

Mountaineer

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Feature



Soldiers from the 52nd Engineer Battalion help build a new training site.

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Happenings



Now is the time to visit the World Figure Skating Museum just minutes from post. In honor of National Skating Week, admission is free Saturday through Jan. 25.

See Page 25.

Martin Luther King Jr. celebration

MLK Day is Monday. The 3rd Brigade Combat Team will sponsor this year's MLK observance Thursday from 1 to 3 p.m. at McMahon Theater.

Post Weather hotline:
526-0096

Oklahoma NG unit deploys to Sinai Peninsula

by Spc. Jon Christoffersen
 Mountaineer staff

Recently, the 7th Infantry Division and Fort Carson said goodbye to two units from the 45th Separate Infantry Brigade (Enhanced), Oklahoma Army National Guard.

Task Force 1st Battalion, 180th Infantry and Task Force 1st Bn., 179th Inf., loaded buses and headed out of Fort Carson after weeks of training and processing on the Mountain Post.

Task Force 1st Bn., 180th Inf. deployed in support of the Multi Forces Observer Mission. The task force deployed to Sinai, Egypt, and will operate from remote sites in order to have visible presence, observe, report and verify compliance between Egypt and Israel in accordance with the Treaty of Peace between the two nations. The task force will facilitate trust-building mechanisms between the parties and ensure freedom of navigation through the Straits of Tiran. About 500 soldiers deployed who will operate 13 sites.

Task Force 1st Bn. 179th Inf., deployed in support of Operation Southern Watch. The task force's mission will be to defend and secure Patriot missile sites and key installations in order to provide continuous force protection to personnel and equipment in Saudi Arabia and Kuwait. The task force must be prepared to conduct port and escort security to allow continues downloading and movement of cargo operations. There will be about 75 soldiers deployed to Saudi Arabia and approximately 175 soldiers deployed to Kuwait.



Photo by Spc. Stacy Harris

Soldier readiness ...

Spc. Elizabeth Varela, 10th Combat Support Hospital, gives an anthrax shot to Spc. Fabian Egejuru, Headquarters and Headquarters Company, 43rd Area Support Group, during a Soldier Readiness Process Jan. 8. SRP is used to help soldiers get everything together before deployment.



Photo by Spc. Jon Christoffersen

If you build it ...

Spc. Urbin Thompson, Company A, 52nd Engineer Battalion, helps build a new training site. For more on the construction, see Pages 16 and 17.

More road construction slated to begin Monday

Courtesy Directorate of Logistics

Phase 1 of the Mekong/Woodfill Road Repair Project, which repaired and upgraded the entire length of Mekong Street and the west half of Woodfill Road, is complete.

Phase 2, which will repair and upgrade the east half of Woodfill Road, is scheduled to start Monday.

The contractor will construct a temporary road that will connect the parking lot at the north end of Albanese Loop with the parking lot east of building 6267, which then leads to Elwell Street and Sheridan Boulevard. The temporary road, together with the bridges across Woodfill, will provide access to the Elkhorn Center and family guest housing offices. Detour and information signs will direct traffic to and from the organiza-

tions and facilities directly affected by the construction.

The work entails the complete removal of the old road surface and some of the base material to a prescribed depth — the new road will be widened to meet Colorado Department of Transportation standards, and will include right and left turn lanes. The curb, gutter and sidewalk will be extended along the south side of Woodfill to the intersection with Sheridan. Finally, the new asphalt will be placed in multiple lifts, and the temporary road and bridges will be replaced and/or removed in the final phases of Phase 2.

Please slow down and use caution when driving the detour routes, and through the construction area.

Army's Lewis, Clark exhibit to travel America

by Nicole Dowell
Army News Service

WASHINGTON — The Lewis and Clark Bicentennial officially begins Saturday, but the Pentagon had an early commemorative exhibit Jan. 7 to 10 to recognize the expedition that opened the doors to the American West.

A display sponsored by the assistant secretary of the Army for Civil Works and manned by the Corps of Engineers was available for viewing in the Pentagon this week. The display will be part of the bicentennial's national kickoff at Monticello, Va., Saturday and then cross the nation much as the original expedition did 200 years ago.

The Corps of Engineers' display includes a backdrop, period instruments provided by the Frontier Army Living History Association, and staff members dressed in period uniforms.

"The exhibit is a living and breathing thing that includes school talks, encampments and discovery boxes for educators," said Jean Nauss, national coordinator, Lewis and Clark Bicentennial, Corps of Engineers.

In the Lewis and Clark Expedition, two Army officers, 26 enlisted men and five nonmilitary members made up the permanent party, known as the Corps of Discovery, that covered 7,689 miles of waterways by canoes and boats in two years, four months and 10 days.

"The Lewis and Clark Expedition is extremely significant," said Ken Wilk, assistant national coordinator, Lewis and Clark Bicentennial, Corps of Engineers.

"It is the first successful expedition of the western continent," Wilk said.

Beginning in 1792, three separate expeditions searched for a direct water route from the Missouri River to the Pacific Ocean.

"They all failed," Wilk said. "They weren't Army."

On Jan. 18, 1803, months before the Louisiana

Purchase, President Thomas Jefferson sent a confidential letter to Congress, requesting money for an expedition to the Pacific Ocean.

Jefferson selected his personal secretary, Capt. Meriwether Lewis, to lead the expedition. Lewis had authority to recruit noncommissioned officers and men from any of the western Army posts.

With Jefferson's consent, Lewis wrote to his friend and former comrade, William Clark, offering him the assignment as co-commander.

Clark was retired at the time, but he quickly jumped at the opportunity and was re-commissioned as a captain.

"In comparison to the speed of communication these days, he responded to the message before even receiving it," Wilk said.

"This was a chance of a lifetime," Wilk said.

Lewis knew the skill sets he would need and recruited accordingly. His men were hunters, blacksmiths, gunsmiths, boatmen, interpreters, fishermen, frontier traders, carpenters, surveyors, scouts and woodsmen.

"You have to understand the Army at the time," Wilk said. "These men were stationed at frontier posts, a rather boring existence. They were eager for the opportunity," he said.

It was a unique situation having two equal-ranked officers working with the men, Nauss said.

"They were a lot like Special Forces," Wilk said. "They were an elite unit ready to fight if they had to, but also ready to act as diplomats."

The team came in contact with 55 new Indian tribes, recording their languages, trail routes and interpersonal relationships, all the while trying to make peace with the nations along the route.

The event is called a commemoration because

there is nothing to celebrate from the tribal perspective, Nauss said.

"It marks the beginning of life as they know it now," she said about the Western tribes. "This was the opening of the West, expanding our frontier, but shrinking theirs."

In preparation for the trip, Lewis spent most of 1803 studying with scientists, mapmakers, botanists, astronomers and anthropologists.

The expedition departed Camp River Dubois, near St. Louis, on May 14, 1804 and returned to St. Louis Sept. 23, 1806.

The team came back with significant scientific accomplishments including 178 new plant species and 122 unknown animal life species catalogued, new geological and meteorological records, and new topographical records of the area between the Missouri River and the Pacific Coast.

"This is the start of non-combat missions for the Army, everything else the Army does now," Wilk said.

Most people do not associate the Army with Lewis and Clark, even members of the Army community, Nauss said.

"A lot of history has been lost over time," Nauss said. "This needs to be touted as a military story."

2003 through 2006 has been designated the Lewis and Clark Bicentennial through proclamation by President George Bush. Bush directed federal agencies, states, tribes, communities and the National Council of the Lewis and Clark Bicentennial to promote educational opportunities regarding the Lewis and Clark story.

The Corps of Engineers, manager of 90 percent of the waterway trail Lewis and Clark followed, has been supporting activities for two years and will continue through the commemoration, Wilk said.



Remember, celebrate, act ...

Martin Luther King Jr. Day — a day on, not a day off



by Sgt. 1st Class Tomas Barreto
3rd Brigade Combat Team
Equal Opportunity Advisor

Many consider Martin Luther King Jr. to be one of the greatest figures of the 20th century, certainly one of the greatest orators in American history. Like other heroic figures, King was uniquely prepared to meet the challenges of his time and

equally willing, even eager, to answer the call to leadership. As the pre-eminent champion of civil rights and nonviolent social change, King dominated the social landscape in the mid-20th century, as American came to terms with centuries of discrimination and disenfranchisement.

Some Americans remember well King and the tumultuous events that swirled

around him. Some were even touched directly by his eloquent words and courageous deeds. Yet many younger Americans know him only through a sound bite of the famous oratory, and have no substantive knowledge of who he was and how he led America through a revolution for justice.

This is why the 3rd Brigade Combat Team and the

Mountain Post Team would like to invite everyone to come, remember, celebrate and act on this great man's life.

The 3rd BCT will be sponsoring this year's Martin Luther King Jr. celebration Thursday at McMahon Theater from 1 to 3 p.m. Come celebrate and learn about King's life and carry on his great hope for the future.

LETTERS TO THE EDITOR

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

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

be considered.

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

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

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

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

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News

Carson, III Corps troops called to deploy

Soldiers gear up for movement

Courtesy Fort Carson Public Affairs Office

Elements of support units at Fort Carson have received deployment orders to reposition forces as required to support President George Bush's global war against terrorism. Units from the 43rd Area Support Group at Fort Carson have been directed to prepare to deploy in the event they are required. Additionally, the 60th Ordnance Platoon deployed in December to the U.S. Central Command.

The units receiving deployment orders are Headquarters and Headquarters Company, 43rd Area Support Group; Headquarters, 68th Corps Support Battalion; 183rd Maintenance Company and 152nd Movement Control Team.

This repositioning of forces provides increased military capabilities in the ongoing war on terror. Any further employment of those forces deploying in a future combat role is a presidential decision.

All Fort Carson units remain trained and ready to deploy on short notice as required to defend America's interests at home and worldwide.

For security reasons, specific numbers of troops deploying and deployment destinations will not be announced at this time, and Fort Carson officials will not speculate on future employment of forces.

For more information contact the Fort Carson Public Affairs Office at 526-1264/7525.

Fort Hood's units pack their bags

Courtesy Fort Carson Public Affairs Office

Elements of III Corps stationed at Fort Hood, Texas, have received deployment orders to reposition forces as required to support the President's global war against terrorism. Units from the 13th Corps Support Command at Fort Hood have been directed to prepare to deploy in the event they are required.

This repositioning of forces provides increased military capabilities in the ongoing war on terror. Any further employment of those forces deploying in a future combat role is a presidential decision.

III Corps and its units based at Fort Hood have responded from the outset of the war on terror, will continue to deploy forces to places such as Afghanistan, Central Asia, Southwest Asia, Cuba and Europe. All III Corps units remain trained and ready to deploy on short notice as required to defend

America's interests at home and worldwide.

The 13th Corps Support Command, which provides logistical and medical support units to III Corps, deployed a transportation unit Saturday. The deploying soldiers manifested operations and had a departure ceremony with friends and family members at the 13th Corps Support Command Gym Saturday afternoon.

For security reasons, specific numbers of troops deploying and deployment destinations will not be announced at this time, and III Corps officials will not speculate on future employment of forces. III Corps is the headquarters for some units on Fort Carson, and recently confirmed the activation of more than 200 soldiers belonging to the 5025th Garrison Support Unit.

For more information, contact the Fort Carson Public Affairs Office at 526-1264/8399.

That time again — Carson Tax Center opens for season

by Spc. Stacy Harris
Mountaineer staff

It's that time of year again — tax season — and the Fort Carson Tax Center is now open for business.

