



News

Child care rates to increase, effective Dec. 15, for Fort Carson Child Development Centers.

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Holiday hours

Check out the extensive listing of holiday hours and events for Thanksgiving, Christmas and New Years including listings for Army and Air Force Exchange Service and Directorate of Community Activities.

Page 11

Happenings



3rd Cavalry Museum opens new exhibit tracing 152 years of cavalry history.

Page B1

Severe weather hotline

Fort Carson community members can check reporting times and post closure status by calling the severe

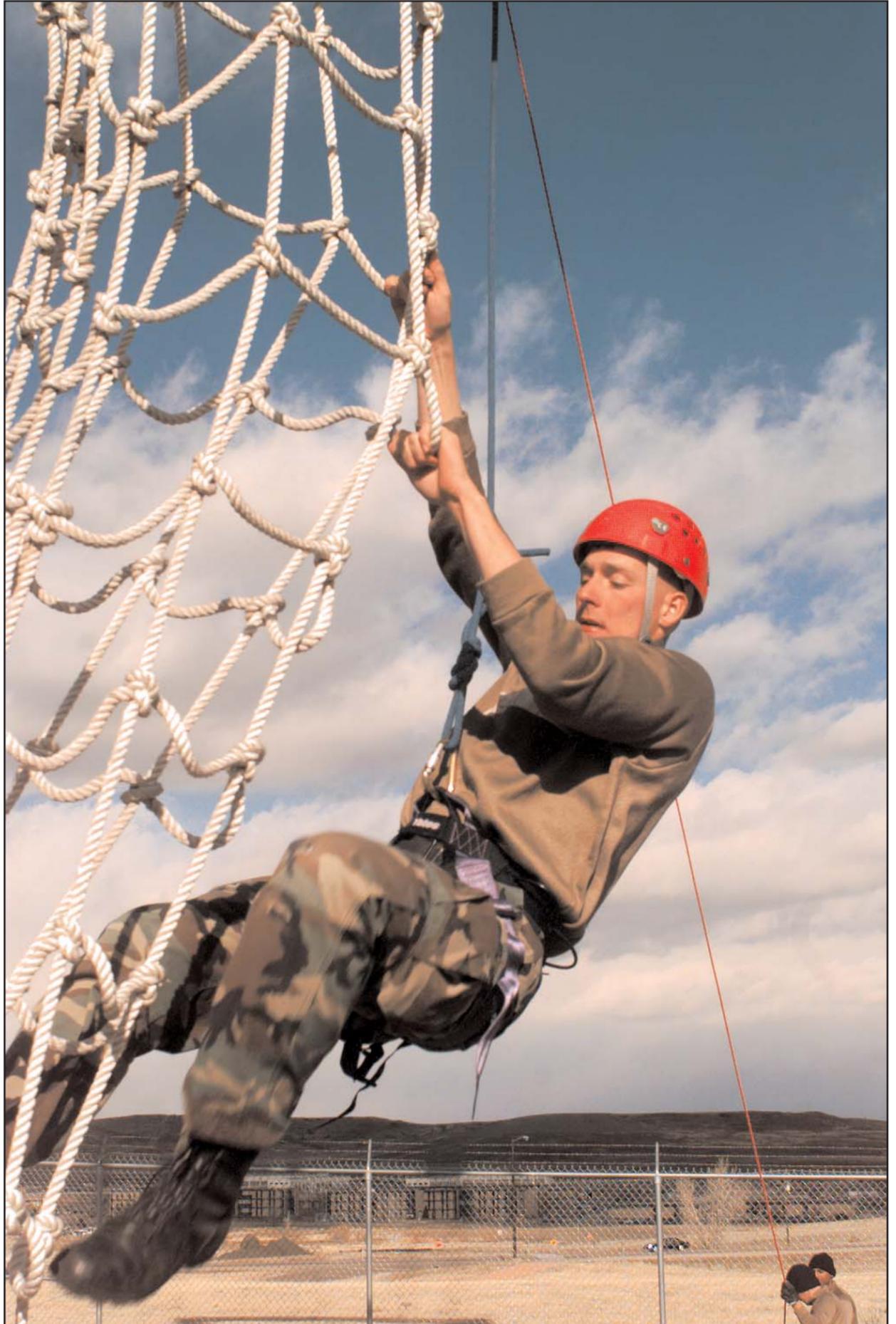


Photo by Spc. Bryan Beach

Private 1st Class Kevin Pearson, 1st Battalion, 68th Armor, climbing Alpine Tower Nov. 19.

1/68th takes on the tower

by Spc. Bryan Beach
Mountaineer staff

The clock is ticking. A radioactive leak in the nuclear reactor of the space station has put everyone's life in danger. There is only twenty minutes to get everyone to safety. Everyone crams into the airlock and looks out upon the vast emptiness of space. Out there could be salvation, or a nightmare for anyone who takes one wrong step and is hurled off into nothingness. There are several blocks which must be used to get to safety. There must be human

contact with the blocks at all times or they will quickly fly out of reach. Better hurry, the clock is ticking.

This may sound like a scene from a science fiction story but actually it's closer to an exercise soldiers from 1st Battalion, 68th Armor experienced at Alpine Tower Team Building Complex Nov. 19.

There are certain scenarios like the rescue exercise we put the soldiers through, said

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Commanders



Riggs

“... we at the Mountain Post have reason to be extra thankful ...”

Since we were children, we've heard about the first American Thanksgiving. In 1621, the Pilgrims shared a bountiful feast with Native Americans, giving thanks for their survival, their new land and the foods they were able to grow and gather for the feast.

A day of thanksgiving was not originated by the pilgrims. Indeed, a day of "thanksgiving" in the autumn is celebrated by many countries, though perhaps called by other names. But it seemed appropriate to those hardy people who had set sail from Europe for the new world; who had weathered a harsh winter and reaped a plentiful harvest to celebrate and offer thanks. That first feasting and celebration went on for three days.

It wasn't until President Lincoln proclaimed "a day of thanksgiving and prayers" in 1863 that it became an official day for Americans. He renewed the proclamation each year as did the presidents who succeeded him, until 1941, when the day of Thanksgiving became law.

In America, Thanksgiving has taken on a "family" tone — a day for family reunions, a gathering of friends, touch football in the front yard or football games on television and the sharing of a tradi-

tional meal.

As we celebrate Thanksgiving this year, let us remember those of our Mountain Post family who aren't able to gather around the dinner table or the television because they are deployed to Europe, to Kuwait or other locations. Consider inviting single soldiers who can't celebrate Thanksgiving with their families into your home for the holiday. Let us remember those families the soldiers left behind in our community. Add them to your "list" of family and friends to invite to your Thanksgiving table.

In the tradition of giving, soldiers from 3rd Brigade Combat Team will prepare 280 turkeys, 1,200 pounds of potatoes and 15 cases of green beans for the 11th Annual Community Holiday Dinners of Colorado Springs.

In the spirit in which Thanksgiving was established, we should be thankful for the bountiful life and freedom we enjoy. The gift of freedom is secured by the sacrifices of men and women in service to their country — from the Minutemen to today's soldiers — serving their nation to keep it free.

At Fort Carson, we have much to be thankful for — the clean air we breathe, the snowcapped mountain setting, and the handsome post where we serve. This year the post was selected as the Army Community of Excellence. We've recently added new barracks, a new child care center and improvements are underway on the barracks in the banana belt area - much to be grateful for.

As we think about the many blessings we have, we at the Mountain Post have reason to be extra thankful — thankful for the community outpouring of support we received, both military and civilian, when Soldiers' Memorial Chapel experienced a

Thanksgiving

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10th Speical I

Breakfast

Lunch

p.m.

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Memorial Chapel w
ceremony Dec. 21 a
thankful for!

I invite you to j
Service at Provider
well as for the Sold
cutting Dec. 21.

Proud to serve!

Top leaders wish Army team happy Tha

Editor's note: the following is the 1998 Thanksgiving Day message issued jointly by the Secretary of the Army, and the Army Chief of Staff.

At this time of Thanksgiving, when many are able to pause from their busy lives to enjoy a day of rest, relaxation, and fellowship with family and friends, we also reflect on the contributions of the soldiers in America's Army.

On that first Thanksgiving long ago, the European pilgrims gave thanks for the bounty of the new

from tyranny and religious persecu-
tion. It would be more than 150 years
before their descendents, the soldiers
of the Colonial Army, fought a war to
establish a free nation. Throughout
our history since that time, you, the
heirs of those early soldiers, have
maintained the rights we enjoy as
American citizens. In your oath to
uphold and defend the constitution,
you literally put your lives on the line
for freedom.

Today, freedom-seeking people
all over the world enjoy the benefits

about 20,000 of you are away from
your families, serving in more than 80
countries. Far from the comforts and
joys of your Thanksgiving tables at
home, you are deployed in Europe,
the Middle East, Africa, Asia, and
Latin America. We give you thanks,
and a grateful nation gives you
thanks.

We who lead the total Army team
understand the cost of the benefits in
human terms which you provide the
citizens of our land. You, our soldiers,
are the nation's insurance policy. It is

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News



Four miles, no sweat

Left: Major Gen. John M. Riggs, commanding general, led Command Sgt. Maj. George D. Ponder, post command sergeant major, and lead Fort Carson soldiers on the "1998 Operation Turkey Trot Instant Run," Nov. 23. The run was approximately four miles in length, from Berkeley, from Ellis to Titus, and up Magrath Avenue, from Titus to the end of the street. Above: Soldiers clap their hands and cheer as they pass the command stand before the commanding general and post command sergeant major.

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'Smokeout' display draws q

by Nel Lampe
Mountaineer staff

Before all the material was set up in the front of the Post Exchange Nov. 19 for the "Great American Smokeout," people were asking questions. Lieutenant Col. Daniel Lavin, Dental Activity and Sandra Ensmann of the Wellness Center, distributed materials about tobacco cessation and smokeless tobacco risks. Lavin gave out free samples of a non-tobacco substitute, called "mint snuff."

He demonstrated a model, "Mr. Dip Lip" which graphically showed what can happen to smokeless tobacco users' teeth and gums.

"There's sugar in smokeless tobacco," Lavin pointed out, "which can cause decay on the teeth. That's not a problem, however, because thousands of people live every day without teeth." It's the oral cancers that are serious, he said.

"We're trying to do a service for the military members and their families," he said, explaining why the table was set up at the PX.

"If people can get through today smoke free, maybe they'll be on their way to a smoke-free life."

Family members stopped by to pick up samples of the tobacco-free substitute, such as Melissa Flamming.

Staff Sgt. Jeffrey Cole, of the 3rd Battalion 10th Special Forces Group,



Sandra Ensmann of the Wellness Center, left and Lt. Col. Daniel Lavin, Dental Activity, are setting up for the "Great American Smokeout" at the Post Exchange.

stopped by the table to report that he had stopped smoking last week. and although this was his second try to stop smoking, "I'm going to be successful this time," he said. Cole said he had lost two grandparents to lung cancer. "It's going to kill me (if I don't quit)," Cole said. Ensmann passed along encouraging words and some tips to assist Cole.

"Drink lots of water, take a

walk," she said.

Staff Sgt Roger Fortner, Charlie Troop, 1st Squadron 3rd Armored Cavalry Regiment, stopped dipping tobacco that day. He stopped by to share his decision. "I'm chewing lots of sunflower seeds," he said. Ensmann advised Fortner that popcorn was a better substitute because there's less fat in popcorn.

