Department of Public Utilities is one of the few municipally owned utilities in the country. Utility bills, including gas, electricity and water are on one billing. No deposit is required. Billings for the surrounding communities are separate and deposits are required.

Average combined monthly utility rates for apartments (Electricity, Natural Gas & Water) range from \$65.00 to \$75.00. For single homes, the rates range from \$125.00 to \$150.00.

For information on utility rates in a particular area, or at an address or apartment complex in Colorado Springs, call the Colorado Springs Department of Public Utilities customer service at 448-4800 or visit the Fort Carson Welcome and Farewell Center, 1st floor. They will provide both high and low monthly utility billings and offer monthly budget billing plans.



TRASH

Private contractors provide trash collection in Colorado Springs. Service and rates vary. Typically, for a once-a-week pickup of two large containers, the cost is about \$10 per month.

TELEPHONE

Qwest provides telephone service to the Pikes Peak region. If you know where your new residence will be, Qwest can provide you with a reserved phone number up to one month in advance. For more information, call 1-800-244-1111. If your home is already wired for telephone service, connection can usually be made in two business days. If not, a week or longer

will be required for service, call 636-6200 for more information.

A number of national firms provide long distance service to the area. A list of phone companies providing services can be obtained by calling 636-6200.

ON-POST HOUSING

Fort Carson is proud to be the first Army Installation to have privatized housing. GMH Military Housing-Fort Carson, acquired the contract from the original contractor, J.A. Jones, in November 2003. The original contractor finished building the new housing in 2003, but GMH will continue in the renovation project of the older housing. Housing is available for all ranks and ranges in size from 2-4 bedrooms, some of them handicap accessible. Leasing, assignments, and termination of on-post housing is conducted by Omni Property Management, located in Bldg. 7301 on Woodfill Rd.

Stoves and refrigerators are provided and hook-ups for washers and dryers are in all quarters. Dishwashers are installed in some quarters. Utilities, excluding telephone service, are paid for. For information on cable television service, call 576-7404. See the following pages for descriptions and floor plans of the various on-post quarters. More detailed information can be found on the Fort Carson Web site under "RCI-Housing."

HOUSING OFFICE

Location: Bldg. 7301 on Woodfill Road
(co-located with the Colorado Inn).

Hours: 7:30 a.m. - 4 p.m. weekdays

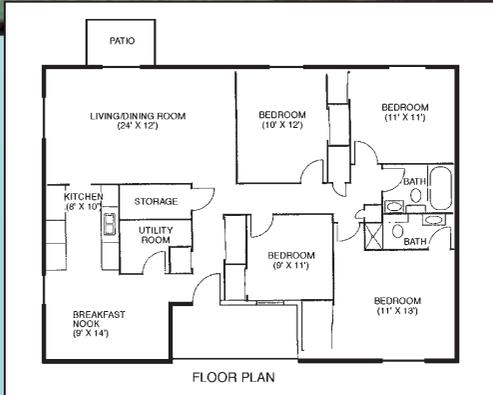
CHRRS

Office: 526-2322/2323

CHIP: 526-5219

Omni Leasing Office, FCFH 226-2268

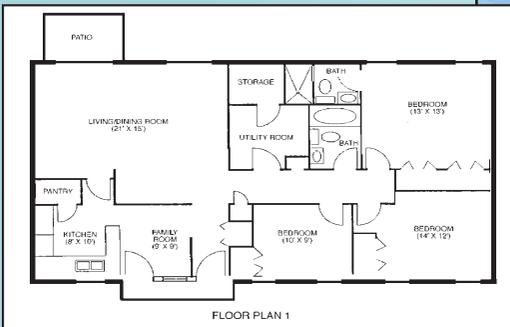
Volunteer Realtor Program: 526-7578



ARAPAHOE AND CHOCTAW VILLAGES

Junior Enlisted Quarters

151 three-bedroom quarters feature two bathrooms, storage and utility rooms, and a patio. Quarters are located in Arapahoe and Choctaw Villages. Shown is the most typical floor plan.



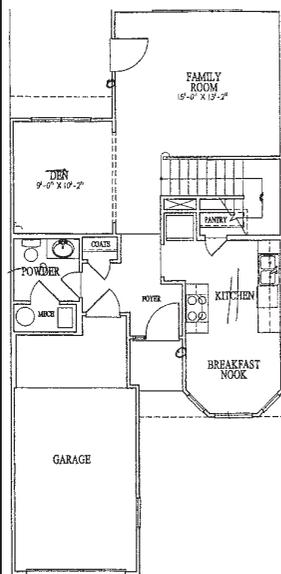
SHOSHONI, SIOUX, APACHE, CHEROKEE AND ARAPAHOE VILLAGES

Junior Enlisted Quarters

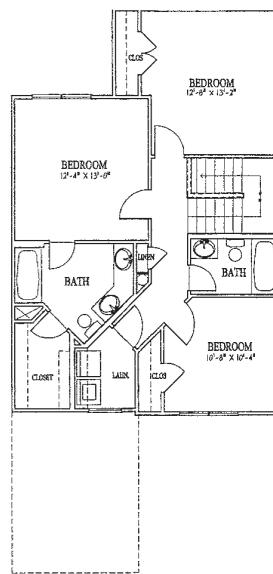
90 four-bedroom quarters feature two bathrooms, storage and utility areas, breakfast nook, and a large living/dining room with a patio. Quarters are located in Shoshoni, Sioux, Apache, Cherokee and Arapahoe Villages. Shown is the most typical floor plan.



Lower 3 Bdrm. Plan



Upper 3 Bdrm. Plan



SHOSHONI, SIOUX, APACHE, CHEROKEE AND ARAPAHOE VILLAGES

Junior Enlisted Quarters

Occupied by E-5s and E-6s are 30 three-bedroom and 60 four-bedroom townhomes, featuring 2.5 bathrooms, den, storage and utility areas and one-car garage. Shown is the new three-bedroom townhouse floor plan, which is located in Comanche Village. There are also 703 existing three-bedroom quarters on post for junior enlisted soldiers and their families. Existing quarters are located in Shoshoni, Sioux, Apache, Cherokee and Arapahoe Villages.



CHEYENNE VILLAGE

Junior NCO (E-5 & E-6)

Two-, three- and four-bedroom quarters feature utility areas and one to two bathrooms. There are 92 two-bedroom, 76 three-bedroom, and 4 four-bedroom houses. Quarters are located in Cheyenne Village. Shown is the most typical floor plan.

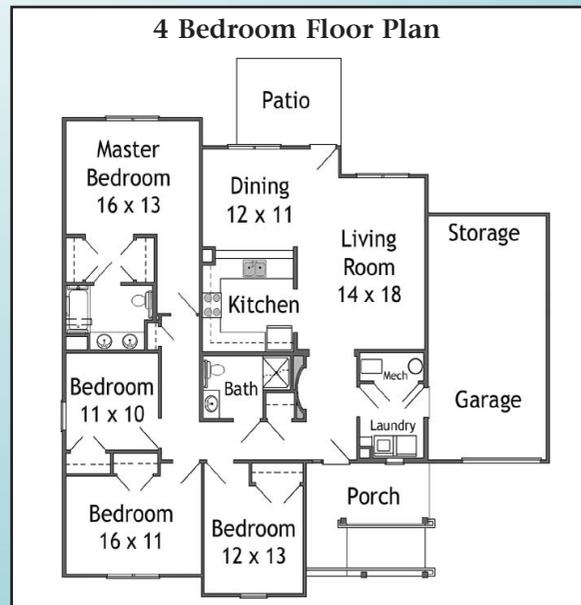
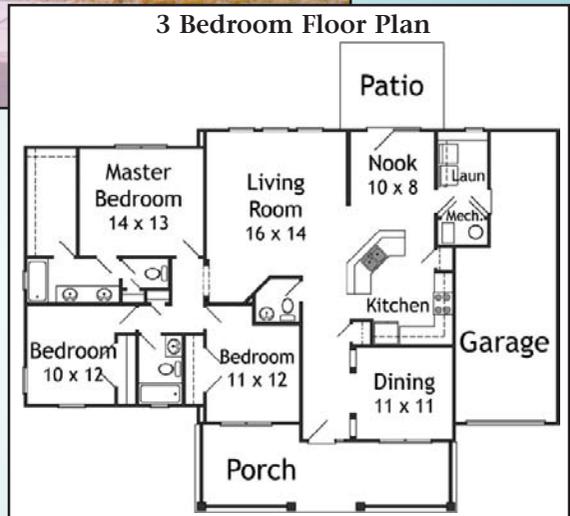




3 Bedroom 4 Bedroom

4 Bedroom
Handicapped Adaptable Homes
Single Homes for
Senior Officers

UTE HILL



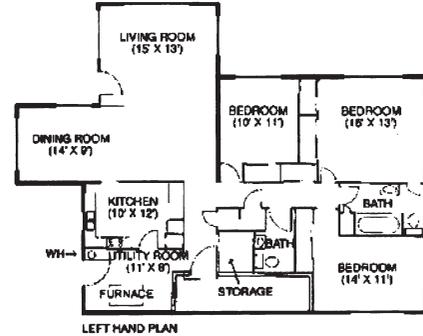


CHEYENNE VILLAGE

Field Grade Quarters

29 three-bedroom quarters feature two bathrooms, storage and utility areas, and separate living and dining rooms. Quarters are located in Cheyenne Village. Shown is the most typical floor plan.

1-Level, 3 Bdrm. Floor Plan



1-Level, 3 Bdrm. Floor Plan



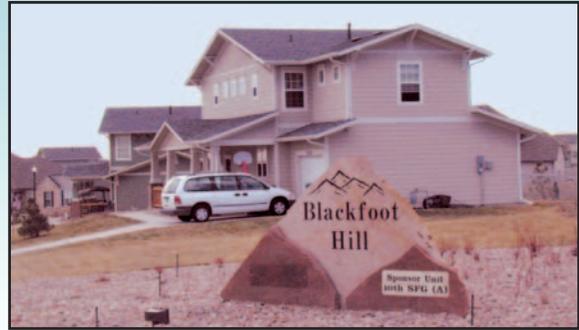
UTE HILL

Senior Officer Quarters

24 three-bedroom quarters feature two bathrooms, study, separate living and dining rooms, garage, patio and basement. Quarters are located at Ute Hill. Shown is the most typical floor plan.

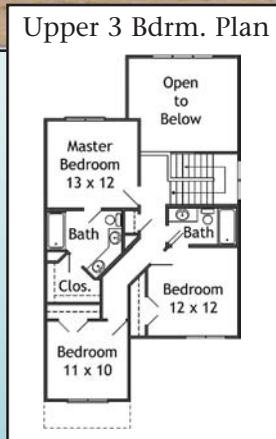
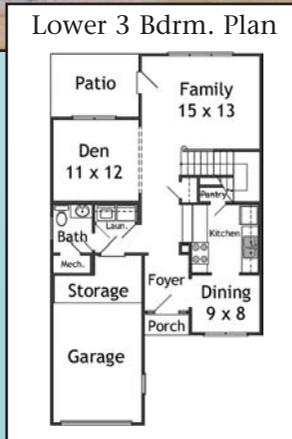
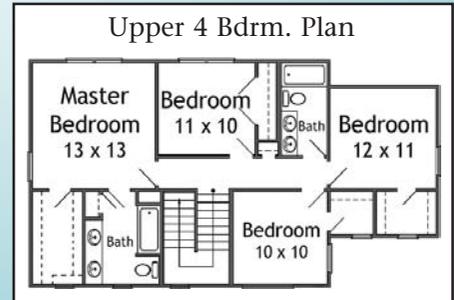


BLACKFOOT HILLS



Quarters for SCM/SGM and 1SG's

Both ranches and two-story housing, including 21 three-bedroom ranches, 17 three-bedroom, two-stories, 22 four-bedroom ranches, 17 four-bedroom two-stories, 4 three-bedroom handicap accessible ranches and 2 four-bedroom handicap accessible ranches in Blackfoot Hills. All housing has 2-1/2 bathrooms and garage. Shown is a typical floor plan.



KIOWA VILLAGE

Senior Enlisted Quarters

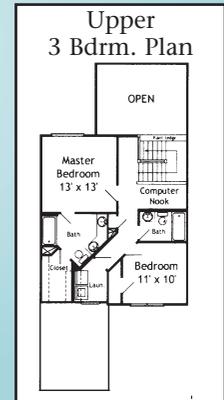
19 two bedroom, 140 three-bedroom, 63 four-bedroom, 1 two-bedroom handicap accessible and four-bedroom handicap accessible quarters in Kiowa Village. All housing has 2-1/2 bathrooms and garage. Shown is a typical floor plan.



COMANCHE VILLAGE

Junior NCO Quarters

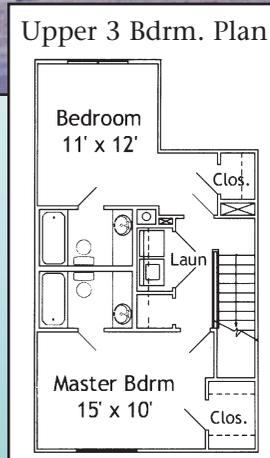
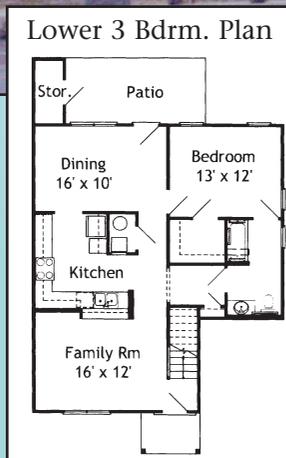
158 sets of quarters including 19 two-bedroom, 140 three-bedroom, 63 four-bedroom, 1 two-bedroom handicap accessible, 8 three-bedroom handicap accessible and three four-bedroom handicap accessible quarters in Comanche Village. All housing has 2-1/2 bathrooms, shown is a typical floor plan.



PAWNEE VILLAGE

Junior Enlisted Quarters

28 three-bedroom, 57 four-bedroom, 2 three-bedroom handicap accessible and 3 four-bedroom handicap accessible quarters in Pawnee Village. All housing has 2-1/2 bathrooms and garages. Shown is a typical floor plan.





Driver Information



RULES OF THE ROAD

All Colorado state statutes apply to driving on Fort Carson. Additional federal regulations apply, such as mandatory helmets and reflective vests for personnel operating motorcycles on and off post.

Military traffic violators are subject to the Uniform Code of Military Justice, or the Magistrates Court depending on the offense. All civilian traffic violators are subject to the U.S. Magistrates Court.

ENTERING FORT CARSON

Fort Carson is not an open post. If you are entering in your privately-owned vehicle which has not been registered, you must enter through the Main Gate (Gate 1). All incoming soldiers and civilian personnel are required to permanently register their vehicles, including motorcycles. To enter Fort Carson, you must have a valid driver's license, vehicle registration, proof of insurance and valid photographic identification. To permanently register your vehicle, you will also have to have to pass a Colorado emissions inspection. For more information on vehicle registration, during normal

duty hours please call 526-8216. After duty hours, please call the MP desk at 526-2333. Please contact your unit or vehicle registration prior to arrival as policies are subject to change.

COLORADO MOTOR VEHICLE REGISTRATION

Fort Carson requires soldiers and civilians to register their vehicles on post at the Welcome and Farewell Center. However, military personnel are exempt from the requirement to have Colorado license plates within 30 days of arrival if they have valid plates from their home of record state. To obtain Colorado plates, you must have verification of your vehicles' identification number, the title or current registration, and proof of a current Colorado emissions test. Take these items and the vehicle to the Motor Vehicle Department, 200 South Cascade in Centennial Hall or the Chapel Hills Mall behind JC Penney. The phone number for the El Paso County Motor Vehicle Department is (719) 520-6240.

NONRESIDENT AFFIDAVIT

If you are not a resident of Colorado, you may register your vehicle as a non-resident and avoid the specific ownership tax. The form is available at the Legal Assistance Office of the Staff Judge Advocate, 1st floor, Bldg. 6285 on Woodfill Road, or at any MVD office. In order to qualify, the vehicle must be registered in the soldier's name or the soldier's and the spouse's name and you must have all the documents required to register the car and a military ID. The registration fee is based on the weight of your vehicle. For more information, call Legal Assistance at 526-5572.

SALES TAX ON VEHICLES

If you buy a vehicle while living in Colorado you must pay a state sales tax. The tax varies from 3 to 6.5 percent, depending on the location of your Colorado address. When you register your vehicle in Colorado, you must have the current registration, proof that you have already paid a state tax or an affidavit that the vehicle was a gift or you will pay the Colorado sales tax.