During a ribbon-cutting ceremony Monday, the doors opened for servicemembers, retirees, Reservists on active duty and family members to begin filing their 2002 taxes.

"This is an opportunity to save soldiers money," said Brig. Gen. Robert J. Reese, deputy commanding general, during the ceremony.

Reese said the timing is right for the center to be opening for business, especially with the possibility of deployments. The Fort Carson Tax Center has the same capabilities to get the money back in the soldiers' hands as quickly and accurately as any other tax-filing options.

"It's a free service for all servicemembers and their family members," said Staff Sgt. Stephen Dill, noncommissioned officer in charge of the Fort Carson Tax Center. "(It's a good service) because it allows soldiers to file their taxes without having to go downtown and pay in excess of \$300 to \$400 to have their taxes done."

Last year alone, Capt. John M. Canedy, officer in charge, Fort Carson Tax Center, said the center assisted 11,000 community members on their taxes and filed more

than 7,000 E-filings.

"We saved soldiers hundreds of thousands of dollars," Canedy said. "Those numbers can even double for us (this year)," he said because of the reservists that have been activated to Fort Carson. "We are anticipating a pretty heavy year."

Dill said taxes are filed on a walk-in basis and the minimum needed to file your taxes on post is W2 forms, identification cards, social security number cards for all family members and possibly a power of attorney.

Canedy said that the tax center can accommodate soldiers' needs just as well as the downtown agencies and the community should take advantage of the free service, knowing their taxes will be filed properly. The center is staffed with soldiers from various units on post that received Volunteer Income Tax Assistance Training through the Internal Revenue Service the third week in December.

The Fort Carson Tax Center will be open for business until April 15. The hours of operation are Mondays through Wednesdays from 8 a.m. to 6 p.m.; Thursdays from noon to 5 p.m.; and Fridays from 8 a.m. until 5 p.m. Additionally, the Fort Carson Tax Center will be open Feb. 8, Feb. 22, March 8 and April 12. The center will be closed on all federal and training holidays.



Photo by Spc. Stacy Harris

From left, Capt. John M. Canedy, Brig. Gen. Robert J. Reese, Command Sgt. Maj. Terrance D. McWilliams and Sgt. Maj. Julia A. Woodhouse, cut a ribbon marking the grand opening of the Fort Carson Tax Center.

The Fort Carson Tax Center is building 6264, located across from the Colorado Inn and the Elkhorn Conference Center. For more information on the Fort Carson Tax Center or what to bring when filing, call 524-1012 or 524-1013.

Military

Some airlines wave troop's ticket exchange fee

by Gerry J. Gilmore

American Forces Press Service

WASHINGTON — Some U.S. airlines are adjusting their rules so servicemembers won't have to pay penalties if they need to alter ticket reservations because of military duty. AirTran Airways, Delta Airlines and Hawaiian Airlines now waive ticket change fees for servicemembers on military deployment orders, while ticketing changes on Southwest Airlines are currently free, according to Jean Marie Ward of the Office of the Undersecretary of Defense for Personnel and Readiness. Continental, Frontier and Northwest Airlines waive change fees and also will issue refunds on request, she added.

Ward said particulars of these carriers' programs can be viewed at DOD's Military Assistance Program Web site at dod.mil/mapsite/airtickets.html.

Information from more airlines will be added as it becomes available, she said.

According to General Service Administration officials, a number of other airlines will waive ticket change penalties if servicemembers present copies of their military orders or a letter from their commanders, Ward noted. The waiver procedures are official company policy for some carriers, she said, but not all reservation or check-in personnel may know that. She suggested travelers call their airline for waiver information before going to the airport.

Much of the U.S. airline industry has been in a

financial tailspin since Sept. 11, 2001, and have instituted or boosted penalties for customers who want new tickets because of missed flights or changes in their travel plans.

Military travelers became prime penalty targets on Oct. 7, 2001, when America launched its military offensive against global terrorism. Many thousands of active and reserve component service members already have been called up and deployed, Ward noted, and thousands more have been tapped for duty as part of the U.S. military buildup for potential war against Iraq.

Questions were raised in late 2002 about the travel penalties faced by servicemembers called off leave for military operations.

At DOD's request, GSA officials queried City Pairs Program carriers — the contract carriers for government travelers — regarding ticket exchange penalties and waivers for military personnel, Ward said. Meanwhile, she added, Air Mobility Command officials pursued parallel inquiries and ultimately coordinated much of the discussion between DOD and the airlines regarding waivers. Information on the Military Assistance Program Web site notes that the Army Emergency Relief Society, Navy-Marine Corps Relief Society and the Air Force Aid Society may provide loans to cover unexpected expenses resulting when air carriers don't waive fees or penalties.

The Web site notes that servicemembers needing

financial help of this type can call or visit the relief society office at the nearest military installation. The organizations have reciprocal agreements with each other and the Coast Guard.

Policies for changing reservations or travel plans vary across the travel industry, Ward explained, noting that Amtrak tickets, for example, can be changed without charge in most cases. In contrast, prearranged travel packages would be more difficult to alter.

"However, the travel issues related to short-term deployments are broader than changes in personal travel plans," Ward said. Certain military personnel, such as single and dual military parents, are required to have family care plans for deployments, she noted, adding that these plans can involve sending children to distant family members or bringing a caretaker into the home.

Ward said DOD is exploring the issue of this kind of short-fused family travel with the airlines. Pending new airline policies, she said, DOD recommends servicemembers implementing plans that call for short-fused family travel ask their airline representative about eligibility requirements for any special fares.

Military families whose care plans rely on other forms of transportation should check their carriers' policies, Ward said. In any case, she noted, local military service relief societies might offer loans to cover these expenses.

Military Briefs

Soldiers on profile

Soldiers on profiles — In accordance with Army Regulation 600-60, all soldiers with a P3 or P4 profile in any area of their body designators — Physical Capacity, Upper extremities, Lower extremities, Hearing, Eyes or Psychiatric — are required to appear before the Military Occupation Specialty/Medical Retention Board within 60 days of the signed approved profile. The purpose of this requirement is to maintain the quality of the force by ensuring the soldiers are physically qualified to perform their Primary Military Occupational Speciality worldwide under field conditions. Soldiers with a P3 or P4 profile are non-deployable as of the date the profile is completed. P3 or P4 soldiers are not authorized reassignment, training at any U.S. Army Training and Doctrine Command course or advancement course, or re-enlistment without appearance before the board. For more information, call Staff Sgt. Keith Cashion at 526-6530.

GI Bill benefits

Soldiers who converted from VEAP to MGIB last year are reminded that it is their responsibility to individually check to ensure they have paid the full \$2,700 within the required deadline, 18 months from the date entered on their DD Form 2366. Meeting this 18-month deadline is critical. Soldiers have no education benefits to utilize until the required \$2,700 is paid in full. Furthermore, soldiers who fail to pay the money in full by the deadline will forfeit all contributions made to that point and will not be eligible for any MGIB benefits.

Many soldiers have had problems with their local finance offices erroneously stopping the reduction in pay when it reached \$600 or \$12,009. In some cases, Finance refunded some payments to the soldiers. These are finance problems and errors, and must be resolved. Defense Finance and Accounting Service has sent a message out to field finance offices advising them of the needed corrective action. However, soldiers are ultimately responsible for initiating action to discover and correct finance mistakes. Soldiers may have to make lump sum payments to ensure the full \$2,700 is paid within the 18 months. For more information, contact Bill Unger, 526-4125, or any guidance counselor at the education center.

Replacing Identification Cards

Procedure for replacing lost or stolen

Identification Cards — Effective immediately, all soldiers assigned or attached to Fort Carson who

have had an ID Card or Common Access Card lost or stolen will be required to present a memorandum signed by their commander when requesting a replacement card. Local policy requires all active duty soldiers, reservists, retirees, family members and Fort Carson civilian employees who lose their ID or Common Access Card to present a form of identification before a replacement card can be issued. The following forms of ID are acceptable: valid driver's license with photo, state ID with photo, birth certificate with seal or photocopy of birth certificate that reflects the state file number. If no form of ID is available, the soldier must be accompanied by a senior noncommissioned officer (Sgt. 1st Class or above) or a commissioned officer.

West Point

West Point accepting applications — Capt. Cliff Hodges, from the West Point Admissions Office, will be at the Fort Carson Post Re-enlistment Conference Room, building 1219, Tuesday and Wednesday at 10 a.m. and 1:30 p.m. to give an admissions brief to all soldiers on the process of submitting applications. Interested soldiers should contact their chain of command and arrange a time to attend the briefing. All interested soldiers are encouraged to attend regardless of high school academic performance. Interested soldiers must be U.S. citizens, not married, have no obligation to support family members, be a high school graduate, not be 23 years or older prior to July 1 of the year entering the U.S. Military Academy, be of high moral character and have a sincere interest in attending West Point and becoming an Army officer. All application requirements must be met by April 1 to be considered for an appointment to West Point or the Prep School in July 2003. Interested soldiers should contact Hodges to request an application by phone, DSN: 688-5780 or (845) 938-5780 or e-mail tc2324@usma.edu.

Special Forces

SFOD-D seeking new members — The 1st Special Forces Operational Detachment-DELTA (airborne) will be on post Jan. 21 to 24. Briefings will be in the Columbine Room at the Elkhorn Conference Center, and will be the first three days at 10 a.m. and 1:30 p.m. The Army Physical Fitness Test will be Jan. 24 at a place and time yet to be determined. For more information, contact your squadron, battalion, or brigade career counselor.

Hours of operation

Information, Tickets and Registration Office and the Outdoor Recreation Complex Information Desk have been combined in an effort to better serve customers. Hours of operation are Tuesdays through Saturdays, 10 a.m. to 5:30 p.m. For information, call 526-2083 or 526-5366.

For official travel services, Carlson-Wagonlit Travel, in building 1012 on Long Street, is open Mondays through Fridays from 7:30 a.m. to 4 p.m., and until 3 p.m. on training holidays.

Travelers are reminded to bring three copies of travel orders when picking up tickets for official travel. Soldiers and family members must have one original and one copy of their "travelopes" and three copies of each order, to include amendments, for overseas permanent changes of station. If you cannot pick up your tickets in person, you can fax a copy of orders to 526-1142 or 576-5262 for issuance of an E-ticket.

Please call 576-5188 to confirm receipt of faxed orders. Tickets will not be issued without orders. If you do not use your ticket, you must bring it and two copies of your orders. If you were issued an E-ticket and did not travel, you still must bring in two copies of orders to process a refund for the unused ticket.

Central Issue Facility hours of operation are: Regular business hours: Mondays, Tuesdays, Wednesdays and Fridays from 7:30 to 10:30 a.m. and 11:30 a.m. to 3 p.m. and Thursdays 7:30 to 10:30 a.m. Initial Issue/Partial Issue/DX: Mondays, Tuesdays, Wednesdays and Fridays from 7:30 a.m. to 10:30 a.m. and 11:30 a.m. to 3 p.m. and Thursdays

7:30 to 10:30 a.m. Partial Turn-Ins: Mondays, Tuesdays, Wednesdays and Fridays from 11:30 a.m. to 3 p.m. All Full Turn-Ins require an appointment. Please call 524-2006 or 526-2729 to schedule an appointment. For questions, call Stacey Sly at 526-5512.

Briefings

Special Forces briefings — Special Forces recruiting briefings are held Wednesdays at 1:30 p.m. and Thursdays at 1:30 p.m. and 3:30 p.m. at the Grant Library for males in the pay grades E-3 to E-7 with a GT score of 100 or higher and who are U.S. citizens.