A retiree stopped by to tell his

success after 30 years of smoking. He was proud of his decision to stop smoking. Other people who stopped by to pick up materials for the "Great American Smokeout" were also encouraged by the staff. A retiree stopped by to tell his

Community

Community gets taste of Native American culture

by Pfc. Socorro A. Spooner
Mountaineer staff

The Thanksgiving dinner PowWow Saturday offered an opportunity to learn about Native American history, authentic costumes and enjoy a Thanksgiving dinner all for free at the Post Field House.

The event which was presented by the Fort Carson Equal Opportunity Office, U. S. Air Force Academy, and the Lone Feather Council, offered a little something for everyone. Not only was there authentic Native American jewelry and clothes for sale. There also was authentic Native American music Compact discs and tapes available for sale during the PowWow. The special guest of the PowWow was Junior Miss Indian Colorado Brittney Marris, daughter of Sgt. H. G. Marris, Headquarters, Headquarters Detachment, 4th Personnel Service Battalion. Brittany offered words of encouragement to the children in attendance to stay in school.

The PowWow began with a Gourd dance, then transitioned into a two-hour, all-you-can-eat Thanksgiving dinner with all the trimmings and, finally, ended with displays from different tribes during the grand entry portion of the PowWow. As part of the grand entry portion, members of different tribes performed in



Above: Head elder of the Lone Feather Council holds the American flag and the colors at the PowWow.

Fort Carson holiday decoration guide

Fort Carson Public Affairs office

During the holidays, give those light switches, ovens and other energy using devices a break. The holidays may inspire many to light up their homes with decorations, however, don't let that spirit mask the continued need to conserve energy.

All holiday decorations, indoor and outdoor, electric and non-electric, need to be in accordance with established fire and safety regulations.

People can show their holiday spirit with festive lighting and decorations, but they should remember to conserve energy so all can enjoy a warm holiday season.

In the best interest of a happy holiday season, the Fort Carson Fire Department recommends that Fort Carson community members refer to the following precautions prior to deco-

rating homes, clubs, billets or offices, to ensure that this festive period does not create fire tragedy to mar the holiday.

Do not set up live trees before Dec. 15, and remove them before Jan. 1.

Do not use any decorative materials that are not flame retardant.

Do not use cut evergreen branches for interior decorating.

Use only fresh cut trees.

Prior to setting up your tree, recut the trunk at a 45-degree angle and place in a well-braced container stand.

Fill container stand with water and replenish each day.

Use only UL-approved lights

Use only sound electrical cords without splices.

Do not place trees near heat source or

flame, or to obstruct

Dispose of your tree when it begins to fall profusely.

Do not use electrical lights on metallic trees.

Candles must be used for decorative purposes except at chafing dishes and

The Directorate of Compliance and Maintenance requires that Christmas trees from the community after Christmas be removed by January 1. Fort Carson civilians personnel are available at a collection point in Wickersham.

transported downrange for the purpose of improving the environment. Each tree

Toy safety precautions prevent holiday tragedy

Fort Carson Public Affairs Office

As the holiday season approaches, the U.S. Consumer Product Safety Commission warns gift-givers to keep safety in mind when choosing toys for young children. In 1997, CPSC received reports of 13 toy-related deaths and more than 141,000 children who were treated in hospital emergency rooms for toy-related injuries.

These deaths were not only tragedies, they were also preventable, cautioned CPSC Chairman Ann Brown. It's important for parents and caregivers to take the time to read age-appropriate labels when choosing toys. This information can save a child's life.

CPSC requires labels to be on all toys marketed for children from ages 3 years old up to 6 years-old if the toys pose a choking hazard to children under age 3. These labels tell consumers two critical things:

They let them know that a toy is not safe for younger children, and why it is not safe.

Before CPSC issued these labeling requirements, it was more difficult for consumers to know whether toys they bought for older children could be a danger to younger kids.

CPSC has the most stringent toy safety standards in the world, and toys on store shelves are safe because of the day-to-day compliance work by CPSC. In fiscal 1998, CPSC obtained 120 toy and children's product recalls, involving more than 5.9 million product units, to help prevent tragic injuries and deaths. CPSC recently topped the number of units recalled in all of the last fiscal year by obtaining one of the largest toy recalls in the agency's history. In October, CPSC and Fisher-Price recalled about 10 million Power Wheels Ride-On battery-powered vehicles.

Consumers can help prevent toy-related injuries and deaths by always reading labels and being safety-conscious. Select toys to suit the age, abilities, skills and interest level of the intended child. Toys too advanced may pose

Choosing

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For all child
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Army regulation requires support for soldiers, dependents during separation

by 1st Lt. Thomas F. Crumley
Legal Assistance Office

Army Regulation 608-99 requires that soldiers support dependents from whom they are physically separated. This policy is meant as a stopgap measure to protect dependents of soldiers when no support is being paid because of family or marital troubles.

The policy does not apply if there is a court order or written agreement between the parties regulating spousal and child support. If there is a court order or written agreement, a soldier is expected to comply with the court order or agreement. In the absence of a court order or agreement, AR 608-99 applies.

Under this regulation, a dependent includes a spouse not yet divorced and any natural or adopted children.

Soldiers are required to provide part of their Basic Allowance for Housing depending on their rank.

Each dependent is entitled to an equal share of this amount. This takes into account the fact that soldiers may have children from previous relationships and other child-support obligations.

There are exceptions to the amount of support required under this regulation.

For example, if a soldier's family is living in on-post housing, that soldier is only required to pay the Basic Allowance for Quarters differential for his rank. This is the difference between the BAQ at the with dependent rate and the BAQ at the without dependent rate. Although BAQ has been replaced by BAH, it is still calculated for purposes of AR 608-99.

In certain circumstances, soldiers may be excused from paying support to a dependent spouse if the spouse is earning more income than the soldier.

Soldiers may also be relieved from paying support if they are paying rent or a mortgage

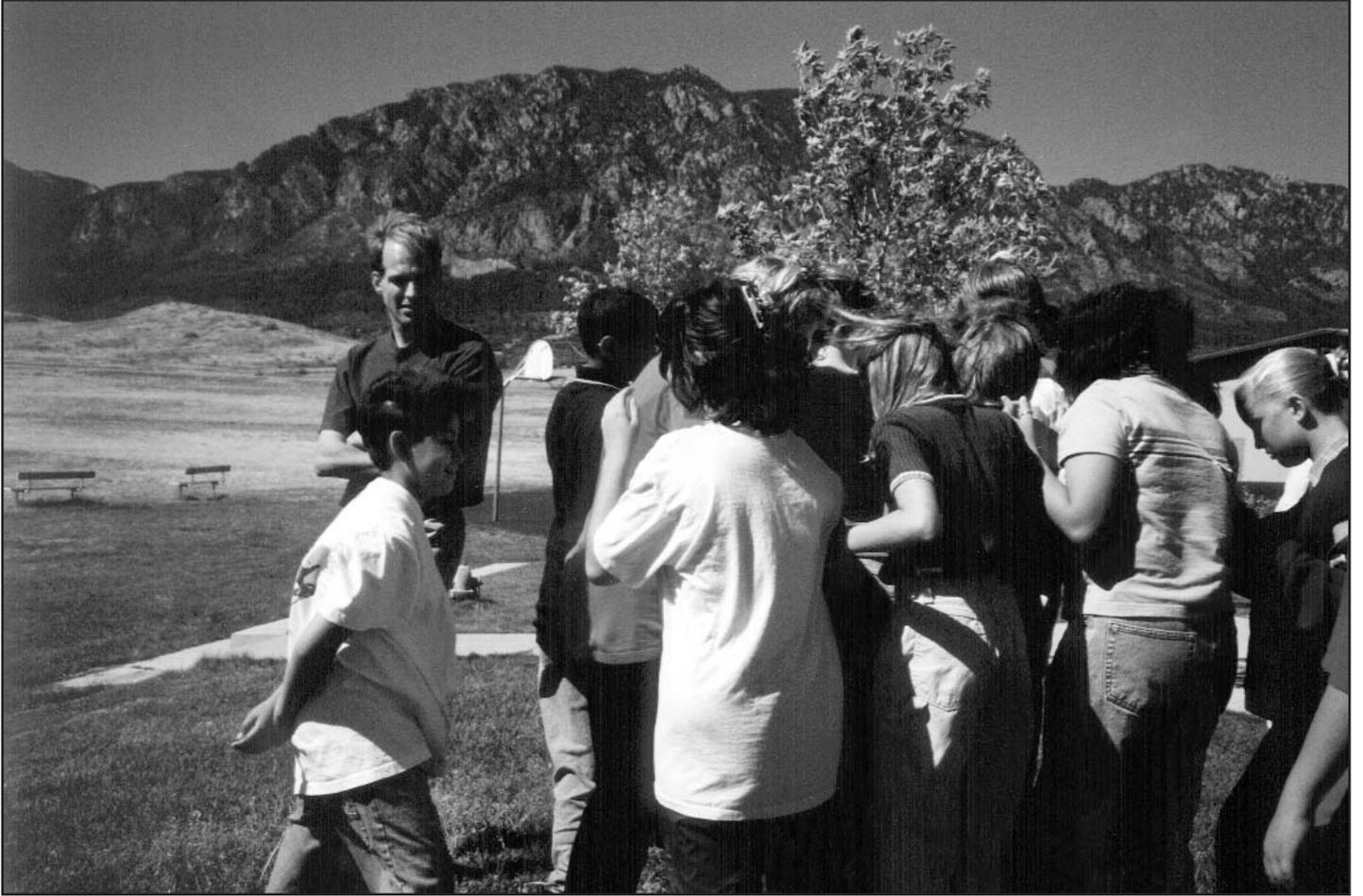
at the location where they are currently living.

If a soldier does not have a dependent as of AR 608-99, a spouse can re-establish a soldier's chain of command and required support. If a soldier is separated from dependents and there is no written agreement, the commander of the soldier on the military installation will apply AR 608-99.

Soldiers who do not have dependent support are subject to court-martial under Article 15 or a trial by court-martial.

If you have any questions about financial support obligations, contact the Legal Assistance Office of the Staff Sergeant's Office.

Legal Assistance Office: 52



Courtesy photo

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Warnings for upcoming winter

by Sgt. Michael Dombrowski
Evans Army Community
Hospital

While most of us are enjoying the last few weeks of pleasant weather here in the Pike s Peak region, it is time once again to think ahead to the winter weather season. As residents of the area, we all know the weather during this time of year can be rather unpredictable. Within a few hours, we may go from a bright sunny day to all-out blizzard conditions. If we take the time now to review some basic preventive measures, the season will be as pleasant as any other.

Cold weather injuries result from prolonged exposure to cold and include conditions such as frostbite and hypothermia. Injuries

are dependent not only on the degree of cold but also the duration of the exposure and other factors such as wind and moisture. Cold weather injuries can cause permanent disability and even death in extreme conditions. Fortunately, these injuries are preventable and an understanding of the preventive measures will help you protect yourself from injury.

One of the easiest and simplest ways to prevent injuries is to remember the acronym C.O.L.D. Keep exposed skin Covered. Use hats, scarves, mittens, gloves, etc. Avoid Overeating. When performing strenuous work, remove enough clothing to avoid sweating. Dress in loose Layers. This allows air space between clothes to act as an insulator. It also allows you

to add or remove clothes based on your level of activity. Stay Dry. Frequently change into dry socks and clothes for maximum heat retention. Wet clothes provide no protection from the cold and actually diffuse heat away from the body.