COLORADO EMISSIONS INSPECTIONS

Colorado law requires an emissions inspection for all vehicles that are in state for more than 90 days. Emissions testing is offered at the Auto Craft Center, Bldg. 2427 on Wetzel Avenue as well as various other locations throughout the local community. The Auto Craft Centers operation hours for emissions are Saturday, Sunday and Holidays 9 a.m. to 4:30 p.m., Monday and Tuesday 8:30 to 4:30 p.m., and Wednesday through Friday 8:30 a.m. to 8:30 p.m. Call 526-2147 for more information.

COLORADO DRIVER'S LICENSE

You may use either a Colorado driver's license or a license from your home state. If you wish to obtain a Colorado license, bring your valid out-of state drivers license and take an eye test. If you have lost your drivers license, the Military Police station can provide you with proof of license. You will need your name, date of birth, state where the license was issued, and license number (if possible). The military police will give you a waiver to take to the Department of Motor Vehicles in lieu of a license. Colorado Springs, M-F, 8 a.m. - 5 p.m. 4420 Austin Bluffs Pkwy, (719) 594-8701. Full service office, reinstatements, traffic records, motorcycle drive tests by appointment (weather permitting)



Travel service on-post is provided by Carlson Wagonlit Travel.

To obtain a motorcycle operators license, you must have a valid Colorado license, take the written test, and take the motorcycle driving test.

Additionally, soldiers are required to take the motorcycle safety course on post before operating a motorcycle. Call the Post Safety Office at 526-2123 or visit them in DOIM Bldg. 1550 for details.

POST TRAVEL OFFICE

Travel service on-post is provided by Carlson Wagonlit Travel. The official travel and leisure office is located in Bldg. 1012 Long St. and is open from 7:30 a.m. - 4 p.m. Monday through Friday. Call 576-5188 for more information.

TAXI SERVICE AND BUS LINES

Civilian taxi service is available from a variety of local companies. Fare for trips from Fort Carson to downtown Colorado Springs is approximately \$10; to the airport is approximately \$15. The Greyhound terminal is located at 120 South Weber Street. For fare information call the Greyhound terminal at 635-1505.



Health Services



EVANS ARMY COMMUNITY HOSPITAL

The Commander and Staff at Evans Army Community Hospital would like to welcome you and your family to the premier hospital, civilian or Military, in the Pikes Peak area. On a recent survey conducted by the Joint Commission on Accreditation of Healthcare Organizations (JCAHO), Evans Army Community Hospital received a rating that was higher than any medical facility in the Pikes Peak area. JCAHO is an independent civilian quality assessment organization that evaluates military and civilian healthcare organizations on such elements as patient safety, process improvement, environment of care, and patient satisfaction.

In January 2003, Evans was also recognized by the National Research Corporation/Picker Institute as the Army's Benchmark Hospital for the Respect for Patient Preference Dimension of Care. This recognition is a sign that our patients believe that we have respect for their values, preferences, and expressed needs. This organization surveyed 11 Health Systems, 122 Hospitals, 39,860 individual patient survey responses. Evans Army Community Hospital was one of two Army Hospitals recognized by this institute.

Please give us the opportunity to provide you and your family with the best care in the Pikes Peak Area by enrolling in TRICARE Prime here at our hospital. Family member enrollments may be accomplished by visiting our TRICARE Service Center on the first floor of Evans Army Community Hospital. Failure to enroll family members in TRICARE Prime may severely limit their access to care. TRICARE Standard patients are seen only on a space available basis. There is very limited access to care for this category of patient. TRICARE Prime provides you the best means to get guaranteed access to healthcare at Evans Army Community Hospital.



Soldiers and family members are well cared for at Evans Army Community Hospital.

CARE WITH HONOR

Evans Army Community Hospital, located in Bldg. 7500 on Titus Blvd., is one of the Army's newest medical facilities. The hospital consists of three buildings joined as one complex. The five-story main hospital has a 78-bed capacity. The two-story clinic building contains 400 examination and treatment rooms. A common area connects the clinic building and the main hospital. This area includes the main entrance, medical library, chapel and pharmacy. The Evans complex offers more than a modern look; inside, the most modern state-of-the-art medical equipment and services are available.

PATIENT ADMINISTRATION DIVISION

The Patient Administration Division will help you order medical records from other military facilities and civilian hospitals, copy records, process birth certificates, conduct DEERS checks, initiate medical boards, provide notary services and process requests

for release of medical information. For more information, call 526-7284.

Soldiers, retirees, and their family members are well cared for at Evans Army Community Hospital. You can assist us in providing quality care for you by having proper identification when you present for treatment. All patients older than 10 must present their identification card for treatment. A parent or guardian must accompany children under 18 years old. All military family members must be enrolled in the Defense Enrollment Eligibility Reporting System (DEERS) prior to receiving non-emergency medical care.

Active duty soldiers' medical records are maintained at their Battalion Aid Station or Troop Medical Clinic and must be secured and hand carried to the hospital at the time of their appointment. Records for family members are maintained at the hospital and will be delivered to the clinic in time for appointments. If you do not have records, the Outpatient Records Section will create one for you. Questions concerning your records may be answered by calling 526-7298.

HOW TO MAKE AN APPOINTMENT

Most appointments are made by TriWest Healthcare Alliance, Inc. our TRICARE partner. The central phone number for appointments is (719) 264-5000. TRICARE also offers the TRICARE line for care (TLC). This service is available 24 hours a day, 7 days a week, and provides medical advice to you from a professional staff of nurses and a pharmacist. If you are unsure of a medical condition, this free service will put you in contact with a

trained professional to advise you on the best course of action for your condition. The toll-free number is 1-888-887-4111, and is available to all beneficiaries in the Pike's Peak region, to include active duty soldiers, retirees and their family members.

PATIENT REPRESENTATIVE OFFICE

The Patient Representative Office serves patients who have questions, problems or concerns about medical care or medical staff. If you are not satisfied with any aspect of your care please contact the Patient Representative Officer. This office also assists our beneficiaries with resolving medical debt collection issues (DCAO) and/or who experience undue payment delay for TRICARE claims. We also will assist patients with any beneficiary concerns or questions regarding TRICARE. For more information, call 526-7225/7256 during duty hours. After duty hours, contact the Administrative Officer of the Day (AOD) at 526-7001/7002.

EMERGENCY ROOM

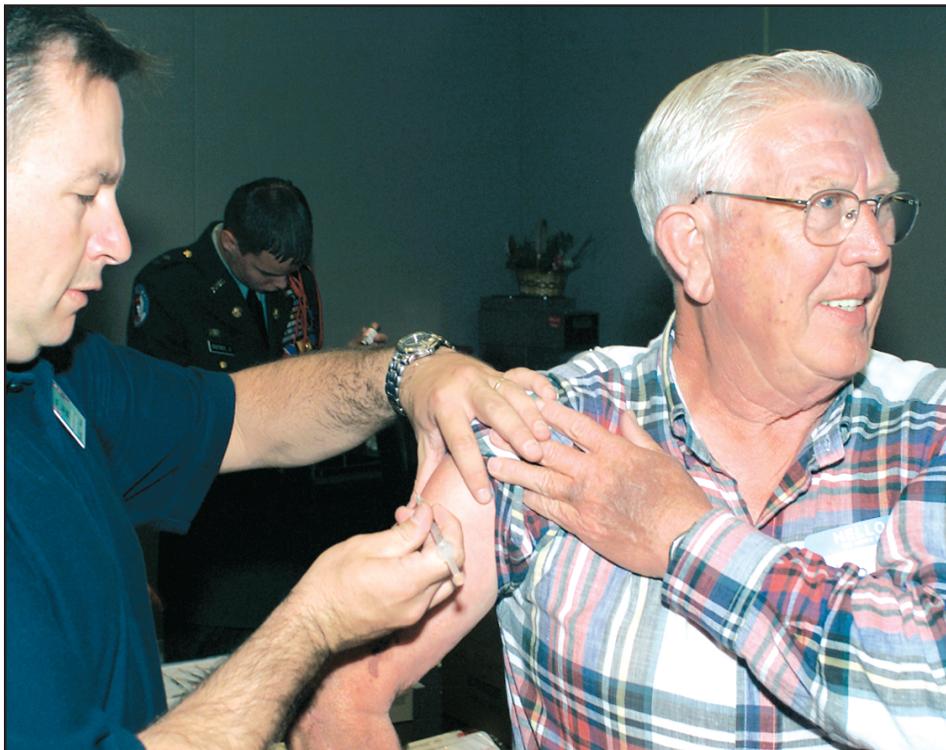
Patients requiring emergency care should be taken directly to the Emergency Room. Emergency services are available 24 hours a day. The telephone number is 526-7111. Patients are seen on a medical priority basis, based on the seriousness of the injury or illness, not necessarily in the order of arrival.

AMBULANCE SERVICE

For ambulance service on Fort Carson, call 911 from any civilian or military phone. The Fort Carson ambulance service will respond to on-post emergencies only. Civilian ambulances will respond to off-post emergencies.

PHARMACY SERVICES

Prescribed medications and refills are dispensed without charge to eligible military beneficiaries. The main hospital Outpatient Pharmacy is open from 8 a.m. - 6 p.m., Monday through Friday; and from 8 a.m. - 4 p.m. on Saturday. The Commissary Pharmacy, located next to the post commissary, is open from 9 a.m. to 5 p.m., Monday through Friday. On the



third Thursday of the month Commissary Pharmacy hours are 9 a.m. to 1 p.m. Both locations are closed on federal holidays. All patients, who are not enrolled in TRICARE Prime or Plus at this facility, must utilize the Commissary Pharmacy for new prescriptions from outside providers. The Refill Pharmacy is located at the Main Hospital Pharmacy (West side of Main Hospital Pharmacy near Dining Facility). Refills must be called in: (719) 524-4081 or (888) 745-6427. Prescriptions called in before 4 p.m., Sunday through Thursday, are usually ready by the next duty day.

TRICARE SERVICE CENTER

A TRICARE Service Center (TCS) is conveniently located at Evans Army Community Hospital on the first floor near the west entrance. A Health Care Coordinator and Beneficiary Services Representatives staff this center. They are available to assist you with Health Care needs, to process enrollments, and to answer questions about the TRICARE program. The TSC is open Monday through Friday from 7:30 a.m. to 4:15 p.m. (for telephonic assistance call the TriWest call center at (719)264-5000.

PRIMARY CARE CLINICS

Primary care is provided to active duty family members, retirees and their family members through Family Practice, Pediatrics and Internal Medicine. Illnesses that cannot be treated by a primary care provider will be referred to a specialty clinic. Primary Care Clinics are also the first place to start when you are requesting referral to a specialty clinic.

OBSTETRIC SERVICES

Evans Army Community Hospital should be your first choice for delivery of your new baby. We deliver over 100 babies each month. It is our job to make your child's birth one of the most enjoyable and memorable experiences of your life. We'll do everything we can to make this happen for you. For our pregnant patients we offer care for both high risk and low risk pregnancies. Our physicians are either Board Certified or Board Eligible by the American Board of Obstetrics and Gynecology. Our midwives are certified by the American College of Nurse Midwives Certification Council. Our lactation (breast feeding) consultants are



Certified by the International Board of Lactation Consultant Examiners. We offer a full range of expectant parent classes. This includes Lamaze Concepts, breast feeding, infant health and safety, healthy newborns And moms, and "Moms in Motion". To register for any of these classes, Contact TriWest Healthcare Alliance at 719-264-5000. We also have available "stork parking" close to the hospital for your convenience and complementary steak dinners after the birth. If you'd like more information on OB services available, call 719-526-7172.

COMMUNITY HEALTH NURSING

The Community Health nursing staff works to promote a healthy and ready force through comprehensive community health services for the Total Army

Family. Services are provided to active-duty units, active-duty soldiers, retirees, family members and DOD Civilians. Community Health nurses provide services in the clinic, home, at the work site both on and off the installation. Major program areas include Health Promotion, Disease Control, Disease Surveillance, Maternal/Child Health, Health and Safety, health education and training to Child Youth Services, and Outreach Programs. Call Community Health Nursing at 526-1824.

MOUNTAIN POST WELLNESS CENTER

A powerful and unique team has been created to meet the individualized health and wellness needs of the Fort Carson community by joining the expertise of Evans Army Community Hospital, 10th Combat Support Hospital, Army Community Services, Red Cross and the Family Life Chaplain. The center uses a holistic approach to address mind, body and spirit. It's a one-stop shop that provides cutting-edge health/fitness services and information. Visit the Wellness Center and know that you have taken the first step toward a healthier lifestyle. Services include: Health and Fitness assessments, Exercise Prescriptions, Weight Loss Programs, Cholesterol and Blood Pressure

Management, Stress Management, Anger Management, Civilian Wellness Program, Tobacco Cessation Programs, Active Duty Pregnancy/Postpartum Physical Training, and Cholesterol/Blood Pressure/and Body Composition Screening per your request. Call the Mountain Post Wellness Center at 526-3887.

U.S. ARMY DENTAL ACTIVITY (DENTAC)

Complete dental care is available for all active-duty soldiers. Fort Carson has state-of-the-art dental facilities. Commanders and First Sergeants Should be able to direct you to the correct facility. Due to limited resources and the emphasis on active duty dental readiness, unfortunately, there is no space available at present for other than active duty patients.

AFTER HOURS EMERGENCY DENTAL CARE

After hours dental emergencies (bleeding, swelling, trauma) should report to the Evans Army Community Hospital Emergency Room. The DENTAC staff is committed to providing you with the best care available, and will address any questions or concerns you may have. If for some reason you are not satisfied with their response, you may address your concerns to DENTAC Headquarters at 526-2006.

FAMILY MEMBERS OF ACTIVE DUTY SOLDIERS

Family members of active-duty soldiers may apply to be enrolled in the TRICARE Dental Program (TDP) operated by United Concordia. The services covered under the TDP include endodontics, periodontics, oral surgery, prosthodontics, orthodontics, crowns and other cast restorations, in addition to preventive, diagnostic, emergency, anesthesia, and restorative services. For more information, call United Concordia toll free at 1-800-866-8499 or 1-888-322-2256. Enrollment forms may be downloaded from the UCCI web site at www.ucci.com or may be obtained by visiting a local uniformed service personnel office, dental treatment facility, or Evans Army Community Hospital Patient Representative Office.





Ft. Carson Community



SCHOOLS

Fort Carson is served by El Paso County School District No. 8. Three elementary schools and a middle school are located on-post. Patriot Elementary School is the newest to Fort Carson, having opened for the 2003-2004 school year. Located across the street from Blackfoot Hills Village, Patriot serves over 500 students and hold classes from pre-school to 5th grade. For more information, call Patriot Elementary School at 382-1460.

Mountainside Elementary is a new \$6.5 million, state-of-the-art facility, which serves preschool through fifth grade. The school currently serves approximately 700 students, which makes it the largest school on-post. For more information, call Mountainside Elementary School at 382-1430.

General Creighton Abrams Elementary serves kindergarten through fifth grade. The school currently serves about 650 students. For more information, call General Creighton Abrams Elementary School at 382-1490.

Fort Carson Middle School serves the sixth through eighth grades. The school's current enrollment is approximately 450 students. For more information, call Fort Carson Middle School at 382-1610. High school students are bused to Fountain-Fort Carson High School located in Fountain, Colorado. The school currently serves approximately 180 students who live on-post. For more information about the school or bus transportation, contact Fountain-Fort Carson High School at 382-1460.

For additional assistance contact the Fort Carson School Liaison Office, located in Bldg. 5510, Room 31, at 526-1071.

SCHOOL LIAISON SERVICES

K-12th Grades and Post Secondary School Liaison Services can assist you with your public, private, or home school issues. Located in Bldg. 5510, on Harr, our School Liaison Services has information concerning the Colorado Springs and El Paso County Schools, scholarship information, and post secondary information. For additional information, please call (719) 526-1071 or (719) 526-2301.

CHILD AND YOUTH SERVICES

Fort Carson Child and Youth Services (CYS) is here to serve you with a variety of programs and services for children ages 6 weeks through 18 years. All programs and services are based upon the growth and development of your child and meets National and Army standards. Regardless of the program, length of stay, or age of your child/youth, the program/service will be based upon age appropriate practices. Our seamless delivery system ensures you the parent, that the same philosophy is provided by our staff in any of our programs and services utilizes the same philosophy.

CHILD AND YOUTH SERVICES REGISTRATION

Registration for any Child and Youth Services program or service is at Building 5510 located on Harr. For Specific information concerning requirements for registration please call (719) 526-1100/1101.

