

MOUNTAINEER

Vol. 61, No. 9

Published in the interest of the 7th Infantry Division and the Fort Carson, Colo., community

March 7, 2003



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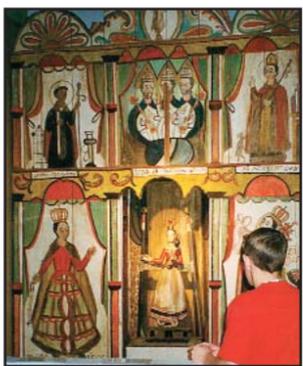
Feature



Fort Carson's largest combat unit loads up its equipment at the railhead.

See Page 16 and 17.

Happenings



One of the nation's largest collections of Southwestern art is among the exhibits available at the Fine Arts Center.

See Page 25.

Gate Construction

As a reminder, Gate 1 is still under construction. Please use an alternate gate unless you need to get a post pass at Gate 1.

Post Weather hotline:
 526-0096

Civilians join war on terror next to soldiers

by Spc. Jon Wiley
 Mountaineer staff

Anyone who has been in the Army for awhile may know, servicemembers aren't the only ones who make sacrifices to keep the nation free. Every day, a small group of dedicated Department of Defense civilian employees and contractors work side-by-side soldiers, putting in the same long hours and meeting the same rigorous standards. Without them, the Army's mission would be impossible to achieve.

Usually civilians work in garrison positions, but when soldiers of the 3rd Brigade Combat Team deploy, they will take 10 civilians with them.

Civilian Larry Goulet, safety specialist for the 3rd BCT, has deployed with the unit several times in the eight years he's been in his current position. While he's never deployed to a potentially hostile area, he's done his job in the field at the National Training Center at Fort Irwin, Calif. and the Piñon Canyon Maneuver Site.

For the past few months, Goulet has been watching the news with the same anticipation as Carson troops. He said he knew he would be going if the unit came down on orders.

No stanger to combat, Goulet was drafted into the Army in 1964, after which he did a tour in Vietnam. He remained in the Army for 22 years, retiring as a chief warrant officer three.

Even though he left active duty in 1988, Goulet said he never really quit the Army.

"For the vast majority of my life, I have been involved with

See Civilian, Page 10

Moving out?

Post housing residents don't have to vacate

by Spc. Stacy Harris
 Mountaineer staff

Many Fort Carson soldiers will soon be deploying, leaving their family members behind. But,

while the soldier is away, it doesn't necessarily mean losing quarters if the family wants to go home to family.

"(The family) can stay in the



Photo by Spc. Matt Millham

Trying to keep up ...

Gum Ok Lee sews a name tape on a ruck sack at the alterations shop in the Mini Mall. Patronage at businesses on post has increased since the deployments began. For more on this story, see page 5.

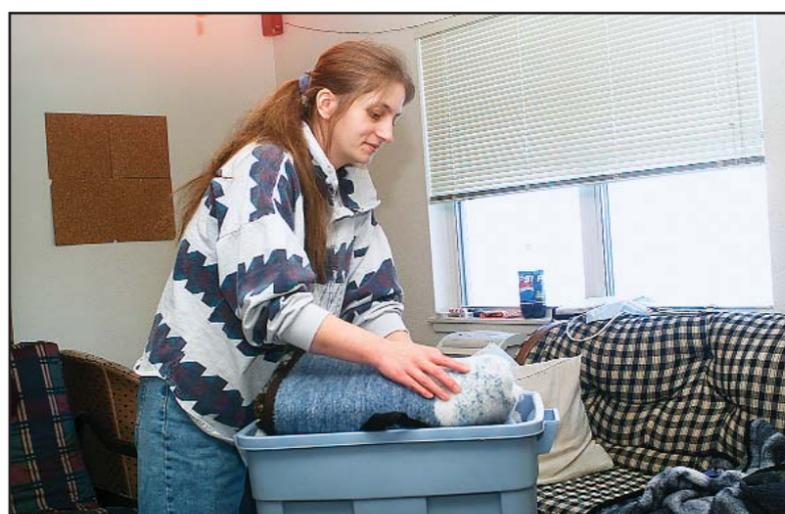


Photo by Spc. Stacy Harris

Tammy Phillips, wife of Spc. Billy Phillips, 3rd Armored Cavalry Regiment, packs a box in her house Wednesday. Families with spouses who are deploying don't have to vacate their quarters if they go home.

area or if they decide to go home for a couple of months, they can still keep their quarters," said Stacie LaFontaine, director of military housing.

