

Mountaineer

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INSIDE

Project Santa



Elkhorn Conference Center was the site of a Saint Nick's Tea honoring those who donated toys to Project Santa.

See Page 9

Nutcracker



Child and Youth Services staged "Nutcracker ... the musical."

See Pages 18 and 19

Happenings



The holidays might be a good time to visit the aquarium in Denver — it's open daily except Dec. 24. See Page B-1

This week's issue is the final *Mountaineer* for 2000. The next issue is Jan. 5. Deadline for copy is Dec. 29.

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Up on the housetop Reinmingos pause ...

Colorado Springs has many unusual Christmas displays, like the flamingos of the Johns family, 3106 Templeton Gap. Now is the time for soldiers and their families to get out and participate in community activities during this holiday season, such as the yule log hunt this weekend in Palmer Lake. Check out the Happenings section for other holiday events in the area.



Photo by Doug Rule

Army seeks more Catholic priests

by Ginger Couden

Fort Carson Public Affairs Office

The Army prides itself in providing every soldier with the opportunity to practice his or her faith regardless of which religion. However, with a shortage of Roman Catholic priests, the Army has had to learn to "do more with less," said Department of Army ministry leadership.

"Doing more with less" is a term the Army has become accustomed to with the downsizing of its personnel and resources.

While the Army certainly tries to provide soldiers with the Catholic services they need, the Army is finding it difficult to accommodate one of the largest religious populations in uniform. The Army has been feeling the shortage of priests for more than 20 years, which mirrors the Catholic civilian community.

For the Army to adequately provide Catholic services to its 24 percent Catholic

population, it would need 325 priests on active duty, said Chaplain (Lt. Col.) Eric Wester, of the Directorate for Ministry Initiatives for the Department of the Army. The reality is the Army has only 98 priests on active duty, and 25 of those chaplains were already retired and were called back because of the shortage, Wester said.

"The fact of the matter is, there are soldiers who go without the Sacraments of their church because we are so short," Wester said.

Since the Army does not physically have enough priests in uniform, it is trying several methods to make up for the shortage. At many installations around the world the Army is contracting with civilian priests for religious services. The Army is also carefully managing those few priests they do have, Wester said.

At installations that are located in suburban America it may not be difficult for the soldiers to find a Catholic Mass, but the problem arises when the soldiers deploy and the Army does not have a priest to send with them, he said.

Chaplain (Capt.) H. Timothy Vakoc, one of two Catholic chaplains located at Fort Carson with its 15,000-soldiers, agrees.

Vakoc said when the 3rd Brigade Combat Team, of 4th Infantry Division, deployed to the National Training Center, at Fort Irwin, Calif., for a month recently, the Army had to be creative in providing the needed Catholic Masses and Sacraments.

While there is another

Catholic chaplain at Fort Carson, Chaplain (Capt.) Rajmund Kopec, he had not yet returned from a seven-month Bosnia deployment when 3rd BCT was leaving. Initially, the 3rd BCT was able to contract Masses for the soldiers at Fort Irwin before they went into the field full time. When Kopec returned to Fort Carson, he was able to cover the Masses, weddings, baptisms and additional services at Fort Carson for Vakoc while he went to Fort Irwin for 10 days to provide Masses in the field. For the rest of the training exercise while in the field at Fort Irwin, soldiers had to go without Catholic services, Vakoc said.

Fort Carson is following the Department of the Army's doctrine of doing more with less to provide Catholic services to its soldiers and family members. Vakoc said the post contracts one deacon who performs marriage preparations, baptism preparations and counseling services. The post also contracts two Catholic priests on an as needed basis, and the hospital contracts a Catholic priest. Vakoc said there are a number of volunteers who are invaluable, in addition to the contractors.

"If it was just me, I simply couldn't do all of it. It would be Masses providing the Sacraments, and counseling along with my Army duties, and that's it," Vakoc said. "It all gets draining and dangerous."

Vakoc typically performs four Masses a weekend, not counting weddings, baptisms or field masses to soldiers deployed down-range. The governing guidelines for the church say a priest should only perform one Mass on Sunday.

Wester said while all the services are lacking their needed priests, the Army is the service with the greatest shortage. "The Army is not the service of choice because of the rigor of the work," he added.

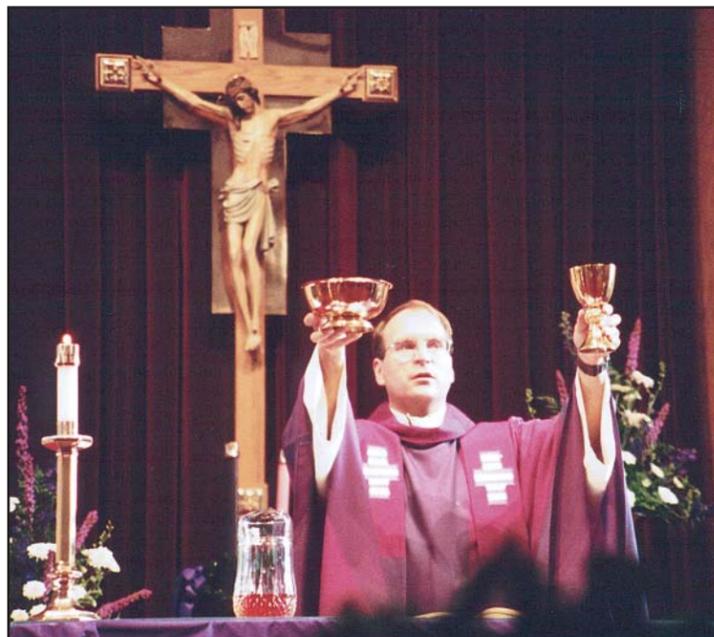


Photo by Ginger Couden

Fort Carson priest, Chap. (Capt.) H. Timothy Vakoc, conducts Mass at Soldiers' Memorial Chapel Sunday.

See Chaplains, Page 10

Commander's Corner

Practice safety during holiday season



Soriano

“First and foremost, be responsible in making decisions.”

Now that the holiday season is upon us and we approach this time of year

with enthusiasm and anticipation of the many holiday events and travel requirements associated, I want to emphasize some of the areas where judgment will be a key factor in making this a joyous season filled with happy memories.

First and foremost, be responsible in making decisions. Never make the choice to drink and drive. If alcohol is consumed at holiday parties, plan to have a designated driver or call a taxi. It may not be convenient, but convenience is not the issue — lives are.

Avoid driving in serious weather conditions. Although we don't regularly get heavy snow or rain

conditions in the Colorado Springs area, the conditions a few miles in any direction can be significantly different. Use common sense when weather and road conditions are hazardous. Remember, speed kills. Travel at the speed of safety rather than the posted speed limit when weather impairs visibility and tire traction. In this same vein, be responsible in the use of safety belts for you and your family. Regardless of who is a fault in an accident, wearing a seat belt can save your life or that of a loved one.

Don't drive when you are overtired. Sleepiness can affect reaction times in the same manner as drugs. Coffee and over-the-counter stimulants can make it worse. Stop and take frequent breaks and stay overnight en route rather than driving straight through. While you might arrive a little later, you increase your chances for arriving safely. If you are going home for the holidays or traveling extensively on the highways, drive defensively. Anticipate what the other driver might do. Knowing what to do in case of an emergency is important.

Although we try to emphasize peace, joy and love at this special time of year, it can be extremely stressful for many and this stress is, in a large part, brought on by financial difficulties and demands. If you find yourself becoming despondent over money matters at this time of year, enlist the help of your unit's finan-

cial noncommissioned officer or a member of the Chaplains Corps. Don't hesitate to ask for help ... it's out there for you. On the other hand, if a friend or co-worker hints or talks to you about suicide, take him or her seriously and try to have get the help they need. Remember, there are many options and sources available to help solve problems that seem insurmountable ... suicide is never the answer.

So remember, make responsible decisions. This, in itself, will eliminate heartache and tragedy caused by poor judgment on your part. Appropriate and reasoned behavior for whatever the circumstance will go a long way in ensuring a safe and happy holiday season for you and your family. I encourage and urge commanders and NCOs at all levels to see that soldiers in their charge take the issues addressed here seriously. This applies to civilian supervisors and employees alike.

Vivian and I want to wish you and your families season's greeting and a healthy and prosperous New Year. May the spirit of this holiday season fill your hearts with joy and good will toward others.

Mission first ... people always ... one team.
Bayonet!

Major Gen. Edward Soriano

Commanding General

7th Infantry Division and Fort Carson

Leadership sends greetings, acknowledges nation's gratitude

As the first year of the new millennium comes to a close, we pause to reflect on the remarkable contributions that American soldiers have made to the nation and the world throughout our history.

More than 225 years ago, our forefathers ushered in a new era dedicated to democracy and liberty. The spirit of independence that they kindled produced a nation that today is acknowledged as the greatest testament to the human spirit in the history of man: a nation so committed to the blessings of peace, hope and liberty that it sends its best sons and daughters into harm's way to keep the flame of freedom burn-

ing for all mankind.

Preserving liberty requires tremendous personal sacrifice. Like our forefathers, many of whom gave their young lives to the cause of liberty, today's soldiers willingly shoulder the heavy burden of standing guard on the frontiers of freedom. Each day, from Kosovo to Korea, from Saudi Arabia to East Timor, and in more than 60 other countries, men and women of the United States Army face the possibility of danger; they willingly sacrifice the comforts of home and family so that others may remain safe and secure.

The men and women of the U.S. Army are the best at what they do.

Highly trained and highly motivated, they know that the freedom and security of our nation — and that of our friends and allies — depend on their ability and dedication. They serve out of a love for what America represents — liberty, justice and respect for human dignity. They serve because they know that they are mankind's best hope for bringing peace, order and stability to the most troubled areas of the world.

America is profoundly grateful and indebted to you, the American soldier, for everything you do.

As you celebrate this holiday season, many of you deployed far from

home, may each of you find joy and satisfaction in the knowledge that because of you, America is a safer and better place; that because of you, America remains a shining beacon of hope to the less fortunate peoples of the world who look to us for leadership.

We wish you a happy and safe holiday season and a peaceful New Year.

General Eric K. Shinseki

Army Chief of Staff

Louis Caldera

Secretary of the Army

Division commander has 'Green to Gold' scholarships available

Fellow members of the 7th Infantry Division and Fort Carson, I have a great opportunity for a few outstanding soldiers out there who qualify. I will tell each soldier assigned to the Mountain Post that education is important while you are in the Army. It will be even more important once you get out, regardless if you end your time in service after a few short years or retire.

If you want to get ahead in life and in the Army, I challenge you to check into the Green to Gold Program. Each year, the division commander is provided five two-year scholarships. And this year, the time to apply for one is now.

The first step is to inform your chain of com-

mand that you are interested in the program. Next, you should begin working with the Green to Gold representative (Capt. Cindi Basenpiller, Army ROTC Enrollment Officer) at 262-3236 to determine your eligibility. Also, your local education counselor can assist you in finding and applying to an eligible university. Green to Gold briefings are held at Fort Carson's Education Center Tuesdays, from 11:30 a.m. to 12:30 p.m. After you have selected a school, you must work with the Army ROTC enrollment officer.

This may all sound like a lot of work, but the dividends are worth it. These scholarships will pay tuition up to a maximum of \$16,000 over two years as well as \$510 per year for books and supplies.

Also, once contracted, the cadet will receive a \$200 monthly stipend up to 10 months per year for two years.

Your battalion career counselor has all the information you need to get started on the path to continuing your education and earning a commission in the U.S. Army. For additional information, visit the Personnel Actions Branch, 4th Personnel Services Battalion, building 1118, room 317, no later than Feb. 8, or call Capt. Archie Bates at 526-6495.

Command Sgt. Maj. George D. Ponder

7th Infantry Division and Fort Carson

Division Command Sergeant Major

MOUNTAINEER

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News

IG finds bias in Corps of Engineers' study

by Gary Sheftick
Army News Service

WASHINGTON — An Army Inspector General report released this week found three Corps of Engineers officials were involved in manipulating data to justify a \$1 billion lock expansion project on the Mississippi and Illinois rivers.

"I believe that the IG found there was no evidence of criminal violations," said Elaine Kaplan, head of the U.S. Office of Special Counsel, an independent government agency charged with reviewing the IG report.

She went on to say, however, that the three officials violated rules, regulations and standards of conduct.

The IG report also concluded that an "institutional bias" for large-scale construction projects may exist throughout the Corps of Engineers. It said the Corps "Grow the Program" initiative had the potential to affect the objectivity of future feasibility studies.

The IG investigation focused on a feasibility study being conducted by the U.S. Army Corps of Engineers to deter-

mine the most efficient means of relieving congestion on the Upper Mississippi River and the Illinois Waterway.

The UMR-IWW System Navigation Study began seven years ago and was headed up by Corps economist Donald Sweeney. When the study was not finished by its projected completion date last December, Sweeney was subsequently removed from its oversight and demoted.

In February, Sweeney went to the U.S. Office of Special Counsel and filed a "disclosure statement" charging that senior Corps officials manipulated the study to produce results favoring "immediate large-scale construction."

The matter was forwarded to DOD and an Army IG investigation began in March. The investigation found that one of the "key parameters" of the waterway study was "manipulated to result in a specific study outcome."

The report indicated that Col. James V. Mudd, commander of the Corps' Rock Island District, ordered a specific value be given to the key para-

meter even though he knew it was mathematically flawed.

The IG report found that Maj. Gen. Russell L. Fuhrman, former deputy chief of engineers, created a climate within the Corps that led to manipulation of the study's data.

And the report found that and Maj. Gen. Phillip R. Anderson, former commander of the Corps' Mississippi Valley Division, gave preferential treatment to the barge industry.

Anderson allowed barge industry representatives to become directly involved in the economic analysis of a project that would benefit them.

Army Vice Chief of Staff Gen. John M. Keene will examine the facts of the IG report, officials said, to determine if any action will be brought against the three officers.

Mudd retired from the Army a few months ago, Fuhrman's retirement ceremony was last week and Anderson now heads up the Corps' South Atlantic Division.

Kaplan said she will now forward the IG report to Congress and the pres-

ident so they can determine if changes need to be made within the Corps of Engineers.

"I'm happy to see the Army did a pretty good job of investigating itself," said Sweeney, the Corps economist who has been named "whistle-blower of the year" by two civic organizations.

"I think they did a professional job of investigating a complex set of issues in a politically charged atmosphere," he said.

Kaplan said the Army IG "should be commended for expanding the investigation to attempt to determine the root causes of the actions, and for identifying institutional biases."