CHILD DEVELOPMENT CENTER

- Full Day Services for 6 weeks-5 years
- Hourly Care Service 6 weeks-12 years
- Part Day Pre-School 3-5 years

Fort Carson's Child Development program consists of full-day services for children, ages 6 weeks though 5 years, and hourly care for children 6 weeks through 12 years. The part day pre-school program is for children ages 3-5 years. Morning and afternoon sessions are available Monday-Friday.



Patriot Elementary School is one of three elementary schools on base.



Our center provide a creative environment for your child with age appropriate activities as part of the program. The East Child Development Center located at Building 6058, on the corner of Nelson and Martinez provides full day services only. The West Child Development located at Building 6060 on Coleman provide full day, hourly care and part pre-school services. For additional information and registration please call (719) 526-1100/1101.

FAMILY CHILD CARE 6 weeks- 12 years

Army certified Family Child Care homes are available on and off the installation. FCC providers offer age-appropriate activities in an environment that is nurturing and homelike. The small group size allows the children to develop close relationships to their caregiver and other children in the group. FCC provides overnight and extended for single and dual military parents. For information and registration please call (719) 526-1100/1101.

PART-DAY KINDER-CARE PROGRAM

This program includes a before- and after-school daycare service for kindergarten children. Transportation is provided from the center to on-post schools. Services are provided in Bldg. 5510, from 6 a.m. to 6 p.m. For more information, call (719) 526-1100 / 1101.

SCHOOL AGE SERVICES

Before and After school programs for youth in grades K-5th is provided in Bldg. 5510 located on Harr. Transportation is provided to and from on-post schools. Full day services are available for school out-days. Winter, spring, and summer camps are operated according to the District 8 school calendar. The School Age is nationally accredited and programming reflects age appropriate practices for school age youth. Scouts and 4-H Clubs meet in the School Age facility. For additional information, and recognition, please call (719) 526-1100/1101.

YOUTH CENTER

Middle and High School Center

Youth services is located on the corner of Ware and Normandy Rd. in Bldg. 5950. This center offers a variety of programs and special events for the Middle and High School youth. Programming includes Sports, Fitness and Health options, Life Skills, Citizenship, Leadership opportunities, Arts, Recreation, Leisure activities, Mentoring, Intervention, Education and Support services. For additional information and registration, please call 526-2680.

YOUTH SPORTS AND FITNESS 3-18 years

The philosophy of the Fort Carson Child and Youth Services Sports Program is to provide recreational programs that are fun, safe, and nurturing, while allowing participants the chance to learn and experience the fundamentals of good sportsmanship through a variety of team sports. For additional information and registration for youth sports programs please call (719) 525-1100/110 1.

YOUTH EDUCATION SUPPORT SERVICES

K-12th Grades and Post Secondary

Youth Education Support Services can assist you with your public, private, or home school issues. Youth Education Support Services is located in Building 5510, on Harr, and provides information concerning Colorado Springs and El Paso County schools, scholarship information, and post secondary information. For additional information please call (719) 526-1101/2301.

OUTREACH SERVICES

On Site Child Care Support

Outreach Services provides on site childcare in support of Mobilization, Family Readiness Support Groups, Chapel Programs, and other installation functions. To obtain additional information about outreach services please call (719) 526-5510.

RESOURCE AND REFERRAL OFFICE

If you need overnight, weekend, full day part day or drop-in childcare and prefer a home environment, the Resource and Referral Office (RRO) is available. The RRO makes all referrals for full-time childcare to licensed day care homes at Ft. Carson. Children from 4 weeks to 12 years old may use RRO homes. The office is located in Bldg. 5510, and is open Monday through Friday from 7:30 a.m. to 5 p.m. For more information, call 526-1101/8220.

FORT CARSON ARMY COMMUNITY SERVICE (ACS)

VOLUNTEER Corps - "Make A Difference, Volunteer!!!"

There are many volunteer opportunities at our ACS Center. Volunteers serve important roles in the delivery of many of the programs and services that ACS offers. As a volunteer, you can get involved by helping others learn how to help himself or herself. Regardless of your skill and interests. ACS has a place for you to contribute to our community, learn new skills, meet new people, and make new friends and maybe even figure out your future career path. Volunteer opportunities are varied and can meet diverse interest such as administrative, teaching AFTB or parenting classes, serving as Community Mayors, sewing baby bundles, serving as Victim Advocates, serving as Consumer Advocates, welcoming new families to Fort Carson, and helping people find employment opportunities. On-site childcare is provided for all volunteers. Volunteer work at ACS is a great way to get a job experience that can count on employment applications. Volunteer work at ACS not only makes a difference in the Fort Carson community - they make a difference in their own lives!!

For more information about volunteering or to join the ACS Volunteer Corps, please call 526-4590.

ARMY FAMILY ACTION PLAN (AFAP) AND ARMY FAMILY TEAM BUILDING (AFTB)

The Army Family Action Plan (AFAP) identifies and recommends solution to soldier and family generated issues that affect the quality of life of Total Army Family. An annual conference is held at Fort Carson every fall. Members of the community become involved in the AFAP Conference by serving as delegates, volunteer facilitators, recorders, and administrative assistants.

The Army Family Team Building (AFTB) program improves personal and family readiness preparedness, to enhance overall Army readiness through training workshops. AFTB prepares everyone in "America's Army" - all soldiers (active, reserve and retired), DA civilians and the family members of all of these groups, to function at the highest level in any situation with minimal outside support. AFTB classes are offered on a regularly scheduled basis.

There is also The Family Readiness Academy with classes and resources that fit your military lifestyle.



To learn about participating in the AFTB conference to help you improve your quality of life or to find out more about attending AFTB classes, call the ACS Center, 526-4590.

EMPLOYMENT READINESS PROGRAM

The ACS Employment Readiness Program, located in Fort Carson Center, Bldg 1526, provides employment assistance and preparation training for the Total Army Family. Most positions at Fort Carson fall into one of the following categories:

1) Appropriated Fund (Civil Service) employment includes positions in Management, Administration, Office Work, Maintenance Repair (tradecrafts), Supply, Technical and Hospital Operations.

2) Non-appropriated Fund (NAF) positions are in Club Operations, Recreations, Childcare and other areas.

3) Local Community Companies provide information for a wide range of employment opportunities in areas of Hotel and Restaurant, Banking and Finance, Administrative and Clerical, Medical, Law Enforcement, Labor and Employment Staffing.

Services provided by the Employment readiness Program include a computer link with the Pikes Peak Partnership Agencies, Colorado State and Country Employment Service, CPOC, AFFES and other agencies posting employment information via the internet.

Training and counseling in resume writing, interviewing techniques, "Dress for Success" and other topics, in both English and Spanish, are available to assist you in finding employment. Local colleges and universities provide information about educational programs, scholarship, and seminars.

The Employment Readiness Program office is open

Monday thru Friday from 8:00 a.m. to 4:15 p.m. For more information, please call 526-0452 or 526-0467.

FINANCIAL READINESS PROGRAM

The ACS Financial Readiness Program professional financial counselors provide services to soldiers and their family members.

Services include budget counseling, financial planning and investment options, personal finance seminars and classes. Screening and registration for federal, state, county and city assistance programs are also available. All services are provided free of charge.

Assistance with consumer complaints and resolution of issues concerning local businesses is another service offered.

Appointments for all Financial Readiness Program services are required and may be scheduled by calling 526-4590.

ARMY EMERGENCY RELIEF

Army Emergency Relief (AER) provides emergency financial assistance to soldiers - active and retired - and their dependents, when there is a valid need.

Assistance is available for food, rent, utilities, emergency travel, vehicle repair, and funeral expenses. AER also gives undergraduate-level education scholarship, based primary on financial need, to children of active duty and retired soldiers.

AER *cannot* help pay for nonessential; finance ordinary leave or vacation; pay fines or legal expenses; help liquidate or consolidate debt; assist with house purchase or home improvements; help purchase, rent or lease a vehicle; cover bad checks or pay credit card bills.

Requests for assistance from active duty soldiers must begin with the unit Command Financial NCO. All other should call 526-4783 for information. For emergency after duty hours, contact the Fort Carson Operations Center at 526-3400, or American Red Cross, at 1(877) 272-7337.

MOBILIZATION AND DEPLOYMENT READINESS PROGRAM

ACS Mobilization and Development Readiness assistance is provided for Active Duty, Reserve and National Guard soldiers and their family members. The Family Readiness Program (FRP) assists units and their families



in preparing for deployment. Operation READY pre-deployment briefings are scheduled with your unit's assigned ACS Unit Service Coordinator. Family Readiness Group Leader and Rear Detachment training are conducted on a regularly scheduled basis to ensure that leadership is prepared for challenges of Army family life due to mobilization and deployments.

Family Assistance Information forms are available to Reserve and National Guard soldiers during the Soldier Readiness Program (SRP) process. Information such as, family members, spouse, next of kin, special needs, medical problems, I.D. card and pay options are collected. Family Assistance sheets are mailed to the military installation closest to your family to facilitate assistance

while you are deployed. Please call the ACS Center for more information or to scheduled family readiness classes or briefings, 526-4590.

RELOCATION READINESS PROGRAM

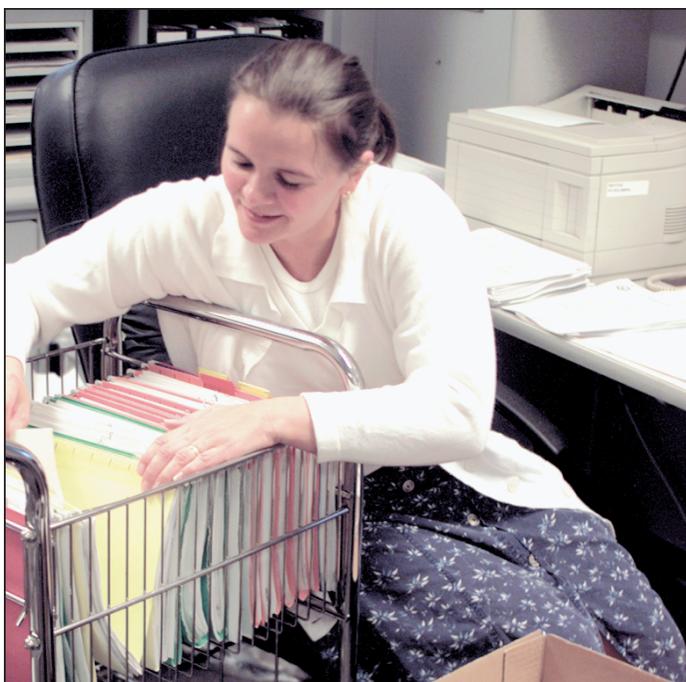
This ACS Relocation Readiness Program is designed to assist soldiers and their families in making a smooth transition to their new assignment. Information is provided on Army, Air Force, Navy and Marine Corps installations worldwide and the communities which surround them.

Planning guides and literature are provided to help prepare outbound soldiers and their families for their next duty location. There are video tapes on cultures and places of interest in overseas countries with army installations. Also, take advantage of our Destination Germany and Destination Korea classes to learn more about the culture, foods, and courtesies experienced in these countries.

A computerized printout is also available on the gaining installation, which contains information on childcare, on/off post housing, public schools and medical facilities. For more information, call 526-4590 or visit the Relocation Link on the ACS pages on the Fort Carson Home Page.

THE FAMILY CONNECTION

The ACS Family Connection is great place for families to gather information about Fort Carson and the



Colorado Springs community, to meet new friends, to borrow household items from the ACS loan closet, and to find out how you can make the Mountain Post experience a successful tour for the whole family. We maintain a family-friendly facility for soldiers and family members to take advantage of several programs designed specifically for transitioning families: a play area for children, internet access, the Carson Care Spouse Orientation for all new spouses to the post, Welcome Packets, and a Homebuyer's Workshop just to name a few. Come by and let's get acquainted. We're your one-stop resource for getting connected! We are located at Building 1354, 6070 Barkely Ave., Monday thru Friday, 8:00 a.m. to 4:30 p.m. Don't forget to ask for your "Welcome to the Mountain Post" gift. Call the Family Connection for more information, 526-1070 or 526-1053.

ACS LOAN CLOSET

Until your household goods arrive, items such as dishes, pots and pans, irons, ironing boards, silverware, folding tables and chairs, small appliances, and cots may be borrowed from the ACS Loan Closet. The loan closet is located at The Family Connection, Building 1354, 6070 Barkely Ave., and is open weekdays during normal duty hours. You will need your ID card and a copy of your PCS orders. For more information, call 526-1070.

MULTI-CULTURAL SUPPORT PROGRAM AND CITIZENSHIP/NATURALIZATION

This ACS Relocation Readiness program is designed to assist foreign-born family members with the following programs: English as a Second Language (ESL) classes, the German Support Group, Korean Support Group

and Hispanic Support Group. The ESL classes are offered twice a week with childcare available.

Citizenship and naturalization application forms are also available on post. The office provides information about the citizenship and naturalization process and works closely with the INS to assist you with your individual needs. For more information on any of our multi-cultural programs, call Army Community Service at 526-4590.

INFORMATION AND REFERRAL PROGRAM

The Army Community Service Information and Referral Program (I&R) provides information about services available to Fort Carson soldiers and family members. I&R services provide the Army with a link to federal, state & community assistance programs. For more information, call 526-4590

DIAL 526 HELP

Fort Carson has an on-post 24-hour hotline for assistance. ACS staff will answer your question or refer you to agency that can provide assistance. Call the Army Community Service Center at 526-HELP (526-4357).

SOLDIER AND FAMILY READINESS PROGRAM

The ACS Soldier and Family Readiness Program (SFRP) promote individual, couple, and family wellness by offering a comprehensive program that includes awareness, education and intervention to prevent family violence. Classes are offered to commanders, troops, professionals and the community. Prevention and support services includes; New Parent's Support Program (home visitation), Child Safety Education, Nurturing Parent Programs, Single Parent Support, Play Group, Infant Massage, Cooperative Parenting and Divorce, a Parent's Journey, Boot Camp for New Dads, Prevention and Relationship Enhancement Program, a Couple's Journey, various life skill seminars, and Victim of Domestic Violence. For more information on these programs, please call 526-4590.

EXCEPTIONAL FAMILY MEMBER PROGRAM

The ACS Exceptional Family Members Program (EFMP) is mandatory enrollment program that works with other military and civilian agencies to provide comprehensive and coordinated medical, educational, housing, community support and personnel services to families with special needs. Those required to enroll in program include soldiers on active duty (including U.S. Army Reserve (USAR), soldiers in the USAR -Active Guard Reserve (AGR) program and other USAR soldiers on active duty for more than 30 days, and Army National Guard AGR personnel serving under authority



The Fort Carson Readiness Center is located on Wetzel Avenue.

of Title 10, United States Code).

Participants must enroll in program when they have a family member, regardless of age, who requires medical services for a chronic condition, receives ongoing specialist; has mental health concerns/psychological needs; receives educational services provide under an Individualized Education Program (IEP); or receive services provided under an Individualized Family Services Plan (IFSP). The program is design to assist the Army Personnel Office in making assignments, to ensure that needed services are available at the receiving command BEFORE the assignment is made.

The EFMP also provides advocacy, information and referral, PCS assistance, Childcare assistance through the Special Needs Resource Team (SNRT) and assistance with accessible housing issues. Soldiers with known or suspected EFM's must report to the Installation EFMP coordinator for instructions on enrollment procedures. For more information, call 526-4590.

INSTALLATION VOLUNTEER PROGRAM

The Installation Volunteer Program can connect you with volunteer opportunities to meet new people in interesting and varied setting and to grow personally while gaining a sense of accomplishment by contributing to an important service to better people's lives. Volunteers can used this time to enhance job skill development in areas of personal interest, and to explore and learn new job skills for career growth.

The type of work a volunteer does depends on community needs. Today, volunteers serve on various boards and committees that help plan strategies and policies. Volunteers do what is needed from the most demanding to the most routine tasks that improve and

preserve the quality of life for other and themselves. Today's volunteers include women, men, young, the middle-aged, disabled, retirees and those in their golden years. People from every ethnic background, race, lifestyle and religion volunteer. Everybody has something special to contribute - be it a special skill, ability, energy, or time.

Some of the many direct service volunteer activities include: providing daycare to children, tutoring, sewing, baby bundle, job training and family enrichment activities. Volunteers use a variety of methods to promote community awareness, including: talking with individuals, speaking in public and writing

newsletters. Volunteers also provide technical assistance to improve the quality of life in many fields, including: environmental, education, child services, healthcare, and family support services.

Opportunities for volunteer service are unlimited. The Installation Volunteer Program provides many opportunities for training, workshops and seminars to advance issues relating to volunteerism. Here's how you can become a part of this exciting world - contact your Installation Volunteer Coordinator (IVC) at 526-8303. Remember to get involved!