Another important measure is to plan ahead for emergency conditions. Although the weather may have been pleasant when you left conditions change rapidly. Always bring along a warm jacket, hat and gloves and keep an extra blanket or two in the car.

Finally, remember that there are other dangers associated with cold weather. Be aware of dehydration. People tend to drink less water in the cold weather. Perspiration is not felt as readily

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Ergonomics plays part in the Army, civilian

Evans Army Community Hospital

Do you get headaches while working on the computer? Do you have low back pain while on your job? Those and other conditions may be effectively reduced through proper workplace design. The science of fitting the workplace conditions and job demands to the capabilities of the worker is known as ergonomics. As an applied science, ergonomics links together various special expertise and resources to favorably influence the work environment. Ergonomic adjustments to the workplace can be as simple as adding a foam wrist support to a computer keyboard, or as complex as redesigning a loading dock to minimize back strain.

The deputy under secretary of defense for Environmental Security and the assistant secretary of the Army (Installation, Logistics and Environment), have directed that ergonomic

program requirements be established and included in the Army Occupational Safety and Health programs. The Army's goal is to reduce soldiers and Department of Defense civilian employees' injuries and illnesses. More than half the force injuries and illnesses are work-related musculoskeletal disorders. These conditions account for the majority of Army lost time, profiles, hospitalizations and disabilities. Thus, musculoskeletal disorders dramatically reduce our readiness, productivity and available manpower. Properly developed and implemented, ergonomics programs will reduce musculoskeletal disorders resulting in improvements in readiness and morale as well as reductions in lost time and injury compensation claims.

Musculoskeletal disorders are described as muscle, nerve, tendon, ligament or joint problems of a more gradual or chronic develop-

ment. Work-related are musculoskeletal or aggravated by h present at the work orders are general. dent, but overexer more common disor syndrome, low back (inflammation of a States, the National Safety and Health, ducts independent safety and health is cases involving da about 700,000 (or of repetitive motion

Occupational H are currently in th implementing and p prehensive ergono

Environmental Health provides services to Carson community

Evans Army Community Hospital

How often do we take for granted the fact that the food and water we consume on post are safe and healthy? While most are quite conscious of these factors when in the field or on a deployment, in garrison we don't give it much thought. We've all heard the old saying,

An ounce of prevention is worth a pound of cure, but for the Environmental Health Section of Evans Army Community Hospital, this is the motto they live by.

Environmental Health is just one of the many sections found in the Preventive Medicine Careline. As the name implies, its mission is to prevent the occurrence of disease, and maintain a healthy environment for the Fort Carson community. It's similar to a County Health Department with services focused on protecting the health of the public.

The fact is we really don't need to give much thought to the safety of our food and water supply. We have a watchdog that does the checking for us. Every food facility on post is inspected by Evans. This includes both the dining facilities and Army and Air Force Exchange Service facilities such as Burger King and Kentucky Fried Chicken. Inspections include checking food is stored properly, food is maintained at safe temperatures, the facility is in a high state of cleanliness and food service workers take all necessary precautions in the preparation and serving of food items. Inspections are also conducted at the child care centers and fitness centers, checking for proper sanitation.

Water surveillance is conducted on a weekly basis from random locations around post.

Water is tested for bacterial contamination and residual chlorine levels to ensure potability. If you have a concern about the water in your building, you may call the Evans offices to arrange for testing.

While sanitation inspections and water monitoring are an essential part of Evans's mission, these are only two of the many services they provide.

The section also monitors the disposal of regulated medical waste produced by the hospital, troop medical clinics and dental clinics on post. Regulated medical waste is produced during patient care and must be disposed of differently than regular trash. RMW is defined as waste that is capable of transmitting disease. Evans performs monthly checks on the segregation, storage and disposal of this waste.

Additionally, working in conjunction with other sections in the department, Evans visits expectant mothers at their worksites to ensure their job assignments conform to the limitations set forth in their profiles. The primary focus is making sure these soldiers are not exposed to physical or chemical hazards, checking worksites for proper ergonomics and simply monitoring the soldiers and answering questions dealing with their pregnancies. The intent is to retain the soldier as a valuable member of the team, while advocating the safety of the mother and child.

Working with the post Pest Control office, Evans also monitors mosquito activity. Numerous mosquito light traps (yes, they actually have traps for mosquitoes) are placed throughout the garrison area. Evans personnel collect and count the mosquitoes and, based

Common respiratory

by 2nd Lt. Evans Army Respiratory common infection months (September infect anyone, but children from up to two weeks, especially preemies. infections that can result in a high-pitched cough (wheezing). up a very sticky

The virus is person touches a person washing their hands. You may be sick for a few days. Some warning signs

Call your physician if your child has the following symptoms. If you suspect RSV:

Breathing difficulty.

The wheezing (noisy breathing.)

Breathing difficulty for your child.

Call your physician if your child has a fever for more than 3 days.

The coughing for more than 3 days.

You have any other concerns.

If your child has any of these symptoms, call the Tricare

What kind of dog should

Fort Carson Veterinary Clinic

Getting a new dog is a decision that should not be taken lightly. There are many factors one should consider prior to getting a pet. Remember, this animal is going to depend solely on you for its most basic needs, from eating and drinking, to going to the veterinarian when he or she is not feeling good.

What kind of dog should I get? Should I get a dog at all? There is an enormous variety of dogs to choose from. Different breeds will have certain characteristics for which they were bred. You must consider several things before deciding:

Do you have enough space for a dog? If you live in a small apartment, you must take this into consideration. Dogs can be pretty adaptable as long as you help them out. Don't be fooled by size into thinking a small dog will be comfortable in a small apartment. Jack Russell Terriers require a lot of exercise. Conversely, many Mastiffs are content to flop on the floor and do nothing at all while you are gone.

How much time can you spend with it? Dogs are social creatures and they will not be happy left out in the back yard alone. You must be committed to spending several hours a day

with it.

How much money can you set aside for it? Even if you get a dog from the shelter or otherwise inexpensively, you will have to buy food, pay for veterinary checkups, grooming, vaccinations and routine and emergency medical care and purchase other equipment over the lifetime of the dog.

How much exercise can you give it? If your time is limited, you should look for smaller or less active dogs that can obtain enough exercise in your home or from short walks. Note not all small dogs are less active, or larger dogs are more active; research your breeds.

How much training can you do? Regardless of the dog you get, training will make your dog much more compatible with you and what you want to do.

How much grooming can you do? How much hair are you prepared to have in your home? You should give serious consideration to these factors: some dogs shed little and require no grooming (clipping, stripping, etc.); others shed little but require more grooming; others shed but do not require grooming; and still others both shed and require grooming. Do note just about all dogs will require some nail clipping regardless of conditions.

Do you want a dog you have a preference for? If you are not sure, look for the dog you

What characteristics do you want in a dog? Different breeds have different characteristics for specific purposes. Some characteristics may annoy you. Reading books and talking to breeders can give you some idea of these characteristics. Remember, breeders are the best authority on what to expect.

Some questions to ask: What sort of exercise does the dog need? Walking or running? Do I want a dog with certain tendencies? (e.g., dog-aggression or breed?)

Do I want a dog that is more independent? (e.g., cats) Will I want a dog that is more independent? (e.g., cats)

Am I interested in a dog that is more independent? (e.g., cats) Am I interested in a dog that is more independent? (e.g., cats)

Chapel

An advent wreath workshop will be conducted at Soldiers Memorial Chapel Sunday at 3 p.m. Sweets and desserts will be served. For more information, call 526-0478 or 526-5626.

The 1998 Protestant Children's Christmas Program is scheduled for Dec. 13 at 6 p.m. at Provider Chapel. Rehearsals begin Sunday at 6 p.m. at Soldiers Memorial Chapel. The program is open to all children in the community. For more information, call 526-5626.

Thanksgiving worship services

Thursday a mass will be held at Provider Chapel at 8 a.m.

Thursday a service at Provider Chapel at 10 a.m. with guest speaker, Maj. Gen. John M. Riggs, commanding general.

Chapel Schedule

ROMAN CATHOLIC

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

LITURGICAL

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

Healer	Protestant	Sunday	9 a.m.	Evans Army Hospital	Chap
Prussman	SS/Samoan	Sunday	8 a.m.	Barkeley & Ellis	Chap
Prussman	Prot/Samoan	Sunday	9 a.m.	Barkeley & Ellis	Barkeley
Gibson/526-5803					
Provider	Sun. School	Sunday	10:15 a.m.	Barkeley & Ellis	Chap
Provider	Protestant	Sunday	9 a.m.	Barkeley & Ellis	Chap
Prussman	Sun. School	Sunday	9:30 a.m.	Barkeley & Prussman	Chap
Prussman	Prot/Gospel	Sunday	11 a.m.	Barkeley & Prussman	Chap
Soldiers	Sun. School	Sunday	9:30 a.m.	Nelson & Martinez	Dr.
McMahon	Protestant	Sunday	11 a.m.	Building 1517	Chap
Veterans	Protestant	Sunday	9:30 a.m.	Magrath & Titus	Chap
Veterans	Protestant	Sunday	11 a.m.	Magrath & Titus	Chap

For additional information, contact the Installation Chaplain's Office, building 1517, for more information and a schedule of Jewish Sabbath services, call the U.S. Air Force Airmen's Center at 333-2636. Normally, free child care is available for infants and preschool age children during worship services. Some worship services offer a children's church for ages 6 to 12.

Daily Bible Readings

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

Saturday, Psalms 148 & Matthew 23-24
 Sunday, Psalms 149-150 & Matthew 25-26
 Monday, Exodus 15:1-18 & Matthew 27-28
 Tuesday, Luke 1:46-55 & Revelation 1-2
 Dec. 2, Psalms 1 & Revelation 3-5
 Dec. 3, Psalms 2 & Revelation 6-8

Holiday

Fort Carson Commissary

Today, regular hours
 Closed Thursday and Friday
 Dec. 24, 9 a.m. to 3 p.m.
 Closed Dec. 25

The Fort Carson Commissary offers sales on holiday items through Jan. 3.

Army and Air Force Exchange Service holiday hours

Service Station:
 Closed Thursday
 Closed Dec. 25
 B Street Shoppette:
 Thursday, 9 a.m. to 9 p.m.
 Dec. 24, 9 a.m. to 9 p.m.
 Closed Dec. 25
 Dec. 31, 9 a.m. to 10 p.m.
 Jan. 1, 9 a.m. to 9 p.m.
Burger King:
 Closed Nov. 26
 Friday to Sunday, 8 a.m. to 8 p.m.
 Dec. 24, 6 a.m. to 7 p.m.
 Closed Dec. 25
 Dec. 26 and 27, 8 a.m. to 9 p.m.
 Dec. 31, 6 a.m. to 8 p.m.
 Closed Jan. 1
 Jan. 2, 11 a.m. to 9 p.m.
Ivy Troop Shoppette:
 Closed Thursday to Saturday
 Dec. 21 to Jan. 10 a.m. to 4 p.m.
 Closed Dec. 25 and 26
 Closed Jan. 1 and 2
Butts Field Shoppette:
 Closed Dec. 20 to Jan. 3
Housing Shoppette:
 Thursday, 9 a.m. to 3 p.m.
 Dec. 24, 8 a.m. to 6 p.m.
 Closed Dec. 25
 Dec. 31 and Jan. 1, 8 a.m. to 9 p.m.
Class Six:
 Closed Thursday
 Dec. 24, 9 a.m. to 6 p.m.
 Closed Dec. 25 and Jan. 1
Class Six Annex:
 Closed Thursday
 Dec. 24, 11 a.m. to 5 p.m.
 Closed Dec. 25 and Jan. 1
Main Post Exchange:
 Closed Thursday
 Friday, 6 a.m. to 9 p.m.
 Saturday, 8 a.m. to 9 p.m.