Secretary of the Army Louis Caldera has established a six-month deadline for the new Chief of Engineers, Lt. Gen. Robert B. Flowers, to propose appropriate changes to Corps practices.

Officials said this time period is necessary so that the National Academy of Sciences can finish an ongoing report into the waterway study and forward its recommendations.

Chaplains

From Page 1

The rigors Wester speaks of include passing physical fitness tests twice a year, abiding by a weight standard, providing religious services and counseling to individuals of various faiths, and living in tents with the rest of the troops on the frontlines during numerous deployments with a high operations tempo.

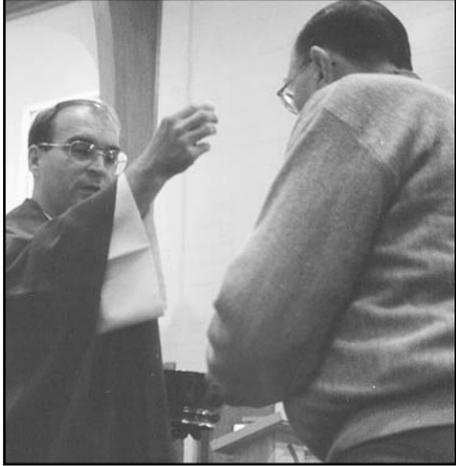


Photo by Ginger Couden

Chaplain (Capt.) H. Timothy Vakoc give the host to his father during the Eucharist.

“We are one of the few soldiers on the battlefield that moves toward the firing without a weapon,” Wester said.

Unlike an individual who joins the Army and makes their own decision of when to end their career, chaplains are different.

Catholic chaplains enter the Army on loan from their diocese. The chaplains are sent to the Army similar to missionaries for special ministry. Chaplains receive direct commissions as officers then must complete a 12-week course at the U.S. Army Chaplain Center and School. There they learn military protocol and customs, and how to work in a pluralistic religious environment. Chaplains serve as soldiers anywhere from three to 20 plus years in the Army. The decision for a priest to leave the Army is based on his decision, his bishop’s decision and the needs of the Army.

While Vakoc agrees there are obstacles priests in the Army face, he welcomes the challenges and enjoys the lifestyle. He said working side-by-side with the soldiers, wearing the same uniform and living in the same environment is a plus.

“I can talk to almost anyone and be

doing my job — and that is to carry God’s presence into daily encounters. It is a reminder of God’s presence. We are the reminder there is some sanity in the midst of chaos,” Vakoc said. “It’s about taking care of the soldiers.”

The Department of the Army is trying to recruit and rebuild its Catholic chaplain ranks, Wester said. This is the first year the Army was able to stop its downward spiral and keep the number at 98 Catholic chaplains.

Wester said the Department of the Army chaplain leadership is visiting bishops and informing them of the positive work Army priests perform. The Army lets the bishops know that the priests work very closely with soldiers and family members around the globe, hoping to spark an interest.

Veterans Day weekend the Army conducted its 2nd Annual Vocation Sunday worldwide. The Army showed vocation videos at Masses and informed people of the need for priests in the Army. The purpose was to plant seeds of thought for individuals who might know someone who would be interested in priesthood in the Army and for those themselves who may have a calling,

Vakoc said.

“The vocation was a success in getting the word out. Did it produce lots of priests? No. But who knows what it will produce down the road,” Vakoc said.

Vakoc is convinced there are soldiers in the pews who have had a calling but haven’t been asked to step forward and follow their spirit. He encourages those interested to discuss it with their faith leaders and priests.

Because the average age of the Army priest is high, Vakoc said the job will become more challenging and the shortage will continue or possibly increase as the chaplains retire. Approximately 65 of the 98 Catholic chaplains on active duty are 51 or older, he said.

Vakoc encourages individuals to take more responsibility for their faith and “show up when they do get a priest.”

For those interested in learning more about becoming an Army priest or a chaplain for another faith, please contact the Department of Army Chief of Chaplains Office, Chaplain (Capt.) Timothy Mallard (703) 601-4452 or e-mail questions to mallats@occh-un.army.mil.

Community

Fort Carson hosts certification exercise

by Sgt. 1st Class James Yocum
Fort Carson Public Affairs Office

Earthquakes. Hurricanes. Wild fires. Floods. Terrorist attacks at the Olympics. All are emergencies faced by Americans in the past several years. When these hazards threaten, the Federal Emergency Management Agency responds, often calling on the help of Department of Defense units.

The Federal Emergency Management Agency, which is the lead federal agency for dealing with the consequences of both natural and man-made disasters, joined servicemembers from Region Eight during a certification exercise on Fort Carson Dec. 5 and 6 to practice the process used to request assistance from the DOD during emergencies.

When disaster strikes, often local and state resources are unable to handle all the needs communities face. When the state requests and receives Federal Disaster Area status, FEMA sends a team in to help manage disaster relief operations. With the FEMA team comes a group of servicemembers called the defense coordinating element headed up by a defense coordinating officer.

The DCO for Region Eight, encompassing Colorado, Utah, North Dakota, South Dakota, Montana and Wyoming, is Col. Malcolm Johnson, commander of the 2nd Battalion, 91st Division, headquartered on Fort Carson.

"In the role as the DCO, we'd be asked to deploy at the request of

FEMA," Johnson said. "Under this scenario, we'd be supplying help to state and local officials in handling requests for assistance from the military.

The DCO works like a clearing-house for requests of assistance. The expertise of military members can help FEMA emergency support function chiefs in determining what kind of help the military can provide in different situations.

The ESF chiefs fall into 12 categories — transportation, communications, public works and engineering, firefighting, information and planning, mass care, resource support, health and medical services, urban search and rescue, hazardous materials, food, and energy, said Maj. Michael Broadbent, a current operations officer for the 5th Army, which is responsible for coordinating with FEMA for these kinds of missions.

Requests for federal assistance come when local and state authorities have used up their assets or when federal assistance would be able to do the mission faster or cheaper. Many factors figure into the decision to use DOD assets, but the DCO and his support staff are there to sort through the needs and decide what military assets can be used to help meet those needs.

"Of course, the local and state assets are used first, but there are some things that DOD can do that other organizations can't," said Col. Art C. Beck, the certification exercise director and regional principal emergency preparation liaison officer for Region Eight.

"There are times when we can do things faster or better than anybody else."

One such situation where DOD units were able to support an emergency that local assets couldn't, was during massive snowstorms in North Dakota two years ago, said Carmen Chaves, the emergency management program supervisor for FEMA's Denver office for operations and planning.

A blizzard had completely closed off every road in the state. The snow was so deep that local workers couldn't get to their equipment to begin clearing the roads. A request for aid came through FEMA, and the military used helicopters to fly in engineering equipment to open up the roads for the local crews.

While all requests for assistance are looked at, not all are filled, Chaves said. The DCO and the FEMA representative for the emergency support function always try to use local assets first. If local assets are unavailable or unable to meet the need, then the DOD will try to assist. But, even then the DCO must balance the need against the request to ensure the best use of DOD assets and what actual forces are required to meet the need.

For instance, a request during the summer firefighting in Montana for an Airborne Warning and Aircraft Control System plane from the Air Force was turned down. The request from the state was to get help in managing the aircraft doing water drops on the fire. After looking at the need, FEMA and the DCO determined that local air-

craft control would be able to handle the job without using the expensive AWACS system, Chaves said.

According to Beck, DOD assets run the gamut of military services and units.

Often the Air Force will be asked to supply transportation for personnel and equipment. Or the Air Force may take part in fire suppression.

The Navy has special assets that can provide power generators, and it has a lot of medical, communications and engineering capabilities.

The Army may provide engineers, power generation, search and rescue support, medical assistance and even military police to assist in traffic direction.



Photo courtesy 1st Cavalry Division
Soldiers from the 1st Cavalry Division of Fort Hood, Texas, haul a firehose to a Northwest wildfire.

See Disaster, Page 6

Disaster

From Page 5

One item military members can't help with is policing. The Constitution of the United States rules out using federal troops to provide assistance in law enforcement. This does not preclude National Guard troops being used to assist in law enforcement if the state governor mobilizes them, Beck said.

Exercises like the one on Fort Carson are important to provide FEMA representatives a chance to practice the process with the DCO and staff, Johnson said. It also helps the staff prepare for this part of its mission.

"While this isn't our primary mission, it is a critical requirement for us to be able to accomplish the mission when we're called upon in support of FEMA," Johnson said.



Photo courtesy 1st Cavalry Division

Soldiers of the 1st Cavalry Division from Fort Hood, Texas, receive instructions during a firefighting mission.

The primary mission of 2nd Brigade, 91st Division is to provide training support for National Guard and Reserve units in the Region Eight area; which actually helps the unit accomplish its support of FEMA, since it knows a lot of the support elements in the area that can be called in quickly if needed to assist in disaster relief, he said.

Although FEMA deals mainly with responding to disasters, Chaves said planning and holding exercises like this one are important to being ready. By walking through all the steps of the process in a training environment, the players involved will be ready if a real emergency does come.

CORRECTION

Evans Army Community Hospital wants to clarify an item in a Dec. 8 Mountaineer article about the Army's new Frame of Choice program. The article stated that retirees are authorized to get glasses with flight frames. Only general officer retirees and pilots are authorized to get the frames at this time.

Fort Carson Christmas giveaway

**by 1st Lt. Kris Frutchey
Garrison Adjutant**

The Fort Carson Commissary and Army Community Services are working together to provide Christmas meals for families.

Soldiers in need of assistance have been identified by units and will receive vouchers. Which can be redeemed at the commissary for a Christmas meal, starting 9 a.m. Saturday.

The meal includes a turkey, one liter of Coke or Pepsi, a box of stuffing, a box of potato spuds, a can of corn or green beans and a box of cookies.

Additionally, the first 140 soldiers in line Saturday morning will be eligible to receive a meal voucher as well, courtesy of the garrison commander. Soldiers who already have a voucher will not be eligible to receive a second voucher.

For more information, call the Fort Carson Commissary at 526-5781 or ACS at 526-4590.

Where and When

Editor's Note:

It is the responsibility of each facility referenced in this directory to inform the Mountaineer of any changes.

Directorate of Community Activities facilities

Physical 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 5:30 a.m.-10 p.m./weekends and holidays 3-10 p.m.
- **Mountain Post Wellness Center** ph: 526-2411
CLOSED
- **Forrest FC** ph: 526-2706, closed Dec. 25 and Jan. 1.
M-F 5:30 a.m.-10 p.m./ Sat. & Sun. 10-5 p.m., Sat. 8-10 a.m. women only.
- **Post PFC** ph: 526-1023 or 524-1164
M, T, W, F 6-9 a.m./ Spinning classes M-F 5 and 6 p.m./ closed weekends and holidays
- **Indoor Swimming Pool** ph: 526-3107
M, T, F 6:30- 8:30 a.m.; M, T, W, F 11:30 a.m. -1 p.m.; M, T, W, Th, F 8 -9:30 p.m. for open swim/ S, Sun. & holidays noon - 6 p.m. open swim
- **Outdoor Swimming Pool**, ph: 526-4456
Closed for the season

Miscellaneous

- **Commissary**, building 1525, ph: 526-5505. closed Dec. 25 and Jan. 1.
M-F 9 a.m.-8 p.m./ Sat 9 a.m.-7:30 p.m./ Sun 9 a.m.-5 p.m.
- **Grant Library**, building 1528, ph: 526-2350
M-Th 11 a.m.-8 p.m./Fri 11 a.m.-5 p.m./Sat and Sun 10 a.m.-6 p.m.
- **Multi-Craft Center**, building 1510, ph: 526-0900
W-F 11 a.m.-7 p.m./Sat, Sun and holidays 9 a.m.-4:30 p.m.
- **AutoCraft Center**, building 2427, ph: 526-2147
Every day 8:30 a.m.-4 p.m., emissions only on M and Tues
- **WoodCraft Center**, building 2426, ph: 526-3487
M-Tues. closed/ Wed 1-7 p.m.(Closed for safety class.)/ Th-F 1-8:30 p.m./ Sat and Sun 9 a.m.-4:30 p.m.
- **Cheyenne Shadows Golf Course**, ph: 526-4122
M-Sun 8 a.m.-5 p.m. Closed Dec. 25 and Jan. 1.
- **Divots Grill**, building 7800, 2nd floor: 526-5107
M-T 9 a.m.-5:30 p.m./W-F 7:30 a.m.-5:30 p.m./ Sat. Sun. and holidays 6:30 a.m.-5:30 p.m. Closed Dec. 25 and Jan. 1.
- **American Red Cross**, building 1526, ph: 526-2311

- M-F 8 a.m.-4:15p.m./ Emergencies: 526-2311 (24 hrs)
- **Community Thrift Shop**, building 1008, ph: 526-5966
T, W, Thu 10:00 a.m.-2:30 p.m./ F-M closed
- **Turkey Creek Recreation Area**, ph: 526-3905
Office hours: W-Sun 8 a.m.-4:30 p.m./ closed M-T
- **Information, Tickets & Registration**, building 1510, ph: 526-5366
M-Th 10 a.m.-6 p.m./F 9 a.m.-6 p.m./Sat 9-1 p.m./closed Sun and holidays
- **Carlson Wagonlit Travel**, building 1510, ph: 576-5404
M- Th, 10 a.m.-6 p.m./Fri 9 a.m.-6 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.
- **Fatz Pool and Darts**, building 1129, ph: 526-4693
M-Th 11:30 a.m.-midnight/Fri 11:30 a.m.-2 a.m./ Sat 3 p.m.-midnight/Sun closed
- **Bowling Center**, building 1511, ph: 526-5542
Sun-Th 11 a.m.-11 p.m./Fri & Sat 11 a.m.-midnight
- **Ten Pin Cafe**, building 1511, ph: 576-8126
Sun-Thu 11 a.m.-10:30 p.m./Fri & Sat 11 a.m.- 10:30 p.m./ M-F 8-10:30 a.m. (breakfast only)
- **Brass Rail Lounge**, building 1511
M-W 4-11 p.m./Thu 3-11 p.m./Fri & Sat 4p.m-12 a.m./Sun & holidays 11a.m.-9:30 p.m.
- **Wok Express**, building 2355
M-S 11 a.m.-6 p.m./closed Sunday
- **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 facilities

Barber/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.-4 p.m./weekends and holidays, closed
- **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
M only 7:30 a.m.-1 p.m.
- **Welcome Center Barber Shop**, building 1218
M 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.-5 p.m./Sun 10 a.m.-4 p.m./ closed holidays

Shoppettes/service stations

- **"B" Street shoppette**, building 900
M-F 5 a.m.-midnight/weekends 6 a.m.-midnight
- **Ivy Troop shoppette**, building 2355
M-F 11:30 a.m.-6 p.m./Sat 10 a.m.-3 p.m./closed Sundays
- **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.
- **Housing shoppette**, building 5940
M-Sun 8 a.m.-9 p.m.