MOUNTAIN POST WELLNESS CENTER

The Mountain Post Wellness Center provides a wide variety of programs for health promotion, disease and injury prevention. You can take a self-assessment of your current health habits and receive a personalized printout of recommended changes to extend the quality years of your life.

Additionally, you can get fitness evaluations with individualized exercise prescriptions from a health professional, blood pressure checks, body composition measurements, cholesterol checks, nutrition classes, cooking classes, stress management, self-care, smoking cessation, massage therapy, health videos and information. Your progress is monitored and it becomes a motivator to achieve measured goals. The center is open to all beneficiaries: Active Duty, Retiree, family members and DoD civilians.

Come visit us at the Fort Carson Family Readiness Center, Bldg. 1526, 2nd floor or call for additional information, 526-3887.

AMERICAN RED CROSS

The American Red Cross at Fort Carson has two offices. The main office is located on the second floor of the Family Readiness Center, Bldg. 1526, 6303 Wetzel Avenue. The telephone number is 719-526-2311. The volunteer office is located at Evans Army Community Hospital, Bldg. 7500, Room 1801. The telephone number is 719-526-7144. Office hours are M-F, 8:00 am to 4:30 pm. Many services are provided to soldiers and their family members including:

Emergency Communication: In the event of an emergency critical accident, illness or death in a service member's immediate family, the Red Cross should be called at once. The Red Cross is equipped to verify the situation and relay an emergency leave request, if necessary, to the proper military authorities. It is then up to the commanding officer to decide whether or not to grant leave. For assistance, please call our Armed Forces Emergency Services Center toll free at 1(877) 272-7337.

Access to Emergency Financial Assistance: When an emergency arises that requires the presence of the service member of his or her family the Red Cross may provide access to an interest-free loan or a grant for travel expenses. These funds are made available by the military aid societies. They may be authorized for other emergencies as well and are disbursed on the basis of need. Referrals to specialized sources of help are also available to service members and their families. This service is provided on behalf of Army Emergency Relief after duty hours. For assistance, please call toll free, 1-877-272-7337.

Volunteer Services: Many volunteer opportunities are available including service at Evans Army Community Hospital, post dental clinics, main office, or local chapter.

Disaster Assistance and CPR/First Aid courses: These services are provided by the Pikes Peak Chapter. Please call the chapter at 719-632-3563, M-F, 9:00 am to 5:00 pm or their satellite office at Evans Army Community Hospital, 719-526-7825, M-F, 9:00 am to 1:00 pm

These Red Cross services, and more, are available to service members and their families 24 hours a day 365 days a year. For additional information about the Red Cross or to volunteer please call the Fort Carson Red Cross office at 719-526-2311 or Pikes Peak Chapter at 719-632-3563. You may also visit our websites at www.redcross.org or pparc.org.

ACAP/JAC LEGAL SERVICES

ACAP/JAC

The Army Career and Alumni Program Career Transition Center (ACAP) is located in Bldg. 1118, room 133, on the corner of Ellis St. and Specker Ave. The ACAP offers assistance to transitioning personnel and their families through individual counseling, referrals to the other agencies, both on and off post, that

provide services relating to the transition process. In addition, the ACAP center for counselors facilitate a half-day workshop on the resume writing process during the Department of Labor's Transition Assistance Program. Visitors to the ACAP center will find an abundant supply of transition assistance materials to include: Employer Hiring Days, Job Fairs and Education Expos, computerized job search abilities to include internet access, a comprehensive library of transition related books and a friendly staff to assist them.

The ACAP center is open Monday through Friday from 7:30 a.m. - 4:30 p.m., for appointments starting at 8 a.m., and computers are available until 4 p.m. For more information, or to schedule an appointment, call 526-1002 or 526-0640.

LEGAL SERVICES

The office of the Staff Judge Advocate (SJA) provides two primary services for soldiers and their families. The first is the Army Legal Assistance Program and the second is the Army Claims Program. SJA is located in Bldg. 6285 on Woodfill Road. For more information call 526-5361.

LEGAL ASSISTANCE

The Fort Carson Legal assistance Office provides legal assistance to all soldiers, retirees and their family members. Services include wills, powers of attorney, landlord and tenant problems, and simple adoptions.

The office is open from 8 a.m. - 4 p.m. Appointments may be made on a call in basis Fridays, 9 a.m. - 4 p.m. Walk-in appointments are available for emergencies only. Our Divorce/Separation briefing is Monday, Wednesday and Friday at 9:30 a.m.

Attorneys are not available on Thursdays, but in an extreme emergency, an appointment can be scheduled. For more information, call 526-5572/5573.

CLAIMS

The Staff Judge Advocate Claims Office is responsible for processing all claims for damages due to shipment or storage. To file a claim bring the Notice of Loss or Damage (DD Form 1840/1840-R) to the claims section, Bldg. 6285, on Woodfill Road.

The office must receive the paperwork in sufficient time for it to be processed and provided to the carrier by the 70th day after the shipment was delivered.

The Claims Office conducts briefings regarding DD Form 1840/1840-R on Monday, Wednesday and Friday at 9:30 a.m. and 1:30 p.m., also Tuesday and Thursday at 1:15 p.m. For more information, call 526-1355.

ARMY CONTINUING EDUCATION SERVICES

A full range of educational opportunities is available for soldiers and adult family members. High



ilies, offering outreach programs, special events, information and referral. Crisis intervention is offered by connecting military families to the appropriate community agencies or by helping access various military systems for assistance. The ASYMCA offices are located inside the Southeast Family YMCA at 2190 Jet Wing Drive. For more information call 622-9622.

KIDS KORNER

This childcare program provides a safe and structured learning environment for children up to 5 years old and is free to ASYMCA participants. The program focuses on socialization skills and basic preschool skills. For more information call 622-9622.

SPECIAL EVENTS

Family recreation activities include many holiday programs such as Mother's Day Brunch, Easter Dinner, Halloween Carnival, Thanksgiving Dinner, Vanity Fair in honor of Military Spouse Appreciation Day, and more. We have won national awards for Kid's Adventure Week,

a summer day camp for military dependents which has been offered here in Colorado Springs for more than 20 years. We also offer aerobics classes, craft classes, two family nights per month at the Southeast Family YMCA, and other social and recreational programs. For more information call 622-9622.

POST NEWSPAPER

The office of the post newspaper, the Mountaineer, is located in Bldg. 1550, on Specker Ave. The Mountaineer staff is always looking for stories about Fort Carson soldiers, civilians and their families.

Free classified ads are run in the Mountaineer for soldiers, their families and civilian employees of Fort Carson. To place an ad, clip the coupon in the back of the paper, fill it out and mail it into the Mountaineer, or bring it to Bldg. 1550. For more information, call 526-4144.

Check out the Mountaineer online at www.carson.army.mil or at www.gowdyprint.com.

school diplomas or college degrees are available in a wide variety of career fields.

For the soldier, the unit education counselor is the place to start in pursuing educational goals. Professional education counselors work at the unit level in the Skill Development/Education Center, located in Bldg. 1117, on the corner of Ellis Street and Specker Avenue.

For information on funding, programs, testing services and career development, ask your unit career education counselor. Education counseling services are available to adult family members at the Skill Development Center. For more information call 526-8070.

ARMED SERVICES YMCA

The Armed Services YMCA, in partnership with the YMCA of the Pikes Peak Region and Army Community Services, serves the Colorado Springs military community. The ASYMCA focuses its efforts toward enhancing the quality of life for military personnel and their fam-

ID CARDS AND DEERS

The Fort Carson ID Card Section is located in Bldg. 1118. Family members need a marriage certificate, birth certificate or an old ID card for their ID card application. Normal Hours are Monday, Wednesday and Friday from 9 a.m. - 4 p.m.; Tuesday from 7:30 a.m. - 4 p.m.; and Thursday from 7:30 a.m. - 2:30 p.m. Hours may change with mission requirements. For more information, call 526-8423.

While at the ID card Section, soldiers should ensure all family members are enrolled in the Defense Enrollment Eligibility Reporting System (DEERS).

All military family members of active duty, retired and deceased soldiers must be enrolled in DEERS prior to receiving non-emergency medical care. Family members must be enrolled by their sponsor. For more information, call 526-8423.

RELIGIOUS ACTIVITIES

Fort Carson offers diversified worship services and religious activities including workshops, religious education for all ages and special ministries. The programs are designed to meet the special needs of the soldier and military family. They begin with the single soldier and touch every aspect of family life including single parents and waiting spouses.

All Chaplain activities on post are coordinated through the Installation Chaplains Office, located at Bldg. 1550 on Prussman Boulevard. This includes the Command Chaplain and the Directorate of Religious Education. For more information, call 526-5279.

FORT CARSON CHAPELS

There are several chapels on Fort Carson to serve your religious needs. For information on the chapels and type of services offered, call 526-3393.

To obtain assistance from your Chaplain during duty hours, contact a unit Chaplain or call 526-5910. After duty hours, call the Staff Duty Officer at 526-3400.

PROVOST MARSHAL

The Fort Carson Provost Marshal Office operates a proactive program to discourage crime and maintain a high quality of life on post. The program is operated by the Physical Security/Crime Prevention Branch located in Bldg. 2757 South Berkeley Ave. For more information on the following programs, call 526-2158/9726.

Crimes, traffic accidents and disturbances should be reported to the Military Police Desk located in Bldg. 2700, by calling 526-2333.

PROJECT LOCK

Project Lock is designed to permit sponsoring groups to conduct one-week Lock Your Car campaigns. Its purpose is to alert the public to the importance of locking cars and removing the keys to prevent the theft of personal or government property stored inside private and government vehicles.

OPERATION IDENTIFICATION

Operation Identification gives you the opportunity to use an engraver to mark your personal property. The purpose of the program is to encourage soldiers and their families to identify their property as a deterrent to theft. Marked property is also easier to recover if stolen.



Soldiers Memorial Chapel serves all denominations.

NEIGHBORHOOD WATCH

Neighborhood Watch is an organized network of neighbors who work with the Military Police to prevent crime in their areas. They act as the eyes and ears of the neighborhood.

OFFICERS FRIENDLY AND MCGRUFF

Officers Friendly and McGruff visit schools and give classroom presentations to establish personal contact with children. Their visits help develop a positive relationship between the students and law enforcement personnel.

FINANCIAL SERVICES COMMAND FINANCE OFFICE

The Fort Carson Command Finance Office offers soldiers a full range of pay and disbursing services. All personnel are served through their Battalion Personnel Actions Center NCO or Pay Representative.

Soldiers with pay problems that cannot be resolved at the unit level can arrange for an appointment with pay inquiries through their Battalion Personnel Actions Center. Family members should start their inquiries through their sponsor's unit. For more information, call 526-3550.

CHECK CASHING

The Fort Carson Main Post Exchange located in Bldg 6110 at Flint and Chiles Ave., will cash personal checks for up to \$300 per day and temporary checks of \$100.00 per day.

Government checks, money orders and cashier's checks in amounts up to \$500 are also cashed. Other post facilities accept checks written for small amounts above the amount of purchase.

The Main PX accepts MasterCard, Discover and Visa credit cards for purchases only. For more information on check cashing, call 576-4000 needs.

ARMED FORCES BANK

The Armed Forces Bank main office is located in Bldg. 1512, at Founders Plaza. Hours of operation are Monday, Friday and Paydays, 9 a.m. - 5 p.m.; Tuesday through Thursday 9 a.m. - 4 p.m. Drive-up service is available Saturday, 9 a.m. - noon. The bank has five automatic tellers located on post and is part

of the Plus System, giving customers access to their accounts nationwide. For more information, call 576-6601 or 1-800-755-2769.

SECURITY SERVICE FEDERAL CREDIT UNION

The Fort Carson Branch of Security Service Federal Credit Union has four locations: the main office is located in Bldg. 1513 at Founders Plaza, the off post offices are located at 1910 N. Academy Blvd., 1485 Kelly Johnson Blvd. and 2560 S. Circle Dr.

The credit union is open to all active duty and retired military and their families. The credit union offers a full range of banking services worldwide. Hours of operation are 9 a.m. - 5:30 p.m., Monday through Saturday. Drive up hours of operation are 7 a.m. - 7 p.m. For more information, call 576-6401.

SHOPPING ON FORT CARSON

The Fort Carson Main Post Exchange Shopping Center is located at Bldg. 6110, Martinez St. It provides customers a variety of services under one roof. It includes the PX, Barber Shop, Beauty Shop, GNC, Flower Shop, Vision Center and Doctor of Optometry, Portrait Studio, 576-2057, Carson Flags. The food Court offers Taco John's, Charlie's Steakery, Burger King Express, Robin Hood Sandwiches and Anthony's Pizza.



The PX offers a food court and shopping.



The Fort Carson Thrift Store has something for everyone.

For more information, call the PX at (719) 538-5737 or the Food Court at (719) 576-5661.

THRIFT SHOP

The Community Thrift Shop, located in Bldg. 1008 on Wetzel Avenue, sells used merchandise in good condition for soldiers and their families. Sales are open to the public. The shop is open from 10 a.m. - 2:30 p.m. on Tuesday, Wednesday and Thursday and from 10 a.m. - 2 p.m. on the first Saturday after end-of-the month payday. Consignments are taken on Tuesdays and Thursdays from 10 a.m. - 12:15 p.m.

MINI MALL

The Mini Mall is located in bldg 1510 on Chiles. Facilities located in the Mini Mall are Furniture and Sporting Goods Store, 576-6313, Military Clothing Sales Store, 576-2586, Alterations Shop, 576-4304, Laundry/Dry Cleaning, 226-3770, Barber Shop, 576-8013, Gift Shop, Military Communication Center (MCC), 576-4388, Laundromat, Enterprise Car Rental, 576-0727, and XTreme Frank's Franks., 576-1851.

CAR CARE CENTER

The main post Car Care Center is located in Bldg. 1515 on the corner of Chiles & Prussman Ave, (719) 76-6570.

SHOPPETTES & CLASS SIX STORE

AAFES offers three Shoppettes on Ft. Carson. Gate 20 Shoppette and Blimpies, 576-0492, are located in

bldg 3600 on Magrath, B Street Shoppette and Burger King Express, 576-1803, are located in bldg 900 on Magrath and the Housing Shoppette, 576-7923, located in bldg 5940 Ellis. The Class Six Store, 576-6531, is located next to the Commissary, Bldg. 1524.

MILITARY CLOTHING SALES

The Military Clothing Sales Store, MCSS, is located in the Mini Mall Bldg. 1510 on Wetzel Ave. The store is open Monday - Friday 0900-1800, Saturday 1000-1600 and Sunday 1100-1600. The phone number is (719) 576-2586.

U-HAUL

U-Haul, 527-8309, is located in Bldg. 980 next to the B Street Shoppette.

SNACK BAR

Irma's Place, 576-6485, is located in bldg 1851, open Monday - Friday 0500-1300.

OTHER CHECK CASHING

Most other post facilities accept checks written for small amounts above the amount of purchase. The Main PX accepts MasterCard, Discover, Visa, Star Card and Debit Cards. There is an Armed Forces Bank located in the back of the Main PX that offers a variety of other banking needs.



The Xtreme Theme club.

COMMISSARY

Fort Carson's Commissary is located in Bldg. 1525 in Founders Plaza, and is open 7 days a week. Hours of operation are Monday - Friday 9 a.m. to 8 p.m. Saturday 9 a.m. - 7:30 p.m., Sunday 9 a.m. - 5 p.m. Early Bird shopping Monday - Friday from 7 a.m. - 9 a.m., 15 items or less. The commissary stocks more than 16,500 items ranging from bakery goods to pet supplies.

If you would like to place a special order check with anyone in a Navy Blue coat, or call (719) 526-2869.

ELKHORN CATERING AND CONFERENCE CENTER

The Elkhorn Catering & Conference Center is located in Bldg. 7300, off Woodfill Road. The Elkhorn Catering & Conference Center is a full service catering and meeting facility capable of hosting functions from small meetings in its executive conference room to providing formal dining of up to 400 guests in the ballroom, special events and activities, to include wedding receptions, private parties, hails and

farewells and other functions for soldiers, civilians, and their families. For reservations or more information, call (719) 576-6646.

XTREME ENTERTAINMENT AND SPORTS BAR

The newest theme club in the Army. Opened in 2003, the new high energy club boasts 30 televisions, 6 satellites, several large screens and extensive selection of today's top video games and several pool tables. Xtreme features a quality bar atmosphere with high energy entertainment, focused on programming and interactive games. A full service bar is available 7 days a week. Joining forces, MWR and AAFES provides a Godfathers Pizza operation within the Xtreme complex. Godfather's is open 7 days a week, offering a variety of menu choices to include a weekday buffet, pizza by the slice, wings and sandwiches. For Xtreme, call (719) 576-7540. For Godfather's Pizza, call (719) 576-9143.