DCA hours, Fort Carson commu

American Red Cross:
 Closed Thursday and Friday and Dec. 25
Alcohol and Drug Control Office:
 Closed Thursday and Friday, Dec. 24 to 25 and Jan. 1
Army Community Service:
 Closed Wednesday and Thursday, Dec. 24 and 25 and Jan. 1 and 4
Child and Youth Services:
 Closed Thursday, Dec. 24, 25 and 31 and Jan. 1
Community Recreation Division (AutoCraft Center, Multi-Craft Center, WoodCraft Center, Sporting Goods Store, Outdoor Recreation Rental Center and Outdoor Recreation Complex):
 Closed Thursday, Dec. 25 and Jan. 1
 Normal holiday hours Dec. 31
Information, Tour and Travel:
 Closed Thursday, Dec. 25 and Jan. 1
 Dec. 31, normal holiday hours
Turkey Creek Recreation Area:
 Closed Dec. 25
 Thursday, 10 a.m. to 4 p.m.
 Dec. 31, normal holiday hours
 Jan. 1, 10 a.m. to 4 p.m.
Little House of the Rockies:
 Closed Wednesday and Thursday, Dec. 22 to 25

Facilities:

Bowling Center:
 Closed Thursday and Dec. 25
 Dec. 24, 11 a.m. to 4 p.m.
 Dec. 31, 11 a.m. to 1 p.m.
 Jan. 1, 11 a.m. to midnight
Christopher s:
 Closed Thursday and Friday, Dec. 24 and 25 and Jan. 1
 Dec. 31, no lunch, Barber Shop open 7 a.m. to 6 p.m.
Elkhorn Conference Center:
 Closed Thursday and Dec. 24 and 25
Pueblo Deli closed Friday, Dec. 31 and Jan. 1
Neon Sports Saloon:
 Closed Thursday and Dec. 25
 Friday, opens at 5 p.m.
 Saturday, opens at 5 p.m.
 Dec. 24, closes at 8 p.m.
 Dec. 26, opens at 5 p.m.
 Dec. 31, opens at 7 p.m.

Grant Library:
 Closed Thursday,

Physical

Forrest Fitness C
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Garcia Physical F
 Jan. 1, 10 a.m. to
 Closed all other h
McKibben Physical
 Thursday, 6 a.m. t
 Closed all other h
Mountain Post Ph
 Closed on all holi
Post Physical Fit
 Closed on all holi
W aller Fitness C
 Dec. 25, 3 to 10 p
 Closed all other h
Indoor Swimming
 Closed Dec. 20 thr
 10 a.m. to 6 p.m. a

Frozen Turkey
 11 a.m. Today at t
 Center. Race-day r
 a.m. at the Post R
 and females are:
 35 and 40 and up.
 524-1163 or 526-1

Youth Service
 Sales run Saturda
 Christmas trees c
 Post Exchange gar
 tion are Monday th
 p.m., Saturday 10

10 a.m. to 6 p.m. 1
 526-2680 or 526-3

St. Nick s Tea
 Elkhorn Conferenc
 Cindy Brown at 57

School of the
 Recital Dec. 5, 4
 Auditorium. The P
 forming in the recit
 Rapp s ballet, tap
Military Affairs
 8 in the Broadmoor
Installation V
 Holiday Volunteer
 Elkhorn Conferenc

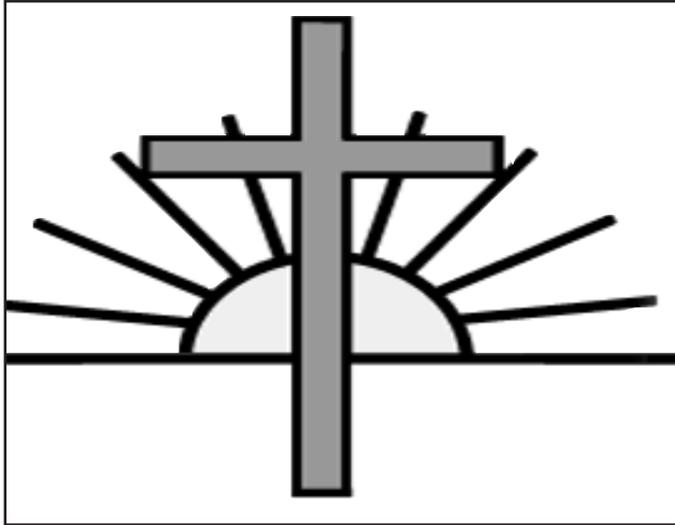
Chaplain's Corner

Commentary by

Chap. (Capt.) Kenneth E. Duvall
52nd Engineer Battalion

A few years ago, I found that the best rates for lodging in the United States were on Thanksgiving weekend. Of all the opportunities throughout the year, individuals tend to stay with family members as opposed to local hotels or motels. Just as in the days of the pilgrims, we gather with family and friends to give thanks for what we have ourselves, our loved ones, our time and our possessions. Each year, we come together for the celebration. We remember that life is precious, and family and friends are present to enjoy. Life indeed is a composite of a number of Thanksgiving holidays, but how many who knows?

The centerpiece to any Thanksgiving holiday is the meal, usually comprised of turkey and all the trimmings (which can be many). The preparation time can be phenomenal in that the host family wants the celebration to



come off like clockwork. A greater amount of time and effort seems to go into the preparations than into the actual consumption. As everyone sits around the table, there is a strong connection felt between participants. All are sitting at the same level, doing the same activity and feeling some degree of appreciation for those present. Hopefully, from one year

to the next, empty depicting the ab families gather fo hoped that all wi given. Sometimes up, new members which makes for

Following the to dessert, the y excused from the cousins, brothers, adults remain at t and talking some

For some, it i caught up with l helps to build str bers. For me, the a best part of the Th finally leave the ta to have the family have the family bl family experiences successes and fail

Where and When

Directorate of Community Activities
facilitiesPhysical fitness centers/swimming pools

- **Garcia PFC** ph: 526-3944 or 526-5785
M-F 6:30 a.m.-10 p.m./weekends and holidays 10 a.m.-5 p.m.
- **McKibben PFC** ph: 526-2597
M-F 6:30 a.m.-10 p.m./weekends and holidays 6 a.m.-1 p.m.
- **Waller PFC** ph: 526-2742
M-F 6:30 a.m.-10 p.m./weekends and holidays 3-10 p.m.
- **Mountain Post PFC** ph: 526-2411
M, T, W, F 6:30-9:30 a.m. (Open for after-PT showers only)
- **Forrest FC** ph: 526-2706
M-F 5:30 a.m.-10 p.m./weekends and holidays closed
- **Post Field House** ph: 526-1023 or 526-1024
M-F 6:30 a.m.-10 p.m./weekends and holidays closed
- **Indoor Swimming Pool** ph: 526-3107
M-F 6:30 a.m.-9:30 p.m. (lap swimming from 6:30-8:30 a.m./open swimming from noon-10 p.m.)/weekends and holidays, closed
- **Outdoor Swimming Pool** closed

Miscellaneous

- **Post Commissary**, building 1525, ph: 526-5505
M, T, Fri. and Sat. from 9 a.m. to 7:30 p.m.; Sun. from 9 a.m. to 5 p.m. and Th. 9 a.m. to 8 p.m. Closed Wednesdays.
- **Grant Library**, building 1528, ph: 526-2350
M-Th 11 a.m.-8 p.m./Fri. 11 a.m.-4 p.m./Sat. and Sun. 10 a.m.-6 p.m.
- **Multi-Craft/AutoCraft/WoodCraft Centers**
W, Th. and F 1-8:30 p.m./weekends and holidays 9 a.m.-4:30 p.m./Mon. and Tues. closed, ph: 526-0950
- **Community Thrift Shop**, building 1341, ph: 526-5966
T, W, Th. 10:30 a.m.-2:30 p.m./ Fri. through Mon. closed
- **Turkey Creek Recreation Area**, ph: 526-3905
W-F 10 a.m.-3:30 p.m./Sat. and Sun. 10:30 a.m.- 4 p.m./office hours:
W-Sun. 8 a.m.-4:30 p.m.
- **Information Tour & Travel**, building 1532, ph: 526-5366
M-F 9 a.m.-6 p.m./Sat. 9 a.m.-1 p.m./closed Sun. and holidays
- **Carlson Wagonlit Travel**, building 1532, ph: 576-5404
M, W, Th, F 9 a.m.-6 p.m./Tues. 9 a.m.-5 p.m./weekends and holidays closed
- **Outdoor Recreation Complex**, building 2429, ph: 526-2083
M-Sun. 10 a.m.-5:30 p.m./holidays 10 a.m.-4 p.m.
- **Pueblo Deli** (Elkhorn), building 7300, ph: 576-6646
M-F 11 a.m.-1:30 p.m./closed weekends and holidays
- **Fatz Pool and Darts**, building 1129, ph: 526-4693
T-Th 11:30 a.m.-midnight/F-Sat. 11 a.m.-2 a.m./Sun. 1 p.m.-midnight/Mon. closed
- **The Bowling Center**, building 1511, ph: 526-5542
Sun.-Th. 11 a.m.-11 p.m./Fri & Sat. 11 a.m.-1 a.m.
- **Cheyenne Shadows Golf Course**, ph: 526-4122
M-Sun. 6 a.m.-7:30 p.m.
- **Youth Center**, ph: 526-2680
M-Th. 3-8 p.m./Fri. 3-9 p.m./Sat. 1-9 p.m. closed Sun. & holidays

Army and Air Force Exchange Service
facilitiesBarber/Beauty Shops

- **Ivy Troop Store Barber Shop**, building 2355
M-F 7:30 a.m.-4 p.m./weekends and holidays, closed
- **Prussman Troop Store Barber Shop**
M-F 7:30 a.m.-4 p.m./weekends and holidays, closed
- **Barber Shop**, building 1161
M-F 7:30 a.m.-4p.m./weekends and holidays closed



Program Schedule for Fort Carson cable channel 10, Friday to Dec. 4.

Mountain Post Magazine: includes stories about Fort Carson and the Colorado Springs area. Airs at 7 a.m., noon, 7 p.m. and midnight.

Army Newswatch: includes stories on single parenting in the Army, the humanitarian mission to Belize and Army golfers at the Disney Classic (repeat of last week). Airs at 7:30 a.m., 12:30 p.m., 7:30 p.m. and 12:30 a.m.

- **Evans Beauty Shop**, building 7500 ph: 540-0462
M-F 9 a.m.-5 p.m./weekends and holidays, closed
- **Post HQ Barber Shop**, building 1430
Mon. only 7:30 a.m.-4 p.m. (closed holidays but open next business day)
- **Welcome Center Barber Shop**, building 1218
Mon. and Th. only 7:30 a.m.-4 p.m.
- **Main Store Mall Barber and Beauty Shops**, building 6110, ph: 576-6459
M-Sat. 9 a.m.-7 p.m./Sun. and holidays, 10 a.m.-6 p.m.
- **Mini Mall Barber Shop**, building 1510, ph: 576-8013
M-F 7 a.m.-6 p.m./Sat. 8 a.m.-6 p.m./Sun. 10 a.m.-5 p.m. closed holidays

Shoppettes/service stations

- **"B Street" Shopette**, building 900
M-F 5 a.m.-midnight/weekends 6 a.m.-midnight
- **Service Station**, building 1515
M-F 6 a.m.-7 p.m./Sat. 8 a.m.-6 p.m./Sun. 10 a.m.-4 p.m.