With the many deployments, many servicemembers thought housing would have to be vacated if family members were not planning to stay in the area, but that is not the case, said Pat Mikita, Residential Community Initiative housing manager.

"If we have a resident and the spouse is deployed, they can remain in housing," she said.

LaFontaine said if a family plans to keep quarters while away, they must go to the housing office to fill out the proper request forms and also find someone willing to take responsibility for the residence.

"All the responsibilities (outlined in the lease agreement) ...

they need to make sure are satisfied," LaFontaine said. "But they are allowed to leave a neighbor behind that will take responsibility for doing that."

There are many benefits soldiers and family members have by keeping their housing agreements, LaFontaine said. The benefits include saving money and avoiding the hassle of moving again.

"When the spouse returns, they have a place to live," she said. Those families that chose to vacate housing must go through a process similar to if they were terminating the lease because of an end of term of service or primary change of station move. But once families return, if the lease was terminated, they will have to return to the bottom of the waiting list. The average waiting list time is

See Housing, Page 4

What are your thoughts?

Help the *Mountaineer* better serve you

The *Mountaineer* is looking for quality story ideas, article submissions, letters to the editor, cartoons or other forms of feedback from readers. As an Army publication, one of the paper's primary functions is to serve as a tool for two-way communication between the post commanding general and the community. Ideally, it assists in identifying and correcting command problems or problems with the post in general. Without reader participation, this won't happen.

Letters to the editor

If you see something on post that can be improved, you may want to consider writing a letter to the editor. Perhaps you've noticed a lot of soldiers wearing physical training uniforms in unauthorized areas. Or maybe you're tired of listening to thoughtless people curse blue streaks in the post exchange or other public areas. Everyone has at least one pet peeve. A letter to the editor is a great way for you to do something about yours.

Keep in mind a good letter to the editor is more than just a gripe. We all have opinions, but we don't always back them up with facts. Before writing a rant about military police not doing their job of pulling over speeders on post, consider that they gave out 66 tickets for traffic violations in the month of January alone. Obviously, they're doing something. Perhaps you could make the case that they should do more, but give credit where credit is due. Fairness and accuracy are key.

Also, realize the newspaper's mission is to cover issues pertaining to Fort Carson. Maybe you've noticed an unusually large number of soldiers become involved with local nationals in Korea, only to abandon them when their tour there is finished. Before penning your opinion on this matter and submitting it to our publication, think of the audience. An Army publication that services an installation in Korea would probably be more appreciative of your letter, is more likely to print it.

In addition to being relevant to the Mountain Post, a good letter to the editor addresses an issue that impacts a large segment of our readers, not just a handful. If you're dissatisfied with your unit's PT sessions, a letter to the editor is probably not the best way to handle your concern. While highly relevant to the soldiers in your unit, the thousands of readers we reach will not benefit from your letter.

Story submissions and ideas

With article submissions and story ideas, the same principles apply. The staff is always eager to receive story ideas, but we're most likely to pursue those that will be of interest to a large segment of members of the Fort Carson community.

With news items, timeliness is also important. If a soldier in your unit won a big award last week (or, better yet, is going to win one next week), let the staff know. If the soldier won the award six months ago, however, the event is no longer newsworthy. To ensure maximum coverage, alert us as early as possible about upcoming events or issues you think might interest us.

If you're unsure whether or not an item is newsworthy, it is best to err on the side of contacting us. We would rather be over informed than have a good story go unpublished because we're not aware of it.

Cartoons

Are you a talented artist with a good sense of humor? The *Mountaineer* could be the place for you to showcase your abilities. If you think you have what it takes to produce funny comic strips that are appropriate for an Army publication, we would like to see some examples of your work.