TROOP STORES

Troop stores include: Ivy Bldg. 2355, open Monday through Friday 9 a.m. - 7 p.m., and Saturday from 10 a.m. - 4 p.m.; Hospital PX, Bldg. 7500, open Monday through Friday, 9 a.m. - 2 p.m.



Godfather's Pizza in Xtreme Sports Bar.



The History of Ft. Carson



FORT CARSON HISTORY

Fort Carson was established in 1942, following Japan's attack on Pearl Harbor. The city of Colorado Springs purchased land south of the city and donated it to the War Department. Construction began immediately and the first building, the camp headquarters, was completed January 31, 1942.

Camp Carson was named in honor of the legendary Army scout, Gen. Christopher "Kit" Carson, who explored much of the West in the 1800's.

At the construction's peak, nearly 11,500 workers were employed on various construction projects at the new camp. Facilities were provided for 35,173 enlisted men, 1,818 officers and 592 nurses. Nearly all of the buildings were of the mobilization type construction with wood sided exteriors. The hospital was of the semi-permanent type concrete block and had space for 1,726 beds with an expansion capability of 2,000 beds.

The 89th Infantry Division was the first major unit to be activated at Camp Carson. During World War II, over 100,000 soldiers trained at Camp Carson. Along with three other infantry divisions - the 71st, 104th and 10th Mountain - more than 125 units were activated at Camp Carson and more than 100 others were transferred to the Mountain post from other installations.

Nurses, cooks, mule packers, tank battalions, a Greek infantry battalion, and an Italian ordnance company - literally soldiers of every variety - trained at Camp Carson during the war years.

Camp Carson was also home to nearly 9,000 Axis prisoners of war - mostly Italians and Germans. The internment camp at Camp Carson opened on the first day of 1943. These POWs alleviated the manpower shortage in Colorado by doing general farm work, canning tomatoes, cutting corn, and aiding in logging



**General
Christopher "Kit" Carson**

operations on Colorado's Western Slope.

Between 1942 and 1956, pack mules were a common sight at Camp Carson. The first shipment arrived by train from Nebraska in July 1942. The mules were used by Field artillery (Pack) battalions to carry equipment, weapons and supplies over mountainous terrain.

The most famous of these animals was Hambone, the pride of the 4th Field Artillery For 13 years, he carried First Sergeants up Ute Pass to Camp Hale. Camp Hale, located near Leadville, Colorado was where the Army conducted cold weather and mountain warfare training. Hambone died in March 1971, and was buried with full military honors.

Activity at Camp Carson was greatly reduced following the end of World War II. By April 1946, the military strength at the Mountain Post had dropped



to around 600. It appeared that Camp Carson would be closed.

With the onset of the Korean War however, activity once again increased. Many Reserve and National Guard units were called to active duty and stationed at Camp Carson during this time.

Camp Carson became "Fort Carson" in 1954. In the 1960s, mechanized units were assigned to the Mountain Post. At this time additional training land was purchased, bringing the post to its current size of 140,000 acres. Throughout its history Fort Carson has been home to nine divisions.

An additional training area, comprising 237,000 acres, was purchased in September 1983. Named the Pinon Canyon Maneuver Site, this training area is located approximately 100 miles to the southeast, and is used for large force-on-force maneuver training. Comprehensive maneuver and live fire training also occurs down range at Fort Carson.

Exercises and deployments continually hone the skills of the Fort Carson Soldiers. When not deployed, soldiers train annually at Pinon Canyon Maneuver Site and the National Training Center in California. Additionally, units participate in joint exercises around

the world, including Central and South Africa, Europe, and Southwest Asia. In 2003, most Fort Carson units were deployed in support of Operations Enduring Freedom and Iraqi Freedom. Troops were also sent in support of the guard mission at Guantanamo Bay, Cuba. President George W. Bush addressed the troops and family members on November 24, 2003, in praise of the soldiers' determination and the sacrifices their families have made.

Throughout its history, Fort Carson soldiers and units have been very active supporting various community events throughout Colorado. Soldiers from the mountain post have conducted firefighting missions in local national forests, search and rescue missions throughout the state, and various other emergency operations. Twenty-four cities in Colorado have formal relationships with units at Fort Carson and the Mountain Post supports over 350 community events such as parades, concerts, and fairs every year.

Fort Carson has a proud history of supporting the nation's call to arms. For more than five decades, Fort Carson has provided trained and ready soldiers to meet operational requirements. That heritage continues today at Fort Carson, the Mountain Post.





Ft. Carson Units



UNITS

Fort Carson has a very diverse military and civilian population. Over 14,000 soldiers and about 3,000 civilians are assigned to the Mountain Post.

The major units assigned to the post include the first Reserve Component/Active Component Division, a mechanized infantry brigade, a Special Forces group, an armored cavalry regiment and an area support group. Many other smaller units also call Fort Carson home. More detailed information about these units can be found on the Fort Carson Web site, <http://www.carson.army.mil>.

In 2003, soldiers from Fort Carson were deployed around the world in support of the War on Terrorism, which includes Operation Enduring Freedom in Afghanistan, Operation Iraqi Freedom in Iraq and guarding suspected terrorists at the U.S. facility at Guantanamo, Cuba. In keeping with the honorable tradition of service to our nation, our soldiers, families and civilians continue to devote their time, their talent and more to safeguard our way of life and secure our nation's future. To honor those who have gone before

us, and especially to those who have given the ultimate sacrifice, the entire Mountain Post Team is resolved to continue its mission: to train, equip and deploy soldiers anytime, anywhere, whenever our nation asks.

THE 7TH INFANTRY DIVISION

The BAYONET was forged in the fields of France, tempered on the frozen tundra and mountains of the Aleutians, the coral atolls and islands of the South Pacific, and then honed razor sharp in the mountains and rice paddies of Korea. The Bayonet-or the 7th Infantry Division, as it is officially known-continued to stand guard in Korea, manning our outpost line in strife-ridden Korea until 1971 when the Division was returned to U.S. soil for the first time since 1943. The Division was assigned to Fort Lewis, WA and deactivated for a brief period of time. In October 1985 the Division was resurrected as the 7th Infantry Division (Light) at its old post, Fort Ord, CA. The Lightfighters of the Bayonet Division were called to Honduras in 1988 for "Operation Golden Pheasant" and to Panama



in 1989-90 for "Operation Just Cause." In August 1993 part of the Division was reassigned to Fort Lewis, WA and subsequently deactivated in June 1994 at Fort Ord, California. The 7th Infantry Division was reactivated 4 June 1999 at Fort Carson, Colorado.

THE 39TH ENHANCED SEPARATE BRIGADE

Constituted 18 July 1917 in the National Guard as headquarters, 39th Division (to be organized with troops from Arkansas, Louisiana, and Mississippi). Organized 25 August 1917 at Camp Beauregard, Louisiana. Demobilized 23 January 1919 at Camp Beauregard, Louisiana. Reconstituted 27 May 1946 in the National Guard as Headquarters, 39th Infantry Division. Reorganized and federally recognized in part 30 September 1946 at New Orleans, Louisiana, and in part 26 August 1947 at Little Rock, Arkansas (Louisiana part hereafter separate lineage). Ordered into active federal service 24 September 1957 at Little Rock; released 24 October 1957 from active federal service and reverted to state control. Reorganized and redesignated 1 December 1967 as headquarters, 39th Infantry Brigade (Headquarters Company 39th Infantry Brigade), concurrently converted and redesignated from Headquarters and Headquarters Battery 39th Infantry Division Artillery (organized and federally recognized 22 October 1946 at Little Rock).

The 39th eSB deployed to Iraq in support of Operation Iraqi Freedom.

HOME STATION: Little Rock



THE 41ST ENHANCED SEPARATE BRIGADE

Constituted 18 July 1917 in the National Guard as headquarters, 41st Division (to be organized with troops from the western United States and the District of Columbia). Organized 18 September 1917 at Camp Greene, North Carolina. Demobilized 22 February 1919 at Camp Dix, New Jersey.

Reorganized and federally recognized 3 January 1930 at Portland, Oregon. Inducted into federal service 16 September 1940 at Portland, Oregon. Reorganized and redesignated 17 February 1942 as Headquarters 41st Infantry Division. Inactivated 31 December 1945 in Japan. Reorganized and federally recognized in part 26 February 1947 at Portland, Oregon, and in part 8 March 1948 at Seattle, Washington (Washington part hereafter separate lineage). (Headquarters Company 41st Infantry Division [Oregon part], organized 15 May



1959 at Portland, Oregon.) Headquarters and Headquarters Company 41st Infantry Division (Oregon part), reorganized and redesignated 1 March 1968 as headquarters and Headquarters Company 41st Infantry Brigade (Headquarters Company 41st Infantry Brigade, concurrently consolidated with Headquarters and Headquarters Company 41st Infantry Brigade, and consolidated unit designated as Headquarters Company 41st Infantry Brigade).

Elements of the 41st eSB deployed with the 39th eSB in support of Operation Iraqi Freedom.

HOME STATION: Portland

THE 45TH ENHANCED SEPARATE BRIGADE

Organized and federally recognized 31 August 1918 in the Oklahoma National Guard at Edmond as Headquarters company, 2nd Infantry. Redesignated 14 October 1921 as headquarters Company, 179th Infantry, an element of the 45th Division (later redesignated as the 45th Infantry Division). Inducted into federal service 16 September 1940 at Edmond. Inactivated 21 September 1945 at Camp Bowie, Texas. Reorganized and federally recognized 10 September 1946 at Edmond. Ordered into active federal service 1 September 1950 at Edmond. (Headquarters Company 179th Infantry (NGUS), organized and federally recognized 15 September 1952 at Edmond.) Released 30 April 1954 from active federal service and reverted to state control; federal recognition concurrently withdrawn from Headquarters Company, 179th Infantry (NGUS). Reorganized and redesignated 1 May 1959 as headquarters Company, 1st Battle Group, 179th Infantry. Reorganized and redesignated 1 April 1963 as Headquarters Company, 1st Battalion, 179th Infantry.

The 45th eSB deployed to Afghanistan in support of Operation Enduring Freedom.

HOME STATION: Oklahoma City



THE 3RD BRIGADE COMBAT TEAM 4ID (M)

The 3rd Brigade was constituted 19 November 1917 in the Regular Army as Headquarters, 8th Infantry Brigade, an element of the 4th Infantry Division. It was organized in December 1917 at Camp Greene, NC. The Brigade has been reorganized and redesignated several times over the years. Finally on 15 December 1970, it was activated at Fort Carson, CO as 3rd Brigade, 4th Infantry Division. When the Division Headquarters moved to Fort Hood, TX, the Brigade was redesignated as 3rd Brigade Combat Team (BCT).



3rd BCT has received numerous campaign participation credits, including Aisne-Marne and Meuse-Argonne During World War I. During Vietnam, 3rd BDE participated in Counteroffensive, Phases II-VI, and Tet counteroffensive, to name a few. 3rd BDE has received many decorations. A few of the more prestigious decorations include the Presidential Unit Citation, Valorous Unit Award, Republic of Vietnam Cross of Gallantry with Palm, and the Republic of Vietnam Civil Action Honor Medal, First Class.

The 3rd BCT, 4th Infantry Division (Mechanized), or the "Iron Brigade," is composed of two M2A2 Bradley Fighting Vehicle equipped infantry battalions (1-8 IN and 1-12 IN), one M1A1 Abrams equipped armor battalion (1-68 AR), one M109A6 155mm Paladin equipped field artillery battalion (3-29 FA), one mechanized combat engineer battalion (4 EN), and one forward support battalion (64 FSB). In addition, the Brigade Combat Team has one Bradley Stinger Fighting Vehicle/Stinger air defense battery (C/1-44 ADA), one military intelligence company (C/104 MI), one signal company (534 SIG) to support its combat operations. The three separate companies' parent battalions are located at Fort Hood, TX.

The Brigade has been actively deploying soldiers on a variety of missions around the world. We work extensively with the 116th CAV Brigade, the National Guard unit stationed in Boise, ID. We routinely send soldiers to assist in their training and serve as observer/controllers during their annual training. We trained soldiers on techniques of fire fighting and deployed them to Washington during the summer of 1997 to assist in the rampant outbreak of forest fires. We had a highly successful NTC rotation during July 1997, and then proceeded to gear up for some exciting training at Pinon Canyon, followed by another tour to the National Training Center in the fall of 1998. 3rd BCT played a large role in the 4th Infantry Division's Advanced Warfighting Experiment (AWE), where we were exposed to the Army's most advanced computerized systems that allowed us to fight a digitized three dimensional battle.

We deployed to Iraq in support of Operation Iraqi Freedom and have been on the forefront in stabilizing and rebuilding Iraq.



THE 10TH SPECIAL FORCES GROUP

The 10th Special Forces Group (10th SFG) is another brigade-sized unit assigned to Fort Carson. It is assigned to the U.S. Army's Special Operations Command located at Fort Bragg, N.C.



The group trains for and conducts combat, unconventional warfare, special reconnaissance, and foreign internal defense missions.

It consists of group headquarters and support units and three subordinate battalions. One of these battalions, the 1st Battalion, is forward deployed at Panzer Kaserne, near Stuttgart, Germany. Over 1,100 soldiers are assigned to the 10th Special Forces Group at Fort Carson.

Major subordinate elements of the 10th Special Forces Group include the Headquarters and Headquarters Company; the Group Support Company; the 2nd Battalion, 10th Special Forces Group; and the 3rd Battalion, 10th Special Forces Group.

10th SFG deployed in support of Operation Iraqi Freedom.

THE 3RD ARMORED CAVALRY REGIMENT

The 3rd Armored Cavalry Regiment (3rd ACR) is the newest unit to join the Fort Carson family. It is a com-

bined arms unit composed of three cavalry squadrons, an aviation squadron, and a support squadron.

The regiment operates independently over wide areas and is a highly mobile force that can conduct reconnaissance, security, offensive, and defensive operations. It has over 320 armored vehicles (M1A1 Abrams tanks and M3A2 Bradley Fighting Vehicles) and over 80 aircraft (including the AH-64 Apache Attack Helicopter). The regiment has a total strength of over 5,200 soldiers.



The 3rd ACR is part of the U.S. Army's contingency force and can rapidly deploy in emergency situations.

Major subordinate elements of the regiment include:

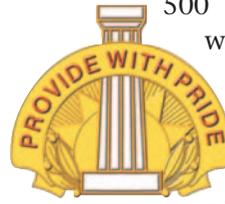
- Tiger squadron (1/3)
- Saber squadron (2/3)
- Thunder squadron (3/3)
- Longknife squadron (4/3)
- Muleskinner squadron (SPT/3)

The 3D ACR is the largest tactical unit assigned to Fort Carson.

The 3rd ACR has been an important element in stabilizing and rebuilding Iraq in support of Operation Iraqi Freedom.

HHC UNITED STATES ARMY GARRISON

United States Army Garrison is comprised of over 500 soldiers and nearly 3,000 civilians



who make up the installation activities of Fort Carson, Colorado. Its roots can be traced back to May 15, 1942, when LTC Cornelius F. O'Keefe assumed command of Headquarters, Camp Carson, Colorado. These proud men and women whose duties cover most Combat Support and Combat Service Support military occupational specialties in the United States Army provide daily installation support to all units and activities assigned to Fort Carson.

Due to the location of the U.S. Army Training Center at Fort Carson in the early 60's, HQ Special Troops, U.S.A.G. was organized on August 28, 1961. The U.S. Army Training Center transferred to Fort Polk, Louisiana in May 1962.

Today United States Army Garrison, Fort Carson, has provided a home and a base of support for nine different battle-hardened divisions. A proud heritage of honor and victory has been handed down.

THE 43RD AREA SUPPORT GROUP

The 43rd Area Support Group (43rd ASG) has been assigned to the Mountain post since March 23, 1966. It consists of a headquarters element, a military police battalion, a support battalion, a combat support hospital, an engineer battalion and several other units.

There are over 2,900 soldiers assigned to the 43rd ASG, and its mission is to provide combat support and combat service support to an army corps. The 43rd ASG is currently assigned to FORSCOM.

Major subordinate elements of the 43rd ASG include the 759th Military Police Battalion; the 68th Support Battalion; the 10th Combat Support Hospital; and the 52nd Engineer Battalion.