Alterations

- **Military Clothing Sales Store**, building 1510, ph: 526-8715
M-F 9 a.m.-6 p.m./Sat 10 a.m.-4 p.m./Sun 11 a.m.-4 p.m./ closed 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-thru until 10 p.m.)/Sun 8 a.m.-9 p.m.
- **Kentucky Fried Chicken**, building 1533, ph: 579-8237
M-Sat 10:30 a.m.-10 p.m./Sun 10:30 a.m.-9 p.m.
- **Class Six**, building 1524
M-Sat 9 a.m.-9 p.m./Sun 11 a.m.-5 p.m.
- **Class Six Annex**, building 3572
M-Sat 10 a.m.-7 p.m./closed Sundays
- **Laundromat**, building 6089
M-Sun 7 a.m.-10 p.m.
- **TV Repair/U-Haul**, building 1008, ph: 579-9344
M-F 10 a.m.-5:30 p.m./Sat 8 a.m.-noon/ closed Sun and holidays
- **Sprint Office**, ph: 579-7463
M-F 8 a.m.-5 p.m./Sat 10 a.m.-2 p.m./closed Sun and holidays
- **Post Exchange and Main Store Mall**, building 6110
M-Sat 9 a.m.-9 p.m./Sun and holidays 9 a.m.-6 p.m. (Flower Shop, Vitamin Expo, Optical Shop and AT&T kiosk)
- **Main Store Mall Espresso Cart**
M-F 8 a.m.-3 p.m./Sat and Sun 8 a.m.-4 p.m./closed holidays
- **Mini Mall**, building 1510
M-Sat 9 a.m.-11 p.m./Sun and holidays 10 a.m.-5 p.m. (Shoe Repair and Engraving Shop)
- **Mini Mall Laundry**, building 1510
M-Sat 9 a.m.-6 p.m./Sun 10 a.m.-5 p.m./closed holidays

Soldier haunted by possible tragedy

by Pfc. Kiandra E. Kaiser

EDITOR'S NOTE: *this article was originally run in the Fort Bragg, N.C. Paraglide newspaper.*

Several times in the last six months, I have awakened in the middle of the night in a cold sweat, with my heart beating madly and terror rushing through my veins. It's the same nightmare each time and afterward it usually takes me an hour or so to fall back asleep.

In the dream, I am driving back to the barracks after having a few drinks with friends at a bar. Thinking about the next day and my plans for it, I never see the other car. It comes out of nowhere and I can't react fast enough.

Images that flash in my mind's eye are of twisted metal, smoke and horrible screams. But this is not even the beginning of the terror, for the end of the nightmare is its brutal climax.

I hear a baby crying and then above me I see a sign with a picture of the most adorable little girl, with beautiful blue eyes and curly blonde hair. Beneath her smiling face is a caption: "Killed by a drunk driver, Jan. 2, 2000."

When the last vestiges of the vision

fade, the only relief I find is that this is not what happened at all, but from my mind I will never erase the fear of what might have been.

Ten o'clock in the evening, Jan. 2, while I was on temporary duty at Fort Lewis, Wash., I was arrested for driving while under the influence.

I can never describe the moment of complete despair when the police officer placed handcuffs around my wrists, patted me down and read my rights to me. As I sat in the police station and they questioned me, I began to cry.

Still, the worst moment was to come.

It was at the point that they booked me, taking my picture and then my fingerprints, that I realized this was really happening and not some bad dream from which I could awaken.

The next morning I called my chain of command at Fort Bragg, N.C., and told them what had happened. I could hear the anger and disappointment in their voices then, and even now I still see it in their faces.

My greatest worry at that point was what was going to happen to me in civilian court and in my military career.

The state of Washington sentenced

me to one year in jail. Since this was my first offense, the sentence was suspended as long as there are no more violations for the next three years. I paid \$1,000 in fines, had my license suspended for three months and spent 24 hours in a state detox facility, accompanied by a session with a Mothers Against Drunk Driving Victims' Impact Panel.

When I arrived at the detox center in Tacoma, Wash., for the first time, I saw beyond the event of my one night of drinking and into the hundreds of other lives touched by alcohol. These people in detox were not just drunks, some of them were good people, but there we all sat, in the same boat.

At the Victims' Impact Panel, I had to listen to the tales of death and destruction, hopelessness and heartache.

Suddenly, it occurred to me how unscathed I had escaped from my crime.

I was not a social drinker who had become an alcoholic, like so many in the detox center. I was not the woman at the panel who, crying her eyes out, told us all how she was a convicted murderer because she had too much to drink at a

party and then drove home drunk.

It was at that point my perspective changed and I began to have trouble sleeping at night.

Some people might say, "You didn't kill anyone. You just made a mistake, move on with your life. It could have happened to anyone."

Do you understand? I hope so. I could have written a long list of facts on DUIs or told you a true story about a person killed by a drunk driver, but I wanted you to hear my story.

My military career, while not ruined, is severely damaged. There remains a mark on my character that will never completely fade.

Drinking is a big responsibility. That's why there is a drinking age limit and lots of rules that go with it.

Next time you take a drink, as you lift that glass to your lips, please don't repeat my mistake. Think of what might happen, and most importantly, make sure you have a designated driver who is not drinking any alcohol. No one plans on being an alcoholic, a drunk driver or a convicted murderer.

I know I sure didn't.



Fort Carson hosts gathering of gift givers



Photo by Spc. Zach Mott

Vicki Buckley, senior advisor of the Officers' Wives' Charitable Association, and Maj. Gen. Edward Soriano, commanding general of 7th Infantry Division and Fort Carson, check out the Fort Carson Cookbook being sold by the Fort Carson OWCA.

by Spc. Zach Mott
Mountaineer staff

This time of year has long been known as a time of giving. So in that spirit, the Fort Carson Officers' Wives' Charitable Association and the Ironhorse Sertoma Club teamed up for "Project Santa." This was a drive designed to collect toys for the children of Fort Carson.

During the Saint Nick's Tea Dec. 7, those who donated gifts during Project Santa were invited to attend and share in the festivities; which included hors d'oeuvres, door prizes and musical entertainment from the Colorado Springs Skylarks — a group made up of military officers' wives.

"This has been an easy project," said Chris Pires, co-chairman for the Project Santa Committee. "We gather toys for kids all year."

In the 10 years that these organizations have collaborated on Project Santa, they have helped more than

16,000 children have a happier holiday season.

"We wish the number (of children we help) was zero," said Betty Tilley, president of the Ironhorse Sertoma Club. "But whatever the need is, we'll help fill it."

Those families who might be in need of gifts for their children were identified through unit command financial noncommissioned officers and entered into a database anonymously, Tilley said.

The Ironhorse Sertoma Club is the only one of its kind operating on a military installation, and is always looking for new members. To join, or for more information, call Betty Tilley at 668-8369, or Charles Clark at 526-5510.

For Pires, this was her first year involved in Project Santa, and she said it was a great experience.

"It was heartwarming," she said, "to see that people really want to give."

Post troops help put youth on road to literacy

Children's Literacy Center

In a quiet corner of Fort Carson, since the beginning of October, a few soldiers have been discreetly putting their time and effort into a one-on-one reading program operated by the Children's Literacy Center.

The Children's Literacy Center, a private non-profit organization, provides free tutoring in reading instruction and has helped more than 5,000 children since opening in 1993. This fall was the first time the CLC has operated on Fort Carson, bringing the total number of reading sites to 36, which are located at various schools in the Colorado Springs area.



Captain Russ DeMartino and Jordan Douglas discuss their reading for the day.

Only students from Mountainside Elementary School are accepted in the after-school program which takes place in the school's cafeteria. If your child attends Mountainside, is a second semester first grader, or second or third grader, and is approximately six months to one year behind in reading, please contact the Children's Literacy Center's On Site Coordinator, Spc. Michael J. Brown at 661-8581, or Principal Carol Macklin at the school. The one-hour tutoring sessions take place twice a week, from 3 to 4 p.m., and resume Feb. 13.

Brown needs more soldiers and civilians to volunteer for the upcoming semester. This past 10-week session, he had 11 soldiers paired with 11 students, but had a number of students on the waiting list. Although he knows a few tutors will return in February, some cannot commit because of upcoming scheduled field training. He asks that soldiers who sign up commit to the full program, twice a week, as the children need the consistency and dedication. And although only soldiers signed up for the program's first session, parents and civilian personnel whose schedule permits are encouraged to volunteer.

According to Macklin, programs like the CLC are valuable because, "the more opportunity a child has to read with an adult, the more progress that child will make."

Parents often do not have the time or opportunity to read at home with their children, so tutor programs like this can augment what they receive at

home. Furthermore, Brown has seen progress in the children, not just based on increased skills, but as a result of piquing the interest of the students, when it comes to reading. He sees that many children nowadays need to be instilled with a desire to read because so many other mediums of entertainment, namely television and video games, take precedence in their lives.

Specialist April Peters, a soldier at the Welcome Center, who has been volunteering since the beginning of the fall session, has relished the opportunity to work one-on-one with a child. She loves the fact that, "the program gives tutors a chance to have a positive impact in the life of a child," and that involvement "provides a great sense of reward."

Brown added, "volunteering with children begets a profound feeling of importance and meaning that is hard to come by amid the haste and rigors of everyday life."

Volunteering might not return tangible or material results, but the impact on one's spirit is immeasurably fulfilling.

If you have the time and would like to commit to the Children's Literacy Program as a volunteer starting in February, please contact Brown at the number above, or via E-mail at: sandiegosun@hotmail.com. Or contact the program's main office at 471-8672.

Tutor orientation will take place at the Citadel Barnes and Noble Bookstore Jan. 18 and 25, with training sessions in early February.



Chief Warrant Officer Ryan Gathar points something out in a story to Bryce Romero.

Photos by Cynthia Lopez



Photo by Sgt. 1st Class James A. Yocum

Army Family Action Plan Conference ...

Darrilyn Young, left, discusses policies at the Fort Carson Youth Center with the volunteer members of the teen forum on the first day of the Army Family Action Plan conference Wednesday. Young was one of many volunteers acting as subject matter experts to the forums at the conference that brings together groups to discuss issues of concern to the Fort Carson community. The conference ends today. A story on the results from the conference will appear in the Jan. 5 issue of the *Mountaineer*.

Commissaries remove products with PPA

**by Rick Brink
Defense Commissary Agency
Public Affairs**

FORT LEE, Va. — Cough and cold medications and appetite suppressants containing phenylpropanolamine are being removed from commissary shelves because of the U.S. Food and Drug Administration's warning asking consumers to stop using them, Defense Commissary Agency officials announced Nov. 8.

Commissaries carry a variety of cough-and-cold medicines which do not contain PPA. However, nearly all appetite suppressant products contain PPA with few alternative choices available. Commissary patrons can determine whether or not a health product has PPA by reading the package label.

The action comes after the FDA, citing a possible risk of stroke, issued an advisory that consumers not use over-the-counter cold medicines or appetite suppressants that contain PPA. Food and Drug Administration officials urge dieters to consult their physicians concerning optional products.

Although the FDA notice is not a formal recall, DeCA leadership took the removal action so commissary customers can have full confidence in the products sold.

Commissary customers may return any unused PPA-containing products to their store for a full refund. Customers with questions about the FDA's action may call (888) 463-6332.

Domestic violence costs

by Maj. Steven Brodsky
Chief, Criminal Law Division
Office of the Staff Judge
Advocate

According to the Department of Justice, in 1998, women were victims of 876,340 rapes, sexual assaults, aggravated assaults and simple assaults at the hands of family members or boyfriends. In the same year, men were victims of 160,000 violent crimes at the hands of wives or girlfriends. Domestic violence can affect anyone and all soldiers should understand the adverse consequences domestic violence may have on their lives and careers.

Soldiers who commit acts of domestic violence, whether on-post or off-post, face possible adverse consequences to include court-martial, non-judicial punishment under Article 15 of the Uniform Code of Military Justice, administrative separation (commonly known as a "chapter") or administrative reprimand. Possible charges for incidents of domestic violence

include assault under Article 128, UCMJ and communicating a threat under Article 134, UCMJ. More serious incidents of domestic violence could lead to charges for rape in violation of Article 120, UCMJ or murder in violation of Article 118, UCMJ.

Soldiers may also face prosecution by local authorities for acts of domestic violence that occur off-post. Conviction by local authorities for off-post incidents of domestic violence can result in jail time or supervised probation. In addition to any criminal sanctions a soldier may face for domestic violence, he or she may face the consequences of the Lautenberg Amendment.

The Lautenberg Amendment to the Gun Control Act of 1968 makes it a felony for any person who has been convicted of a misdemeanor crime of domestic violence to possess, ship, transport or receive firearms or ammunition.

A domestic violence crime

is an offense involving the use or attempted use of physical force or a deadly weapon against the offender's current or former spouse, child, a person with whom the offender shared a child, or a person who was living with the offender as a spouse, parent or guardian. Soldiers with Lautenberg Amendment convictions are non-deployable for missions that require possession of firearms or ammunition. Furthermore, they may not reenlist and are ineligible for the indefinite reenlistment program.

Rather than risk the costs of domestic violence, soldiers who are having marital or relationship problems are encouraged to seek help from one of the many organizations offering assistance in this area.

Soldiers and family members wishing help can contact any military chaplain, Army Community Service at 526-4500 or Social Work Services at 526-4585.

YMCA seeks scholarship applicants

YMCA of the Pikes Peak Region

The James D. Berwick Memorial YMCA Scholarship will be presented to an area graduating high school senior each year. The \$1,000 scholarship recognizes outstanding youths who have demonstrated exceptional character and ethics through involvement in YMCA programs and volunteer activities.

Additional consideration will be given to youths who volunteer in YMCA or related programs serving children with special needs.

This scholarship is given annually in the memory of James D. Berwick whose years of dedicated service to his family and community modeled the YMCA core values.

The scholarship is good for one year only. It may be used at any accredited college or university. Applicants must live in Teller or El Paso County.

The application must include a completed application form, a 150-word essay about the importance of ethics in the work place and character development and a detailed outline of the applicant's YMCA involvement, which may include employment, board membership, YMCA Youth Leadership Institute, Multicultural Achievers, youth sports participation and/or coaching.