Classified ads

Fort Carson personnel, family members and retirees can run one free ad per week in the newspaper. Ads must be 15 words or less and may not promote commercial enterprises. (Notices of sale of personnel property are acceptable.) Ads must reach the *Mountaineer* office, building 1550 by noon Tuesday for publication in that Friday's paper. Limit is one ad per household. Early publication weeks, due to training holidays, ads need to be submitted sooner. Watch the paper for deadline dates.

Remember, we're here to serve you. Help us with our mission to tell your story. All article submissions, story ideas, letters to the editor, etc. should be e-mailed to mountaineereditor@carson.army.mil.

Interested in external media coverage?

Fort Carson Public Affairs Office

Community members who would like external media coverage from the Gazette or a local television news station for a training event or unusual story can call media relations at the Public Affairs Office to set that up.

Remember, all story ideas will not be considered newsworthy by civilian media. The media relations office will make the decision whether or not media will be contacted and invited to attend an event.

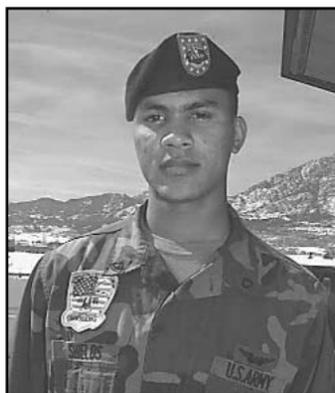
Also, if a member of Fort Carson is contacted by the civilian media for a story, it is recommended he or she contact the media relations office for guidance.

If anyone witnesses civilian media on post unescorted, call the media relations office.

For more information, call 526-4143 or 526-1264 from 7:30 a.m. to 5 p.m.

Sound off:

If we go to war with Iraq, how long do you think they'll be able to hold us before they surrender?



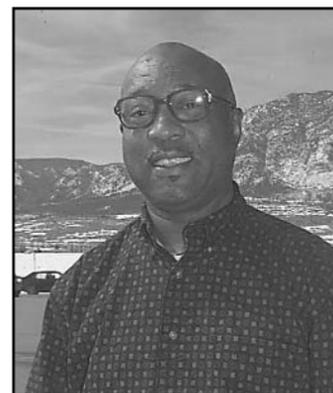
"Six months because they have a limited force, and I don't think they are ready for a war with a high-tech army."

*Pfc. Phillip A. Shields,
4th Squadron, 3rd
Armored Cavalry
Regiment*



"Six months. They said we'll probably be there for a year. Once we get there, we'll probably wait a little more time before we overrun them."

*Spc. Cynthia Bassett
52nd Engineer Battalion*



"I think about a week. We are more powerful, and I believe in America. I think Saddam is not paying attention to the United Nations; he's playing a game with the United Nations."

*Herbert Jones
Retired, U.S. Army*



"Depends on what he uses against us. Maybe a couple of months because we have better weapons and are better organized than we were back in '91."

*CW4 Jerry Strande
Headquarters Company
142nd Combat
Engineers (Heavy)*

MOUNTAINEER

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This newspaper is an authorized photo offset publication produced weekly in 15,000 copies for members of the Army. Contents are not necessarily the view of the Army or Fort Carson.

The *Mountaineer* is an unofficial publication authorized by AR 360-1. Editorial content is prepared, edited, and provided by the Public Affairs Office of Fort Carson. The *Mountaineer* is printed by Gowdy Printcraft Press, Inc., a private firm in no way connected with the Department of the Army, under exclusive written contract with Fort Carson.

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All correspondence or queries regarding advertising and subscriptions should be directed to Gowdy Printcraft Press, Inc., 22 North Sierra Madre, Colorado Springs, CO 80903, phone (719) 634-1593. The *Mountaineer's* editorial content is edited, prepared and provided by the Public Affairs Office, Bldg. 1550, room 2180, Fort Carson, CO 80913-5119, phone (719) 526-4144.