ETS/Transition briefing schedule — In order for soldiers to receive their ETS orders, soldiers must attend an ETS briefing. Soldiers may sign in at 7:15 a.m. and the briefing begins at 7:30 a.m. in building 1118, room 317. For more information, call the Transition Center at 526-2240 or 526-4298.

Pest control training — Pest Management Regulation, AR 200-5, requires only certified applicators apply pesticides on military installations. The Directorate of Environmental Compliance and Management has a program that provides military personnel the necessary training and herbicide. Each unit is allowed a maximum of five people for training unless approved through the unit commander to DECAM. Training sessions are scheduled for the first and third Tuesday of every month from 10 to 11 a.m. at building 3711, until all units have received the training.

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

The following are dates for upcoming briefings: Wednesday.

Miscellaneous

Fort Carson Ammunition and Explosives amnesty turn-in — When military A & E is found outside the boundaries of Fort Carson military areas, notify the local civilian authorities or the military police, 526-2333. Abandoned military A & E, excluding small arms ammunition up to and including .50 caliber, will not be moved by untrained personnel. If A & E are found, notify the Fort Carson 764th Explosive Ordnance Company, 526-2643. Abandoned A & E found on post may be turned in at the Ammunition Reclamation Area, located on Butts Road, one mile south of the airfield. The hours are Mondays through Fridays from 7:30 a.m. to 3:30 p.m. For more information, contact the Ammunition Supply Point, 526-4381, or the Quality Assurance Office, 526-1795 or 526-1892.

Monthly siren test — To ensure Fort Carson sirens remain operational, a monthly test will be conducted at noon on the last Friday of each month. The test will sound six seconds on, six seconds off, for a duration of five minutes. The "all clear" will be indicated by a continuous three-minute siren.

Post Laundry Service — The Post Laundry service provides free laundry and dry cleaning service to soldiers for government-owned property only. Items issued by the Central Issue Facility should be cleaned at the Post Laundry prior to turn in. Soldiers are reminded to allow extra time for items to return from the cleaners. It is not recommended to pick up your equipment on the same day as the scheduled CIF appointment. The turnaround for the service is 72 hours and no appointment is necessary. The Post Laundry will not clean personal items like BDUs, boots, tent pegs, canteens, entrenching tools or wet-weather gear. Material TA-50 items that can be washed include: sleeping bag assembly, chemical suits, Gortex, ruck sacks, coveralls, CVC jackets and most web equipment. Hours of operation are 7:30 a.m. to noon and 12:30 to 3:45 p.m., Mondays through Fridays, excluding holidays. For more information call, 526-8806 or 526-8804.

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



Better Opportunities for Single Soldiers

SnoFest — Single soldiers, which include single parents, single officers and geographical bachelors, are invited to attend SnoFest Jan. 24. The cost is \$105 and the trip includes transportation to and from Keystone and a shuttle that will run every 20 minutes for all events at Keystone; a lift ticket; lodging for three days and two nights, with six soldiers in each condo; a party Jan. 25 in the Main Conference Center; and equipment rental. For those bringing their own skis, the price is reduced to \$100. Buses will depart from Fort Carson Jan. 24 at 1:30 p.m. in the lower parking lot of the new Morale, Welfare and Recreation eXtreme Sports Bar. Departure from Keystone will be Jan. 26 at 11:15 a.m. Sign up is until close of business Thursday. To sign up, contact Spc. Kara Hines, 524-2677, or visit the BOSS office, located in the Outdoor Recreation Center, building 2429.

Greenback

Deployment pay entitlements for soldiers

by 2nd Lt. Suzanne Love
4th Finance Battalion

Deployment pay entitlements

Entitlements for deployments are dependent upon the country to which soldiers are deployed. The pay entitlements listed are authorized for soldiers who deploy. The Battalion S-1s must submit a DA Form 4187 with a copy of the deployment manifest to the servicing finance office prior to deployment. All authorized pay entitlements will be paid upon deployment and indicated on the soldier's leave and earning statement. Upon return from deployment, a normal travel voucher, DD form 1351-2, will need to be filled out by each soldier to settle any other expenses/entitlements authorized.

Hostile Fire Pay/Imminent Danger Pay —

Soldiers will be paid \$150 per month, provided they perform duties for any part of one day in a HFP/IDP designated area.

Combat Zone Tax Exclusion — All enlisted soldiers and warrant officers are exempt from federal income tax on Basic Pay, Jump Pay, Hardship Duty Pay and Hostile Fire Pay. Commissioned officers are exempt from federal income tax on amounts up to the basic pay of the senior most enlisted, plus the amount of HFP for any qualifying month.

Family Separation Allowance — To qualify for FSA, the soldier must be separated from his family for more than 30 days. A completed DD Form 1561, Statement to Substantiate Payment of Family Separation Allowance, signed by the company commander, must be

submitted to the servicing finance office for payment of FSA.

Basic Allowance For Subsistence — Soldiers currently receiving full BAS will retain their BAS entitlement. Soldiers currently receiving partial BAS (meal card holders) will be entitled to full BAS upon deployment.

Hardship Duty Pay — Depending on the area of duty, the rate is between \$50 per month to \$150 per month.

Savings Deposit Program — Up to \$10,000 can be deposited into the program. The account earns 10 percent annually. Soldiers may contribute all of their net pay after deductions and allotments earned during the tour in the designated area. Three months upon return, the account will stop accruing interest.

Per Diem — Soldiers on deployment are authorized \$3.50 a day or up to \$150 a month. Per Diem will be settled upon return on a DD form 1351-2.

Any questions pertaining to this policy should be directed to Detachment A, executive officer, 2nd Lt. Suzanne Love at 526-6781.

Who can view tax statements online?

Civilians can now view and print their tax statements. The tax statement displayed on myPay is the end of year tax statement. Additionally, if the tax statement displayed is incorrect, please contact your customer service representative. Any corrected tax statements issued will not be reflected on myPay.

Retirees: You can now view and print your tax statements. The tax statement displayed on myPay is the end of year tax statement. Additionally, if the tax statement displayed is incorrect, please contact your customer service representative.

In January 2003, tax statements for calendar year 2002 will be available for all myPay customers.

W2 information and procedures

- Members must go through their servicing finance office or Defense Military Pay office to get replacement or corrected W-2 forms.

- If you have separated from the Army or are requesting W-2 forms for off-line payments (student loans/claims) or do it yourself moves, etc., call (888) PAYARMY.

- Army members who separated from the service with a debt requiring a W-2 should call (800) 962-0648.

Assistance to Fort Carson's Family Readiness Groups

The 4th Finance Battalion would like to inform the community about some of the services it can provide beyond normal customer service. For units that have received orders to deploy, the unit can contact 4th Finance to schedule a briefing for the unit and/or the Family Readiness Groups of that unit. Deployments cause numerous changes to a soldier's pay account and oftentimes there are many rumors or uncertainties experienced by servicemembers and their family members. Units or Family Readiness Groups may contact their servicing finance detachment to set up a briefing.

Don't get smoked by car buying experience

by Capt. Roger J. Ivey
Office of the Staff Judge Advocate
Legal Assistance Division

SSSSmmokin'! That's the word to describe my first automobile purchase — a V8 powered 1960s era "muscle car" that would burn the tires off in two to three gears. Surprisingly, I never had problems finding cars as a young driver (my dad owned a salvage yard), and the purchase price and credit terms were always agreeable. Of course, I also never had a car with paint worth polishing or that didn't require baling wire and duct tape — but that's not relevant here.

Unfortunately, many servicemembers don't have this kind of opportunity to get a good deal on a decent car. Often, instead of getting a car that's "smokin," they get "smoked" by con-artist dealers and financing contracts with fine print and hidden terms. In light of this, here is some practical advice regarding automobile purchases, and in particular, the negotiation and financing of these endeavors. Using it may help you avoid a bad deal.

First, there are some basic common sense methods to increase your odds of getting a good deal on a car you want:

Never be in a hurry. Being in a hurry is relative, but you should never make a deal because the salesman tells you that you'll miss it if you don't act in the next five minutes or because you feel pressured to do so. There are a million "deals" in this town.

Trust sales representatives — after verifying their information. Ask questions and verify everything. Have the vehicle checked out by a mechanic and consider getting a warranty.

Don't fall for marketing gimmicks. The popcorn, balloons and cheerleaders may be great, but that doesn't mean the car is. Beware of marketing gimmicks — especially those aimed at servicemembers. Dealers like servicemembers because they have money they want.

Do your research. Decide what types of vehicles you are interested in and what you can afford before you engage in any negotiating. Ask detailed questions about the vehicles, which will prove you know what you are talking

about and what you expect. You'll be surprised how little many salesmen really know about their wares. Knowing more than they do puts you in a stronger position for negotiating.

Always have an alternative. If a salesman knows you have a fallback (i.e., you're not desperate), you will be in a stronger negotiating position and he will be more anxious to sell you something. This translates to a better deal.

Get it in writing. Refer to rule 2, again. If your written contract differs from what the salesman told you, your contract rules and you are stuck with it. At the risk of sounding simplistic — if it's on the paper, it's in your contract. If it's not, it's usually not.

Don't take the vehicle until financing is approved — repeat, don't take the vehicle until financing is approved. Some dealers will let you take a vehicle, promising you low financing, only to later say you weren't approved and you now have to pay 21 percent interest. The common scenario is that you have had the car for a month, only to be informed that your financing wasn't approved. You're then asked either to "front" more money toward the purchase, or to return the car to the dealer and pay the per-day use fee. The typical per-day use fee if you have to return the car is in the \$50 range. If you're informed a month after your purchase that your financing wasn't approved, you just rang up about \$1,500 in "use" of the car — and you have nothing to show for it. Get proof in writing that your financing is approved before you leave with a vehicle.

A deal is a deal. Once you sign a contract, the car and the financial obligation are yours. There is almost never any going back, and there is no such thing as a blanket "three day cancellation" rule.

One of the most serious considerations in buying a car is financing. Remember, when you purchase a vehicle you pay for the purchase price as well as the tax, title, license and sometimes other "processing" or administrative fees charged by the dealer. You will also need insurance (full coverage on new cars, and you should get "total

loss" protection for the value of the loan). Consider all of these when deciding what you can afford, and choose a total limit you won't exceed. Do this before you ever look at a car, because if you see something really shiny and fall in love with it before setting your limits, you're going to get "smoked" by the cost.

The best way to compare vehicle prices is to get quotes for the "out the door" price. This means the total cost to drive the vehicle away, including the purchase price and all the

other additional taxes and fees. Using this negotiating tool rather than always talking in terms of monthly payments forces the dealer to be up front about the price and makes your comparison shopping more effective. The first question nine out of 10 dealers ask is "what kind of monthly payments are you looking for?" They ask because it is to their advantage to hide the cost breakdown and the total cost to you. A deal on the basic model import looks great for \$200 a month, until you realize you'll pay on it for 10 years for a total cost of more than \$40,000, and it will only be worth \$5 when you make your last payment. Keep in mind that you don't have to finance a vehicle through a dealer. Shop around for better rates through banks or credit unions. Paying 18 percent to finance a vehicle is ridiculous, especially in today's market of record low lending rates.

When you have an idea of what you want and what you can pay for it, make that your starting point and negotiate, negotiate, negotiate. You should almost never pay the sticker price or a dealer's first quote for a vehicle. Additionally,

don't get caught in the trap of dealing with a salesman who has no authority to decide the price and keeps you waiting for hours while he runs back and forth to the "boss" with your offers. This timeworn manipulation technique is a waste of your time and can get you psychologically tied into a bad deal. Ask for the person who can actually make the deal.