The applicant must have three letters of recommendation — one of which must be from a YMCA board member.

Applications may be picked up at any YMCA center or at Berwick Electric and returned to the Metropolitan Offices of the YMCA, 207 North Nevada in Colorado Springs, no later than Jan. 15. Late or incomplete applications will be disqualified.



Chapel

Holiday special programs:

Christmas play — Sunday, 1:30 p.m., Prussman Chapel

Christmas Eve, Dec. 24

Children's Mass — 5 p.m., Soldiers' Memorial Chapel

Protestant Candlelight Service — 7 p.m., Soldiers' Memorial Chapel

Protestant Candlelight Service — 7 p.m., Prussman Chapel

Midnight Mass — Midnight, Soldiers' Memorial Chapel

Christmas Day Mass — 10 a.m., Soldiers' Memorial Chapel.

Watch Night Service New Year's Eve — 10 p.m. to midnight.

New Year Fellowship Breakfast — 12:30 to 2:30 a.m., Prussman Chapel.

New Year's Day Mass — 10 a.m., Soldiers' Memorial Chapel.

Feast of the Baptism of Jesus, Jan. 8 — 8:15 a.m. Daily Mass, Soldiers' Memorial Chapel.

Catholic religious education — is conducted Sundays at 10:45 a.m. at Soldiers' Memorial Chapel. Classes will not meet Sunday, Dec. 24 and 31 because of the holidays.

Children's Christmas Eve Pageant and Mass — Dec. 24, 5 p.m., Soldiers' Memorial Chapel. All Catholic youths are invited to participate. Angels and shepherds from grades K-3 are needed. A children's Christmas Choir will be made up of all interested youths. Children may sign up with their Catholic Religious Education teacher or by contacting Kathy Wallace at 392-4788.

Protestant Sunday School — classes will not meet Dec. 24 and 31.

Lutheran Confirmation Class — A new Confirmation class for youths from the Lutheran tradition will begin early in January. A meeting for all interested parents will be conducted Sunday, 9:30 a.m., Soldiers' Memorial Chapel.

Youth of the Chapel — Activities for Protestant and Catholic middle school and high school youths take place Sundays at 1:30 p.m. at Soldiers' Memorial Chapel. Protestant high school activities include Bible studies Sunday, 9:30 a.m. and Tuesday at 6 p.m. at Soldiers' Memorial Chapel. Catholic youth classes meet at 10:45 a.m. Sundays, Soldiers' Memorial Chapel. Youths are sponsoring a Christmas Event for Protestant and Catholic religious education teachers and are planning a Laser Quest activity in December.

Chapel Schedule

Day	Time	Service	Chapel	Location	Contact Person
ROMAN CATHOLIC					
M-W-F	8:15 a.m.	Mass	Soldiers'	Nelson & Martinez	Chap. Vakoc/526-5769
M-W-F	noon	Mass	Healer	Evans Army Hospital	Fr. Gagliardo/526-7386
Saturday	5 p.m.	Mass	Soldiers'	Nelson & Martinez	Chap. Vakoc/526-5769
Sunday	8 a.m.	Mass	Veterans'	Magrath & Titus	Chap. Vakoc/526-5769
Sunday	9:30 a.m.	Mass	Soldiers'	Nelson & Martinez	Chap. Vakoc/526-5769
Sunday	10:45 a.m.	CCD	Soldiers'	Nelson & Martinez	Ms. Feldman/526-0478
Sunday	11 a.m.	Mass	Healer	Evans Army Hospital	Fr. Gagliardo/526-7386
Sunday	12:15 p.m.	Mass	Provider	Barkeley & Ellis	Chap. Vakoc/526-5769
EASTERN ORTHODOX					
Sunday	8 a.m.	Divine Liturgy	Soldiers'	Nelson & Martinez	Chap. Olson/526-5772
CONTEMPORARY CHRISTIAN					
Thursday	7 p.m.	The "ROCK" Service	Spiritual Fitness Center	Barkeley & Ellis	Chap. Thornton/526-1374
PROTESTANT					
Sunday	9 a.m.	Protestant	Healer	Evans Army Hospital	Chap. Slossen/526-7387
Sunday	9 a.m.	Protestant	Provider	Barkeley & Ellis	Chap. Drake/526-4206
Sunday	9:30 a.m.	Protestant	Veterans'	Magrath & Titus	Chap. Atkins/524-1822
Sunday	11 a.m.	Protestant	Soldiers'	Nelson & Martinez	Chap. Kincaid/526-8011
Sunday	11 a.m.	Prot./Gospel	Prussman	Barkeley & Prussman	Chap. Pair/526-2811
Sunday	9:30 a.m.	Sun. School	Soldiers'	Nelson & Martinez	Dr. Scheck/526-5626
Sunday	9:30 a.m.	Sun. School	Prussman	Barkeley & Prussman	Chap. Pair/526-2811
Sunday	6:30 p.m.	PYOC	Soldiers'	Nelson & Martinez	Ms. Scheck/524-1166
LITURGICAL PROTESTANT					
Sunday	10:45 a.m.	Protestant	Provider	Barkeley & Ellis	Chap. Bauer/526-5279
JEWISH					
For information and a schedule of Jewish Sabbath services, call the U.S. Air Force Academy Cadet Chapel at 333-2636.					
WICCA					
2nd and 4th Tuesday	6:30 p.m.		Spiritual Fitness Center	Barkeley & Ellis	Ms. Costantino-Mead/ (303) 428-7703

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

Daily Bible Readings

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

Friday — Psalms 14 & Isaiah 19-21
 Saturday — Psalms 15 & Isaiah 22-24
 Sunday — Psalms 16 & Isaiah 25-27
 Monday — Psalms 17 & Isaiah 28-30
 Tuesday — Psalms 18 & Isaiah 31-33
 Wednesday — Psalms 19 & Isaiah 34-36
 Thursday — Psalms 20 & Isaiah 37-39
 Friday — Psalms 21 & Isaiah 40-42
 Saturday — Psalms 22 & Isaiah 43-45
 Sunday — Psalms 23 & Isaiah 46-48
 Monday — Psalms 24 & Luke 2: 1-20

Chaplain's Corner

Commentary by Chap. (Col.) John A. Bauer Command Chaplain

When I was about 10 years old, my father accepted a call to Wollaston Lutheran Church in Massachusetts. And so in the fall of that year (which remains a state secret to this day) we journeyed from Olean, N.Y. to the south shore of Boston, to Quincy, the home and burial site of two presidents. (Know who they are?)

Christmas in New England was a special time of year. If we were lucky, it snowed Dec. 25 and we would have a magical white Christmas. But even the absence of the fluffy stuff could not detract from the beauty of the city as it slowly adorned itself in holiday décor. Bean Town knew how to light up the place.

Coming from a tradition in which we observed Advent, we didn't rush Christmas. The church sanctuary would be modestly decorated for the first Sunday in Advent, four weeks away from the big event. There were candles in the windows. We didn't put up the crèche for another week or so, but we did have the Advent wreath. This traditional Advent/Christmas custom was in the form of a very large wooden

wagon wheel that somebody found in an antique store. The four candles for the Sundays of Advent were equally spaced about the circumference and in the center, in the hub of the wheel, was the snow-white Christ candle, with fresh, live greenery woven in among the spokes of the wheel.

The wheel was so big that we had to suspend it from the arched ceiling. When you looked forward to the chancel and altar, there it was. You couldn't miss it; the light shining in the darkness.

Which, of course, is what it symbolized as did all the candles and lights. As the cycle of nature turned to the winter solstice, when for a few days there was more darkness than light of day, we kept lighting more and more candles. The increasing velvet indigo that surrounded us on those short, cold-crisp days stood as a reminder of our desperate condition and God's answer to our need.

"The people who walked in darkness have seen a great light; those who lived in a land of deep darkness — on them light has shined" (Isaiah 9:2). The consequences of human rebelliousness, sin and unbelief find expression in the daily paper and the nightly newscast. From discord and strife among nations to

personal and unknown tragedy and suffering, well, the image of darkness fits, doesn't it?

Christmas tells us not that there is light at the end of the tunnel, but that "the light shines in the darkness, and the darkness did not overcome it" (John 1:5).

As one Advent Sunday would fold into another, we would light an additional candle until all four were aflame. We lit more and more candles in the windows, but not all of them. We attached candleholders on every other pew, added votive candles about the crèche, on the altar, wherever there was a shelf, table or sill. Then on Christmas Eve everyone received a small candle and, with every single candle in the church ablaze — and finally the Christ candle in the center of the Advent wreath shining forth — and all the worshippers holding their own candles, we turned out all the electric lights in the church and sang "Silent Night" together.

In earthly terms, I suppose we were a fire inspector's worst nightmare. In terms of the kingdom of God, we were celebrating "the true light, which enlightens everyone, coming into the world," and our hearts were filled with peace and hope and joy.

Military

Making of a special forces mountain man

by **Capt. Mike Csicsila, Operational Detachment-Alpha 095, and Capt. Jack Dills, ODA 093**

Each summer, the 10th Special Forces Group (Airborne) conducts the U.S. Army Special Operations Command Mountaineering and Rescue Master Trainer Course, training military officers and noncommissioned officers with climbing backgrounds to be their unit master trainers.

During the course, soldiers receive extensive training in high altitude medicine; glacier geography; advanced rock and ice climbing; aid climbing; establishing fixed lines; weather analysis and prediction; alpine movement; climbing physics; and high angle rescue techniques. These subjects are taught in some of the best classrooms in the world — the Rocky and Cascade Mountains.

The course begins with instruction on the climbing equipment, alpine medicine and meteorology. Discussing topics such as use, care and even the methods to calculate the amount of force exerted on equipment.

At course's end, soldiers know almost as much about the equipment as the manufacturer.

In the alpine medicine classes, students learn how

altitude affects the human body and what medical problems might be encountered. Learning not only how to recognize these problems, but how to diagnose and treat them, as well.

The final phase of instruction includes learning how weather works and affects it has on alpine operations. Soldiers learn how to read weather charts and analyze clouds and meteorological information, in order to predict approaching weather systems and assess how it will affect their team in the mountains.

In the second phase of the course, students begin to climb. They spend eight to 10 hours a day on the rock, using natural and artificial protection, knots, ascending a rope and rappelling techniques. By the end of this phase, students have the tools to move safely over vertical obstacles.

Phase three is designed to build on skills already learned. They learn how to control and move as part of rope teams. They emplace fixed lines and hauling systems, so that heavily laden infantry soldiers can quickly and safely move across steep terrain and onto their objective. They also learn how to rescue and transport injured soldiers off vertical cliffs.

After the students have mastered these skills, they

conduct a long range, low level airborne infiltration to Mount Rainier, Wash. There, they learn how to operate in the ice and cold of a high alpine, glaciated environment. The students are taught how to move in crampons — spiked plates worn on showshoes and use an ice axe. They deal with the dangers of the glacier-like ice falls and 200-foot deep holes in the ice called crevasses. In the event that a member of their team falls into a crevasse, they have developed the skills needed rescue him. The training culminates with a 14,410-foot ascent to the top of Mount Rainier.

In the final phase of the course, students execute an alpine field training exercise where they will put their skills to the test. This FTX may include a night assault climb to locate a downed pilot, rescue a stranded climber or conduct a reconnaissance across three 14,000-foot peaks.

The USASOC Mountaineering and Rescue Master Trainer Course trains special forces soldiers to not only execute special forces missions in an alpine environment, but also how to train others in these skills. If this sounds like the kind of missions and training that interest you, contact the 10th SFG(A) recruiter at 524-1461.

Civilian, Military Police double-up on law enforcement

by **Doug Rule**

Fort Carson Public Affairs Office

Seventeen Fort Carson military policemen from the 3rd Brigade Combat team and the 759th Military Police Battalion improved their law enforcement skills with help from the El Paso County Sheriff's Office at Forrest Fitness Center Dec. 6.

Detective Sgt. Robert McDonald of the sheriff's office said, he and the arrest control instructors work with Fort Carson MPs developing many of the same skills taught at the Police Academy. He added that his team also goes out into the community to train the public in basic self-defense techniques and how to control situations while law enforcement officers are on their way.

First Lt. Chris Springer, 3rd BCT, was enthusiastic about the training. He said that while there is little crime on Fort Carson, it is important to be prepared.

Springer said that it is important for law enforcement officers, both military and civilian, to establish close ties. He added that this makes both the soldiers and local residents feel like a single community and encourages the soldiers to become actively involved in community issues.

The soldiers were instructed in several different techniques in controlling suspects and dealing with problem situations. Instructors emphasized the need for law enforcement officers to be able to think quickly and adapt to changing situations. The purpose of the training was to give the MPs alternatives to use in such events.



Photo by Doug Rule
Dan Claus helps Pvt. Angela Natitus as she practices restraint techniques on Spc. Ana Diaz.

Visions of Sugar Plums



Kathy Huddleston, musical director, helps Dominic Stoppiello go over his lines during a final rehearsal for Child and Youth Services' production of "Nutcracker ... the musical."

Photos by Sgt. Cecile Cromartie



Michael Elmore, sound technician, before the children take the stage "Nutcracker ... the musical."



Zachary Pauk, spotlight technician, adjusts the spotlight before the Dec. 8 production of "Nutcracker ... the musical" at McMahon Theater.



Jennifer Green, School Age Services, Dec. 8 at McMahon Theater.

Fort Carson exceeds 2000 CFC goal



Photos by Sgt. Cecile Cromartie

Colonel Michael Kazmierski, former U.S. Army Garrison commander, addresses the crowd gathered at the Elkhorn Conference Center for the Combined Federal Campaign awards presentation Dec. 8.

**by Sgt. Cecile Cromartie
Mountaineer staff**

Servicemembers and representatives from the Colorado Springs community gathered for an awards ceremony to celebrate the unprecedented success of this year's Combined Federal Campaign at the Elkhorn Conference Center Dec. 8.

This year Fort Carson, alone, raised \$481,009 in campaign contributions. Compared to the \$479,000 raised last year, the Mountain Post had something to really celebrate at the ceremony.

With the support of soldiers and civilian employees, Fort Carson was able to exceed last year's CFC goal with fewer assigned personnel, said Maj. Gen. Edward Soriano, commanding general of 7th Infantry Division and Fort Carson.

According to Capt. T.J. Brady, Fort Carson CFC project officer, the campaign's remarkable success is due to the constant support and endorsement given to it by unit leaders all over post.