Elements of the 43rd ASG deployed to support military operations during Operations Desert Shield and Desert Storm in 1990-91, the operations to stabilize Somalia and Haiti, and operations in Honduras. Most recently, the 43rd ASG has deployed units to support the mission at Guantanamo Bay, Cuba, and supported troops in Iraq during Operation Iraqi Freedom.





Ft. Carson Training Areas



DOWN-RANGE AT FORT CARSON

Fort Carson is bounded on the east by Interstate 25 and on the west by Colorado Highway 115. The fort extends from the main post, which is just south of Academy Blvd., to its southern perimeter, which lies just north of the communities of Pueblo West and Penrose.

All told, Fort Carson consists of 138,523 acres including the cantonment area (main post), and training areas down range. The training areas include a wide variety of different vegetation types. There are open prairies and heavily forested areas. There are lowlands, wetlands, and creek drainages as well as mountainous and hilly areas.

Fort Carson can accommodate a wide variety of training, including extensive maneuver training (both mounted and dismounted), airborne training, and weapons training, including small arms qualification and tank, artillery and helicopter gunnery.

There are two impact areas at Fort Carson - a small impact area, (in the north), for small arms; and a large impact area (in the south), which supports artillery tank, Bradley, and other gunnery ranges.

The large impact area can support mortar firing, cannon artillery and even Multiple Launched Rocket System (MLRS) firing.

Tank and Bradley gunnery is typically conducted at the Range 109 complex for the preliminary tables and the Multi-Purpose Range Complex (MPRC) for qualification gunnery and advanced firing tables.

Personal and crew served weapons firing (.50 cal and smaller), is usually conducted on a wide variety of ranges encircling the small impact area which is near the main post.

There are 43 different training areas located at Fort Carson, which can support a variety of training. Consult Fort Carson Regulation 385-63 for a complete listing of ranges, training areas, and other facilities. Range Control, Bldg. 9550, located at the intersection of Butts Field Road and Route 2, can provide complete information regarding training area and range use. The telephone number for Range control is 526-5597.

Environmental stewardship of Fort Carson's natural

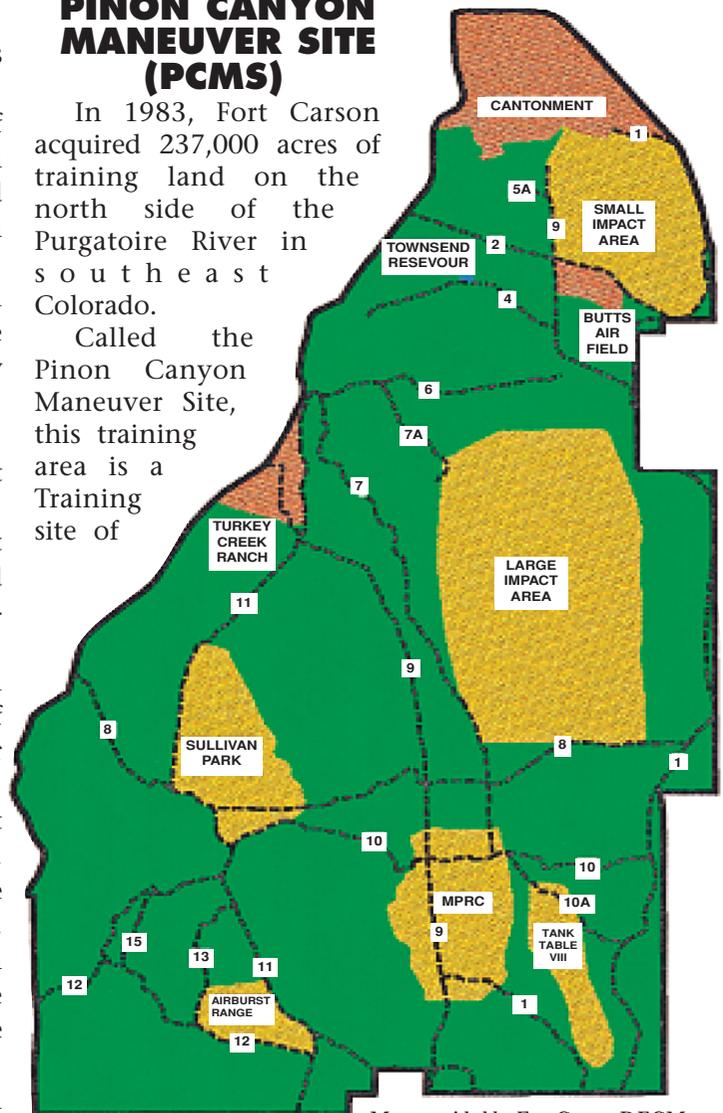
resources is extremely important. The directorate of Environmental compliance and Management (DECAM) oversees the management of Fort Carson's training areas and conducts unit instruction on maneuver damage prevention.

DECAM also has a hazardous waste reaction team that is employed if an environmental emergency arises. For more information regarding environmental protection of Fort Carson resources, contact DECAM at 526-2022/4907.

PINON CANYON MANEUVER SITE (PCMS)

In 1983, Fort Carson acquired 237,000 acres of training land on the north side of the Purgatoire River in southeast Colorado.

Called the Pinon Canyon Maneuver Site, this training area is a Training site of



Map provided by Fort Carson DECAM



Fort Carson, located approximately 150 miles to the southeast.

PCMS can accommodate a full range of maneuver training, including brigade-level, force-on-force maneuvers. No live-fire training is conducted at Pinon Canyon.

Pinon Canyon also provides excellent dismounted maneuver terrain in the rugged canyons and arroyos that empty into the nearby Purgatoire River.

Units have been training at PCMS since 1985, and major training rotations typically have taken place there as units prepare for the National Training Center at Fort Irwin, California.

As is the case at Fort Carson, environmental stewardship of the natural resources at PCMS is tremendously

important. All soldiers and units must undergo environmental training prior to using PCMS.

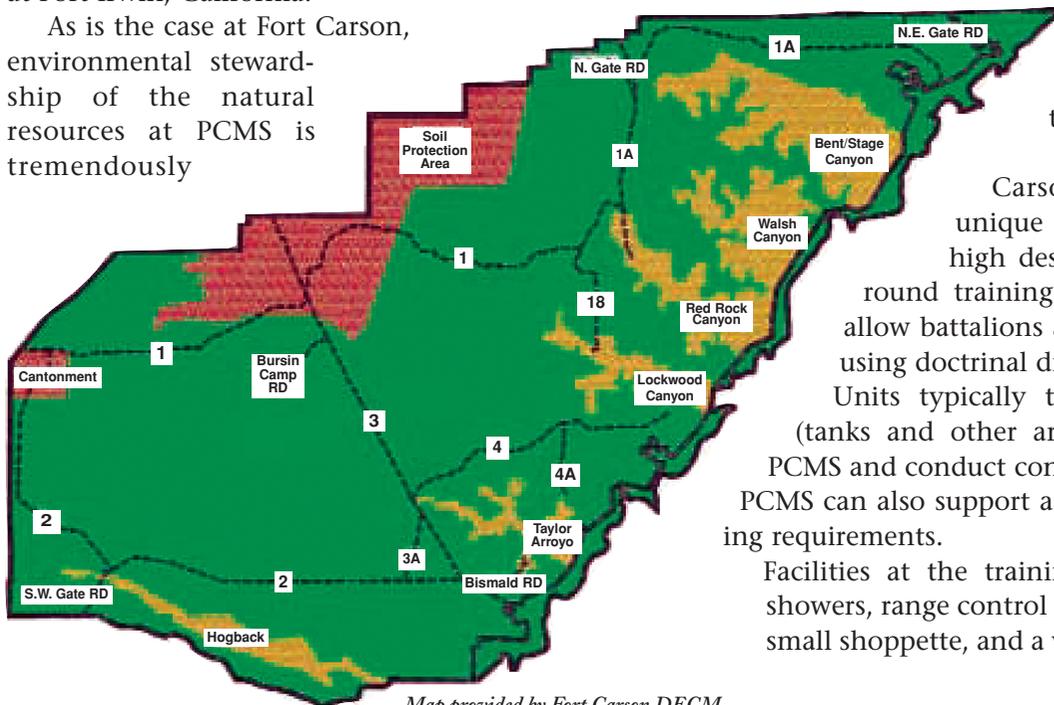
The environmental management of PCMS is unique within the Department of Defense, in many respects. Management of the site provides for the continuing balance between military training requirements and resource protection. PCMS has more than 100 archeological or cultural sites, which must be protected by federal statute.

PCMS' resource protection program is divided into six primary areas: the study and protection of wildlife; plant and soil conservation; water quality; the impact of training on cultural and archeological resources; and the effect of sound in the environment.

PCMS provides Fort Carson soldiers and units a unique training resource. The arid, high desert climate allows for year-round training and the wide-open spaces allow battalions and brigades to fully deploy using doctrinal distances.

Units typically transport heavy equipment (tanks and other armored vehicles) by rail to PCMS and conduct convoys with wheeled vehicles. PCMS can also support a full range of aviation training requirements.

Facilities at the training site include a railhead, showers, range control facility helipad, dirt runway, small shopette, and a vehicle maintenance facility.



Map provided by Fort Carson DECM



Community Recreation



TURKEY CREEK RECREATION AREA

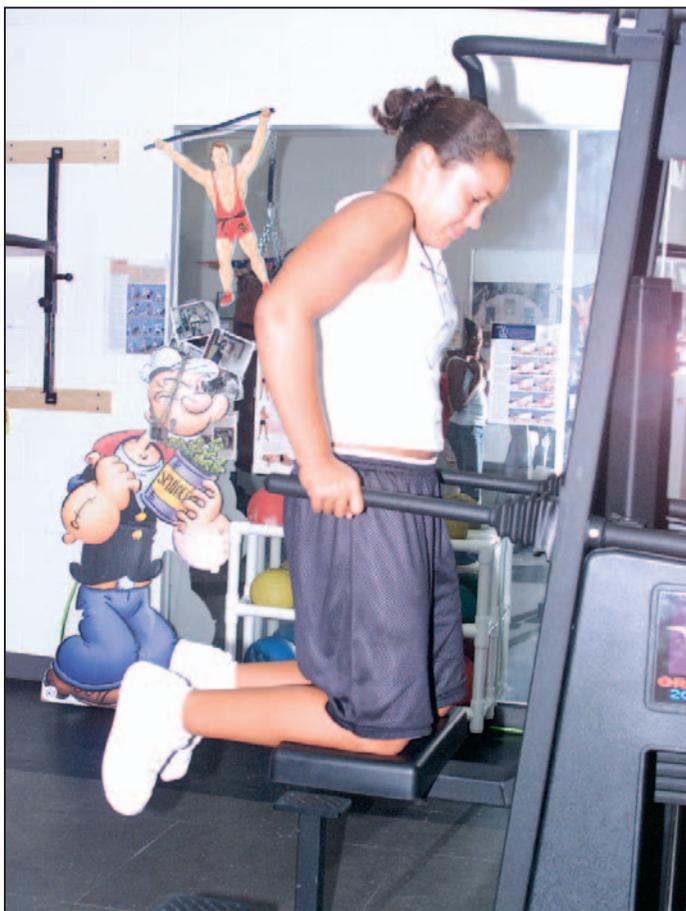
Come and ride on historic Turkey Creek Ranch, explore the beautiful meadows with majestic mountain views and bountiful wildlife. Take the family on an evening hayride and roast hotdogs and marshmallows over the fire. Bring the little ones for a pony ride or travel back in time with a stagecoach ride. Take a high adventure three-day pack trip to the high country or relax on an overnighiter in the foothills. Stable your private horse in the historic North Barn with two arenas, one round pen and 1,200 acres to ride on. Turkey Creek Recreation Area hours of operation are: summer hours, March 15 through Oct. 15, Wednesday - Friday 9 a.m. to 5 p.m. (with trail rides every 90 minutes), Saturday and Sunday 8 a.m. to 5 p.m. (riding lessons 8:30 - 10 a.m.). Winter hours, Oct. 16 through March 14, Wednesday Friday 10 a.m. to 3 p.m., by appointment only, Saturday and Sunday 8 a.m. to 3:00 p.m. (riding lessons January through February, 10 to 11:30 a.m.). Reservations recommended for trail riding, required for lessons, wagons, pony package, and special events. Please come by and visit or call 526-3905 for more information. We are located about 12 miles south of the main gate of Fort Carson on Highway 115. Turkey Creek Recreation Area features riding stables, along with many other outdoor activities.

PENROSE HOUSE, TURKEY CREEK RECREATION AREA

Throughout the 1970's the Penrose House and Turkey Creek Ranch were used by the Fort Carson Color Guard and Fort Carson Wildlife and Range Control officials. In the 1980's the Penrose House was dedicated to the Fort Carson Chaplains' office for use as a retreat center and in 1993 the Fort Carson Protocol Office took responsibility for the Penrose House. In 1996 the Penrose House at Turkey Creek came under the management of the Directorate of Community Activities (DCA). This facility is now available for offsite functions, recreation, reunions, weddings and other gatherings. The grand historic 936 square foot Great Room is perfect for informal meetings and social gatherings enhanced by a sandstone fireplace, original maple hardwood floor and spacious 14-foot high open beam ceilings. An open wrap around porch extends around the Great Room's north and west sides, making it easily



accessible through three sets of double French doors. Other amenities include a fully equipped commercial grade kitchen and four smaller rooms, perfect for additional meetings. The surrounding grounds offer a perfect setting for a unique wedding ceremony, company picnic or business retreat. Whether conducting business or socializing with friends, your event at the Penrose House will be memorable. Turkey Creek Recreation Area offers the house, the ranch, experienced staff, business and recreational amenities. Combined with the natural beauty and multitude of activities offered here, Turkey Creek rivals any other location for your special event. For information on the Penrose House call 524-0857 and call 524-0874 for TCRA.



OUTDOOR RECREATION COMPLEX

The Fort Carson Outdoor Recreation Complex is located in Bldg. 2429, on the corner of Specker and Wetzel Avenue. It has a wide variety of outdoor adventure programs for all members of our Fort Carson community. Our programs are designed for everyone, from beginner to expert. Monthly calendars detailing the specific offerings are available at the facility. The complex also features a 30-foot indoor climbing wall. Climbers must attend a certification class at the Outdoor Recreation Complex before they are allowed to climb. All equipment is provided. Other activities range from summer fun such as fly fishing, rock climbing and white water rafting to winter thrills which include cross country and downhill skiing, hunting and ice fishing. Classes, clinics, and guided trips are available for all of these high adventure activities and more. These trips are open to units as well as individuals. Instruction in, kayaking, canoeing and mountain biking are also offered. Also located in the com-

plex is an equipment rental center that offers everything from skis and poles to campers and boats. Fees are very reasonable. Outfitters offer high quality recreation equipment for sale. Across the street from the complex on Wetzel is our challenge course complete with an Alpine Tower and our archery Range. These facilities are available by reservation. Hours of operation are Tuesday through Saturday 10 a.m. - 5:30 p.m., closed Sunday, Monday and holidays. For more information, call 526-2083.

IRON HORSE MEMORIAL PARK

Iron Horse Memorial Park, located on Sheridan Avenue, is the multipurpose outdoor community recreation area. The park includes several playgrounds, picnic areas, grills, softball fields, basketball courts, and a fitness trail. A 1.2 mile multiuse trail for mountain bikers, hikers, runners and dog walkers is centered in the park. The trail continues off post to connect with the Santa Fe Trail in Security and Widefield. Iron Horse Park is the perfect place to have fun with your family or unit. An amphitheater is also available for various uses. Reservations to use park facilities may be made by calling 526-2083.