Alterations

- **Military Clothing Sales Store**, building 307, ph: 576-4516
M-F 9 a.m.-6 p.m./Sat. 9 a.m.-3 p.m./closed Sun. and holidays
- **Mini-Mall**, building 1510, ph: 576-4304
M-Sat. 9 a.m.- 6 p.m./Sun. 10 a.m.-5 p.m./closed holidays

Miscellaneous

- **Burger King** (Specker), building 1520
M-F 6 a.m.-9 p.m.(drive thru until 10 p.m.)/Sat. 7 a.m.-9 p.m. (drive

Army Environmental stories on chemical cockaded woodpecker management (closed week). Airs at 8 a.m.

Air Force News hyperbaric chamber the Air Force Academy Patrick Air Force Base (closed week). Airs at 8:30 p.m. and 1:30 a.m.

Navy/Marine Corps stories on the top Navy helicopter tests and stretching exercise (closed p.m. and 2 a.m.

Community Calendar program showing times

If you have closed programming, please call at 526-1241 or via email at exch1.army.mil. Closed

- thru until 10 p.m.)/Sun. 8 a.m.-10 p.m.
- **Kentucky Fried Chicken**, building 1524
M-Sun. 10:30 a.m.-10 p.m.
- **Class Six**, building 1524
M-Sat. 9 a.m.-9 p.m./Sun. 10 a.m.-5 p.m.
- **Class Six Annex**, building 1524
M-Sat. 10 a.m.-7 p.m./closed Sun. and holidays
- **Laundromat**, building 6000
M-Sun. 7 a.m.-10 p.m.
- **Car rental**, building 980,
M-F 7:30 a.m.-6 p.m./Sat. 9 a.m.-5 p.m.
- **TV Repair/U-Haul**, building 1524
M-F 10 a.m.-5:30 p.m./Sat. 9 a.m.-5 p.m.
- **Sprint Office**, ph: 579-7400
M-F 9 a.m.-6 p.m./Sat. 10 a.m.-5 p.m.
- **Main Store Mall**, building 6110
M-Sat. 9 a.m.-9 p.m./Sun. 10 a.m.-5 p.m. (closed Sun. and holidays)
Vitamin Expo, Optical Shop
- **Main Store Mall Express**, building 6110
M-F 8 a.m.-3 p.m./Sat. and Sun. 10 a.m.-5 p.m.
- **Mini Mall**, building 1510
M-Sat. 9 a.m.-11 p.m./Sun. 10 a.m.-5 p.m. (closed Sun. and Engraving Shop)
- **Mini Mall Laundry**, building 1510
M-Sat. 9 a.m.-6 p.m./Sun. 10 a.m.-5 p.m.

Military

Improved Kiowa Warriors arrive at Fort Hood

by 2nd Lt. Timothy Whitehead
3rd Armored Cavalry Regiment

Three Air Cavalry Troops from 4th Squadron, 3rd Armored Cavalry Regiment at Fort Carson have been extensively preparing and anxiously awaiting the arrival of the OH-58D(R) Kiowa Warrior helicopter.

The Kiowa Warrior is a two-seat, single engine, armed reconnaissance helicopter. It is capable of reaching speeds up to 120 knots. The first two Bell Helicopter- Textron Inc., aircraft arrived at Butts Army Airfield Saturday.

In preparation for the arrival of the new aircraft, a few pilots from each Air Cavalry Troop were sent to Fort Hood, Texas, for the initial Key Personnel Train-up. During this training, the pilots learned how to operate the OH-58D(R), which is the latest model of the OH-58D.

In addition, in June of this year, the three ACTs began the initial turn-in of OH-58C model Scout helicopters and AH-1F Cobra gunships. The mission that was once performed utilizing Scout and Cobra teams will now be performed with the Kiowa Warrior.

At only 33 feet long and approximately 13 feet tall, the



Photo by 2nd Lt. Timothy Whitehead

The Kiowa Warrior OH-58D(R).

Kiowa Warrior has the profile for a scout helicopter. The Mast Mounted Sight, which is a ball mounted above the rotor system, makes the helicopter easily identifiable. The MMS contains optics for a low-light, daytime video camera, thermal imaging system and a laser range finder/target designator. Both the low-light camera and thermal imaging system provide live video to two independent monitors on the instrument panel inside the cockpit.

The laser is one of the most powerful and accurate lasers in the Army's inventory.

The laser can be used to determine the accurate range to a target; determine the range and give the grid coordinate of a target; or designate a target for laser guided precision weapons such as the HELL-FIRE missile.

Placement of the sight above the rotor system may seem conspicuous. However, it provides the Warrior aircrew with an immeasurable advantage. The placement allows the air crew to visually search an area, locate the enemy, and maintain contact with the enemy while maintaining the aircraft fuselage in a masked profile and exposing only the MMS.

The Kiowa Warrior can be armed with a .50 caliber machine gun, HYDRA 70 rockets, HELL-FIRE missiles or Air-To-Air Stinger missiles. Any two of the four weapon systems may be carried at one time — one on the left and one on the right weapons' pylon. To increase aircraft survivability, an infrared jammer, laser detector, and radar-warning receiver have been installed on the Kiowa Warrior.

A highly accurate navigation

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Tower

From Page 1

situation, where nobody can get hurt, in a controlled environment. And we can give them techniques on how to become a better leader.

It was a mixture of a lot of good things, said Pfc. Andrew Seedarnee, 1st Bn., 68th Armor. It was really educational, I learned a lot. We did some physical things ... and it was pretty fun because we all worked as a team. I did some stuff I never did before. I had a chance to lead and we all had a chance to voice our opinions and give ideas. The instructors (at the complex) told the NCOs (noncommissioned officers) to be quiet and let us take over. Definitely different from what we do. Overall, it made me feel a lot more confident in myself.

It was outstanding, said Spc. Joshua Sims, 1st Bn., 68th Armor.

Probably the best training we've done so far. The competitiveness and the teamwork that we had to obtain to actually do all the events we had to do. Now, we know exactly what each of us can do and we have more confidence in each other. I believe we'll perform our duties even better than we have been. I think it was a really big help to us.

One word ... awesome, said Sgt.

William Sam, 1st Bn., 68th Armor, about the exercises and training. One of the biggest things (we learned) was teamwork. That's one thing you have to have to survive on the battlefield. There are a lot of (soldiers) that never really come together and try to figure out problems. The other is you get to push yourself to your limit and beyond.

(The training) gives NCOs a chance to see their unit in a different format than what they normally see, said Davis. The two towers are only a small portion of the training. There is a lot of formal training on the ground where we are building trust (between the soldiers) before they go up climbing.

I think the training was excellent, said Staff Sgt. Lorenzo Gibb, 1st Bn., 68th Armor. It was challenging, motivating and the type of experience we should do more of often. It gives the soldiers a chance to step up and kind of like fill our shoes. Let them make the decisions and let them understand the concept of the pressure we are under when we have to make a decision in a split moment. One of the best things about the training is the trust it builds in your teammates. You are put in situations where you have to trust your buddy, which relates a lot to the battlefield. If you can't trust your buddy in training, then you can't trust him on the battlefield.



After climbing to the top of the obstacle, soldiers are lowered down.



Private 1st Class Samaonaga Leatimua slowly makes his way up Alpine Tower Nov. 19.



Acting as belay operators for climbing soldiers are Sgt. Michael Davis, Spc.



down to the ground by ropes.



Alpine Tower is one of two towers located at the complex that challenges soldiers skills and abilities.



Robert Barker and Sgt. David Moore of 1st Battalion, 68th Armor.



Teamwork and cooperation skills are essential to accomplish the mission at the Alpine Tower Team Building Complex.

Off-site conference covers concerns of single

by Pfc. Socorro A. Spooner

Mountaineer staff

Editor's note: Major General John M. Riggs, commanding general, hosted an offsite conference for the expressed purpose of improving Fort Carson. This is the third in a series of articles describing solutions to problems discussed at the offsite.

At the offsite conference, soldiers indicated there is confusion regarding what is allowed in decorating barracks rooms.

For a soldier moving from one barracks to another, it can be hard to make a barracks room feel like home. However, not only can soldiers purchase items like televisions and radios and put up pictures to make a barracks room feel more like home, the rooms can be painted one of the approved colors available at the Directorate of Public Works supply warehouse.

Soldiers have always been able to paint their barracks' rooms, according to Debra Duncan, the deputy director, DPW. Normally, the unit commander, command sergeant major or first sergeant is the approving authority.

"The (painting) supplies are available through the Supply Branch of DPW," said Duncan.

"The first step in acquiring paint is to ask the unit Repair and Utility Section to complete a DA Form 2765-1, Supply Requisition," said Larry Hack, supply warehouse supervisor.

The form is submitted by the R&U noncommissioned officer to the DPW warehouse where the painting supplies are available for soldiers to paint their rooms, said Hack.. Unused paint is kept by the unit or taken to the hazard material pharmacy by the unit supply section.

"There are six approved colors for painting barracks rooms: blue, pink, peach, off-white, eggshell

white and sandstone. The color of the paint is sized paint color will be returned to the original color of the barracks," said Hack.

"Soldiers (may) be allowed to return the color of the barracks," said Hack.

Soldiers have several options when it comes to carpeting. If the carpet is being replaced, the soldier can buy a new carpet. If the carpet is being replaced, the soldier can buy a new carpet. If the carpet is being replaced, the soldier can buy a new carpet.

The DPW warehouse is open from Friday 7 a.m. to 4 p.m. The phone number is 5165.

Show me the money



Powell

by Sgt. 1st Class Christopher Powell

As a command financial noncommissioned officer, I have encountered many different loan situations. However, each situation seems to be different in one way or another. Here are some

tips on what to do when handling certain types of loans:

- **Car Loans:** If you can't make payments for a few months, some lenders will let you skip payments or make smaller payments. The unpaid amount will be added to the end of your loan. Another option is to sell your car, buy a cheaper one, and use the savings to pay bills.
- **Mortgages:** The last thing you want to do is lose your house. If you absolutely cannot pay the full amount each month, contact your lender to see if you can work out a different payment plan for a few months.
- **Credit Cards:** Contact your creditors to see if you can pay just the interest each month until you're back on track. Ask to have late payments

waived on these smaller payments.

- **Medical Bills:** Most doctor offices and hospitals will let you make small monthly payments if you are in a bind. Confirm payment arrangements in writing and send something each month, even if it's just a few dollars.

- **Federal Student Loans:** Call 1-800-433-3243.

If you ignore your bills, your creditors will first notify you that your payments are late. If you ignore these notices, your account will probably be turned over to a collection agency, which will try to get you to pay the bill or agree to a payment schedule. If you can't or don't pay, you may be sued.

If you are sued, you will have to go to court and tell your side of the story. If you lose and still don't pay, the creditor may be able to get money from your bank account or have it taken from your paycheck.

You may even have a lien placed on your home or other property, which means it could be taken and sold.

As someone was once quoted as saying,

"When a fellow says a principle of the thing is...