When you come armed with knowledge, every item involved with a vehicle purchase, from the age of the tires, to the options, to the financing terms and trade-in values becomes a tool for

bargaining. There are many resources to get information about vehicle purchases, including the Fort Carson Consumer Affairs Office, your command financial specialist, and the Legal Assistance Office. There is also an excellent "Consumer Guide to Buying a Car in Colorado" that you can download on the Internet at www.ago.state.co.us/consprot/autos/bigdeal.htm.

Finally, keep in mind that the Fort Carson Legal Assistance Division's attorneys will review an unsigned contract (car, home or you name it) before you purchase. Remember that the best time to discover a problem with your contract is before you sign it, not after you're stuck with the bill.

You may contact the Fort Carson Legal Assistance Division at 526-5572. The Legal Assistance Division schedules appointments for the following week on the preceding Friday. Appointments are made for Monday and Friday mornings, as well as Wednesdays. Walk-in consultations are available on a first-come, first-served basis on Monday and Friday afternoons, beginning at 1 p.m..



There are some basic rules to getting a good deal on a car. First? Never be in a hurry.

Dining Schedule

Weekday Dining Facilities

A La Carte Facilities

- 43rd ASG Cheyenne Mtn. Inn (building 1040)
- 3rd BCT Iron Bde. (building 2061)
- 3rd ACR CAV House (building 2461)
- 3rd ACR Butts Army Airfield (building 9612)

Standard Facilities

- 10th Special Forces Group (A) (building 7481)

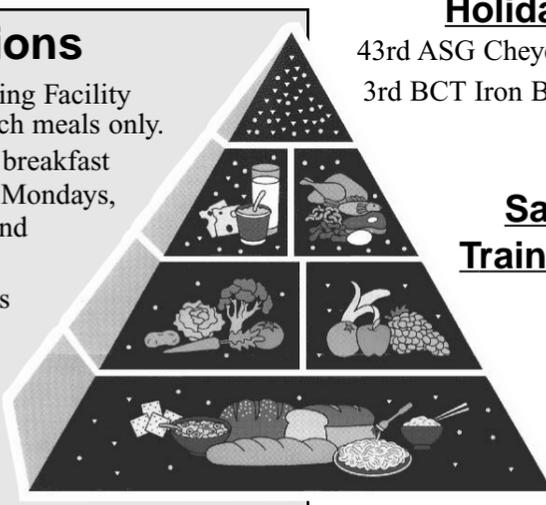
Weekday Meal Hours

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

Week of Jan. 18 to Jan. 24

Exceptions

- Butts Army Airfield Dining Facility serves breakfast and lunch meals only.
- Cheyenne Mountain Inn breakfast hours are 7 to 9 a.m. on Mondays, Tuesdays, Wednesdays and Fridays.
- 10th SFG (A) meal hours are the same Monday through Friday. It serves no dinner meal on Fridays.



Saturday, Sunday and Training

Holiday Dining Facilities

- 43rd ASG Cheyenne Mtn. Inn (building 1040)
- 3rd BCT Iron Bde. (building 2061)

Saturday, Sunday and Training Holiday Meal Hours

Brunch	9 a.m. to 1 p.m.
Supper	3 to 5 p.m.

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

Community

Pharmacy receives new equipment

by Spc. Stacy Harris
Mountaineer staff

Shorter waiting times and safer filling of prescriptions are what the pharmacy at Evans Army Community Hospital have improved over the past couple of years.

Since October, the pharmacy has added a new automation system and dispensing equipment to minimize the possibility of potential prescription errors to customers, said Lt. Col. Edward A. Torkilson, chief, Pharmacy Services. The sheer volume of the workload done at the pharmacy has the potential for some errors to slip through, Torkilson said, but while some errors might happen, overall, the pharmacy at EACH has not had a tremendous amount of errors.

"The goal is to improve patient safety," Torkilson said. "To limit any possibility of medication errors. So far it (the automation system) has done what it was intended to do. It (the system) has basically prevented any known medication errors."

On Columbus Day weekend, the pharmacy was completely gutted out to install the new equipment. Now the pharmacy is fully automated. The system works by having a bar code on each prescription that a pharmacy technician can scan in and match to the medicine the doctor has ordered for the customer.

The more frequently used medications are kept up front in the automation machine. There are containers labeled that match up when the bar code is scanned on the patients' medication label. When the container is inserted into the machine, the medicine is then counted out for the pharmacy technician. The system also has several medications stored in the machine that are automatically dispensed. The less popular medicines are stored elsewhere within the pharmacy and have to be counted out by a calibrated scale and scanned to match the bar code on the

patients' medication label printed from the computer.

The pharmacy already has three automation machines and Torkilson said he is looking at getting another three installed to make the staff even more efficient.

Prior to the machines being installed, Torkilson said the medication was checked for accuracy by the pharmacy staff. The systems have now increased the staff's efficiency and it's all standardized.

"You don't worry that you're giving out the wrong medication," he said. "It's taken out some of the concerns of brands changing and appearances of medication (changing)."

"No patients have taken home the wrong medication since we have implemented the system," Torkilson said. "We had a very low incidence of medication errors before — and it's just improved since then."

According to Spc. William Hoffer, pharmacy tech, the new system has improved the business because there is less potential for errors and is better for the safety of the patients

"Hopefully all pharmacies can get this — because it helps a great deal with time and errors," Hoffer said. Those are two key things most pharmacies are worried about — time and errors."

With the new systems installed, Torkilson said waiting times at the pharmacy have not been affected and neither has their mission — it has made the pharmacy more popular.

"We are seeing more patients," he said, "but we are not having an increase in waiting time."

The waiting time was just one of the changes made to improve customer service at the pharmacy in the past years, Torkilson said. On average, he said the pharmacy assists close to 600 people a day and fills about 1,000 prescriptions a day. In the past, the waiting time to get medication was one to two-



Photo by Spc. Stacy Harris

Spc. William Hoffer, pharmacy technician, Evans Army Community Hospital, scans a medication with the new automated scanning system installed at the main pharmacy in the hospital. The system gives customers peace of mind that they will be going home with the proper medication.

and-a-half hours. For fiscal year 2002, the average waiting time for patients was 12 minutes. For active duty, the wait was less than a minute, he said.

"The primary focus behind the scanning system was not to improve the waiting time, but to improve the accuracy," he said.

Additional changes include improved access and hours.

The pharmacy has also added two windows for new prescriptions to be picked up, which makes a total of six windows available to customers, Torkilson said. There are also two new windows open for refill pickups. Plans are also under way to install a new refill call-in system that will be more user friendly and patients will be able to obtain automated prescription information 24 hours a day. In addition, a new back-up system will be installed so when the computers go down, the customers shouldn't be affected.

The main pharmacy hours are Mondays through Fridays from 8 a.m. to 6 p.m. and Saturdays from 8 a.m. to

4 p.m. The pharmacy is closed Sundays and holidays and is open limited hours, from 8 a.m. to 4 p.m. on military training holidays. The refill pharmacy is open Mondays through Fridays from 8 a.m. to 6 p.m. and is closed Saturdays, Sundays and all federal holidays. The commissary pharmacy is open Mondays through Fridays 9 a.m. to 5 p.m. and 9 a.m. to 1 p.m. on the second Thursday of the month.

Overall, Torkilson said "We want to be the pharmacy of choice for our beneficiaries, realizing that they have other choices."

"We are the most efficient pharmacy and have the lowest waiting time of any other pharmacy I know of," he said. "And we are as safe as any other pharmacy in the area."

Torkilson said that safety is the command's number one priority and about half a million dollars has been spent to make the hospital pharmacy safer for servicemembers, their family members and other pharmacy customers.



Photo by Spc. Stacy Harris

The new automation system works by scanning the bar code from the medication and comparing it to what the doctor ordered. If the medication chosen is wrong, the computer will let the pharmacy technician know by flashing a red message on the screen.

Community Events

Taxes

Tax time — Still doing your own taxes? The Grant Library has Colorado and federal tax booklets and forms to hand out and has forms from all 50 states to copy. For information, call 526-2350 or visit the library at 4950 Flint Street.

Fort Carson Tax Center — The Fort Carson Tax Center, which offers free tax services, to include electronic filing, will be open from Monday to April 15, except for federal and training holidays.

Services offered:

- Refunds in 10 to 20 days at no cost
- Answers to tax refund questions
- Federal returns prepared while you wait
- Federal and state forms available for your convenience
- Federal returns filed electronically for the quickest refund

Hours of operation are Mondays, Tuesdays, Wednesdays and Fridays from 8 a.m. to 6 p.m., Thursdays from noon to 5 p.m. and Feb. 8 and 22, March 8 and April 12 from 10 a.m. to 3 p.m.

Be sure to bring all W-2s, Social Security Cards for yourself and all family members.

Have the following if relevant:

- Form 1099 INT or DIV
- Info on child-care, IRA contributions,
- Mortgage Interest Statement
- Sale of stocks, bonds, or mutual funds,
- Any other financial info
- Alimony paid or received
- Power of Attorney if filing for spouse

court orders for divorce or child custody

Visit the Tax Center at building 6264, off Albanese Loop (across from the Colorado Inn and the Elkhorn Conference Center) in, or call at 524-1012 or 524-1013.

Getting fit

New Year's resolutions — Now is the time to be thinking about your new year's resolutions. Do you envision a healthier, more physically fit you? Let the Mountain Post Wellness Center help you with your resolutions, whether they include eating healthier, losing weight, improving your physical fitness, or managing your stress and anger.

Don't know where to begin? Your first step might be signing up for a Personal Wellness Profile to obtain an overall assessment of your lifestyle and any health risk factors you might have. Based on

the results you might want to then determine your resolutions and allow us help you reach your fitness goals. Give us a call at 526-3887 and the professional staff of the Mountain Post Wellness Center will help you reach your goals.

Youth Services

Youth Services registration — Youth Services Central Registration Office changed its hours. The new hours are as follows:

Mondays and Thursdays — walk-ins are from 7:30 a.m. to 5 p.m. (last walk-in at 4:30 p.m.)

Tuesdays, Wednesdays and Fridays — appointments only, the office closes at noon on Fridays.

The following is required to register: up-to-date immunization record, health assessment, proof of income, three emergency points of contact, child's social security number. The cost of registration is \$15 per child, or \$35 per family. For more information, call Faye Wilburn at 526-8220.

Educational grants

The Fort Carson Thrift Shop is now distributing funds to nonprofit organizations and qualifying individuals. The following are the qualifications for individuals seeking educational grants:

Must be a military family member (active or retired) and needs to have proof of enrollment from attending school.

All requests must be submitted in writing by Jan. 23, 2003, to the Thrift Store, building 1008 on Wetzel, during regular business hours or mailed to:

Fort Carson Thrift Store
P.O. Box 13812
Fort Carson, CO 80913

EEO training

EEO training — The Fort Carson Equal Employment Opportunity Office continues with its presentations of human relations topics for civilian employees. In January, EEO will offer the following classes:

"The Lighthouse of Visionary Leadership" — Wednesday

Video Session:

"Dealing with Crisis and Transition" — Jan. 29
Classes will be conducted from 8:30 to 11:30 a.m. in the Cedar Room at the Family Readiness Center (next to the commissary).

The length of the video sessions will vary. Select one or more of the classes you would like to attend. For more information, contact your training coordinator, or call EEO at 526-4413.