Releases from outside sources are so indicated. Army News Service (ARNEWS) releases are received from Headquarters, Department of the Army. The deadline for submissions to the *Mountaineer* is close of business the Friday before the issue the submission will appear in. The *Mountaineer* staff reserves the right to edit the submissions for newspaper style, clarity and typographical errors.

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News

Deadly possibilities

Soldiers indulge in potentially risky supplement

by Sgt. Chris Smith

14th Public Affairs Detachment

Death happens. But when 30 servicemembers with clean bills of health die while in the gym, riding a bike or taking a physical fitness test, more questions should arise. Such as, why is the only common factor in their deaths the use of supplements containing ephedrine?

Those deaths occurred between 1997 and 2001, according to Sidney M. Wolfe, director of public citizen health research group, who testified before Senate committee about the dangers of ephedrine. Since then, three additional deaths have been attributed to ephedrine in the Army alone. Partly because of this, Forces Command and Training and Doctrine Command asked the Army and Air Force Exchange Service to stop carrying products containing ephedrine, to which AAFES agreed. While testifying before a Senate committee, Wolfe, said the U.S. military puts the "FDA to

shame" with its proactive approach, according to public Senate records.

The Food and Drug Administration does not regulate nutritional supplements, according to Capt. Karen S. Brasfield, a registered dietician at the Mountain Post Wellness Center.

"There is no quality assurance testing," said Brasfield. "The bottle doesn't typically contain what it says it does."

Ephedrine hasn't always been in supplements, according to a fact sheet put together by Maj. Leslee F. Sanders, an Army dietician. Also known as ephedra or Ma Huang, it is derived from the dried stem of the ephedra species of foliage and has been a part of Chinese medicine for 5,000 years. Its traditional uses were treating colds, flu, fever, chills, headache, edema, asthma, wheezing and lack of perspiration. In more recent history, it is still used to treat asthma but is also found in workout supplements.

According to an Army fact sheet put

out on ephedrine, potential side effects include addiction, headache, insomnia, nervousness, agitation, dizziness, vomiting, difficult urination, manic episodes, kidney stones, hepatitis, high blood pressure, heart palpitations, tachycardia, heart attack, stroke and death.

With all the possible side effects, Brasfield believes the number of reported cases involving side effects is low because there is no system set up for reporting supplement related injuries.

"A lot of soldiers take these supplements looking for a miracle pill," said Brasfield. "They want a quick and easy way to remove their flag (a suspense from favorable actions). The only proven way to lose weight is to watch your calories and up your exercise."

Brasfield knows that ephedrine can be dangerous. She runs the weight-loss program on post for soldiers who have a flag because of their weight. She kept in touch with one soldier who went to Germany and found out he almost died

from a heart attack.

He had been taking ephedrine in an effort to help his weight loss. One night he was in his barracks room when he became light headed and started to experience heart palpitations. Luckily for him, his neighbor heard his head hit

Brasfield said heart attacks aren't the only side effects.

"It increases the risk for heat stroke and dehydration," she said. "It can mask your symptoms."

If a soldier suffers through heat stroke and survives, their military career could be effectively killed. According to Army Regulation 45-501, "Standards of Medical Fitness," soldiers who develop a certain medical diagnosis while on active duty must be referred to a medical and physical evaluation board to determine if they are fit for duty. A diagnosis such as heat stroke could result in medical retirement.

See Ephedrine, Page 10

Housing

From Page 1

The average waiting list time is about 12 to 18 months for all ranks and houses.

“If they clear quarters, they can go back on the waiting list effective the day they sign in to housing,” Mikita said. “There is going to be no priority for them on the waiting list.”

In addition, moving from family housing can be costly. When moving because of a deployment, the government will not pay moving costs. Also, if the lease agreement is terminated before the one-year lease agreement is up, the family may have to pay a fee, depending on how much of the lease has been fulfilled. All soldiers and families wishing to terminate the lease will be counseled by housing office staff members about the benefits of keeping the housing agreement in hopes of broadening their thinking to the long-term plans.

“When they (the soldiers deploying) come back in bulk, the desirable places to live are going to be the hardest to get into,” La Fontaine said.

In addition, having the families living in housing can provide the soldiers peace of mind while deployed.