When a debt collector... Federal Fair Debt Collection Practices Act... collectors cannot:

- Call you at work before 8 a.m. or after 6 p.m.
- Call you at work if you are on leave.
- Discuss your debt with neighbors, family, or friends who are not legally responsible for the debt.
- Require you to pay a fee or charge to get information about your debt.
- Threaten violence or your property.

• Call you repeatedly.

• Use obscene, abusive, or harassing language.

However, the Fair Debt Collection Practices Act does not apply to your own debt. (e.g., credit cards, money you owe on a loan.)

If you have any questions, contact the CFNCO. We're here to help.

U.S. Army Core Values — selfless

by Paul Martin

Curator, Third Cavalry Museum

Selfless-service.

“Put the welfare of the nation, the Army and your subordinates before your own,” — Department of the Army.

“A professed willingness to exert oneself in obedience to the interests of the (Army) without regard for personal gain.” — Webster’s Dictionary.

They are all in their 70s and 80s now. Of the more than 1,500 who went to France in 1944, fewer than 500 remain today. Yet, for 51 years now, they have been meeting each year to remember times past, toast departed comrades and make sure that the memory of what they did will not be forgotten. If you have seen “Saving Private Ryan,” you have seen their faces.

What they did from Aug. 6, 1944 — arriving at the Utah Beach head in France — to May 5, 1945, in Ebensee, Austria, epitomizes the Army value of “Selfless-Service.”

“They” are the veterans of the

Third Cavalry Group (MECZ), which was composed of the Headquarters, Headquarters Troop, 3rd Cavalry Group, the 3rd and 43rd Cavalry Reconnaissance Squadrons, and the 3rd, 21st and 777th Tank Battalions.

They were 18 to 20 years old when they were drafted or enlisted in 1941 after the attack on Pearl Harbor. They came from virtually all backgrounds. Many of them came into the Army to escape the ravages of the Great Depression. They all came with one sense of purpose — to do what was needed to win the war. None of them came with the idea that they would receive any kind of “payment” for their services, other than their allotted pay and rations.

Their time in combat lasted less than a year, 273 days to be exact.

The 43rd Reckon Squadron was in action against the enemy for 265 days — 117 days of continuous fighting before they received a three-day rest. Nonetheless, they accomplished a tremendous amount in such a short time. They once captured an entire

German Division. They liberated occupied towns and villages and freed more than 16,000 inmates from Ebensee concentration camp in Austria.

“In the reduction of Fortress Meets, your efforts contributed as much as any single unit, be it armor, infantry or artillery, in the elimination of the last barrier that stood like a shield to our enemy into Germany. In fact, yours were the first troops of XX Corps to enter Germany,” said Gen. George S. Patton, Jr., commander, Third Army.

“Your 150-mile dash in three days from the Rhine River to the Fulda River, when you permitted an entire infantry division to be motorized and moved forward without detrucking, was one of the most important and significant tactical achievements of this war,” said Lt. Gen. Walton H. Walker, commander, XX Corps.

The young men of 1944 fought and died, not for themselves, but for a higher cause, a common goal, the welfare of our nation and mankind.

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War II

Dining Schedule

Week of Saturday to Dec. 4

Weekday Dining Facilities

43rd ASG Cheyenne Mtn. Inn (building 1040)
 10th Special Forces Group (building 7481)
 Butts Army Airfield (building 9612)
 3rd BCT Iron Brigade (building 2061)
 3rd ACR Patton House (building 2161)
 Cav. House Dining Facility (building 2461)

Standard Meal Hours

Mon., Tue., Wed. and Fri.	Thurs.
Breakfast 7:30 to 9 a.m.	5:30 to 7 a.m.
Lunch 11:30 a.m. to 1 p.m.	11:30 a.m. to 1 p.m.
Dinner 5 to 6:30 p.m.	4 to 5:30 p.m.

Exceptions

- 10th SFG meal hours are the same Monday to Friday, but do not apply on Thursdays. No meals served on Fridays.
- Butts Army Airfield is open for breakfast and lunch only, Monday through Wednesday.
- Mountaineer Inn Dining Facility closed Monday through Nov. 29.

Weekend Dining

3rd ACR Cav. F...
 43rd ASG Chey...
 3rd BCT Iron B...
 Weekend dining...
 holiday.
Standards
Brunch 9 a...
Supper 3:3...
 Family member...
 meals.

Thanksgiving Day Facilities/Meal Hours

3rd ACR Patton House (building 2161)
 43rd ASG Cheyenne Mtn. Inn (building 1040)
 3rd BCT Iron Brigade (building 2061)
 10th Special Forces Group (building 7481)

Hours of Operation

Breakfast	8 to 9 a.m.
Lunch	11:30 a.m. to 2:30 p.m.
Dinner	4:30 to 5:30 p.m.

.All active duty members, family members of sergeants and above and guests of sergeants and above pay the standard meal rate of only \$5.

Family members of corporals or specialists and below get a discount rate of only \$4.

Treat your family to a traditional holiday feast at your dining facility.

Thanks

Shrimp cocktail
 Roast turkey
 Baked ham
 Steamship round
 Mashed potatoes
 Corn on the cob
 Salads
 Breads



4th PSB gets new commander

Command Sgt. Maj. Thomas...
 Col. Stephanie A. Hewitt, ou...
 guidon for the 4th Personne...
 change of command cerem...
 Fitness Center Nov. 6. Lt. C...
 new commander, looks on.

Sports & Leisure

On the Bench

Being thankful for sports, let me count



by Walt Johnson
Mountaineer staff

Since this is the season to give thanks, "On the Bench" this week will be devoted to this author's view of what he gives thanks for in the world of local and professional sports.

Some of the things I give thanks for you may agree with, and some you may find reason to question my sanity. One thing is for sure, it's been a strange and sometimes wonderful sports year so far.

The professional sports year started out looking like it would be a repeat of past Super Bowls in the NFL. The Packers were a huge favorite to beat the Denver Broncos in the Super Bowl in January.

Then (are you listening NCAA) they played the game on the field and the Broncos won the most important Super Bowl for the AFC since Broadway Joe Namath and the New York Jets beat the Baltimore Colts in Super Bowl III. Why?

The NFC had won 12 Super Bowls in a row and it was starting to look like the AFC may not win another Super Bowl in 12 more years. It was starting to get rather boring watching the NFC kick the AFC's tail each year. The Broncos' victory has

given the AFC respectability and confidence that could lead to competitive Super Bowls for the next five years.

Was there a better story this year than the run to the NCAA basketball championship by the Stanford Cardinal and Utah Running Utes?

I'm not a fan of either team but it was sure refreshing to see them get to the national semi-finals and be very competitive. Stanford was an afterthought and the Utes weren't even that when the tournament started and they both ended up winning games and the hearts of fans with their outstanding play. Once again the "amateurs" showed why they are head and shoulders above the "professionals," by playing the game hard for each minute and not just the last four minutes.

Major league baseball had a season to remember, thanks to the individual heroic efforts of Mark McGwire of the St. Louis Cardinals and Sammy Sosa of the Chicago Cubs, and the team effort of the New York Yankees.

Will we ever be witness to the type of home run season "Big Mac" graced us with this year? Will a batter ever have as good an all-around year as Sosa? Will we ever see a team dominate the sports world from beginning to end like this year's Yankees?

Maybe not, but I don't have to see these things

happen again, I saw the events of this year significant achievements

I am not a Chicago fan myself pulling for the Bulls ownership series because the owner and general manager are going to dismantle the team. Having grown up in New York, the Knicks and their uniforms was a pleasure to see over the course of the season.

Why the owner would interrupt a great thing like the Bulls will not be known and loathe the opportunity to watch them.

Sadly, I am also missing the opportunity to see the Yankees at their trade before the season ends.

Florence Griffith-Joyner have left us, but not her memories on the track respectively.

I am so thankful for watching these magnificent athletes in their respective sports, and the watch tapes of them.

Charlie Company wins intramural cham

by Walt Johnson
Mountaineer staff

Charlie Battery, 1st Battalion Air Defense Artillery rode its strong defense to a 7-6 victory over Bandit Troop 1st Squadron, 3rd Armored Cavalry Regiment to win the 1998 intramural flag football championship for Fort Carson.

The game was just what it was supposed to be a defensive struggle between two outstanding defensive teams that, by the way, played a little offense when they had to.

Both teams rode their strong defenses into the championship game, holding teams to six or less points in their victories. But the Bandits seemed to have a bit of an edge offensively, averaging 17 points per game in the playoffs while Co. C came in averaging around 8 points per game.

The Bandit defense had an interesting strategy all year, according to coach Corey Erving, that assured them they would always be able to hold teams offenses in check.

“We had a philosophy of letting the teams pass the ball in the middle of the field but by taking away the short and long range passes. We felt

with our speed on defense we could let them catch the ball in the middle of the field and then close in on them before they could get a first down.”

Charlie Company coach Derrick Dow said his team had a different philosophy on defense, relying on their speed and pass rush to hold teams down.

“Our goal on defense was to let our defensive line put pressure on the quarterback and the rest of the team played a combination man and zone defense. We played a lot of zone defense because teams didn’t seem to pick up our schemes.”

The game was a defensive struggle in the first half as neither team could score on the other’s defense. In the second half, both teams knew they had to play better defense than they did in the first half because it looked like one score would be the difference in the game.

The first score of the game came when the Bandits pushed the ball into the end zone to lead 6-0 after missing the extra point. The way both defenses were playing you got the feeling this would be the game winning score, but Dow said his team never lost sight of its goal.

“After they scored we got together and reminded ourselves that we could still do this (win the game) if we got our heads together and decided to get it done.”

It took two more offensive possessions before the Company C team was in a position to put its offensive strength to work for them. Calling on their solid ground game the Company C team marched to the Bandit 20-yard line. There they called on an offensive scheme that has been their bread and butter all year.

“We went to our pro-set offense when we got to the 20-yard line because we practice this offense for just these type of situations. When we got down to the goal line we called our center pass play that we felt was going to be open for the tying touchdown.”

The play was open but a funny thing happened as the center went to catch the ball. The ball hit his hands and bounced into the air and for a second it looked like a golden opportunity had slipped through Co. C’s hands. But the ball was caught out of the air by the Co. C guard who took it in the end zone to tie the game at six. Co. C then made the all impor-

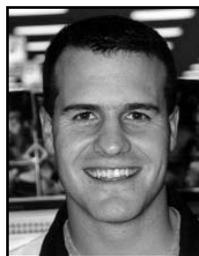
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SPORTS & LEISURE

Pigskin Picks



Chap (1st Lt.) Tony
Petres
3rd ACR



Sgt. Clifton Wheeler
HHC, USAG



Spc. Steven Haes
43rd CEC, 2nd A

Georgia Tech at Georgia	Georgia	Georgia	Georgia Tech
Virginia at Virginia Tech	Virginia Tech	Virginia Tech	Virginia
Miami (Fla.) at Syracuse	Miami (Fla.)	Syracuse	Syracuse
Michigan State at Penn State	Michigan State	Michigan State	Michigan State
Colorado at Nebraska	Nebraska	Colorado	Nebraska
Texas A & M at Texas	Texas	Texas A & M	Texas A & M
Notre Dame at USC	Notre Dame	Notre Dame	Notre Dame
Grambling at Southern	Grambling	Southern	Southern
Pittsburgh at Detroit	Pittsburgh	Pittsburgh	Pittsburgh
Minnesota at Dallas	Minnesota	Dallas	Minnesota
Buffalo at New England	New England	Buffalo	New England
New Orleans at Miami	Miami	Miami	Miami
Tennessee at Seattle	Seattle	Tennessee	Seattle
Tampa Bay at Chicago	Tampa Bay	Tampa Bay	Tampa Bay
Carolina at N.Y. Jets	N. Y. Jets	N. Y. Jets	N. Y. Jets
Indianapolis at Baltimore	Baltimore	Baltimore	Baltimore

Bench

From Page 27

to enjoy them when they were here with us.