FITNESS CENTERS AND SWIMMING POOLS

Fort Carson has two swimming pools, 16 softball fields, three running tracks and six physical fitness centers. Exercise and weight lifting equipment, racquetball and basketball courts, saunas and hot tubs. These facilities provide an excellent environment for Fort Carson personnel to pursue their personal fitness goals. For more information and hours call:

- Forrest Fitness Center, Bldg. 1843, 526-2706
- Garcia Fitness Center, Bldg. 1856, 526-3944
- McKibben Fitness Center, Bldg. 1160, 526-2597
- Waller Fitness Center, Bldg. 2357, 526-2742
- Indoor Swimming Pool, Bldg. 1446, 526-3107
- Outdoor Swimming Pool, Bldg. 1231, 526-4456



SPORTS

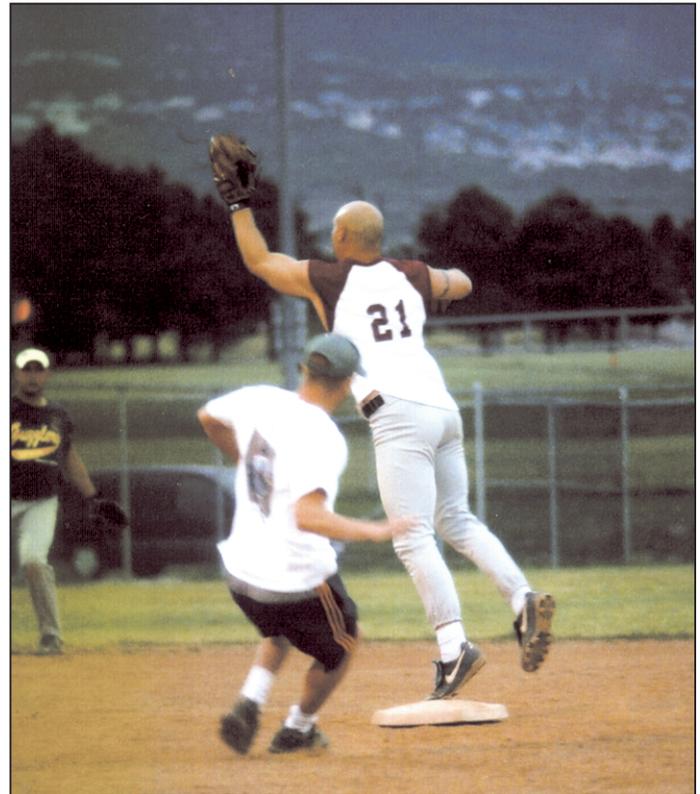
Intramural sports programs are available post wide in a number of different sports, including flag football, soccer, volleyball, basketball, and softball. Information can be obtained at any physical fitness center or by calling 526-6630.

BOWLING CENTER

The Fort Carson Bowling Center is located on Chiles Avenue, Bldg. 1511. The center features 36 synthetic lanes and computerized scoring at very reasonable price, as well as neon (black light bowling) with laser light shows. The Pro Shop provides expert sales assistance, as well as a full line of balls, bags, shoes and accessories for sale. Custom fitted ball drilling is also available. Color Pin Bowling as well as tournaments are held frequently at the Bowling Center. Hours of operation are Monday through Thursday 8 a.m. to 11 p.m., Friday 8 a.m. to midnight, Saturday 11 a.m. to midnight, and Sunday 11 a.m. to 11 p.m. (lanes open at 11 a.m.). The Ten Pin Cafe provides lunch and dinner specials along with a wide variety of menu items Monday through Saturday 8 a.m. to 10:30 p.m. Catering for groups is available. The Brass Rail Lounge provides snacks, karaoke, pool and darts, along with a wide screen TV for viewing major sporting events. For more information, call (719) 526-5542.

CRAFT SHOPS

The Community Craft Center located in Bldg. 1510, on Chiles Avenue, in the Mini-Mall offers a variety of creative opportunities for all to enjoy. Certified instructors are available to assist you with any questions you may have. There are classes for the beginner through advanced craftsmen in stained glass, matting and framing, ceramics, quilting, basket weaving and various other crafts. The Arts and Crafts retail store carries craft



materials such as ceramic glazes, stained glass, framing, matting, and green ware supplies. Trophies, plaques and other awards are available from the custom awards shop located in the center. Hours of operation are Wednesday through Friday 11 a.m. to 6:30 p.m., and Saturday and Sunday 9 a.m. to 4:30 p.m. For more information, call (719) 526-0950.

WOODWORKING

The Smith Woodcraft Shop is one of the finest wood-working facilities in the military. Weekly Woodshop Safety Orientation classes and monthly classes are scheduled for a variety of woodcraft projects designed to teach various woodworking techniques.

Shop instruction specialties are Southwestern furniture and woodturning. The wood lathe in most military woodshops stands covered with dust, but our shop is the exception. Cutting boards, chess/checker boards, entertainment centers, bookcases and speaker boxes are just a few of the items that our customers enjoy "doing themselves." Come by and visit us in Bldg. 2426 near the corner of Polio Street and Wetzel Avenue and put your skills and creativity to work! Hours of operation are Wednesday 1 p.m. to 8:30 p.m. (close at 7 p.m. for Shop Safety class), Thursday and Friday 1 p.m. to 8:30 p.m., and Saturday and Sunday 9 a.m. - 4:30 p.m., closed on Mondays and Tuesdays. For more information call 526-3487.



Country singer, Tim McGraw, greets the crowd at a special free concert to the Mountain Post team members.

BOSS

Better Opportunities for Single Soldiers program and events. For information call 524-BOSS.

RECREATION PROGRAMS

For information on Special Events and programs, call 526-2583.

AUTO CRAFT CENTER

The Auto Craft Center is located on Wetzell Avenue, Bldg. 2427, and offers 33 work bays with affordable fees. Whether you need to rebuild an engine, change tires, do an oil change, work on your motorcycle, or touch up your car with a little bodywork and paint, you can do it with competitive rates and have a certified instructor for any questions or assistance. Full lines of automotive necessities (oil, oil filters, spark plugs, antifreeze, brake fluid and more) are at your fingertips when working on your vehicle. Stop by and let our skilled technicians show you the customer service you deserve! We are also proud to promote our Full Service Auto Painting facility. Automotive finishes available in every color, alternate color matches for your precise finish, complete color formula programmed equipment and a computer database for every domestic and imported auto awaits you! Operating hours are Wednesday through Friday 10:00 a.m. to 8:30 p.m., and Saturday and Sunday 9 a.m. to 4:30 p.m., closed Monday and Tuesday. For more information call 526-2147.

USED CAR SALES FACILITY

Located in the parking lot of Bldg. 1510 (Mini-Mall) this facility may have the car you're looking for. If you're interested in selling your vehicle and looking for a great place to show it, this is it! For more information, or for a permit to place your auto in this parking area, contact the Abandoned Vehicle Lot Office, Bldg. 3660, at 524-1146. Hours of operation are Wednesday through Friday 10 a.m. to 6 p.m., Saturday and Sunday 8:30 a.m. to 4:30 p.m.

INFORMATION TICKETS AND REGISTRATION (ITR)

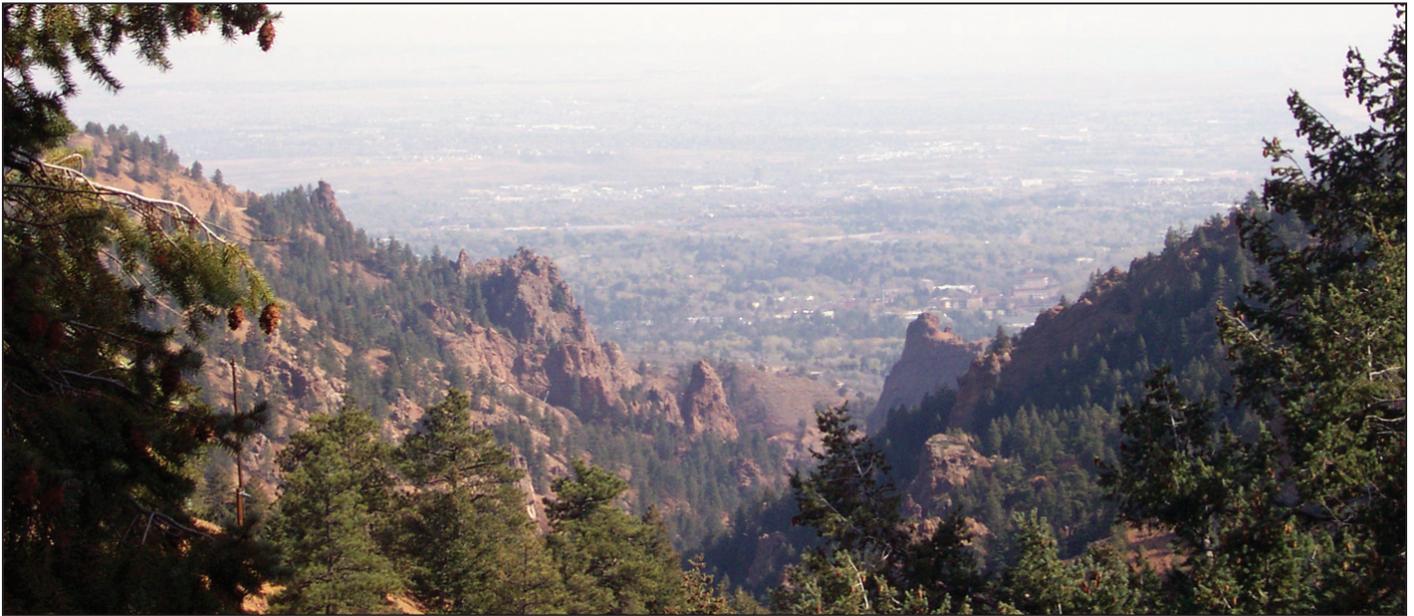
The ITR Office offers a variety of discount tickets on everything from upcoming concerts to attractions - Disney World, Elitch Gardens, as well as tickets for professional sporting events such as the Denver Broncos, Nuggets and Avalanche, as well as Sky Sox Stadium and Air Force Academy events. Military discount tickets to out of state attractions such as Universal Studios and Six Flags are available, as well as discounts for lodging in locations throughout the United States. Hours of operation are Tuesday through Friday 9 a.m. to 5:30 p.m. and Saturday 9 a.m. to 1 p.m., closed on Sunday and Monday ITR is located in the Outdoor Recreation Complex, for more information on tickets and registration, call ITR at 526-5366.

LIBRARY

Grant Library is a full service library open 7 days a week, located in Bldg. 1528, on Flint Street across from Founders Plaza. In addition to a full book selection, you can checkout a varied selection of DVD movies, CD's, books on tape, and educational as well as children's videos. Popular magazines and newspapers are also available. A separate Children's Room has books, magazines, tapes and four computers with fun games and stories for them to enjoy! A weekly Story Time Program for preschoolers takes place on Wednesdays at 10:30 a.m., September through May. In addition to the computers hosting the online catalog and other resources, the Library has Internet and MS Office computers available. Come check out Grant Library for an endless, free, source of entertainment, information and education! Hours of operations are Monday through Thursday 11 a.m. to 8 p.m., Friday 11 a.m. to 5 p.m., and Sunday 10 a.m. to 6 p.m. For more information, call 526-2350.



Surrounding Communities



A view of Colorado Springs taken from the top of beautiful Cheyenne Mountain.

COLORADO HISTORY

What is now called Colorado was originally part of New Spain. The Spanish heritage lingers on in the names of cities and places, particularly in Southern Colorado. The Sangre de Cristo Mountains, (Blood of Christ Mountains), and Trinidad, named for the Trinity, are examples. Colorado is the Spanish word for the color red. The name is taken from the red-colored river, the Colorado. The Spanish heard from the Indians that there was gold in the mountains, but did not search for it. As the Spanish claim became weaker, the area was ceded to France. The French heritage can be traced through names remaining on Colorado maps, such as Lafayette, LaSalle and Louviers, mainly in the northern part of the state.

After the United States purchased the Louisiana Territory from the French, in 1803, Lieutenant Zebulon Pike was sent to explore the new piece of real estate for his country. While in the area, Pike tried and failed to climb the mountain named after him. He reported that no one would ever climb that mountain and that there was a good possibility of gold in the area.

In 1858, settlers from the east were drawn to the area, in search of gold. In 1859, the El Paso Claims Club was formed to establish law and order in the territory. The club also laid out Colorado City and started selling building sites. Colorado City residents made their living off the miners and small settlements in the mountains, selling provisions and entertainment.

COLORADO SPRINGS

Colorado Springs is the second largest city in Colorado and one of the fastest growing cities in the nation. Founded in 1871 by General William Jackson Palmer, the city was planned to attract people of means and social standing, "good moral character and strict temperance habits." Since the wide-open town of Colorado City was right next door, with its saloons and "working ladies," the general did not have quite the impact on the Pikes Peak area that he would have liked.

The region prospered when gold was discovered in nearby Cripple Creek in 1891. The Springs became a depository and a favorite residence of those with new-found wealth.

Following the decline of the Cripple Creek gold fortunes around 1909, the Colorado Springs economy declined. Civic-minded leaders were determined that tourism would be the city's new gold mine. Led by Spencer Penrose, who built the beautiful Broadmoor Hotel, the city rapidly capitalized on its beauty. Colorado Springs quickly became a resort town.

As tourism declined due to the depression and the beginning of World War II city leaders again looked for a means to save their beautiful city. This time it was decided that a military camp was the answer. Congress approved the establishment of a camp in 1942, and almost overnight, Colorado Springs had more soldiers than residents.



Denver's Invesco Field is home to the Denver Broncos.

That was the end of the city as a sleepy little tourist town and the beginning of the city that has been referred as the "Military Hub of the Nation." Since Camp Carson was built in 1942, Colorado Springs has become the home of Peterson Air Force Base, the United States Air Force Academy the North American Aerospace Defense Command (NORAD), Falcon Air Force Base, and the Consolidated Space Operations Center (CSOC). In return these commands have attracted the country's high tech industries to the Springs. Colorado Springs' current population is approximately 464,000.

DENVER

Denver, Colorado's state capital, is about an hour's drive north of Colorado Springs on Interstate 25. Founded in 1858 by General William E. Larimer, the city's fortunes rose and fell with the gold strikes in the nearby Rocky Mountains.

Denver's rise to eminence on the Front Range was a hard fought battle. Cities such as Colorado Springs and Central City bitterly contested the choice of Denver as the capital.

The history of Denver is rich in fact and folklore, shaped by a beautiful cast of characters whose names are legends in the west. Madams, like Jennie Rogers, owned the most beautiful residences and miners who struck it rich formed high society. Denver was nourished to maturity by a rapidly growing Rocky Mountain empire. Today, the city consists of a five-county metropolitan area with a population of more than 2 million people.

Approximately 500,000 people live within the city limits of Denver. Following a wild beginning when the city's livelihood was based on a strike-it-rich or bust economy, Denver is now the market center of the Rocky Mountain region.

Denver has become a center for music, art, education, sports, outdoor recreation and entertainment in

Colorado. Performing arts, exhibitions and conventions are held in the Denver Coliseum, the National Western Complex, the Denver Center for the Performing Arts.

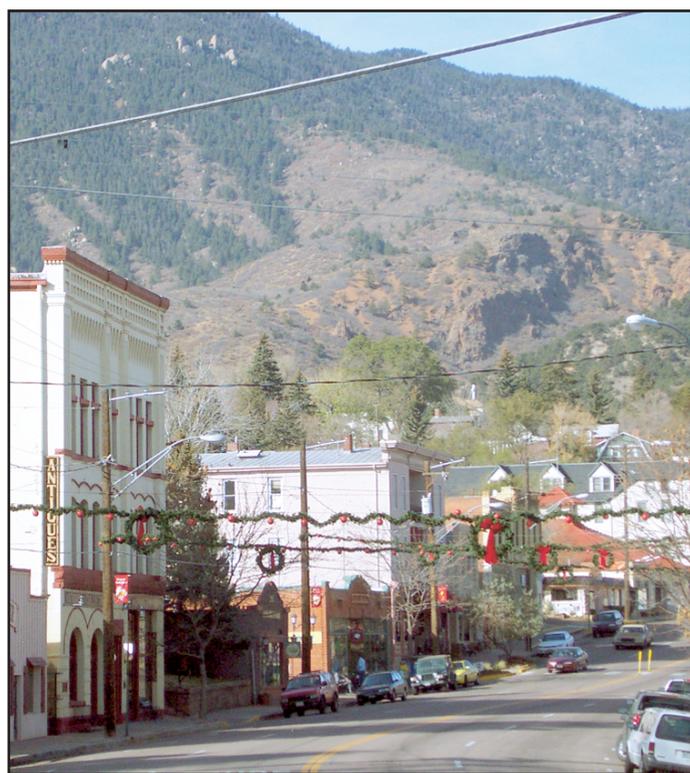
Denver supports professional basketball, football, baseball, hockey and soccer teams. The Sports Complex off Interstate 25 includes Invesco Field at Mile High Stadium and the Pepsi Center, which hosts other events such as ice shows and concerts throughout the year.

The Denver Art Museum, Denver Botanic Gardens, Children's Museum, Denver City Park and Zoo, Museum of Natural History, Gates Planetarium, The Denver Mint, Governor's Mansion, Pioneer Museum, the National Western Stock Show and the Red Rocks Amphitheater all offer a variety of entertainment for the entire family.

MANITOU SPRINGS

Before the coming of miners, gamblers, speculators and the like, the area of beautiful rocks, canyons and natural springs, located at the base of Pikes Peak, was sacred to many Indian Tribes. The Indians believed that the water had supernatural powers and attributed these powers to the "Manitou." Roughly translated it means "Great Spirit of Natural Phenomena."