Reward

Stolen equipment — Between Sept. 6 and Sept. 16, unknown person(s) by unknown means gained access to the regimental headquarters and Headquarters Troop, 3rd Armored Cavalry



Army Community Service
Family Readiness Center
526-4590

Rear



Detachment Training

Jan. 29

7:30 to 11:30am

March 26

7:30 to 11:30am

Designed to help prepare rear detachment personnel to meet the challenges that may arise during deployments. Topics addressed include: problem solving, community resources, financial readiness, crisis & grieving and how to handle stress.
Call now, limited spaces, 526-4590.

Regiment conference room, building 2352.

The person(s) pried away a locked security cable attached to a Toshiba data projector, model number TLP 450, serial number 69691451 and then stole the projector.

The Criminal Investigation Detachment is offering a \$200 reward for any information that leads to the recovery of the projector and successful conviction of the perpetrator(s).

Any information concerning the investigation should be provided to Special Agent Timothy E. Bombard, 48th Military Police Detachment at 526-3579.

Hooah health: Web site supports Army well-being

by Col. Christine H. Inouye
U.S. Army Center for Health
Promotion and Preventive Medicine
Public Affairs

The time is now to be the healthy Army of One. Accessibility to a comprehensive health and fitness resource is only a mouse click away for the Army family worldwide at www.hooah4health.com.

"Army readiness is inextricably linked to the well-being of our people." These powerful words spoken by the Army Chief of Staff, Gen. Eric K. Shinseki, clearly embrace the vision and need for improving and sustaining the institutional strength of the Army.

Well-being is the personal — physical, material, mental and spiritual — state of soldiers (Active, Army Reserve, Army National Guard), retirees, veterans, Department of the

Army civilians and their family members, which contributes to their preparedness to perform and support the Army's mission. Health promotion and fitness is an integral part of the Army's Well-Being Program, a holistic system that integrates all quality of life initiatives.

HOOAH 4 HEALTH is a self-help, Web-based, interactive health promotion and wellness program that helps integrate the Army's well-being mission. Visionaries have contributed to the success of the Web site and other Web-based products. H4H embraces the holistic concept of body, mind, spirit and environment, and is supported by a team of Army sponsors including the Office of the Surgeon General, U.S. Army Center for Health Promotion and Preventive Medicine, Army Reserve, and Army National Guard.

Once logged on, soldiers can navigate user-friendly Web pages to access dozens of military and other government healthcare sites to find vast amounts of health maintenance and prevention educational material. Interactive health calculation tools have been developed to assist soldiers in deriving Army Physical Fitness Test scores, finding target heart rates, and computing body mass index. A food and fitness diary will be beta tested and debut in early 2003. This tool will allow the user to track nutrition intake and log physical activity to provide real-time feedback that supports tailoring and monitoring individual health and wellness goals.

The H4H CHALLENGE, a self-directed correspondence course with interactive quizzes, feedback mechanisms, hyperlinks and bookmarks,

gives incentive to Reserve Component soldiers and other military reservists to earn retirement points upon successful completion of a pass/fail test. Continuing education units will be available to users in 2003.

If you (or a family member) are being deployed, click on the deployment globe in the environment module to learn about any geographical region in the world where soldiers are deployed. "What better way," said Col. Christine H. Inouye, H4H project officer, USACHPPM, "for soldiers, their families, and commanders to gather force health protection information in preparation for deployment. An added bonus is that family members can also access health benefit information throughout the site including hotlinks

Straight talk from the IG ...

IG answers most frequently asked questions

by Lt. Col. Terrance Steed
Fort Carson Inspector General

Corrective training and remedial physical training

The Inspector General's office has been receiving a lot of questions on the conduct of corrective training, and remedial PT from commanders and first sergeants, as sensing sessions of the various units on the Mountain Post have been completed.

Maj. Gen. Robert Wilson, 7th Infantry Division and Fort Carson Commanding General has authorized that:

Company commanders are authorized to direct certain supervised corrective training or instruction after duty hours and weekends with the approval of the first lieutenant colonel in the chain of command. This training is described in Army Regulation 27-10, Military Justice Regulation as a non-punitive measure available to commanders when the duty performance of their soldiers is substandard or deficient. Some examples are below:

- Soldier's who fail to maintain proper attire may be required to attend supervised classes on the wearing of the uniform and stand inspection until the deficiency is corrected.

- Soldiers who fail their record Army Physical Fitness Test may be required to attend supervised remedial training after duty hours and on weekends

Well-being

From Page 12

to family readiness and support resources such as TRICARE."

The quarterly H4H NEWSLETTER is another great tool to provide soldiers with health promotion and fitness information. The newsletter can be downloaded and tailored with a unit's logo and supports commanders in disseminating health and welfare infor-

mation to their soldiers. "As a commander," said Col. Karen Neumann, commander, 21st General Hospital, St. Louis, "one must be prevention driven. The old cliché certainly applies — an ounce of prevention is worth a pound of cure."

The main challenge in designing and developing a Reserve health promotion and wellness program was, "How do you deliver a comprehensive health promotion and wellness program

to correct the deficiency.

The above type of training or instruction must relate directly to the deficiency observed and must be oriented to correct that particular deficiency (a counseling statement should also be given). Any corrective training that could be construed as abuse or punishment will not be tolerated.

Frequently Asked Questions

Q: If I am legally separated from my spouse, do I have to ensure he or she has a valid identification card?

A: Yes. In accordance with AR 600-8-14 para. 1.5j, "Separated spouses (awaiting final divorce decree) will be issued an ID card for a time period not to exceed one year.

Q: How often or when should my Family Care Plan be validated?

A: It must be re-certified annually by initialing and dating Department of the Army Form 5305-R, during the anniversary of the soldier's birth month, or after any change of circumstances.

Q: If I agree to accept an Article 15, am I admitting guilt?

A: No, you are only agreeing to let your commander decide whether you are guilty and, if guilty, what punishment you should receive.

Bar to re-enlist ... did you know?

IAW AR 635-200 (Enlisted Personnel) for sol-

diers who have received a local bar to re-enlistment, if at the time of the second three-month review, the unit commander does not recommend that the bar be removed, the commander will process the soldier for separation.

Processed for separation, means that separation action will be initiated and processed through the chain of command to the separation authority for appropriate action. This separation is not based on the imposition of a bar, but on the soldier's conduct and or performance of military duties.

If you have a question for the IG, call 526-3900 or visit their office in building 1659, Monday through Friday from 7:30 a.m. to 5 p.m.

Before visiting the IG

- Be sure you have problem, not just a peeve
- Give your chain of command a chance to solve the problem
- If assistance is needed, contact your local Inspector General first
- Keep in mind that IGs are not policy makers
- Keep in mind that IGs can only recommend, not order a resolution
- Remember, IGs can only resolve a case based on the facts
- Don't expect instant action on your request, be patient.
- Be prepared to take no for an answer

to the Reserve Component?" said Judy Harris, one of the H4H pioneers at USACHPPM. "The majority of Reserve soldiers belong to the military only two days a month and two weeks during the summer." A Web-based program definitely acknowledges those limited training windows for the Reserve Component and provides soldiers with a resource they can use at home to take responsibility for their own health and lifestyle.

Through a dedicated team effort, H4H has achieved the Army's well-being goal by implementing cutting-edge technology and delivering appropriate, Web-based, health and wellness information to make our Army a better place for soldiers, civilians, and their families to live, connect, grow and serve.

Remember, H4H is just a mouse click away at <http://www.hooah4health.com/>.

Chaplain's Corner

Happily ever after: making marriage last a lifetime

Commentary by Chap. (Capt.) David Deppmeier
4th Squadron, 3rd Armored Cavalry Regiment

A businessman once sat down next to an elegant woman on a plane. On her hand was the most stunning diamond ring he'd ever seen. After several minutes of small talk the man asked the woman about her ring.

"Oh, this," she said. "This is the Klopman diamond. It is beautiful, but there's a terrible curse that goes with it."

"Really. What's the curse?" the man asked.

With a straight face the woman replied, "Mr. Klopman."

Unfortunately, far too many marriages turn from a heavenly blessing into the "Klopman Curse." While sheer commitment may keep your marriage together, it doesn't guarantee happiness.

So how do you make your marriage last a lifetime?

For starters, you may want to try applying some new math to your old problems.

At its best, marriage can make two

people indivisible into one. In the process, you can cut grief in half and double your joy. But the math only works when each spouse is a whole integer, and not an insecure fraction that desperately needs their partner to make them complete.

When insecurity infects a marriage, people tend to view their spouse as a threat because he or she now has the power to prevent their needs from being met.

To subtract insecurity from your relationship, try using a little addition. In his book "His Needs, Her Needs," Dr. Willard Harley says successful marriages happen when both spouses work to meet the needs of their spouse. According to Harley, the top five needs of a man are: sexual fulfillment, a recreational companionship, an attractive spouse, compassionate support and admiration. Women,

on the other hand, have a completely different set of needs. Their top five list consists of affection, conversation, honesty and openness, financial support and a commitment to the family.

Marriages typically break down when each partner spends all his or her time and energy demanding that his or her list of needs be met. To turn your marriage around, try subtracting your needs and adding the needs of your partner. If you think I'm crazy, try this proven experiment:

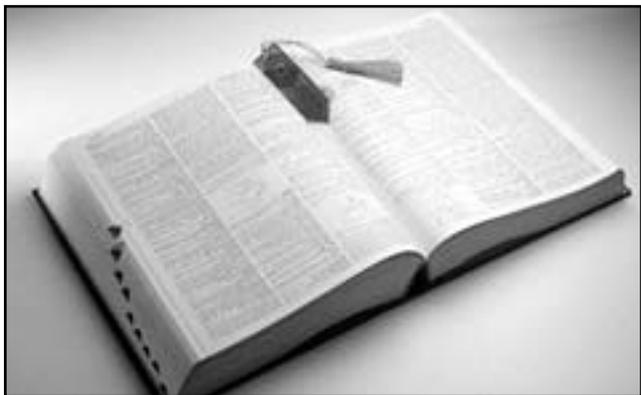
write down and exchange a top-five list of needs with your spouse then spend one month trying to meet your spouse's needs. So often, when you work to meet the needs of your spouse, your needs will be met in the process. Add that dynamic to your marriage and there's a good chance you'll subtract the curse.



Chapel

Young couples — There is a new study for young couples at Soldiers' Memorial Chapel, building 1500 (next to the Post Exchange), Sundays at 10 a.m. This group is for young couples with or without children. Childcare is provided free. If your spouse is deployed, please come, this is for you. The group will discuss and explore topics of interest both in and outside of the Bible. For information contact Soldiers' Memorial Chapel 526-8011.

Native American Sweatlodge ceremonies (He Ska Akicita Inipi) — Sweatlodge ceremonies are offered to military personnel, family members and Department of Defense personnel for traditional prayer and purification. Fasting before the ceremony is recommended and refreshments are offered following the ceremony. Please call Michael Dunning at 382-5331 or (c) 330-9537 for ceremonial information and directions.



Chapel

Wicca group meets at Fort Carson — There are many "traditions" within Wicca and the tenets, practices and politics vary as they do in many religious groups. The goal for the Fort Carson Open Circle is to allow people of all traditions to come together and learn from each other. They are openly eclectic in that their members are not all of the same faith group but of many different faiths and traditions. They are here to teach each other and to learn from one another. They invite those who have years of experience in their tradition and those who are still seeking their path to come together. The group meets every Tuesday night at 6:30 p.m., at the Family University Building, next to McKibben Physical Fitness Center, corner Ellis and Barkely, on Fort Carson. If you have any questions please call (719) 229-8948 or 634-7243, or via e-mail ftcarson-opencircle@hotmail.com.