On the local scene, I have had more pleasure than anyone could possibly imagine, covering the sports scene Fort Carson.

From the World Class Athlete Program, to the varsity sports program, to the intramural program, I have met some of the best people the post has to offer. The people and memories of the games here have made me feel guilty for allowing my employer to pay me for having this great opportunity.

The WCAP athlete program has given me some great moments as I've covered their boxing team. Not only are these guys great athletes, they are as humble and nice as you could ever ask for.

They always welcome me with open arms, and that's a good thing because some of these guys have big fists (smile). The rest of the WCAP program people are just as nice but I haven't had the opportunity to work with them as closely yet.

The varsity basketball program has two of the best coaches I've had the pleasure of dealing with, Don Pitts and Marcia Oliveria, and that is a direct reflection the quality of play seen in their teams. They are class acts and I am so thankful to be able to be in their presence and share the ups and downs of basketball with them.

The intramural softball season was just one joy after another for me to cover this year, especially at the *Mountaineer* game of the week.

To watch the players playing the game for the fun of it, and actually having fun doing it, was just too much fun for an old guy like me to have.

Not once did a player, coach, umpire or official do anything that hindered me from bringing you the best coverage of the game I could.

Everyone was so cooperative and helpful during the season that it made my work more of a pleasure than a job. Not to mention there were some great games played on the Mountain Post Sports Complex this year.

Although you have not ever noticed them, the sports office here also deserves a big thank you from me.

Everyone involved with the sports office and facilities here have been just as gracious, helpful and enthusiastic as they could be in helping me get the stories to you.

Sports director Rick Baldwin has the most efficient and competent staff anyone could ask for. They make sure the facilities and programs are first rate for the soldiers and their families here, and I for one appreciate it more than they will ever know.

If you haven't been to the facilities here to see what the athletic program has to offer you, do yourself a favor and visit the physical fitness centers or sports complexes at your first opportunity. You will

want to thank me later.

I never knew I was sure happy to dedication of the person's name.

Sometimes you and I certainly am the person like the general that he could be honored.

Think about the years because of why I am thankful for Forrest made toward programs would be here.

I would be reminding people at my office to cover the action.

Not a finer collection of people have I had and they consistently important in the world.

If you think covering team effort, I am here n't trade my team for

Well, my time is yours you get the message.

Happy Thanksgiving
Minnesota Vikings
Dallas Cowboys Th



Tracking the
regiment
through 152
years

Photo by Nel Lampe

“Timothy Cunningham” greets visitors to the exhibit. He wears a reproduction uniform from 1848.

3rd Cavalry Museum opens new exhibit, ‘Tracking the Regiment’

by Nel Lampe



Mountaineer staff people, places, events and valor make up the 152-year-history of the 3rd Cavalry Regiment. A new exhibit at the 3rd Cavalry Museum traces the proud history of the regiment.

The 3rd Cavalry Museum opened at Fort Carson in June 1996. It was first registered as a museum in 1963 when the regiment was located at Baumholder, Germany. When the regiment moved to its next station, Fort Lewis, Wash., the museum moved, too. When the regiment went to Fort Bliss, Texas, so did the museum. The regiment relocated to Fort Carson in 1996, as did the museum.

The museum started as a regimental trophy room in the early 50s, when the regiment



Photo by Spc. Bryan Beach

Museum Registrar Scott Hamric, in period uniform, demonstrates a 19th century weapon.

was located at Fort Meade, Md.

The Regiment of Mounted Riflemen was authorized by Congress in 1846. This was a new step for the American Army—a regiment of riflemen on horseback, who would have longer range and firepower than the muskets used by the infantry and dragoons.

The mounted riflemen participated in the Mexican War in 1847, distinguishing themselves during six campaigns.

Commanding General Winfield Scott paid tribute to the regiment, recognizing the unit's valor on the Mexican battlefields and called them Brave Rifles.

The 3rd ACR evolved from the mounted riflemen regiment, and are still known as Brave Rifles.

The regiment's first station was Jefferson Barracks, Mo., where the new exhibit begins. An animated figure, portraying Timothy Cummings, a member of the mounted riflemen, greets visitors to the exhibit called Track of the Regiment.

The history of the regiment is traced in the display, along with a timeline of real-world events. Photographs of the regiment's 68



Photo by Nel Lampe

Paul Martin prepares an Army uniform used during the Indian Wars in the 1880s for display.

Brave Rifles

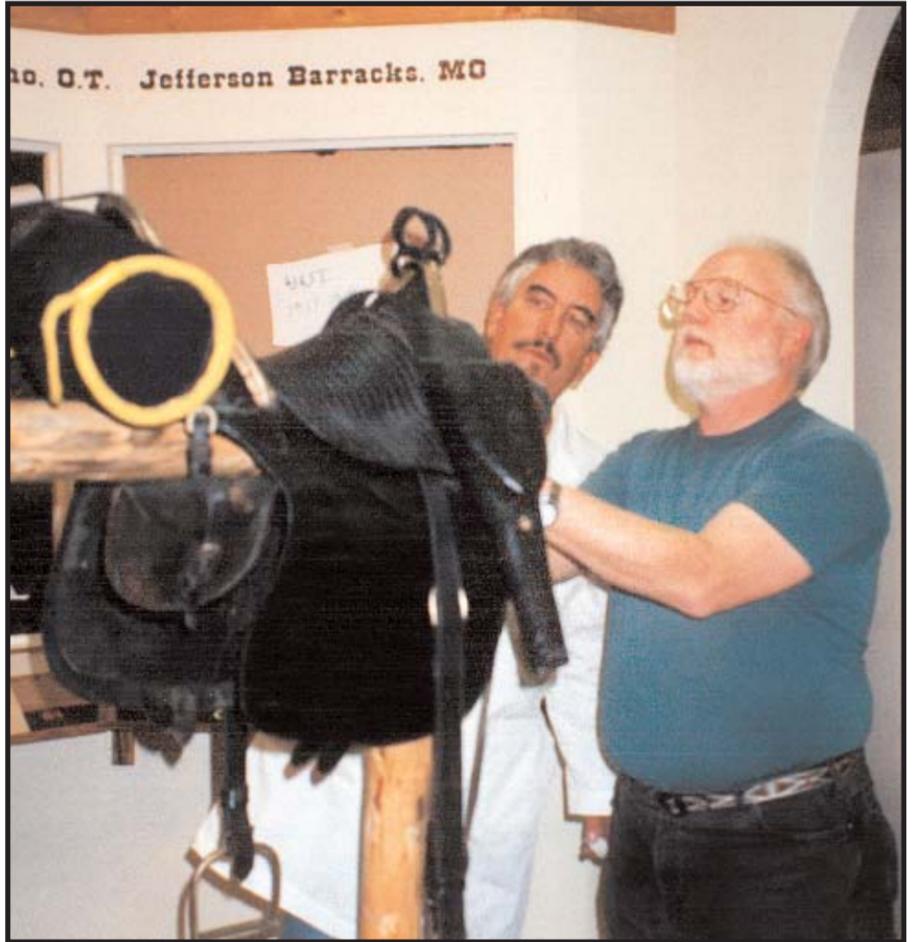


A pull-out section
for the Fort Carson community
November 25, 1998

Happenings



Visitors to the 3rd Cavalry Museum enter through a facsimile of Jefferson Barracks.



Photos by Nel Lampe

Paul Martin, left and Scott Hamric, museum employees, make adjustments to a reproduction 1849 Grimsley saddle being prepared for display.

Cavalry

From Page B1

colonels are displayed in the timeline.

A Medal of Honor wall displays the 23 members of the regiment who received the medal.

Included in the exhibit are historic uniforms, firearms and reproduction saddles. Special displays depict the regiment's participation in Desert Storm, World War II, the Philippines, the Spanish American War, the Civil War and early Indian wars.

The new exhibit was in planning for more than two years, and a year in construction. Members of the museum staff, volunteers and soldiers of the 3rd ACR have assisted in the self-help project.

In addition to the new exhibit, the museum has a wall depicting Camp Carson history in the Colorado Springs area during the early days of World War II. An auditorium seats about 30 people, and videos are shown by request. Videos include a history of the cavalry, Desert Storm and other choices.

A small gift shop is located in the museum. For sale are such items as post-

cards, license plate frames, cavalry sabers, hat cords, suspenders and chin straps. The gift shop is open from 11:30 a.m. until 1 p.m. Monday through Friday. Volunteers run the gift shop. The museum is currently seeking volunteers to assist with the gift shop. Paul Martin, director of the museum, would like to expand the gift shop hours but more volunteers are needed. Call 526-1368 for information about volunteering.

The room previously used for exhibits will be used for temporary special displays. The first special showing is on World War II veterans of the regiment, and is planned for May 1999.

According to Martin, the soldier can learn a lot from history. To illustrate that visually for soldiers, Martin and the museum's registrar, Scott Hamric, provide presentations. Dressed in authentic reproduction uniforms, they portray the lifestyle of the soldier in the 19th century. They present the history, customs and traditions that soldiers experienced more than 100

years ago. The presentation, usually offered in the field, lasts from one to two hours, and is followed by questions. Martin said the soldiers seem to appreciate the historic presentations and the lessons to be learned from history.

In addition to the museum exhibits in building 2160, there is an outdoor display of military vehicles associated with the regiment, located behind the building. The museum is handicapped accessible, including the outdoor exhibits which can be reached by going through the museum.

The 3rd Cavalry Museum is open Monday through Saturday, from 9 a.m. until 4:30 p.m. The museum is closed all federal holidays except Veterans Day.

The museum is located in the banana belt area, near the 3rd ACR headquarters on Berkeley Avenue, between Khe Sanh Street and Titus Boulevard heading off post via Gate 20. There is construction in the area, so watch carefully for the white small square sign



A medium tank, a "Patton II" was used in 1951-2. The tank was named for Gen. George S. Patton Jr. It is displayed with other military vehicles behind the museum. The horsemanship trophy at right was won in 1920 and 1921 by then Maj. Patton, riding his horse "Allemandhe." Patton was the cavalry's 28th colonel.

Just the Facts

Travel time on post
For ages all ages
Type military museum
Fun factor ★★

(Out of 5 stars)

Wallet damage = free

(Based on a family of four)

\$ = Less than \$20
\$\$ = \$21 to \$40
\$\$\$ = \$41 to \$75
\$\$\$\$ = \$76+

Community EVENTS ACS

Army Community Service is closed Thursday and Friday in observance of Thanksgiving Day.

The Family Member Employment Assistance Program offers a Standard Form 171 and Optional Form 612 workshop today from 1 to 3 p.m. These forms are basic federal employment applications. The workshop provides insight into completing applications and general hints about the most effective ways to describe professional experience. To register or for more information, call 526-0452.

The Family Member Employment Assistance Program holds resume workshops Wednesday from 1 to 3 p.m. The workshops include a variety of resume styles. For registration and information, call 526-0452.