The white man believed that the springs had a great power too and proceeded to develop the area into a successful health spa. Manitou Springs, in the late 19th century was a leading national spa with the tourist trade as the main source of income. Recently named a Historical District, the city's Victorian architecture and rustic charm continues to attract visitors from around the country.



Manitou Springs is where the famous Cog Railway resides with regular trips up to Pikes Peak.

CRIPPLE CREEK/VICTOR

People always knew that there was gold in the mountains. That's why so many spent so much time looking for it. But it wasn't until 1890, when a prospector named Bob Womack made the first big strike in Poverty Gulch that the real gold rush was on. Overnight, 12 towns sprang into existence. Cripple Creek grew from nothing to a population well over 60,000. Everyone wanted gold and was determined to strike it rich.

It's hard to imagine that mad and crazy scramble now. All but two of the towns are gone. As for the mines, the Molly Kathleen and the El Paso, the only two working mines, are still looking for the mother lode.

The rest of the mines have disappeared like the towns. Some of the mines are still open for tours.

Cripple Creek residents have decided that there's gold in "them there tourists and gamblers." Much of the town has been restored and turned into low-stakes gambling casinos. Both visitors and residents have a lot of fun reflecting on the gold rush days.

Victor, the other surviving settlement, is a sleepy dusty little town near Cripple Creek. On a quiet afternoon, with a little imagination, it is easy to see the ghosts of dance hall girls and miners, drifters and storekeepers, all after elusive wealth.

The Cripple Creek-Victor area is still an active mining district. Investors from all over the world have become interested in the renewed exploration and mining activity. Any day now someone could strike it rich and the rush will be on again. After all, there's still gold in those mountains.

FOUNTAIN

Founded in 1859 and incorporated in 1903, Fountain is the oldest community in the Pikes Peak area. A supply center and refuge for the early settlers, little remains of the original town.

The city, located east of Fort Carson, is a popular choice of residence for people who work at the Mountain Post.

Widefield and Security are two unincorporated communities between Fountain and Colorado Springs. The small town atmosphere and close-in location make these popular areas to live in.

PUEBLO

The city of Pueblo, located 40 miles to the south of Colorado Springs, takes its name from a fortification built there by fur traders in 1840. The Fort was called "El Pueblo."

Today Pueblo is a highly diversified metropolitan area with a population in excess of 125,000. Pueblo offers a variety of cultural events such as performances by the Pueblo Civic Symphony, City Park band concerts, Broadway Theatre League and the University of Southern Colorado concerts.

For more than 100 years, Pueblo has been the home of the Colorado State Fair. The event attracts close to one million visitors each year. An array of the nation's top entertainers is on hand at each fair. Parimutuel horse racing, rodeo performances, and All-American horse show and numerous exhibits delight both the young and old.



Cripple Creek, historic gold mining town and gambling village, is at an elevation of over 9,000 feet.



Area Attractions



Skiers make tracks in Rocky Mountain champagne powder.

SKIING

There's a story going around that everyone in Colorado skis. Not true, but even most of those who don't ski love weekends at one of Colorado's internationally-known resorts. Best of all, most of the ski areas are within a reasonable drive of Colorado Springs. In alphabetical order, including distance in miles from Colorado Springs, they are: Arapahoe - 135, Aspen - 260, Berthoud Pass - 127, Breckenridge - 105, Buttermilk Mountain - 262, Conquistador - 70, Cooper - 140, Copper Mountain - 130, Crested Butte - 207, Cucharra Valley - 110, Geneva Basin - 108, Hidden Valley - 146, Idlewild - 139, Lake Elderod - 108, Loveland Basin - 126, Loveland - 126, Keystone - 135, Monarch Pass - 130, Powderhorn - 244, Purgatory - 314, Shark Tooth - 122, Silver Creek - 150, Snowmass - 270, Steamboat - 232, Sunlight - 249, Telluride - 297, Vail - 152, Winter Park - 135, Wolf Creek - 217.

With the large number of ski areas to choose from, you are sure to find one that suits your skill and budget. Don't forget to check with the Fort Carson Information, Tour and Travel Office for discount coupons and specific information.

PIKES PEAK REGION

Every year countless pleasure-seeking tourists discover that Pikes Peak Country is filled with great things to do. For more than a hundred years, the region has been a Mecca, attracting people in search of gold, health and the natural scenic beauty. For more information, call the Fort Carson Information, Tour and Travel Office at (719) 526-5366/2989 or the Colorado Springs Tourist Bureau, (719) 635-7506 or 1(800) 368-4748.

PIKES PEAK

Zebulon Pike never climbed "his" peak but another famous explorer, Fremont, built the first trail to its 14,110 foot summit in 1843. After visiting the summit of the "Peak," Katherine Lee Bates went back to her hotel room and wrote the words to "America the Beautiful."

The Pikes Peak Cog Railway was completed in 1891. Visitors to the Colorado Springs area can take a scenic three-hour trip up Pikes Peak on the railway. The railway which rises 7,158 feet in nine linear miles, has the distinction of reaching the highest altitude of any scenic railway in the world. The old, puffing steam engines have been replaced by powerful diesel engines. Reservations are highly recommended. Reservations and Information for the Cog Railway can be obtained by calling (719) 685-5401.

In 1916, an auto road was completed to the summit and today several hundred thousand people make the 19-mile trip to the summit each year.

The annual Pikes Peak Auto Hill Climb features championship race cars and late-model stock cars competing for the Race to the Clouds championship up the Pikes Peak Highway.

GARDEN OF THE GODS

The Garden of the Gods is a beautiful view of Mother Nature at her best. Located off of Highway 24 on 30th Street, the park contains hundreds of natural rock formations such as Kissing Camels and Balanced Rock.

Visitors are allowed to drive through the area on the roads or hike on the many trails throughout the park.

SEVEN FALLS

North of the Broadmoor Hotel on Mesa Road is Seven Falls. It is one of the area's most famous natural wonders. A clear mountain stream plunges 300 feet down over seven separate falls.

WILL ROGERS SHRINE AND THE CHEYENNE MOUNTAIN ZOO

Drive west to the Broadmoor Hotel and follow the signs to the Cheyenne Mountain Highway. The highway winds through the Cheyenne Mountain Zoo. The zoo is well known as one of the finest small zoos in the world. Started by Spencer Penrose, the animals were originally kept on the grounds of the Broadmoor Hotel. Penrose moved his pets to make room for a golf tournament.

If you continue to follow the highway, you will come to the Shrine of the Sun. The shrine, dedicated to Will Rogers by his friend Spencer Penrose, has a breathtaking view of the plains and mountains. Spencer and Julie Penrose are buried at the shrine.

UNITED STATES AIR FORCE ACADEMY

The United States Air Force Academy is Colorado's leading tourist attraction. The USAFA, where the United States Air Force trains its future officers, is highly regarded as one of the nation's top universities. The academy boasts sights such as the Cadet Chapel, the planetarium, a B-52 static display and airmanship overlook.

The USAFA sports teams are generally among some of the best in the Mountain West Conference.

The Cadet Chapel is open for tours Monday through Saturday from 9 a.m. to 5 p.m. and on Sundays from 1 to 5 p.m. The Chapel may be closed for special services from time to time, so call (719) 333-2025 for more information.

For more information on the Air Force Academy visit the USAFA Visitor's Center or call at (719) 333-2025.

ROYAL GORGE

Follow U.S. Highway 115, south to U.S. Highway 50, then head west to Canon City. The road winds through Dead Man's Canyon over Rainbow Trail to the famous Royal Gorge and the world's highest suspension bridge. The bridge rises 1,053 feet above the Arkansas River. Breathtaking rides include the incline railway to the canyon bottom and the aerial tram spanning the Royal Gorge.



Children enjoy the giraffes, and other animals, at the Cheyenne Mountain Zoo.

CAVE OF THE WINDS

Cave of the Winds is one of America's most spectacular prehistoric natural wonders. The caverns started forming more than 200 million years ago. As time passed, stalactites, stalagmites and other formations formed. The Cave of the Winds was discovered in 1881, when two brothers discovered the cave while on a church picnic.

Tours along the Cave's Discovery Trail are available everyday from 9 a.m. to 8 p.m. in the summer, and from 10 a.m. to 5 p.m. in the winter.

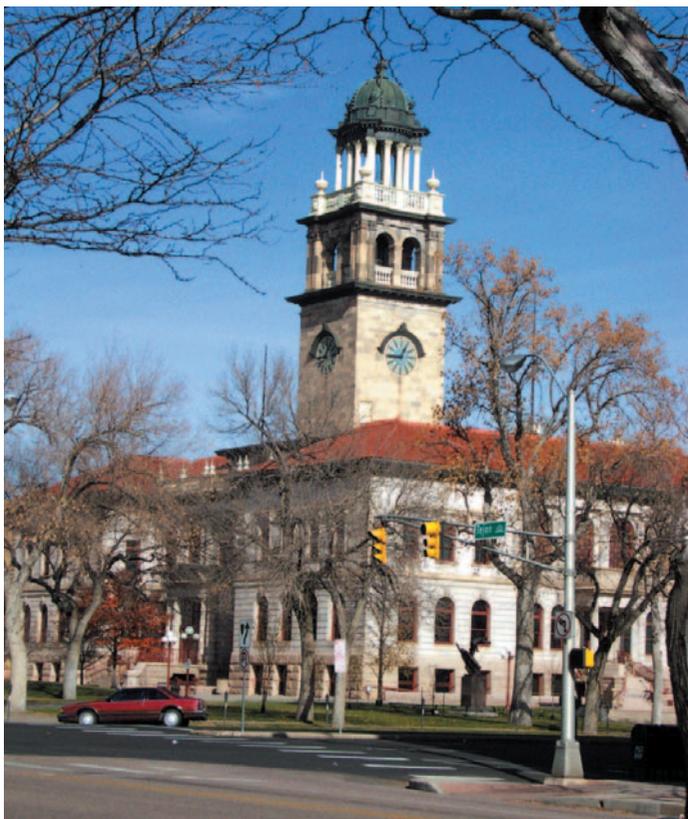
Cave of the Winds also has a spectacular laser light show called "Legends of the Night," which is held after dark each night from May 1 through Labor Day Weekend. The show uses the cliff faces as a screen to project upon.

The cave is the highest in the world open to the public. Cave of the Winds is open year round and is located four miles west of Colorado Springs on U.S. highway 24 near Manitou Springs. Call (719) 685-5444 for more information.

NORTH POLE/SANTA'S WORKSHOP

The North Pole is an amusement park located just west of Colorado Springs on Highway 24. The park makes it possible to experience Christmas every day of the year with its Christmas carols, elves, storybook characters and Santa himself.

At the North Pole, visitors can ride the world's highest Ferris Wheel and Carousel, as well as many other rides.



The Pioneer Museum is among one of the Colorado Springs downtown area attractions.

AREA MUSEUMS

The Pikes Peak region offers a wide variety of museums. Since some are seasonal and hours change, it's best to call before visiting. Be sure to check with the Fort Carson Information, Tour and Travel Office for discount tickets.

MANITOU CLIFF DWELLINGS MUSEUM

Built at the turn of the century in 1907, when traveling was difficult, the museum brought the wonders of the cliff dwellings to Colorado Springs. The museum portrays the lives and architectural achievements of the Anasazi Indians during the Great Cliff Dwelling Period, from 1100 to 1300 A.D. West on U.S. Highway 24, near Manitou Springs, 685-5242.

PIONEER'S MUSEUM

The museum is a tour into the past of Colorado Springs. History comes alive through period rooms featuring furniture, clothing, tools, firearms, toys, medical encirclements and medicines. Each Museum also has a wide variety of rotating exhibits each year at 215 South Tejon St., Colorado Springs 578-6650.

PRO RODEO HALL OF CHAMPIONS AND MUSEUM OF THE AMERICAN COWBOY

The history of the cowboy from his origin to the modern rodeo cowboy is presented in multimedia displays and exhibits. The museum also features an outdoor garden with rodeo livestock. It is located at Interstate 25, Exit 147, Colorado Springs, 593-8840.

WORLD FIGURE SKATING HALL OF FAME AND MUSEUM

The Hall of Fame honors National and International skaters. The museum features art, artifacts, costumes, national /international medals and trophies from the 16th century to the present day. Also on display at 21st St., Colorado Springs are books and other documents on skating. Call 635-5200 for more information.

COLORADO SPRINGS FINE ARTS CENTER

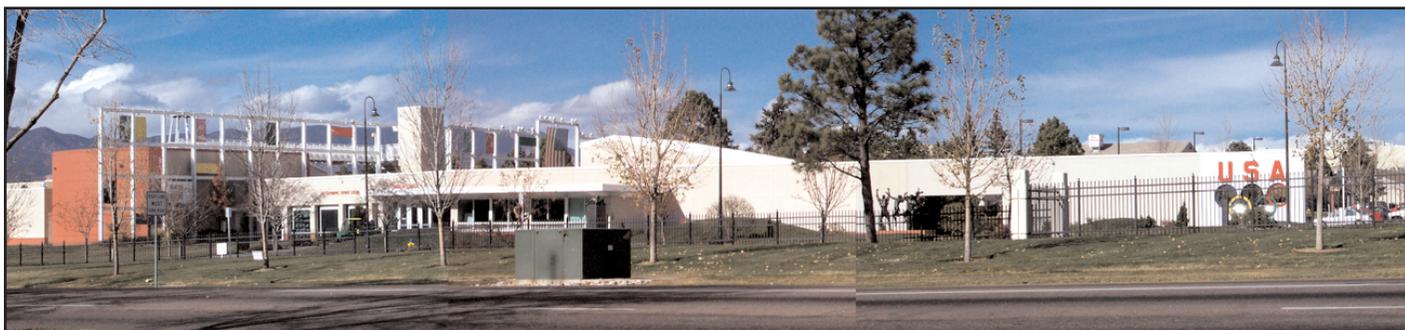
The Colorado Springs Fine Arts Center houses not only two unique museum collections, but also a theater, a music and lecture room and an art library. The museum gallery sale features fine books, prints, jewelry and artifacts of the West. For more information, call 634-5581.

NATIONAL PARKS

Whether your interests are in the sheer scenic wonder of Colorado or the fascinating history of the state, you will find plenty of both in Colorado.



The Colorado Springs Fine Arts Center.



The Colorado Springs Olympic Training Center located near the downtown area.

ROCKY MOUNTAIN NATIONAL PARK

Colorado's number one vacation attraction consists of 410 glacially carved square miles, abundant wildlife, wildflowers, lakes and mountain peaks. Trail Ridge Road, the highest continuous paved highway in the U.S., is located in the park.

MESA VERDE NATIONAL PARK

In the southwest corner of the state, not far from the New Mexico border, are the ruins of a culture, which disappeared before Columbus discovered America. Called the Anasazi, "the old ones" by the Indians, this culture survived in the area for hundreds of years. The Anasazi culture, at its peak about 1300 A.D., built a series of cliff dwellings in the sides of mesas and canyons. The ruins can be visited using ropes and ladders maintained by the park service.

NATIONAL FORESTS

Colorado has 10 National Forests and there is no charge for using the land, except for camping fees. For information on hunting and fishing, contact the Fort Carson Outdoor Recreation Division at 526-2083 for more information and keep in mind that the post's Community recreation Division sponsors many trips to these beautiful areas.

SKY SOX

The Sky Sox are a minor league affiliate of the Colorado Rockies. Playing in the Class Triple A Pacific Coast League, the Sox are usually in contention for the league title, making for many exciting summer nights. The Sky Sox play from April to September in the world's highest professional baseball park.

Tickets for the Sky Sox can be purchased at the Sky Sox Stadium, which is located at 4385 Tutt Ave., either before the game, or at the gate. For more information, call (719) 597-1449.

OLYMPIC TRAINING CENTER

Some of the best amateur athletes in the country train in Colorado Springs at the Olympic Training Center.

The OTC is home to over 150 athletes, representing 10 sports. Each year, more than 7,000 athletes train or compete at the center.

The OTC is also home of the US Women's Basketball Team, which represented our country in the 1996 Olympics in Atlanta.

Tours of the complex are available seven days a week. Tours are an hour and a half long and include a walking tour of the complex and a short film. The hours of operation in the summer are Monday Saturday, 9 a.m. - 5 p.m. and Sunday 10 a.m. - 4 p.m. The winter hours are Monday - Saturday, 9 a.m.-4 p.m. and Sunday noon - 4 p.m. For tour and event information, call (719) 528-4644.

GOLF COURSES

For the golfer visiting or living in Colorado Springs, the area is home to 17 golf courses, of which 5 are public.



There are many golf courses in the Colorado Springs area.