"This ceremony is chance to thank everyone who helped us go beyond our goal. It's our way of recognizing all of you for your enormous efforts and contributions," Soriano said.



Major Gen. Edward Soriano, commanding general of 7th Infantry Division and Fort Carson, presents Capt. T.J. Brady, post Combined Federal Campaign project officer, with an award at the ceremony.

Staying Army

USAG

Sergeant 1st Class: Jose Orlando Colon, Jeffery Thomas East, Frank Alex Heath, Brian Lee Ressler and Donald James Sledge.

Staff Sgt.: Giavonna Gianna Gray.

Sergeant: Timothy Paul Hedges and Todd Alan Liebman.

Specialist: Randel Moyer Bell, Peter Gerard Mullen, David Jon Nieradka, Michael Joseph Senn and Phillip Leander Wigfall.

3rd ACR

First Sgt: Norman Talton.

Sergeant 1st Class: Eldon Evans, Curtis McMahon, Mark Watson, George Mabb and Joseph Wathen.

Staff Sgt.: Anton Hillig, Michael Lyons, Ben Gonzales, Scott Hilligoss, Clifford Magness, Michael Morris, Randy Christensen and Ed Hewitt.

Sergeant: Robert Jacobs, Paul Willis, Alondo Brown, Ramon Martinez, Darrin Whitley, Michael Ruoff, Gregory Tulk, Raymond Thompson, Benjamin Bourman, Monica Patton, Douglas Robichaud, Andrea Henson, Gilbert Bayna, Anissa Seymore, Jason Rogers, Reginald Gilchrist and Charles Winchell.

Corporal: Andrew Yoder.

Specialist: Bryan Tullios, Moses Sonera, Chad Ward, Terrence Lawson, Bradley Blanco, Trenise Welch, Darrell Jones, Eric Greagoff, Brian Cronoble, James Davis, Michael Stone, Annette Aguirre, Ryan Armstrong, Jimmy Cameron, Manuel Rios, Jason Akers and John Medina.

Private 1st Class: Chad Costamire.

3rd BCT

First Sgt.: Matthew Adam Thomas.

Master Sgt.: Anita Mignon Marve.

Sergeant 1st Class: Glenn Conrad Vanswol.

Staff Sgt.: Kurt Cameron Allen, Sammie Luverne Reynolds, Valerie Jean Irving, Vondal Gene Henry, Sean Christopher Shields, Peter Kevin Niemeyer, Michael Jan McCartney, Robert Michael Mosholder and David Scott Beyer.

Sergeant: James Padicio Deborja, Russell Dean Abbott, Jonathan Joseph Kirkendall, John Michael Prieditis, Travis Stockton Vendela, Tyrone Jermaine Douthit, Kevin Dewayne Lawson, John Michael Gallagher, Rodney Mark Shoy, Billie Raymond Boots II, Carlton Christie, Anthony Mercure, Dennis Santos, Darrick Garner and Christopher Andrew Nichols.

Specialist: Gabriel Alexander Jimenez, Scott Howard Thornberg, Randy Scott Moyer, Teodulo

Silvera III, Greg Steven Woods, Daniel Allen Duffield, Joseph Michael Forgit, John Paul Escobar Jr., Travis Wayne Carroll, Eric Cole Hendershot, Lewis Travis Browning Jr., Aldo Marcello Remice, Peter Bartolome, Gregory Bryan Hendrix, Michelle Brandi Hogue, Emmanuel Cruzexia, Haley Sue Ramsauer, Levi Everette Woodhouse, Adrian Burgess Scott, Gilbert Ray Legarda, Billy Okeith O'Neal, Phillip Andrew Davis, Pete Espinosa Hernandez III, Charles Henry Johnson Jr., Timothy Lee Goldstein, Juan Francisco Villanueva and Latoya Sharee Blair.

43rd ASG

Staff Sgt.: Tobrin Hewitt, Robert Oaks and John Campbell.

Sergeant: Michael Estright, Darin Raduenz, Floyd Lewis, Edward Kowaluk, Connie Wise, Ian Johns, Sady Mounts, Lance Pinnow and Steven Brown.

Specialist: James Martin, Audra Wilson, Joel Kloppel, Natasha Williams, Lenni Clemmons, Terae Chambers, Robert Griffin, Daneca Davis, Cori O'Brien, Tonya Tucker, Douglas MacLauchlan, Arthur Anthony, David Fant and Bradford Fessler.

MEDDAC

Sergeant: Lisa M. Bizzell and Eric S. Brown.

Post awards program simplified

by Spc. Zach Mott
Mountaineer staff

Soldiers strive for awards, they work hard to earn them and have a feeling of accomplishment when they receive them.

But the question remains, how do I get one?

Army Regulation 600-8-22 outlines Department of the Army policies regarding what warrants an award and who is eligible for one.

There are three categories for receiving awards; they are service, achievement and retirement. When a soldier is leaving a unit, has done something great or is retiring from service, he or she will be given an award based on his or her performance with that unit.

"There is not a direct tie to rank, or position (for an award)," said Sgt. 1st Class Stephen Stalcup, noncommissioned officer in charge of plans and operations, G-1. "Because you may have someone who does something so outstanding, that you would recommend them for an award that's much higher than what their job would normally call for."

There is, however, one exception to this policy.

"The only thing that's unique about a retirement award, is you can consider the last 10 years of service. Normally, you would only consider (the time you were with that unit)," Stalcup said.

Before a soldier can be recommended for an award, several factors must be considered.

"They look at what their job performance was, whether or not they got into any trouble during that time period and if they performed outstandingly," Stalcup said.

According to AR 600-8-22, awards for service or achievement will not be based upon rank or grade, but upon the level of responsibility and performance by that soldier, said Sgt. Unchi Anderson, installation personnel actions, G-1.

"The level of award is somewhat tied to your

responsibility. So the more responsibility you have, the higher the level award, normally," Stalcup said, noting that exceptions do occur, like when a soldier saves a person's life.

In order for an award to be presented on time, there is a time window in which they must be submitted.

Awards such as Army Commendation Medals and Army Achievement Medals need to be to the approving authority 30 days prior to the presentation date of the award, while a Meritorious Service Medal needs to be turned in 45 days prior to the presentation date.

The awards that take the longest to process — because they go to Fort Hood, Texas, or Forces Command to be approved — are Legion of Merit awards. A LOM award takes 90 days to process for a retiring soldier, and 120 days for a soldier who is going through a permanent change of station or is ending their time in service.

It is Post Commanding General, Maj. Gen. Edward Soriano's policy that soldiers have their award before they leave Fort Carson. Therefore, supervisors should turn in the awards recommendation in accordance with the time periods listed above, according to the CGs Policy Letter.

One myth that Stalcup said he would like to dispel is that awards take a long time to process.

"Within the G-1, when we receive an award recommendation, the normal turn-around time before it heads up to the board, is 72 hours," he said. "The part that seems to take a lot of time, is before it gets here because of reviews and corrections (that need to be made)."

Regardless of the time it takes, it's always a proud day for a soldier to have that medal pinned upon their chest.

"Everyone who does a good job, deserves recognition for the job they've done," Stalcup said.

Editor's note: This is a follow-up to the article printed in the Nov. 9 issue of the Mountaineer.

'Millionaire' turns green

by Sgt. 1st Class David Abrams
U.S. Army Alaska Public Affairs Office
FORT WAINWRIGHT, Alaska — Staff Sgt. Christopher Hanna has a head full of trivia, or at least enough to earn him a spot on ABC-TV's "Who Wants to be a Millionaire."

By correctly answering questions about art history, American authors and the periodic table of elements, the Northern Warfare Training Center instructor made it through the preliminary first-round phone games and won a free trip to New York and a chance to play for the million-dollar jackpot.

"I was pretty surprised when I got the phone call telling me I'd made it onto the show — especially since I'd only tried a few other times," Hanna said.

His first sergeant wasn't too surprised, however. "He's a very sharp guy and a good NCO," said 1st Sgt. Lawrence Gilman. "He doesn't go around spouting trivia all the time, but he's a very quick learner."

Hanna, a Cooperstown, N.Y. native, flew to the Big Apple with his wife, Tanna, a week before Thanksgiving. After sightseeing, Hanna reported to the studio where he joined his fellow contestants, filled out paperwork, answered questions and met host Regis Philbin before going to the set with its famous "hot seat" and revolving lights to play a couple of practice "Fastest Finger" rounds.

Because he's bound by the show's rules not to talk about his results until the show airs, Hanna is pretty tight-lipped about his million-dollar moment. He does offer this one tidbit, however: "The guy sitting next to me was pretty intense — he kept grunting when he was punching the numbers on his keypad."

Infantry, armor soldiers work together at NTC

by 2nd Lt. Robert Gully
1st Battalion, 12th Infantry

A dry wind moves across the aptly named “dust-bowl,” fueling dustdevils and giving lift to the avian scavengers. You might think the desert desolate in its Martian landscape but you would be wrong. There is plenty of life here; it’s just not the kind you are used to. The coyotes scatter in dawn’s light, the scampering lizards, geckos and horned toads bask on the rocks; a watchful roadrunner trots across the open; these hearty, adaptive inhabitants are resolute in their desert existence.

Milling soldiers and vehicles like bees of the almost 4,000 — soldier-force work through the sweltering heat and under large generator lamps at night. They have a compressed time schedule in which to draw and prepare an entire fighting brigade in an American support effort of the “Mojavian” democracy. Political unrest in the region seems to be unchecked as of yet, and war looms on the horizon.

The scenario is for training, but the Opposing Force is formidable as well as the obstacles of conducting desert operations. Continuous operations in any terrain provide challenges, but more so in 110-degree heat and unbearable Mission Oriented

Protective Posture level 2. Comfort is compromised and sleep is shortened in the hustle of preparation and support. Meetings, operation orders and rehearsals are conducted at every hour while daily tasks sustain, maintain and secure the force.

The National Training Center is 3rd Brigade Combat Team’s training “Super Bowl,” the next best readiness measure to actual combat itself. Teamed with 1st Battalion, 68th Armor, Charlie Company, 1st Battalion, 12th Infantry found itself in the middle of the fight. With morning comes the battle, with night-fall planning, but always fueling, movement, re-supply, convoy, reconnaissance, digging in, scanning and preparing. Such is war; dirty, tiring, relentless, uncomfortable ... naturally, this is how we must train.

Sergeant Richard Buck, a dismount squad leader with Charlie Company’s 3rd Platoon, summed up his experience at NTC with, “I liked the camaraderie and teamwork that we built between the Infantry and the Armor.” Buck’s opinion easily expresses the feelings of the entire company.

Charlie Company was attached to 1st Bn., 68th Armor in the maneuver area. The task organization throughout the field problem included armor, infantry, air defense artillery, field artillery, combat

engineers and light infantry in a true combined arms experience.

Sergeant Tyrone Douthit, Charlie Company, 1st Platoon Team Leader, said, “I was very excited to work with the platoons from (Schofield Barracks, Hawaii’s) 25th Infantry Division (Light) so I could see how they would play into a mechanized fight.”

All told, the unit conducted five force-on-force battles with the OPFOR and two live-fire battles for an exciting opportunity to train.

“It’s not everyday you get to see a task force live-fire,” said Sgt. 1st Class Edgar Herrera, Charlie Company’s 1st Platoon, platoon sergeant.

The cross attachment to 1st Bn., 68th Armor allowed soldiers the opportunity to experience new standard operating procedures and different systems for planning and conducting the mission. The armor assets have a different approach to some combat oriented problem solving, including the integration of combat service support onto the battlefield.

The heat, labor, long hours and dedication of all those involved made this NTC rotation a huge success, not only for the soldiers of Charlie Company 1st Bn., 12th Inf., but for the entire 3rd BCT.

Dining Schedule

Weekday Dining Facilities

Standard Facilities

3rd ACR Patton House (building 2161)
3rd BCT Mountaineer Inn (building 1369)
10th Special Forces Group (A) (building 7481)

Weekday Meal Hours

Except training holidays, New Years Day and Jan. 4

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

Meal hours for New Years Day

Breakfast 8 to 10 a.m.
Lunch/Supper noon to 3 p.m.

Meal hours for Jan. 4

Breakfast 5:30 to 7 a.m.
Lunch noon to 1:30 p.m.
Dinner 4 to 5:30 p.m.

Weeks of Dec. 16 to Jan. 5

Exceptions

- 10th SFG (A) will be open for the breakfast and lunch meals only Dec. 18 to Dec. 21.

**The following dining facilities will
reopen on Jan. 3:**

Cheyenne Mountain Inn (building 1040)
Iron Bde (building 2061)
10th SFG (A) (building 7481)
Butts Army Airfield (building 9612)

*Family members are cordially invited to dine
at Fort Carson dining facilities.*

Weekend Dining Facilities

3rd BCT Mountaineer Inn (building 1369)
3rd ACR Patton House (building 2161)

Saturday and Training Holiday Meal Hours

Breakfast 8 to 10 a.m.
Lunch 11:30 a.m. to 1 p.m.
Dinner 4 to 6 p.m.

Sunday Brunch/Supper Meal Hours

Brunch 9 a.m. to 1 p.m.
Supper 3:30 to 6 p.m.