The Army Community Service Loan Closet is in need of cookware and various items for the approaching holiday season. Items needed are: cookie sheets, large baking pans, large casserole dishes, roasting pans, mixing bowls, muffin pans, measuring cups, serving platters, potato mashers and turkey basters. All donations are greatly appreciated and help to better serve families relocating to Fort Carson.

There are two drop-off points: the welcome center, building 1218 and ACS, building 1526. For more information, call 526-0349.

ACS is looking for volunteers for the Volunteer Income Tax Assistance program. Volunteers would work under the direction of the Legal Assistance Center at the Staff Judge Advocate office and must attend one week of Internal Revenue Service training in January. A competency examination must be passed in order to volunteer as an income tax preparer. Assistance is also needed in the reception center to screen clients and verify documents. For more information, call 526-4590.

The Financial Readiness Program offers a

Miscellaneous

Pacific Architects and Engineers, the Directorate of Public Works contractor for facilities maintenance and operations, recently moved its headquarters from building 6140 to the north end of Fort Carson. The phone numbers remain the same. For more information, call 526-6951.

Provider Chapel will offer a Thanksgiving service Thursday at 10 a.m. The service is open to the Fort Carson community. Guest speaker will be Maj. Gen. John M. Riggs. For more information, call 526-2833 or 526-6197.

The Fort Carson commissary is open today, but closed Thursday and Friday in observance of Thanksgiving. For more information, call 526-5644.

Evans Army Community Hospital pharmacy and clinics are closed Thursday and Friday for the Thanksgiving holiday. The wards and the emergency room will remain open.

Road and parking lot construction is underway at the intersection of Specker Avenue and Prussman Boulevard and also at Manhart Field. Construction will be complete within a few weeks, weather permitting. For more information, call 526-9235.

The Fort Carson Commissary is accepting donations on behalf of fellow employee Mory Rodriguez. Rodriguez is currently on life support because of cancer and isn't expected to survive. The commissary is asking for donations and prayers to help the family through this trying time. Donations can be sent to: Mory Rodriguez Fund at Norwest Bank, 500 N. Circle Drive, Colorado Springs, CO 80909 account number 5245166330. For more information, call Augusta Meadows at 390-6414.

The Fort Carson Community Food Locker, located in the Little House in the Rockies, has Santa suits for rent. The suits are \$15 with a refundable cleaning deposit of \$5. All proceeds from the rentals will aid in stocking the food locker for the holidays. The house is open Tuesday through

The General Services Administration Federal Supply Service is holding a Dec. 8 from 9 a.m. to 4 p.m. Conference Center. All interested officials are welcome. For more information, call Jon

Anyone interested in becoming a member in Bosnia should contact the following:

To any Army, Navy or Marine Corps member assigned on shore duty, contact: Any Servicemember, Operation Joint Community Support, APO AE 09397-0000. To any Navy or Marine Corps member on ship:

Any Servicemember, Operation Joint Community Support, FPO AE 09398-0000.

Soldiers who wish to see their Soldiers Show must contact:

(regular mail) Army Entertainment Center, ATTN: Soldier Show, P.O. Box 439, Fort Belvoir, VA 22060-0439 or (overnight express) Army Entertainment Center, ATTN: Soldier Show, 1976 Meade Road, Fort Belvoir VA 22060-0000 (703) 806-6393

The Adoption Center is offering adoptions for families. Children, from newborn to 18 years old, are available. Licensed, nonprofit organizations are available. For more information, call

Pikes Peak Hospice is offering Education Presentations. The program is free of charge. The hospice is located at 1000 S. Tejon. For more information, call

The Salvation Army is offering a program for the holiday season. The program is available seven-days-a-week. Proceeds from the program will be used to help the community by reaching

Military Briefs

The Wright Express Credit Card issued to General Services Administration vehicle users expires midnight Nov. 30. The new cards to be issued by GSA are Voyager Credit Cards and can be used starting Nov. 30. The new cards can be utilized at the AAFES service stations throughout the Colorado Springs area and at most major service stations. A PIN number will be required. This number will be provided with the instructions of the new card at the time of issue. For more information, call Transportation Motor Pool at 526-3071.

The Colorado Army National Guard is recruiting warrant officers in the following military occupational specialties: 131 targeting officer, 180 special forces assistant detachment commander, 420 military personnel tech, 915 maintenance technician and 920 supply/property book technician. These positions are for traditional guardsmen only. Interested warrant officers should call (800) 762-4504 ext. 3174 or (303) 397-3174.

The Colorado Army National Guard Aviation Command is currently recruiting 20 warrant officer pilots and 10 lieutenants or junior captains. They must be qualified for the UH-1H Huey or UH-60 Black Hawk. These positions are for traditional guardsmen only. The duty requirements for these positions are one weekend a month, two weeks annual training and 24 to 48 additional flight training periods per year. Those interested should contact Capt. Tim Winslow, Aviation Command, at (303) 677-9851.

The following are upcoming classes offered by the Directorate of Logistics:

- Forklift Safety Training, Dec. 8 and Jan. 6.
- Driver Examiner Course, Monday.
- Bus Driver Course, Jan. 25.

See your unit training noncommissioned officer to schedule classes with Individual Military Training.

The deadline for Driver Licensing Procedures for a Military Vehicle Operator's Identification Card has been extended to Monday. For more information, call Jim Adams at 526-3367.

Regional Training Support Center's MILES equipment no longer comes with batteries. Units are responsible for ordering batteries to support their training. Batteries for vehicle systems are six-volt Lantern Carbon Zinc, \$18.52 for a package of 12, NSN 6135-00-643-1310. Batteries for personnel and small arms systems are nine-volt Alkaline, \$10 for a package of 12, NSN 6135-00-900-2139. The batteries are available in the federal supply system. For more information, call 526-0820.

The 3rd Cavalry Association is now recruiting volunteers to work in the museum gift shop. Shifts will be no more than two hours. For more information, call 526-1368.

A board for Officer Candidate School is to be conducted at Personnel Command, Alexandria, Va., March 22 to 26, 1999. The local board is Jan. 18 through 22. All applicants are required to attend and must wear Class As. Applicants should be prepared to appear before the board members at 10 a.m., Jan. 18. All packets must be received by the 4th Personnel Services Battalion, Personnel Actions Branch, building 1118, room 317, by Jan 4. For more information, call Spc. Jeanette Newell at 526-4039 or 526-1906.

Effective Tuesday, American Express will no longer be the government travel card contractor. All government American Express cards expire Monday, and will no longer be available for travel use. Cards should be cut up and thrown away. NationsBank Visa is the new government travel card.

Effective Jan. 1, all federal payments are made via electronic funds transfer. This rule is a result of the Debt Collection Improvement Act of 1996 and it will affect Army vendors and all soldiers and Department of the Army civilians.

The 104th Division (Institutional Training), a Reserve division headquartered in Vancouver,

Wash., has opening in Washington, Or openings for Reser military occupation 12 western states. T diers to become drill fied. Soldiers leavin tinue their military c to inquire. If interes Retention Office at or 4184.

60th Ordnance gas in training area

Minnesota resie Persian Gulf War l passed a law allowin residents of Minnes from Aug. 2, 1990, bonuses. To determi mation, contact the Veterans Affairs, 20 55155. Applications 1999.

The Abandoned Lot, office located 11:30 a.m. Dec. 18

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Sports & Leisure

the GPS system and includes hands-on experience in the field. Participants learn how to explore the wilderness without getting lost. All materials are provided by the course instructor. For more information, call 526-2083.

Forrest Fitness Center offers two classes in

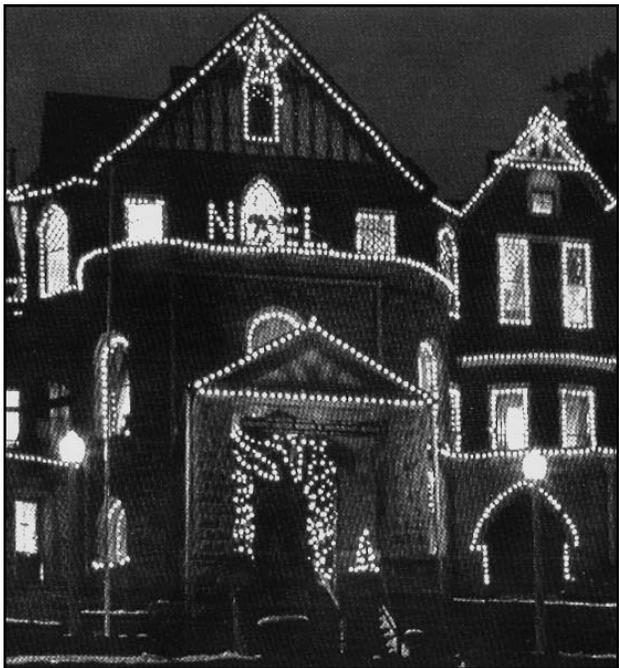
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Get Out!

New York food

Hungry for a Nathan's hot dog? Good news for transplanted New Yorkers — there's a Nathan's Famous just 40 miles south. Located on Union Avenue, in the restored historic district near downtown, Nathan's opened a couple of weeks ago. Just go south on I-25, and head for the skyscraper area of downtown Pueblo, watching for signs for the historic district (restored 1880s dark red brick buildings). Enjoy a New York style hot dog with kraut or the fixings of your choice.



Courtesy photo

The Miramont Castle Museum is decorated for its Victorian Christmas celebration.

Disney on ice

"Happily Ever After" appears Dec. 9 through 13 at McNichols Arena in Denver. Performances are 7:30 p.m., Dec 9 through 12, with daytime performances Dec. 10 at 10:30 a.m., Dec. 12 at noon and 3:30 p.m. and Dec. 13 at 1 and 5 p.m. Ticket prices start at \$10.50, with a \$2 discount for children ages 2 to 11. Tickets are available at TicketMaster or order by phone (303) 830-TIXS.

Christmas music

Colorado Springs Choral Society presents "The Best of Deck the Hall," Dec. 10 and 11, at 7:30 p.m. Tickets are \$10.50 and \$16.50 for the Pikes Peak Center performance. Call 520-7469 for information and tickets.

Nutcracker

Colorado Ballet presents "The Nutcracker" at the auditorium theater in the Denver Performing Arts COMPLEX Saturday through Dec. 31. Tickets range in price from \$12 to \$52. Most performances are at 7:30 p.m., with some weekend matinees. Call (303) 830-TIXS for tickets or visit a TicketMaster location.

"A Christmas Carol"

Charles Dickens' "A Christmas Carol" is presented on stage Friday through Dec 26, by Denver Center Theatre Company. The production is at the Denver Center for the Performing Arts. Call (303) 893-4100 or (303) 830-TIXS for tickets.

Victorian Christmas

Miramont Castle Museum celebrates a Victorian Christmas with live entertainment, cookies and cider, beginning this weekend. On Friday, 28 and Sunday, and Dec. 5, 6, 12 and 13, complimentary refreshments and entertainment are on the third floor.

In addition, the ends, and visitors mtle is open from Tue a.m. until 4 p.m.

Admission is \$4 for children 6 to 12 under are free. The Ave., in Manitou Sp

Ele

Visit Cheyenne until Jan. 3 (except is closed), from 5:30 lights. The Electric more than 450,000 for adults, \$2.50 for under age 2 are adm at 8 p.m.

Holid

Manitou Spring from noon until 3 p through Christmas I trolleys for free, and canes and entertain

Dino

Although Spike depot for the Denve there are still old th Dinosaur Depot, 33 million-year-old fos as well as other foss open Wednesday thr 5 p.m. in winter, but Day.