Fort Carson AWANA Club: Making the Gospel fun. AWANA shapes children's lives with a combination of good clean fun, Bible memory and spiritual teaching. AWANA is an international nondenominational organization dedicated to sharing the Gospel of Jesus Christ with young people. The group is similar to scouting and participants wear uniforms, earn badges and are motivated through awards. Meetings are held Thursdays from 5:15 to 7 p.m. Spaces are available for adults who want to be ministry leaders. The leadership training is free. For information, contact Susan Webb at 538-9306.

Chapel Schedule

Day	Time	Service	Chapel	Location	Contact Person
ROMAN CATHOLIC					
M-W-F	noon	Mass	Healer	Evans Army Hospital	Chap. Stahl/526-5769
Tues., Wed., Thurs.	noon	Mass	Soldiers'	Nelson & Martinez	Chap. Stahl/526-5769
Saturday	5 p.m.	Mass	Soldiers'	Nelson & Martinez	Chap. Stahl/526-5769
Sunday	8 a.m.	Mass	Prussman	Barkeley & Prussman	Chap. Stahl/526-5769
Sunday	9:30 a.m.	Mass	Soldiers'	Nelson & Martinez	Chap. Stahl/526-5769
Sunday	10:45 a.m.	CCD	Soldiers'	Nelson & Martinez	Jim Sciegel/526-5744
Sunday	11 a.m.	Mass	Healer	Evans Army Hospital	Chap. Stahl/526-7386
Sunday	12:15 p.m.	Mass	Provider	Barkeley & Ellis	Chap. Stahl/526-5769
PROTESTANT					
Sunday	9 a.m.	Protestant	Healer	Evans Army Hospital	Chap. Simmons/526-7387
Sunday	9 a.m.	Protestant	Provider	Barkeley & Ellis	Chap. Satterfield
Sunday	9:30 a.m.	Contemporary	Veterans'	Magrath & Titus	Chap. Fox/526-4416
Sunday	11 a.m.	Protestant	Soldiers'	Nelson & Martinez	Chap. Kincaid/526-8011
Sunday	11 a.m.	Prot./Gospel	Prussman	Barkeley & Prussman	Chap. Lee/526-4469
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.	PWOC	Soldiers'	Nelson & Martinez	Ms. Scheck/524-1166
Tuesday	9 a.m.	PWOC	Soldiers'	Nelson & Martinez	Chap. Kincaid/526-8011
LUTHERAN					
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					
Tuesdays	6:30 p.m.		Family University	Barkeley & Ellis	Information: 526-8013

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 45 & Genesis 7-9
Saturday — Psalms 46 & Genesis 10-12
Sunday — Psalms 47 & Genesis 13-15
Monday — Psalms 48 & Genesis 16-18
Tuesday — Psalms 49 & Genesis 19-21
Wednesday — Psalms 50 & Genesis 22-24
Thursday — Psalms 51 & Genesis 25-27

The Army Cycle Of Prayer — Each week the Office of the Army Chief of Chaplains will highlight Army units, the Army at large, the nation and religious organizations to focus prayer. You are invited to join with the chaplain community and pray for these individuals and organizations. Please pray this week for the following:

Unit: For the soldiers, families and leaders of the 1st Armored Division (Old Ironsides), headquartered in Wiesbaden, Germany.
 Army: For the dedicated officers, noncommissioned officers, soldiers and veterans of the Armor Corps, with its regimental home and school located at Fort Knox, Ky.
 State: For all soldiers and their families from the state of Idaho. Pray also for Gov. Dirk Kempthorne and the state legislators and municipal officials of the Gem State.
 Nation: For the President of the United States, George W. Bush, and for his wife and family.
 Religious: For the clergy and congregations of the Christian Churches/Churches of Christ, and for the chaplains endorsed for military ministry by that community of faith.
 For more information on the Army Cycle of Prayer, or to pray for items from previous weeks, visit the cycle's Web site at www.usarmychaplain.com.

Building site: Engineer platoon working to improve training on post

Story and photos by Spc. Jon Christoffersen
Mountaineer staff

“Down range” on the Mountain Post will soon offer another training scenario for soldiers to tune their war-fighting skills.

Currently soldiers from 1st Platoon, Company A, 52nd Engineer Battalion, are building an urban assault live-fire range where soldiers can practice building-to-building fighting with live ammunition.

According to Project Noncommissioned Officer in Charge Staff Sgt. William Smith, 1st Platoon, Co. A, 52nd Engineer Bn., the building project started in May 2001, but other requirements pulled the engineers off the project more than once.

“The (operational tempo) has made it difficult for us to finish this,” Smith said. “We went to Oregon last summer (to help fight fires) and when we returned we were on details so this project got pushed back.”

Smith said Company A has decided it’s time to get the project done.

“The guys working on this project, this is what their job is until it’s done,” Smith said. “We were hoping to have it done by next week, I’m not sure about that, but we will definitely have it done by the

end of the month.”

The walls of the six buildings, going up on Range 141A, are built hollow with a layer of rubber between the two layers of plywood which make up the outer surfaces of the walls. The hollow inner portion of the walls are then going to be filled with gravel. The unique construction of the buildings is designed to help it withstand the barrage of bullets that will one day be shot at them.

“(These buildings) will definitely withstand the M16 rounds which are shot at it,” Smith said. “The buildings are also designed for easy replacement of the outer layer of plywood. In the future, they should be able to easily remove the old plywood with bullet holes in it and replace it with a new piece.”

Now that the Range 141A project is the main priority, Smith said the project is coming along nicely with very few problems.

“This project is well within our capabilities,” Smith said. “We have some great new E-5s who are doing a terrific job out here. We also have a lot of soldiers who are willing to learn and it’s all coming together well. We’re getting the opportunity to train on our job, and the finished project will help others train on their jobs.”



Pvt. Eugene Steinbrecker, Company A, 52nd Engineer Battalion, makes a cut on a piece of plywood which will make up part of the inner walls of the new urban assault live-fire range.



Pfc. Steve Haller, Company A, 52nd Engineer Battalion, trims excess rubber which is sticking up from between the two pieces of plywood which make up the outer wall of the urban assault live-fire course being built at Range 141A.



Staff Sgt. William Smith, Company A, 52nd Engineer Battalion, fits a piece of plywood to an interior wall of one of the buildings at the urban assault live-fire range, being built at Range 141A. Smith, project noncommissioned officer in charge, said the buildings should be completed soon.



The building site, located at Range 141A, is a flurry of activity as the soldiers from Company A, 52nd Engineer Battalion work to complete the project.





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MARCH	18-19-20
MARCH	25-26-27
APRIL	22-23-24
MAY	20-21-22
JUNE	24-25-26
JULY	22-23-24
AUGUST	5-6-7
AUGUST	12-13-14
AUGUST	19-20-21
AUGUST	26-27-28
SEPTEMBER	2-3-4
SEPTEMBER	9-10-11
SEPTEMBER	30-OCTOBER 1-2
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DECEMBER	2-3-4

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Sports & Leisure

WCAP athlete takes it to the mat

by **Bill Scharton**
Mountaineer staff

Tina Wilson will be going for gold throughout the world in 2003.

The gold she is seeking will be in the form of gold medals in the sport of wrestling. Wilson trains here at Fort Carson as a member of the Army's World Class Athlete Program.

Last November, Wilson won a silver medal at the Women's World Wrestling Championships in Halkida, Greece. She lost a 7-3 decision to a Japanese wrestler in the 123-pound weight division title match. This was the fourth time she competed in the world championship event and was her best finish so far.

"I wrestled to my ability," said Wilson following the title match. "Some years, it's just not enough. Hopefully, another year, it will be the best."

Wilson is currently training hard to make 2003 that other year. She trains twice a day, five or six days a week, for at least two hours at a time. There is one other Army WCAP female wrestler at Fort Carson, but Wilson does not wrestle with her because she competes in a heavier weight division.

"I train with the WCAP guys and the females at the Olympic Training Center," said Wilson. There are 16 female wrestlers in residence at the Olympic Training Center.

In 1999, Wilson moved to Colorado Springs to train fulltime at the Olympic Training Center. During her training days at the Olympic Training Center, she decided to enlist in the Army and did so in 2001.

"At that point, the Army and WCAP offered more support and stability to me," said Wilson. "I was given the flexibility to pick and choose my tournament schedule and I now have a coach in my corner who is

genuinely interested in my career."

This coach is Shon Lewis, the Army's WCAP head wrestling coach. He thinks Wilson has a real shot at several gold medals in 2003.

"She should achieve a great deal of success in 2003 as long as she continues to push herself to train extra hard," said Lewis. "She definitely has the attitude and desire to do it."

Wilson's quest for gold medals in 2003 begins in Russia at the end of January. At this tournament, she will compete against wrestlers from Sweden, Japan, Canada, Turkey and the Ukraine.

Right after that will be the annual Dave Schultz international tournament Feb. 7 to 9 at the Olympic Training Center in Colorado Springs. This will be followed by a tournament in Sweden March 3 to 4.

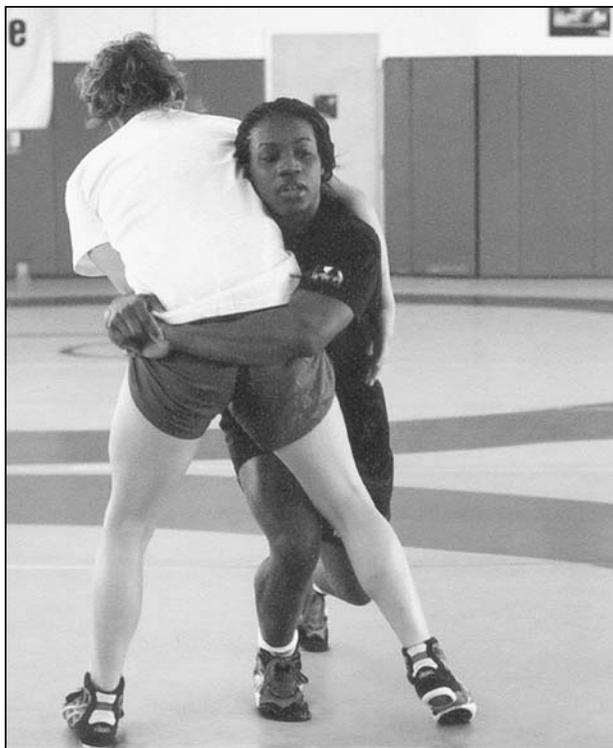
The University Nationals will take place in April in Minnesota and the Open Nationals will be in Las Vegas in May.

Open trials competition will be at the end of June in Indianapolis. At the trials, the USA team will be selected for the 2003 Pan American Games and the 2003 World Championships. The 2003 Pan American Games will be in August in the Dominican Republic and the 2003 World Championships will be in New York in September.

In 2004, women's freestyle wrestling will be a medal sport for the first time at the Olympic Games in Athens, Greece. Wilson plans to be going for gold in Athens.

"If I can stay on the same training schedule and remain injury free, I will be going for Olympic gold in 2004," said Wilson.

Lewis is in charge of the Army's WCAP men's freestyle wrestling team, men's Greco-Roman wrestling team and the female freestyle



Photos by Bill Scharton

Tina Wilson (facing camera), a member of the Army's World Class Athlete Program freestyle wrestling team, attempts a takedown against a training partner from the Olympic Training Center. Last November, Wilson captured a silver medal at the Women's World Championships in Greece.

wrestlers. All of his wrestlers will be competing at the Dave Schultz international tournament Feb. 7 to 9 at the Olympic Training Center in Colorado Springs.

At the end of March, Lewis will be in charge of the competition for the 2003 All-Army Team. It will take place in the WCAP wrestling facility at Fort Carson.