Christmas Day Menu

shrimp cocktail • roast turkey • baked ham

mashed potatoes • seasoned vegetables • savory bread dressing • cornbread dressing

candied sweet potatoes • giblet gravy • salads • breads • beverages

apple pie • pecan pie • pumpkin pie

Dining Facilities

3rd BCT Mountaineer Inn (building 1369)
3rd ACR Patton House (building 2161)

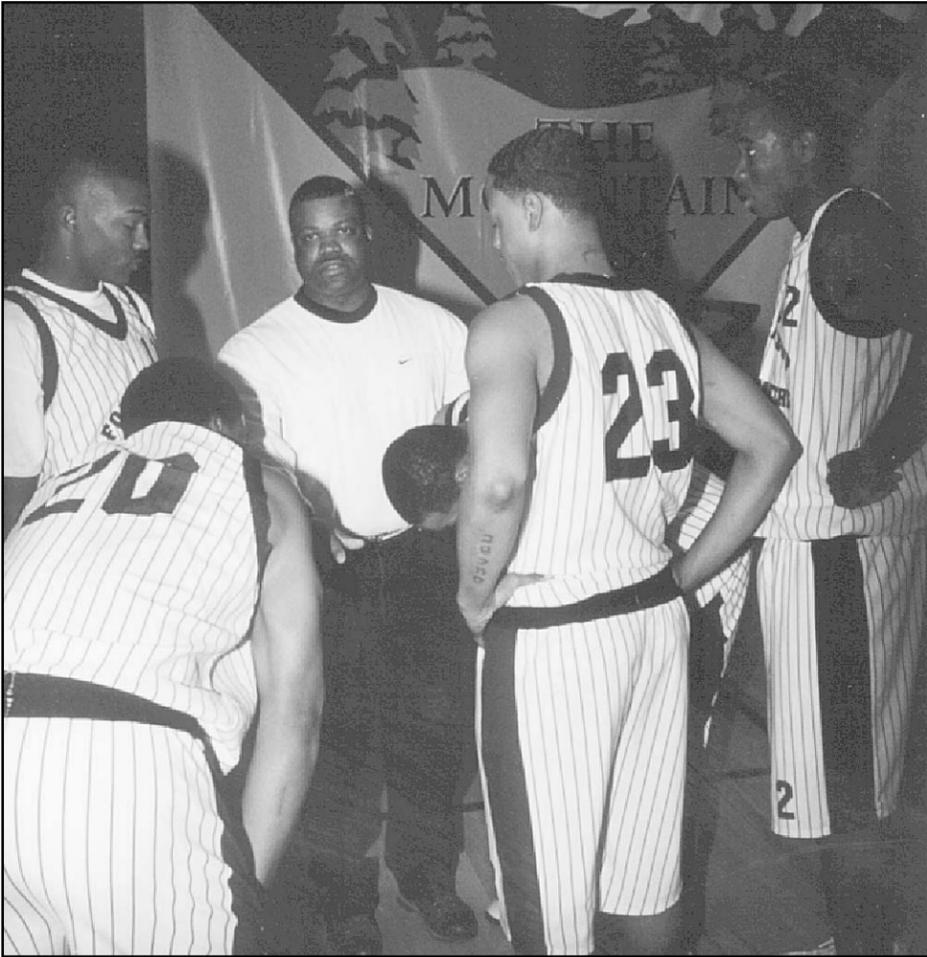
Hours of Operation

Breakfast: 8 to 10 a.m. Lunch: noon to 3 p.m.

All active duty members, retirees, guests of all duty members and family members of sergeant and above pay the standard rate of \$5.20.
Family members of corporals or specialists and below pay the discount holiday rate of \$4.30.

Sports & Leisure

Post basketball team wins squeaker



Photos by Walt Johnson

Mountaineer coach Don Pitts goes over strategy with members of the Mountaineer team prior to its miraculous comeback.

by Walt Johnson
Mountaineer staff

It was a game the post team should have lost by all rights, but a game that showed the toughness of the post team as it squeaked by Luke Air Force Base 92-91 at the Post Physical Fitness Center Dec. 7.

The first half of the game was a carbon copy of the entire game as both teams played well enough to lead in the game and bad enough to let the other team stay in the game. Many times both teams had a chance to put some distance between themselves and their opponent but neither team could take advantage of the opportunities.

With six minutes and one second remaining in the first half, the teams were tied at 31 points apiece. Over the next five minutes the teams played fairly even and finally at the one-minute 44 second mark, the Luke team took a one-point lead at 41-40. Luke added a basket 20 seconds later to take a 43-40 lead and then 10 seconds later the Mountaineers fouled a Luke player. If that was not enough of a hurdle for the Mountaineers to overcome it was also hit with a technical foul that gave Luke four free-throws just before the half and a chance to put some major separation between itself and the post team. Luke made three of the four free throws to take a 46-40 lead into the locker room.

Mountaineer coach Don Pitts knew he had to motivate his team to play better in the second half so he challenged them.

"At halftime I just reminded the guys that we still had a half of basket-

ball to play and I challenged them to play like champions," Pitts said.

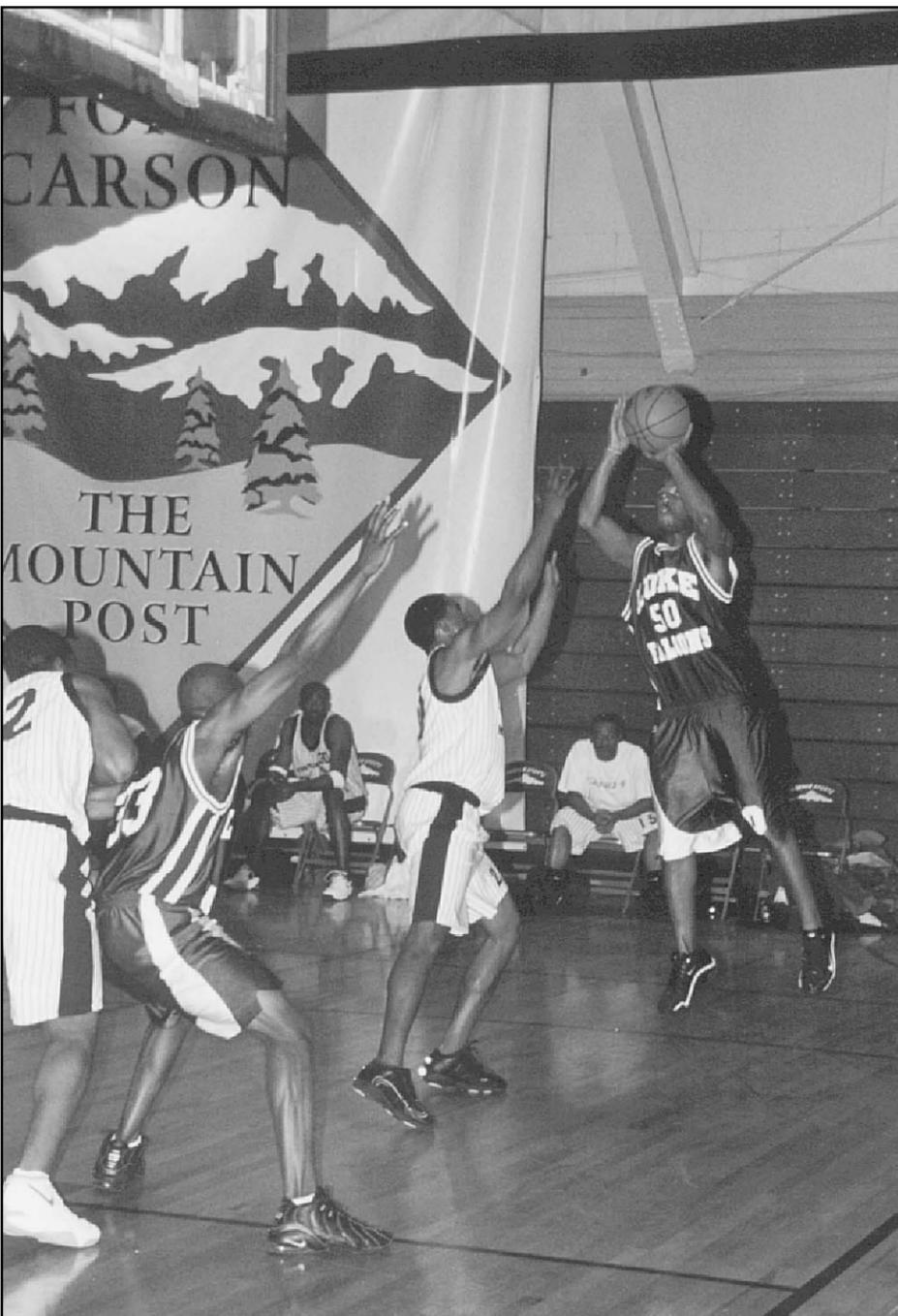
The post team listened to its coach in the second half and caught and then passed the Luke team, taking an eight-point lead at 62-54 with about 14 minutes left in the half.

The post team could have put the game away at that point but again they found themselves playing to snatch defeat from the jaws of victory. The Luke team came storming back and, with 26 seconds left in the game, had a six-point lead.

The post team would need a miracle to pull out the game and it got that miracle on two shots and timely free throw shooting.

The first thing the post team needed was a successful three-point shot and Demitrius Johnson came through, bagging a three-pointer from the right side. After a quick foul and two unsuccessful free throw attempts by Luke, Raylon Ausborne hit another three-point shot that pulled the Mountaineers within one point at 91-90. The post team got the ball back with two seconds left in the game and Jatavis Jackson was fouled attempting a shot. He calmly went to the free-throw line and made the shots that secured the win.

"I've been in these type of situations before (in high school) so it didn't matter to me that I was at the free-throw line in a game-winning situation. I was calm and ready to make the free throws and I did. This was a big win for us because we showed that we have heart and can overcome adversity," Jackson said.



Luke Air Force Base's Neko Thomas shoots over the Mountaineer defenders in the first half.



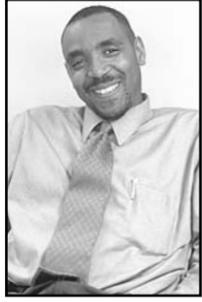
Mountaineer forward Lamain Anderson grabs a rebound as members of the Luke Air Force Base team try to get it away from him.

On the Bench

Post to host Christmas basketball tournament

by Walt Johnson
Mountaineer staff

I've said it once and I'll say it again. The Washington Redskins are the biggest frauds in D.C. since, well you know who I mean (smile). If this wasn't the most embarrassing thing that could happen to any team I don't know what is. To lose to "that team from Texas" so badly showed a definite lack of heart. In all seriousness, I hope Dallas quarterback Troy Aikman is going to be able to come back from his concussion. One place he is going one day is Canton, Ohio, and the Hall of Fame, and Emmitt Smith is going to be there with him.



Johnson

tion, contact Josh Mitchell at 526-2411.

The post soccer team has been making some big noises during the first half of the Colorado Springs soccer league season.

Currently the post team is in fourth place in its division, four points behind the division leading Chargers.

The second half of the season will not get underway until March, but that does not mean the post team won't be busy. In January, the team will take part in the Mini-Winter league. In February, the team will compete in the National Cup playoffs.

Post soccer team player-coach Cosmos Thomas said the team is in pretty good shape but will need a few breaks in the season's second half.

"We (the soccer team) had a very good first half of the regular season. It is still possible for the team to finish first or second in our league but we will need a lot of hard work and dedication to accomplish our goal."

The post team meets each Thursday at 4 p.m. at the soccer field adjacent to Forrest Fitness Center. Anyone who would like to play on the team is invited to attend the practice sessions. Also the team is looking for a head coach. Anyone interested in coaching the post soccer team should contact Josh Mitchell at 526-2411.

Some knucklehead (that would be me) said in this column last week

See Bench, Page 29

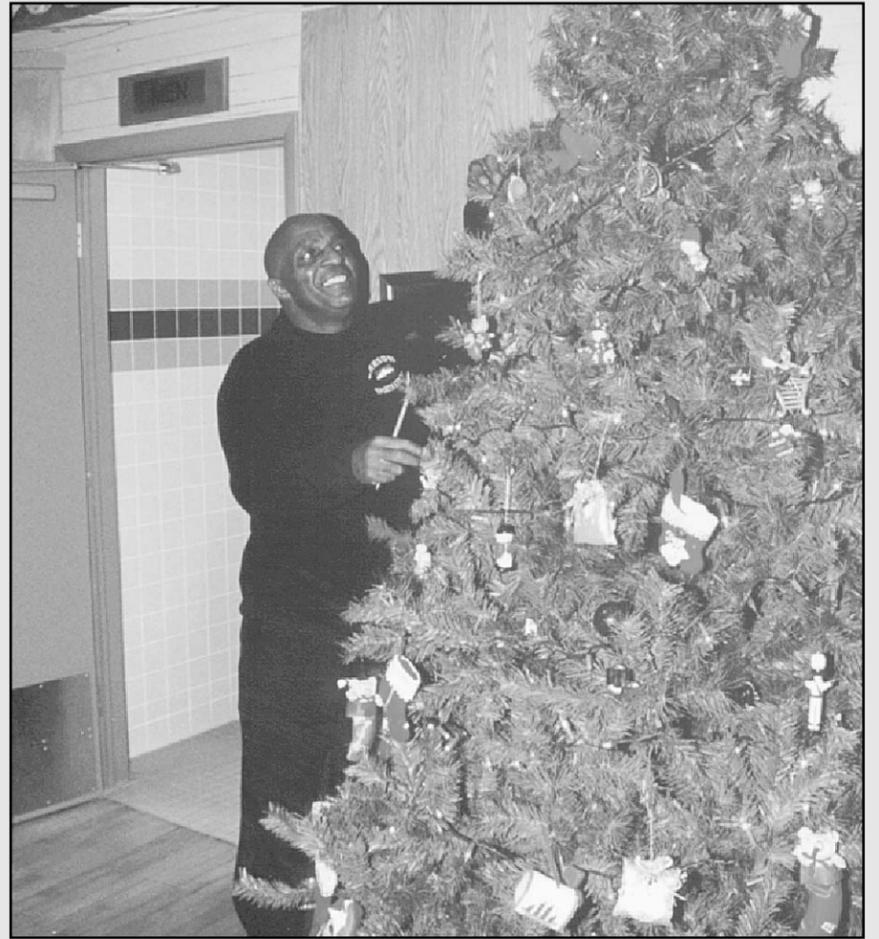


Photo by Walt Johnson

The tradition continues ...

Bill Reed, Post Physical Fitness Center manager, continues the tradition he began at Forrest Fitness Center by decorating the post fitness center with a Christmas tree and other seasonal decorations Dec. 6.

Bench

From Page 28

the Colorado Rockies would never be able to sign free-agent pitcher Mike Hampton.

Well, it appears I was mistaken, again. To the surprise of most sports observers, Hampton took the Rockies' millions and signed on the dotted line. Boy, he better hire a good psychiatrist because he is going to need one after he pitches in Coors Field this year. And by the way, if there are any good chiropractors around, they may want to be available to treat Hampton's neck and back as he watches balls flying out of Coors Field this year.

Since this is the last issue of the paper prior to the college football national championship game and the NFL playoffs, I guess its time for me to share my thoughts with you on who will be there when the dust settles.

First, the National Championship game. This would be a good game if the Oklahoma Sooners had faced a team with half the passing attack of the Florida State Seminoles this season. Oklahoma will find it has not seen the kind of speed the Seminoles will be throwing at them. Look for Florida State to take advantage of its speed and its "home state" advantage to win the collegiate national championship.

In the NFL, look for the Miami Dolphins, Tennessee Titans and Oakland Raiders to win the AFC divisions with the Baltimore Ravens, New York Jets and Denver Broncos joining the fun as wild card teams.

In the NFC, I like the Minnesota Vikings, N.Y. Giants and the New Orleans Saints to win the division titles. The St. Louis Rams, Philadelphia Eagles and Tampa Bay Buccaneers should be there, too. Gang, these playoffs will be fun.

Now I would like to take a personal moment with you if you don't mind (I knew you wouldn't, smile).

I can't think of too many other things that have given me as much pleasure as reporting the sports here. It is always a pleasure to meet, greet, exchange pleasantries, or even get sick to my stomach dealing with "that team from Texas" fans. This has been a good year for sports, in spite of the Bosnian deployment, and I think next year is going to be even better. To every one of you that has made this a special season for me and I hope you don't mind if I consider having the privilege to write the sports column as the post's Christmas present to me.

As for my Christmas present to you, I hope that I have given you 50 weeks of presents over the course of the year.

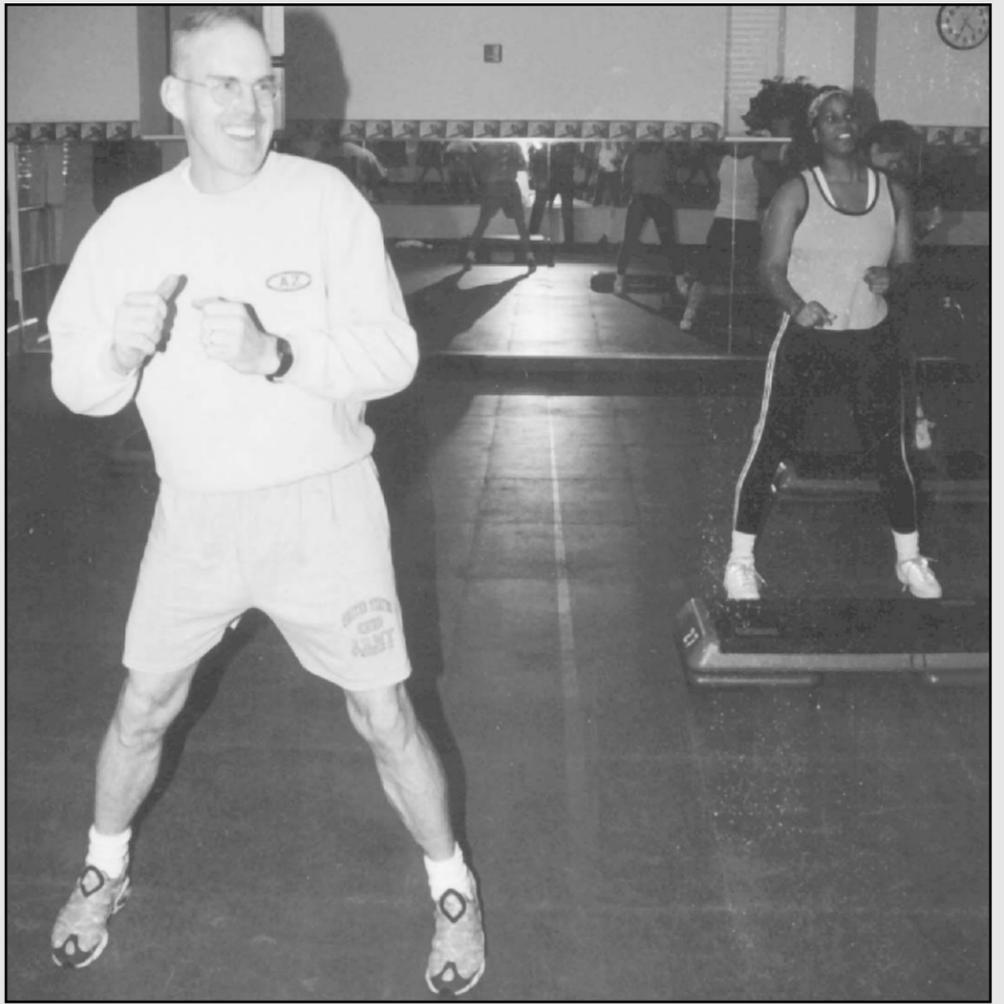


Photo by Walt Johnson

Staying in shape ...

Dave Bullard takes part in an aerobics class recently at Forrest Fitness Center. Bullard is one of the many people taking advantage of the free aerobics classes offered at Forrest Monday through Saturday. The class schedule is: Monday through Thursday at 4:30, 5:30 and 6:30 p.m.; Friday at 4:30 and 5:30 p.m. and Saturday at 9:30 and 10:30 a.m.

Pigskin Picks

College/NFL Week 16



Robert Loney
52nd Engineers



Saul Palafox
Bravo Company



Letitia Sledge
Family Member



Luther Wharton
43rd Engineers

Washington at Pittsburgh	Pittsburgh	Pittsburgh	Washington	Pittsburgh
Oakland at Seattle	Oakland	Oakland	Oakland	Oakland
New England at Buffalo	Buffalo	Buffalo	Buffalo	Buffalo
San Diego at Carolina	Carolina	Carolina	Carolina	Carolina
Jacksonville at Cincinnati	Jacksonville	Jacksonville	Jacksonville	Jacksonville
Tennessee at Cleveland	Tennessee	Tennessee	Tennessee	Tennessee
Denver at Kansas City	Denver	Denver	Denver	Denver
Green Bay at Minnesota	Green Bay	Minnesota	Minnesota	Minnesota
Atlanta at New Orleans	Atlanta	New Orleans	New Orleans	New Orleans
Detroit at N.Y. Jets	Detroit	N.Y. Jets	N.Y. Jets	N.Y. Jets
Chicago at San Francisco	Chicago	Chicago	San Francisco	San Francisco
Baltimore at Arizona	Arizona	Baltimore	Baltimore	Baltimore
Indianapolis at Miami	Miami	Miami	Miami	Miami
N.Y. Giants at Dallas	Dallas	N.Y. Giants	N.Y. Giants	N.Y. Giants
St. Louis at Tampa Bay	Tampa Bay	St. Louis	St. Louis	St. Louis
Oklahoma vs Florida State (national title)	Florida State	Florida State	Florida State	Florida State

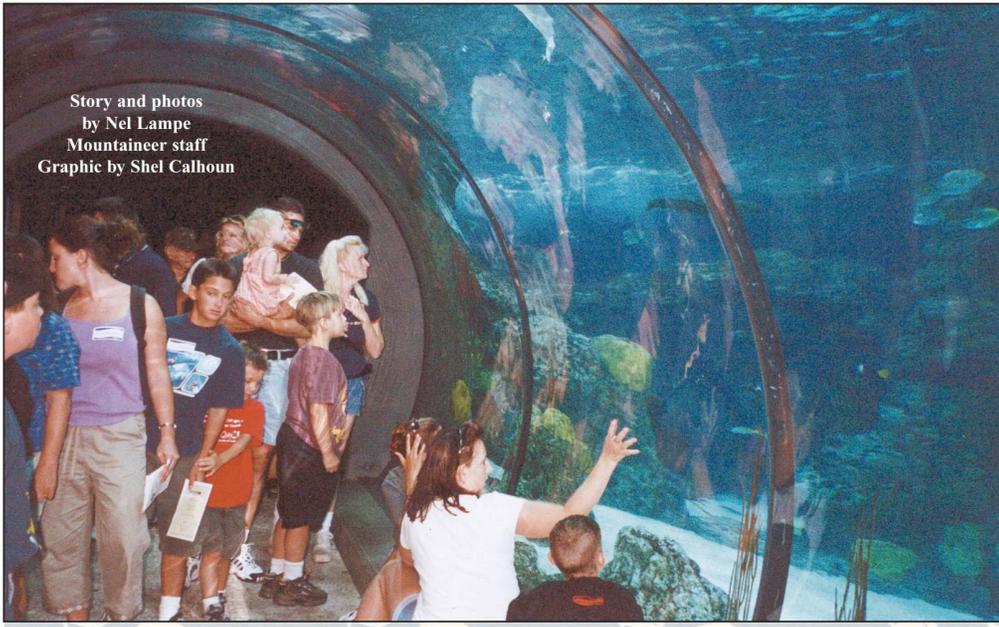
Mountaineer Sports Spotlight



Photo by Walt Johnson

Family member prepares for 2004 Olympics ...

Trecia Roberts, left, a member of the 2000 United States Olympic track and field team, talks with her coach and trainer Joe Gentry, founder of the Joe Gentry Track Troupe. Roberts is already in training for the 2004 Olympic games after participating in the 100-meter hurdles and 4 X 100 relay team at this year's Sydney games. Prior to the Olympics, she won a gold medal at the Malaysia Invitational and a Silver Medal at the Indonesian Asian championships.



Story and photos
by Nel Lampe
Mountaineer staff
Graphic by Shel Calhoun

Aquarium visitors walk through a nine-inch thick acrylic tube which allows an "under the water" point of view.

Ocean Journey gives visitors 'reality tour'

The aquarium in Denver may at first seem oddly named — Colorado's Ocean Journey.

But a historical look at Colorado reminds us that an ocean covered Colorado more than 65 million years ago. Once the land emerged from the ancient sea, four major rivers remained: the Colorado, Arkansas, Rio Grande and the Platte. These rivers tie the state to the ocean.

The aquarium is more than 107,000 square feet in size. One million gallons of fresh and salt water are contained in the exhibits. The display tanks range in size from 500 gallons to 500,000 gallons. In some areas, visitors are able to see fish swimming overhead as tanks span the walkways. Nearly 300 species of fish, mammals, birds and insects are



A diver "dusts" the rocks in one of the pools at Colorado Ocean Journey.

displayed. More than 1,000 live plants are in the aquarium.

Opening in June 1999, the aquarium was built at a cost of \$93 million, and was funded through grants, corporate sponsors, revenue bonds and loans. It is a private, nonprofit organization.

More than one million visitors were in the aquarium the first year.

The staff includes nearly 200 employees and 700 volunteers. Volunteers serve as guides and perform administrative duties. Some volunteers serve as divers.

It's somewhat unusual to have an aquarium in such a land-locked state, and it is the only million-gallon aquarium between Chicago and the Pacific.

But perhaps a state so far away from the ocean is a good place to have an aquarium.

The three-story high

building is near Elitch Gardens Six Flags. The attraction has its own parking lot across the street from the aquarium. There sometimes is a line to get tickets. The aquarium's busiest times are weekends and holidays. You can call ahead and buy tickets for a specific time, but there may be a handling

See Ocean, Page B-2



Brightly colored fish live in a natural habitat in Colorado's Ocean Journey.

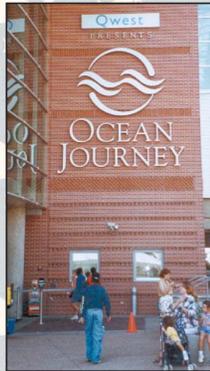


Translucent jellyfish fill a tank at the aquarium.



Visitors watch sharks swim in the special display at the aquarium.

HAPPENINGS



A pull-out section for the Fort Carson community
December 15, 2000

Ocean

From Page B-1

charge. The phone number for tickets is (303) 561-4450.

A special attraction, "Sharkscape," featuring 16 different species, is in the aquarium until the end of December, and is included in admission. Visitors can learn as much about sharks as they ever wanted to know. A tank containing several types of sharks is in the plaza area.

Sea otters, which once were at home in California, now are at Colorado's Ocean Journey. The sea otters are born, eat and sleep in seawater. The otter cove is on the lower level.

Once inside the building, you can wander about the lobby or gift shop, check out the Discovery Plaza or the observation deck on the upper level. When ready, start either the Colorado Journey or the Indonesia Journey.

Why did the aquarium's designers choose two such disparate bodies of water to feature?

The island of Sumatra in Indonesia is half a world away from Colorado, but, according to staff members at the aquarium, the two are similar in the passage of powerful rivers through unique geography, heading to the sea. As does the Colorado River, the Kampar River, on the Island of Sumatra in Indonesia, starts in the

mountains. But rather than flowing through canyons, the Kampar passes through a rain forest.

The aquarium has five main exhibits: the Colorado River Journey; the Indonesian River Journey; the Sea of Cortez; the Depths of the Pacific; and the Sea Otter Cove.

Upon entry, visitors receive a field guide, which helps explain the exhibits and identifies the fish.

The two river journeys have separate entrances. Perhaps start with "The Colorado Journey." This journey begins as the river does, at 12,700 feet altitude. Visitors see familiar Colorado terrain — icy headwater, waterfalls and trout. Continue the journey to lower elevations, past beaver ponds. As the water's flow slows, there are waterfowl and more fish in the wetlands. The journey continues through the canyon walls. A flash flood rushes through the canyon at about 500 feet above sea level, every two and a half minutes.

The journey takes visitors to the "Sea of Cortez," where fresh and salt water converge. Sounds of the ocean surf can be heard, and gentle waves splash.

Visitors walk "under" the ocean through a clear tube, which affords a spectacular view of the eels and rays, swimming above and around them.

Next on the agenda is the Indonesian River Journey. Although half a world away, the Kampar River is similar to the Colorado River, starting high in the mountains at an altitude similar to that of the Colorado River. But rather than icy water, the Kampar River is at 80 degrees and highly humid. Visitors walk through a rain forest with fish swimming near the rock walls and submerged roots.

The largest mammal in the aquarium is the endangered Sumatran tiger. Placed in an environment similar to its natural habitat, the tiger lies on the rocks or swims in the "river" to cool off.

There's a mangrove forest and jellyfish, starfish and hermit crabs. The last stop is a look at the "ocean," with sharks and brightly-colored fish darting by.

All along the two river journeys are interactive stations which focus on a specific fish or mammal. Volunteers involve visitors in the project and answer questions.

The concrete walkways through the journey exhibits are designed to look like a riverbed. Adding to the authenticity, nature sounds and scents are added to the exhibits. Exhibits are labeled and journey guides are



Baby sharks can be seen in the shark eggs displayed at one of the interactive stations. A volunteer explains the process to visitors.

throughout the journey to answer questions.

A gift and souvenir shop, The Water's Edge, features hundreds of aquarium related gifts such as clothing, puzzles, books and games.

The aquarium building — bearing some resemblance to a ship — is surrounded by a park, which includes a "wetlands," bike paths and a rock exhibit.

The lower level houses the Riverside Café as well as the gift shop. A selection of salads, sandwiches and other snack type items are available. You can even have fish — if you don't somehow feel disloyal while eating it

As walkways through the journeys become quite crowded, visitors are asked not to use strollers. Carriers may be checked out at the entry.

To reach Colorado's Ocean Journey, take Interstate 25 north to Denver, taking Exit 211. The aquarium is near the Children's Museum and just north of Elitch Gardens Six Flags.