"We will bring in 37 wrestlers for two weeks of training here at Fort Carson," said Lewis. "Wrestlers will then compete for seven weight classes on both teams (freestyle and Greco-Roman)."

Lewis and his wrestlers will be entered in several other tournaments this winter and spring leading up to the trials in the summer.



Following a takedown, Tina Wilson (top) tries to pin her training partner. Wilson will be trying to improve upon a 2002 silver medal finish in the world tournament with several gold medal performances in 2003 and 2004.

"(Tina Wilson) should achieve a great deal of success in 2003 as long as she continues to push herself to train extra hard. She definitely has the attitude and desire to do it."

*Shon Lewis
WCAP head wrestling
coach*



7th grade Eagles sneak past Creekside for win

by Bill Scharton
Mountaineer staff

The Carson Middle School Eagles 7th and 8th grade girls basketball teams played season-opening games at home Jan. 8 against Creekside Middle School.

The Eagles' 7th grade team played stingy defense and earned a 14-8 victory while the Eagles' 8th grade team dropped a 26-6 decision.

In the 7th grade contest, the Eagles and Creekside battled to a 5-5 draw after one quarter. The Eagles' ferocious defense held Creekside scoreless in the second period, scored five points of its own for a 10-5 halftime cushion.

The Eagles' defense remained tenacious in the

second half and once again blanked Creekside for an entire quarter. The Eagles maintained a 14-5 lead going into the final stanza.

Creekside then held the Eagles scoreless in the fourth quarter, but the Eagles only allowed three points to earn win number one by the final count of 14-8.

Dniesna Williams and Ashley Arney paced the Eagles in scoring with six and five points respectively. Williams also led the team in rebounds.

"The girls hustled and played good defense," said 7th grade Coach Mike Burket. "On offense, we obvi-

See Basketball, Page 22



Photos by Bill Scharton

Carson Middle School 8th grade girls basketball coach Kary Gunkel tries to rally her troops during the Eagles' season-opening home game Jan. 8. The Eagles lost the home opener to Creekside Middle School.



Dniesna Williams, No. 40, snares a rebound for the Carson Middle School Eagles 7th grade girls basketball team. Williams led the Eagles in scoring and rebounding en route to a season opening win over Creekside Middle School.



Photos by Bill Scharton

Air time ...

ABOVE: Terrence Hamilton, No. 20, scores a bucket for the Maintenance Troop, 3rd Armored Cavalry Regiment, intramural basketball team. Hamilton and teammates scored a win over the 48th Military Police Detachment team in intramural action last week.

RIGHT: Antonio Fails (right), a player for the Maintenance Troop, 3rd Armored Cavalry Regiment intramural basketball team, attempts to block the shot of Trey Stephens of the 48th Military Police Detachment. Fails and his teammates recorded an easy victory last week in intramural action at McKibben Physical Fitness Center.



Soldiers support myriad of high school bowl activities

by Joe Burlas
Army News Service

SAN ANTONIO — While the U.S. Army All American Bowl at the Alamodome in San Antonio, may have centered around a football game between top high school athletes split between East and West teams, soldiers got involved with much more.

The U.S. Army Band (Pershing's Own) members worked with high school bands to improve their music and marching skills as they participated in a Band Fest during the days leading up to the big game Jan. 5.

More than 300 3rd U.S. Infantry Regiment (Old Guard) soldiers performed a 45-minute Twilight Tattoo Jan. 3 at the Alamodome for game participants, their family members and the San Antonio community. More than 8,000 people attended the military pageant. Part of that performance, "The Flag Story," which depicts the history of the Army through music, a marching display of state flags and soldiers wearing period uniforms, was repeated Jan. 5 as part of the All American Bowl activities.

The Old Guard Continental Color Guard presented the American and Army flags at the start of the game.

Also at the start of the game, four Air Assault instructors from the 101st Air Assault Division, Fort Campbell, Ky., rappelled from the top of the Alamodome to center-field and delivered the game football to officials.

Army Chief of Staff Gen. Eric K. Shinseki and Assistant Secretary of the Army (Manpower and Reserve Affairs) Reginald Brown participated as honorary game officials for the coin toss that determined which team would receive the kickoff.

Several Army organizations joined together to help

display the Army's modern equipment during Fanfest outside the Alamodome just prior to the game. Those organizations included Accession Command's U.S. Army Marksmanship Unit from Fort Benning, Ga., and a mission support battalion from Fort Knox, Ky.; as well as a number of units from Fort Hood, Texas, and Fort Lewis, Wash.

Army Marksmanship Unit soldiers allowed Fanfest participants to fire a simulated 9 mm pistol at pop-up targets from about 10 feet away as a computer ticked off how long it took to drop all the targets.

The mission support battalion brought High-Mobility Vehicle simulators, rock-climbing towers, and a large trailer van where fans could play "America's Army," an interactive computer game or use a parachute simulator.

"Our mission support guys are on the road 150 to 200 days a year showing off the Army at national events like air shows and NASCAR races," said Sgt. Maj. Bill Shifflet, Accessions Command. "Wherever there is a crowd, we're going to be there. We're there to help reconnect the American public with the Army."

Soldiers from the 2nd Infantry Division, Fort Lewis, showed off the new Stryker Armored Vehicle at Fanfest and at one of the end zones during the game. Wearing Kevlar helmets and toting M-16s, the Lewis soldiers appeared to be a popular draw as youngster swarmed about them asking questions. One such youngster was 9-year-old Zachary Longoria from Garden Ridge, Texas.

"Zach loves Army equipment," said Zachary's grandfather, Bob Kern. "I heard Army equipment was going to be out here today so I wanted to give Zach the chance to see it, feel it, touch it."

Fort Carson youth sports

Fort Carson youth sports winter basketball action gets under way Saturday at the youth center, 5950 Ware Street.

Four teams will compete in the 5- to 6-year-old division, seven teams will play in the 7- to 9-year-old division and five teams make up the 10- to 12-year-old category.

The games Saturday will be from 9 a.m. to 2 p.m. in both gyms at the youth center. Games will be played through mid-March.

Registration for Fort Carson youth sports taking place in the spring will begin Monday and run through March 21. Spring youth sports include outdoor soccer, bam-bam soccer (3- to 4-year-olds) and in-line hockey. Spring sports seasons run from April 12 to May 17.

Basketball

From Page 20

ously need to work on some things."

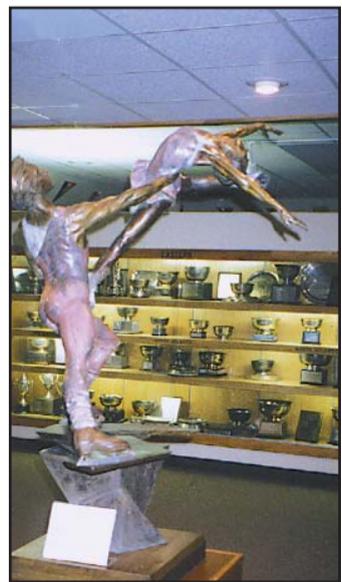
The Eagles' 8th grade girls team went up against a taller and quicker Creekside team. The Eagles managed to keep the game close until early in the second quarter.

At that point, Creekside scored 15 straight points in the contest and cruised to a lopsided 26-6 victory.

Jenny Ocenar scored four of the six points for the Eagles.

The next home games for the Eagles' 7th and 8th grade girls basketball teams will be Tuesday. The 7th grade game will tip-off at 3:30 p.m. followed by the 8th grade contest.

HARDY SUNNYS



Places to see in the Pikes Peak area.

Jan. 16, 2003



Story and photos by Nel Lampe Mountaineer staff

Several bronze statues depicting ice skaters are in a new exhibit in the World Figure Skating Museum.

Museum is free to public during 'National Skating Week'

lympic ice skating athletes, hoping to make a national, world or Olympic team, have trained with the Broadmoor Skating Club for many years.

Spencer Penrose, the owner and builder of the Broadmoor Hotel, saw Sonja Henie, a champion skater in an ice review and was impressed. He decided the Pikes Peak area needed an ice rink and proceeded with plans to make it happen. He built the rink inside a building which was the Broadmoor Riding Academy, just across the lake from the back of the Broadmoor Hotel. It opened Jan. 1, 1938, with a gala ice show.

The arena was known as the Broadmoor Ice Palace, and was the largest enclosed ice rink in the nation in 1938.

A skating club was organized, and was called the Pikes Peak Figure Skating Club until 1949, when the club became known as the Broadmoor Skating Club. A few years ago the ice palace was torn down to make room for the Broadmoor West Hotel.

A new ice hall was constructed in 1995, next door to the Colorado Springs World Arena, near the Circle Drive exit at Interstate-25, where the



An elaborate costume used by Sonja Henie, a skating champion who became a movie star, is in the skating museum.

Broadmoor Skating Club and Olympic skaters now train.

Some Broadmoor Skating Club members have figured prominently in ice skating competitions: Peggy Fleming, Jill Trenary and currently up and coming Ann Patrice McDonough, who is competing for a medal against Michelle Kwan and Sarah Hughes in this year's U.S. Figure Skating championships being held this week.

The World Figure Skating Museum and Hall of Fame are located in the Broadmoor area, one block north and another block east of the Broadmoor Hotel.

The U. S. Figure Skating Association National Headquarters is

located adjacent to the museum.

The museum was opened in 1965 at its present site. The 10,000 square-foot exhibition hall includes a library and scores of championship trophies, in addition to the museum space. During National Skating Week, Saturday through Jan. 26, admission to the World Figure Skating Museum is free to the public.

Local ice rinks will be offering special sessions and clinics during National Skating Week. Those special events will be listed at the end of this article.

Exhibits, films, videos and photographs trace the history of skating in the museum.

Ice skating had existed in Europe for many years, but an American, Jackson Haines, is responsible for ice skating as it is known today. Ice skating and ice dancing were very popular in the United States before the Civil War. The skating style was formal and stiff, skaters usually wearing hats and long coats.

Haines, a gifted and highly skilled skater, combined music and dancing with his skating movements. Many people disapproved of Haines' skating style even though he won the 1863 and 1864 American championships, which



Skating costumes used by Jayne Torvill and Christopher Dean, Kristi Yamaguchi and Ekaterine Gordeva and Sergei Grikov are on display.

See Skating Museum, Page 26

Skating Museum

From Page 25

would be equivalent to winning today's U. S. Figure Skating Championships.

Haines took his skating style to Europe where he enjoyed skating success. He established the "International Style of Figure Skating." However, it took nearly 40 years before Haines' skating style caught on in America.

The World Figure Skating Museum depicts the history of ice skating, beginning about 800 A.D, when people used leather thongs to tie animal bones to their feet, so they could slide across the ice. It wasn't for fun or sport, but as a means of transportation. Pointed poles were used to pull themselves forward on the ice. Sometimes pork fat was slathered on the bones to make them more slippery.

By 200 A.D. Scandinavians were "ice sliding" on iron skates. A few centuries later, ice skating was taking place in several European countries.

Examples of skates from the 17th to 20th century are displayed in the skating museum. Early skates are quite primitive — ranging from wooden contraptions about two-feet long with a



Antique skates are displayed in the World Figure Skating Museum.



Scott Hamilton's skating costume worn during the 1984 Olympics is in a museum display.

blade underneath, to skates with blades curling above the foot, dating to 1840.

Children's skates from the 18th century, known as ice walkers, are displayed. The shoes had circular blades attached to a shoe.

In addition to the many antique skates, the museum has modern skating boots displayed.

The museum has an extensive "Skating in Art." collection, which includes works from the 17th to 20th centuries and includes skating figurines, skating scenes on porcelain plates and vases, as well as paintings and sculptures.

Other collections in the museum include skating costumes, medals, photographs, posters and illustrations depicting some of the moves in figure skating. Visitors can see many trophies displayed as well as special collections of champion skaters.

For instance, Scott Hamilton's gold medal from the 1984 Olympics is displayed in the Hall of Fame, along with some of his medals, photographs and a costume.

Tara Lipinski's skating costume from the Nagano Olympics and her gold medal are on display.

A Vera Wang designed red and gold costume used by Michelle Kwan is exhibited, as are costumes of several skaters.

A special display and video tape pay tribute to Sonja Henie, who won the 1936 Olympic gold medal and was the first skater to turn professional and skate in an ice show. She went on to become a movie star.

Visitors can learn where the names for skating moves came from, such as the Axel, Salkow and Camel, as well as other skating trivia such as why the Zamboni machine was invented and by whom.

Drawings depict the historic timeline of figure skating. Videos explain movements and show winning moments in skating.

A memorial on the bottom floor is in tribute to the 1961 U. S. Skating team. The entire team was killed in a plane crash near Brussels, Belgium. A display about synchronized skating is also on the bottom floor.

The gift shop sells a selection of skating memorabilia, such as skating dolls, pins, T-shirts and postcards. Ice skater paper dolls are sold, as well as books written about Tara Lipinski, Peggy Fleming, Sonja Henie, Rudy Galindo, Kristi Yamaguchi, Michelle Kwan and Oksana Baiul.

The World Figure Skating Museum and Hall of Fame is located at 20 1st Street, near the Broadmoor Hotel. It is open from 10 a.m. until 4 p.m. Mondays through Saturdays. Admission to the museum is \$3 for adults and \$2 for children ages 6 to 12. Those under 6 get in free.

However, Saturday, and Monday through Jan. 25, admission is free. Visitors will also



The World Figure Skating Museum and Hall of Fame is located in the Broadmoor area.



An exhibit paying tribute to skating champion Sonja Henie is in the World Figure Skating Museum.

receive a 15 percent discount on giftshop items and a free National Skating Week poster.

To reach the museum from Fort Carson, take Highway 115 north to Lake Avenue/Broadmoor exit. Go left on Lake Avenue (west) until reaching 1st Street— about a block before the hotel. Go north to the museum. Parking is free.

National Skating Week

The World Arena & Ice Hall offers free admission and rentals during these sessions:

Tuesday, Wednesday, Thursday and Jan. 24 noon to 1 p.m. A free clinic and lessons for all ages is Jan 25, from 10:45 a.m. to noon and Jan. 25, noon to 1 p.m.. Call Nicole Konz at 477-2153 for information.

Sertich Ice Center, in Memorial Park, has free public sessions including a free 30-minute lesson and skate rental Sunday, from 11:30 a.m. to 1 p.m. and Jan. 26, from 11:30 a.m. to 1 p.m. Call John Carricato at 385-6054 for information.

The Chapel Hills Ice Arena in Chapel Halls Mall, has a free clinic and free skating session from noon to 1 p.m. Saturday. There will be free instruction for beginner skaters and reservations are required. Call 594-4231 for clinic reservations and information.

The Air Force Academy Ice Arena has a "Learn to Skate Program along with Recreational Skating. Each session lasts for six weeks and classes are in group format. The cost for each session is \$36 upon registration. Fees for skate sessions are: Admission \$3; skate rental \$2. A skate pass is \$30. The ice arena is in the Field House, in the cadet area. Call 333-4032 for information.

Just the Facts

- **Travel time** 15 minutes
- **For ages** Families
- **Type** Skating Museum
- **Fun factor** ★★★ 1/2 (Out of 5 stars)
- **Wallet damage free** (temporarily)

\$ = Less than \$20

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

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

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Get Out!

Academy concert series

The Air Force Academy Concert Series for the upcoming season includes "Aeros" Feb. 8, "Swing," March 29, and Lee Greenwood and Sandi Patty, April 12. Call the theater box office at 333-4497.

Upcoming symphonies

Ray Charles appears with the Colorado Springs Symphony Jan. 31 and Feb. 1, at the Pikes Peak Center at 8 p.m. Call 633-6698 or 520-SHOW for tickets.

Western stock show

For 97 years, the National Western Stock Show has been in Denver. It runs through Jan. 26, at the coliseum at 4655 Humboldt St. The stock show includes barn tours, livestock shows and auctions, exhibits and educational displays, sheep shearing contests, matadors and rodeos. There are miniature horses, bison, yak, sheep, hogs, goats, llamas and stock dogs. Tickets are available at King Soopers stores, online at nationalwestern.com and by phone at (888) 551-5004.

Money museum

The Money Museum at 818 N. Cascade Ave., has a new exhibit called "Rendezvous with Destiny: the Money of WW II." Money was a major player in World War II. Metal shortages forced countries to alter their coinage. For instance, copper used in the Lincoln penny was diverted to weapon manufacture and a zinc-coated steel penny replaced the copper penny. Other World War II memorabilia is part of the exhibit. The Money Museum has free admission.

Denver theater

Denver Center Attractions' season tickets for the 2003 musical season are for sale. The season starts with "Saturday Night Fever," Feb. 25 to March 9, followed by "42nd Street," June 24 to July 6. "Oliver" is Aug. 19 to 31, "Urinetown: The Musical," is Sept. 9 to 21, followed by "Oklahoma" Dec. 14 to Jan. 3, 2004. The final production for the season, Jan. 6 to 31, 2004, is Mel Brooks' "The

Producers." All shows are in downtown Denver's Buell Theatre. Starting price for the season ticket is \$130. Call (303) 893-4000 or go online, www.denvercenter.org.

Disney on Ice

Disney on Ice brings "Toy Story 2" to the World Arena March 19 through 23. Call the box office at 576-2626 for information.

Great films

Every second Tuesday, from January through May, the Fine Arts Center presents a series of five of the American Film Institute's 100 greatest films. Before the film's showing, a discussion about the making of the film, filming techniques and interesting details of the film will be discussed. The discussion begins at 7 p.m., the film is at 7:30 p.m. Admission is \$6. "Dr. Strangelove" is the movie Feb. 11. Tickets are at the box office, 634-5583. The Fine Arts Center is at 30 W. Dale St.

Theater

"Bus Stop," is the Star Bar Players production Friday and Saturday nights, running through Feb. 1. The production is in the Lon Chaney Theatre, 221 E. Kiowa St. Tickets start at \$10; call 573-7411.

"Harlem" is an Imagination Celebration event in the Pikes Peak Center at 7 p.m. Jan. 28. The performance is by the Kennedy Center on Tour group. Activities precede the show and start at 6 p.m. Tickets are \$9, call 520-7469.

The Encore! Dinner Theatre presents "Sylvia," Fridays and Saturdays at the Red Lion Inn in Colorado Springs on West Bijou, just west of the interstate. Tickets for dinner and show, beginning at 6 p.m., are \$30. Call 471-7529.

"A Closer Walk with Patsy Cline" is at the Country Dinner Playhouse at 6875 S. Clinton in Denver. The show runs through Feb. 23, and begins with a noon buffet or a 6 p.m. dinner buffet. Both meals are followed by the show. Call (303) 799-1410. Prices are \$25.50 or \$37.50.

"Chicago" is Feb. 7 through 23, Fridays and Saturdays at the Fine Arts Center Theater. Tickets are \$25, and available at the box office, 634-5583.

Travel films

The Fine Arts Center presents Horizons Travel Film Series, introduced and narrated by the film maker. Tickets are \$7 at the door. The next film

is "In Search of the Albino" March 9 and 10, and "Australia" April 13 and 14. Films are in the theater at the Fine Arts Center, 30 W. Dale St.

Model rockets

The Pueblo Weisbrod Aircraft Museum holds a model rocket assembly and launching exercise at the Pueblo Memorial airport Saturday, starting at 9 a.m. The cost is \$5 per rocket motor and museum admission of \$5 for anyone 12 and older. The rocket building will be in the south end of the new hangar and the rockets will launch by 11 a.m.

Music groups

Rolling Stones are at the Pepsi Center in Denver Feb. 1. Call Ticketmaster, 520-9090.

Vince Gill is in the Paramount Theatre Feb. 7, off the 16th Street Mall. Call Ticketmaster, 520-9090.

Phish is at the Pepsi Center in Denver Feb. 18. Tickets are at 520-9090, Ticketmaster.

The Glenn Miller Orchestra makes an appearance at the Pikes Peak Center March 9. Call Ticketmaster, 520-9090 for tickets.

Broadway road shows

Pikes Peak Center's Broadway series next show is "Fosse," Feb. 22, followed by "Saturday Night Fever," March 25 and 26, "The Music Man," April 15 and 16, and "Lord of the Dance," May 28 and 29. All shows are in the Pikes Peak Center on Cascade Avenue downtown. Call Ticketmaster at 520-9090.

Buell Children's Museum

"Abracadabra! Weaving the Magic of Who We Are" is at Pueblo's Buell Children's Museum beginning Saturday through the end of May. Children's activities complement the gallery exhibitions in the Sangre de Cristo Arts Center. Children can create a house of cards, learn magic tricks among other creative activities. Admission to the Buell museum is \$4 for adults and \$3 for children. It is open Tuesday through Saturday, 11 a.m. to 4 p.m., and is at 210 N. Santa Fe Ave., at exit 98b in Pueblo.

Family Day

The Fine Arts Center has Family Day Feb. 15, from 11 a.m. to 1 p.m. Family activities are centered around the exhibits in the museum. Family days are free and open to the public.

Happenings



Photo by Nel Lampe

Children's museum ...

New activities are offered at the Buell Children's Museum in downtown Pueblo. The first-rate museum is open 11 a.m. until 4 p.m., Mondays through Saturdays. It's at 210 N. Santa Fe.

Program Schedule for Fort Carson cable Channel 10, today to Jan. 24.

Army Newswatch: includes stories on the U.S. Army Reserve, Army mariners and the Army Family Action Plan conference (repeat). Airs at 7:30 a.m., 12:30 p.m., 7:30 p.m. and 12:30 a.m.

Navy/Marine Corps News: includes stories on Operation Enduring Freedom, the film "Antwone Fisher" and a mass casualty exercise in Portsmouth, Va. (repeat). Airs at 8 a.m., 1 p.m., 8 p.m. and 1 a.m.

Air Force News: the annual "Year in Review" show. Airs at 8:30 a.m., 1:30 p.m., 8:30 p.m. and 1:30 a.m.

Martin Luther King Day and Black History Month Special: Martin Luther King III presenta-

tion at Fort Buchanan, Puerto Rico (39 minutes): Airs at 6:50 a.m., 9 a.m., 6:50 p.m. and 9 p.m.

Channel 9 daily broadcasts SCOLA, foreign language news broadcasts. Access the schedule at the Fort Carson Web site.

If you have comments on Channel 10 programming or wish to coordinate a broadcast on Channel 10, please contact Chief of Command Information at 526-1241 or via e-mail at CommandInfo@carson.army.mil.

Program times will be published in the Mountaineer provided coordination is made one week prior to publication.

If you wish to have a training videotape shown on Channel 9 only, contact the Regional Training Support Center at 526-5111.

For additions to the Community Calendar, please submit an e-mail or clean, typewritten copy of the information to the Public Affairs Office, room 2180, 6151 Specker Ave., Fort Carson, CO 80913 or fax information to 526-1021 no later than the Friday before airing time.