Park in the parking lot across the street (\$6) then head for the aquarium.

Colorado's Ocean Journey is open 10 a.m. until 6 p.m. daily. It is closed Christmas Day.

The entrance fee is \$14.95 for adults, \$12.95 for those ages 13 to 17; \$6.95 for children ages 4 to 12. Children 3 and under get in free.

Although the price may seem high, it's a chance to see fish, animals and mammals that are a long way from the ocean. And, once inside, you can visit each journey as many times as you like or stop to watch the sea otters again.

Just the Facts

- **Travel time** about one hour
 - **For ages** all
 - **Type** Aquarium
 - **Fun factor** ★★★★★ (Out of 5 stars)
 - **Wallet damage** \$\$\$ (entry)
 - \$ = Less than \$20
 - \$\$ = \$21 to \$40
 - \$\$\$ = \$41 to \$80
- (Based on a family of four)



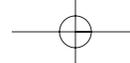
A visitor stretches for a better vantage point to watch the live frogs at an interactive station in the aquarium.



Shark profiles in actual size are on the second floor windows of the Colorado Ocean Journey building in Denver.



A child compares his hand to the size of a shark's tooth.



Happenings

Community Events

Family Readiness Center

Army Community Service offers a monthly class on "Understanding the Immigration Process" every second Monday of the month from 11 a.m. to 12:30 p.m. Attendees will receive information on the entire realm of the immigration process and the effect permanent change of station orders have on the process; petitioning for immediate and preference relatives and assisting relatives and friends in applying for a temporary visitor visa into the United States. For more information, call Joe Camacho at 526-4590.

Army Community Service, building 1526, will be closed Dec. 25 for Christmas and Dec. 26 for a training holiday. For emergency assistance during those days, call the Emergency Operations Center at 526-5914.

The Financial Readiness Center presents a Financial Planning Class for first-term soldiers from 9 a.m. to 5 p.m. Jan. 26 at McMahon Theater. The class will provide financial readiness education. For more information, call 526-4590.

The Financial Readiness Debt Management Program is available to help active duty, family members, retirees and Department of Defense civilians with debt problems. For registration and more information, call 526-0449.

Miscellaneous

The Salvation Army is accepting applications for families needing food, toys and shoe certificates during the holidays until today. The center is located at 615 N. Chelton Rd. It is open from 9 a.m. to 5 p.m. To apply, bring a photo ID and social security cards of each member of your family. For more information, call 636-3891, extension 13.

Christmas trees are now on sale at the Fort Carson Post Exchange Garden Center. Child and Youth Services Christmas tree sales will be open from noon to 6 p.m. Monday through Friday, and 10 a.m. to 6 p.m. Saturday and Sunday until Dec. 22. For more information, call 526-2680.

Christmas trees can be turned in to the empty lot at the corner of Wickersham Boulevard and Chiles Avenue until Jan. 19. Trees will be used in various habitat improvement projects around Fort Carson. For more information, call 579-9088, or 579-9094.

The Armed Services YMCA is hosting a Christmas Eve Candlelight Dinner at the downtown YMCA from 4 to 5:30 p.m., Dec. 24. For more information, call 393-9620, extension 130.

The Enlisted Spouses Charitable Organization will be meeting Wednesday at 7 p.m. at the Friendship House. Those attending are asked to bring an ornament valued at less than \$10. This will also be the Christmas party with pizza and drinks.

The Fort Carson Officers' Wives' Charitable Association is renting Santa suits through Dec. 23. There are two suits available for \$15 each. The association will also hold a "Tour of Homes" function Thursday after the St. Nick's Tea which starts at 4:30 p.m. at the Elkhorn Conference Center. St. Nick's Tea culminates the drive which helps to collect presents for children through child sponsorship. For more information on the function or tea, call 390-6368 or 527-4214. For more information on the suits call 226-1575.

The Fort Carson Post Exchange will have a DUI simulator today from 9 a.m. to 3 p.m. For more information call the Alcohol and Drug Control Office at 526-2181.

Volunteers, ages 16 and older, are needed for the Children's Literacy Center to provide one-on-one tutoring in reading to first, second and third graders. To volunteer, call 471-8672.

Students and their parents are invited to attend an information meeting designed to assist high school students interested in applying to a service academy or for a college scholarship through the ROTC program. There will be a meeting Dec. 27 in Pueblo

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Happenings

Military Briefs

The holiday schedule for range division and Pinon Canyon Maneuver Site has been posted.

Range Division is closed from Dec. 22 at 4 p.m. until Dec. 27 at 5 a.m. It will close again Dec. 29 at 4 p.m. and not re-open until Jan. 2 at 5 a.m.

Pinon Canyon Maneuver Site will be closed from Dec. 23 to Jan 2. It will re-open at 6:30 a.m. Jan. 3.

For more information, call 526-5597.

The ID Card/DEERS section will be closed

Dec. 26 and Jan. 2 for installation training holidays. For more information, call 524-3704.

The Installation Travel Office, Official Travel Office will be closed today because it is moving to 1120 Long St., building 1012, room 140. The ITO will re-open Monday. For more information, call 526-1143.

Special Forces briefings are held Wednesdays at 1:30 p.m. and Thursdays at 1:30 and 3:30 p.m. at Grant Library. You can apply for SF training as a private 1st class, but cannot begin training until you are an E-4. For more information, call 524-1461 or 524-1462.

The Army Family Action Plan Conference is today at the Elkhorn Conference Center. For more information call 526-0461.

The Army and Air Force Exchange Service, in conjunction with the Navy Exchange System, has announced that the DPP card has been replaced by the Military Star Card. More information is available at the Web site www.aafes.com.

Better Opportunities for Single Soldiers

BOSS meetings are on the second and fourth Thursday of each month from 1 to 3 p.m. at Christopher's. For more information on how you can become active in the BOSS program, participate in events or if you have ideas, concerns or questions, contact Spc. Amy Hafford at 524-BOSS (2677).

The Directorate of Public Works announces the following road closings due to pavement projects. Son Tay Road will be closed through Jan. 30.

Barkeley, from building 2160 to Titus, will be closed until Jan. 10. Nelson, from Magrath to building 8142, from Wednesday until Feb. 28. Butts Road overlay, Cottonwood to the Route 1 and 5 intersection until Jan. 15. For more information call Danny Moyer at 526-5115 or 526-9222.

Attention Korean War Veterans. If you would like to receive the Korean War Service Medal, and you served in the military between June 25, 1950, and July 27, 1953, you may receive this medal at a formal ceremony sponsored by the Dutch Nelson Chapter of the Korean War Veterans Association, and the Korean/American Society of Colorado Springs. For more information, call the Dutch Nelson Chapter's point of contact, Scott L. Dafebaugh at 444-0399.

The Army Career and Alumni Program presents a National Apprenticeship Program, informational workshop Jan. 18 in the ACAP classroom of building 1219 from 12:45 to 2 p.m. For more information, call 526-1002.

The Army Career and Alumni Program will hold bake sales Monday, Tuesday and Wednesday from 7:30 a.m. to noon and 1 to 4 p.m. Proceeds will be donated to the Fort Carson Food Pantry.

Army license plate — An effort is under way to bring a U.S. Army license plate to Colorado drivers who are serving in the active Army, U.S. Army Reserves, Army National Guard, or anyone who has retired from these organizations. Currently there are plates for other services, but not the Army.

The Colorado Springs Special Interest U.S. Army license plate, which is in the design stages now, will not be produced unless 250 people commit to buying the plates. Those interested in purchasing the plate need to add their names to the list in order to begin production. There will be a one-time charge of \$35 payable at the time of the registration of each vehicle receiving the plates. Applications for the plates should be in by March. If approved, the plates will be issued starting Jan. 2002, at the time of renewal.

Persons willing to commit to purchasing the plates in 2002 need to send their name, address, county where they reside and number of sets they

Application homepage: [http://www.army.mil](#)

The Army's holiday hours will be from 10:00 a.m. to 4:30 p.m. on Thursday, 7/1/02.

It is open from 10:00 a.m. to 4:30 p.m. on Thursday, 7/1/02.

Additional information: 526-1002.

Dec. 26, 29 526-1002.

The Use of Mini Mall for motorcycles.

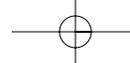
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The Army now has set Wednesday, Thursday 9 7:30 to 9 a.m. questions, ca Web site [www](#)

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Remind personnel ar installation 3 regardless of Fort Carson



Get Out!

Theater

This is the last week to catch “**Joseph and the Amazing Technicolor Dream Coat**,” which runs through Sunday. Performances are at 8 p.m. today and Saturday and Sunday at 2 p.m., at the Colorado Springs Fine Arts Center Theater, 30 W. Dale St. Tickets start at \$22; call the box office at 634-5583.

“**Harvey**” is performed in the Smokebrush Theater, 235 S. Nevada, through Sunday. Performances are at 8 p.m. today and Saturday, and 2 p.m. Sunday. Tickets start at \$5; call 444-0884.

Seven Falls holiday lighting

Seven Falls lights up for the holidays and is open from 5 to 9 p.m. starting Monday, until Dec. 29 (except for Christmas Eve). Entry is by cash donation — \$2 per person is suggested. Hot chocolate and cider may be purchased at the snack bar. Seven Falls is in Cheyenne Canon, near the Broadmoor.

Victorian Christmas

Miramont Castle Museum celebrates Christmas in Victorian style. Saturday and Sunday, starting at 1:30 p.m., there’s entertainment and free refreshments. The Castle is at 9 Capitol Hill Ave., in Manitou Springs and admission is \$4 for adults and \$1 for children ages 6 to 11; those under 5 are admitted free. Call 685-1011 for information.

Trolley rides

Manitou Springs (call 685-5089) has free trolley rides on weekends during December. The trolley runs from 11 a.m. to 4 p.m. Look at the decorations or shop along the way.

Old Colorado City has trolley rides starting from the Pioneer Building in Bancroft Park each Saturday till Christmas. Santa will be around and will have his picture made for a small charge. The historic shopping district is decorated in thousands of tiny white lights.

Christmas at McAllister House

The McAllister House Museum, 423 N.

Cascade, gives Christmas tours at 10 a.m. and 3 p.m. Saturday. Admission is \$6 for adults and \$2 for children.

Christmas at the Zoo

“**Electric Safari**” continues at Cheyenne Mountain Zoo. A half million lights make the zoo a magical holiday place. Beginning today, except for Christmas Eve, the Safari is open from 5:30 to 9 p.m., and costs \$5 for adults and \$3 for children. Children 2 and under are admitted free.

Denver area theater

“**A Christmas Carol**” runs through Dec. 23 at the Aurora Fox Theater, 9900 E. Colfax. Tickets start at \$9, call (303) 361-2910.

“**Annie Get Your Gun**,” starring Marilu Henner and Tom Wopat, runs Jan. 9 through 23 at the Buell Theatre. Tickets start at \$15, call TicketMaster at 520-9090.

“**Annie**” is at Denver’s Buell Theatre Jan. 5 to 7. Tickets are available at (800) 641-1222.

Holiday lights

Royal Gorge Bridge invites visitors to enjoy thousands of lights decorating the park through Saturday, as well as special entertainment in the Plaza Theater. Admission is free between 5 and 8 p.m., with a donation of non-perishable food.

Learn about winter holiday customs from cultures around the world at the “Holiday Lights” display at the Fine Arts Center. Admission is charged except Saturdays. The Fine Arts Center is at 30 W. Dale St.

Family activities

Family Activity Days at the Colorado Springs Fine Arts Center are Saturday from 1 to 3 p.m. Activities are for the whole family and there is no entry fee.

Yule Log hunt

The European tradition of a “Yule Log Hunt” has been followed for many years in Palmer Lake. It starts with a ceremony at 1 p.m. Sunday at the Palmer Lake Town Hall. Call 488-2572 for more information about the free event. Palmer Lake is north of the Air Force Academy on Interstate 25.

Rock Ledge Ranch

“**Twilight Frontier Christmas**” at Rock Ledge Ranch features wagon rides, lantern tours and refreshments, from 4 to 8 p.m. Saturday and Sunday.

Entrance is \$ for the whole entrance to t 578-6777 for

“**A Chri** Theatrework Colorado Sp p.m. Wednes performance

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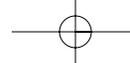
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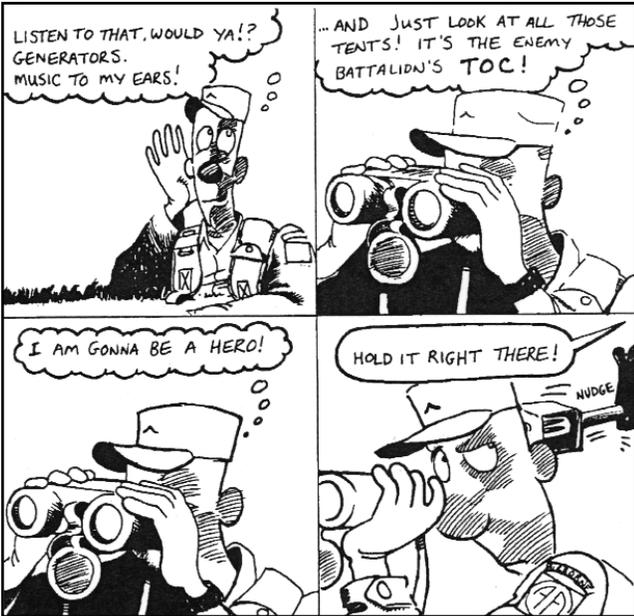
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Happenings

Pvt. Murphy

by Mark Baker



Program schedule for Fort Carson cable Channel 10, today to Jan. 5.

Mountain Post Magazine: Stories on and about Fort Carson soldiers, civilians and family members. Airs at 7 a.m., 10 a.m., noon, 3 p.m., 7 p.m. and midnight. Followed by a special on Army chaplains.

Army Newswatch: includes stories on World War II Memorial groundbreaking, Japanese American Memorial dedication and the Austrian mountain train accident (repeat). Airs at 7:30 a.m., 12:30 p.m., 7:30 p.m. and 12:30 a.m.

Air Force News: includes stories on John Levitow and the flying chaplain of Minot Air Force Base, N.D. (repeat) Airs at 8 a.m., 1 p.m., 8 p.m. and 1 a.m.

Navy/Marine Corps News: includes stories on the 2000 Toys For Tots drive, the Special Boat Unit and the USS Bon Homme Richard. Airs at 8:30 a.m., 1:30 p.m., 8:30 p.m. and 1:30 a.m.

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