“One thing (families) do have (here) is the community support,” LaFontaine said. “The other families can be very beneficial.”

Mikita said that soldiers whose families continue living in on-post housing may also have peace of mind knowing their families are safe because they are living on the installation.

While some of the houses will be vacant, Mikita said there will still continue to be vacancies and the waiting list will continue to move, just at a slower pace. But, the soldiers who are currently in housing have the option of keeping their agreements so they have a place to live when they return.

“It’s like a soldier going TDY (temporary duty),” Mikita said. “It’s just this is an extended TDY with no known end date.”

For more information on housing or for suggestions on how housing can help support the community more during the deployments, call 226-2268. For the housing referral office, call 526-2323.



Photo by Doug Rule

Military child ...

A group of students and counselors discuss the problems of military moves and changing school requirements for family members at the Military Child Education Coalition’s Transition Counselors’ Institute held at the El Pomar Foundation’s Penrose House Feb. 25 to 26. MCEC has sponsored similar workshops in 20 states to help schools and military children reduce transition problems related to military moves. Local teens participated in the event to lend personal knowledge and experience to the training.

El Paso county school systems have signed a memorandum of agreement encouraging cooperation between school systems serving military installations and populations. The event was sponsored by Fort Carson, the U.S. Air Force Academy and Peterson Air Force Base.

Military

Waiting in line around post?

Deployments cause boost in businesses, soldiers reap benefits

by Spc. Matt Millham
14th Public Affairs Detachment

You'd pretty much have to be a hermit to have not noticed the growing lines at some of Fort Carson's shops and restaurants. As of Monday, about 4,190 National Guard and Reserve soldiers were making the Mountain Post their home, along with regular active duty soldiers.

The additional personnel have added pressure to many of Fort Carson's businesses, increasing sales by as much as about 35 percent at some stores — along with lines, said Tom Reis, Burger King's manager.

The commissary hasn't noticed any impact from the extra stomachs though. They're actually more worried about the active-duty soldiers leaving, which will cause a business slump and require them to adjust their ordering and supply schedules, said Steven W. Preciado, Fort Carson's Commissary Director.

But at the post exchange, clothing sales, the shoppettes and restaurants, the story is different. Overall, the Army and Air Force Exchange Service business has jumped an estimated 30 percent from this time last

year, said Colorado Springs AAFES General Manager David Schloss.

"Our sales are up in all activities: the main store, clothing sales and food," said Schloss. "We've increased orders on our basic items. We're in constant contact with the defense personnel support center so we can get emergency orders as quickly as we can for soldiers who are deploying, or the reservists that might need certain articles of the uniform."

While the sales are a boom for AAFES, they are even more of a boom to Morale, Welfare and Recreation.

"All of our earnings go to the MWR funds on the installations. We make no profit," said Schloss. "Our money simply covers the expenses and goes back to the military family members, the installation, the child-care centers (and) the quality of life program. That's what our charter is."

At the food court, lines for pizza back up to the entrance doors. Soldiers wait patiently, for the most part, on lines that take up to 40 minutes. One soldier, Staff Sgt. Craig Jones, 4th Infantry Division jokes that he's been in line at a fast-food restau-



Photo by Spc. Matt Millham

The line for Taco John's Monday is shorter than it has been at other times the past few weeks, said Taco John's supervisor Elisabeth Flores. Still, patrons wait for more than a half hour for their fast food.

rant for four hours already, but then admits it's been about 20 minutes. He's a little more than halfway through the line to order food.

"Since the Guard and reserve got

here, it probably takes about 20 minutes extra," said Jones. He said the

See Lines, Page 10

Military Briefs

Smallpox Hotline

Smallpox vaccination hotline — The Preventive Medicine Careline has established a smallpox hotline to give information on the status of smallpox vaccinations in the community. The number is 526-6422.

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 Spc. Thomas Burns at 526-6530.

GI Bill benefits

Soldiers who converted from VEAP to Montgomery GI Bill 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 \$6,000 or \$12,000. 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.

Hours of operation

Mountain Post Wellness Center — The wellness center, located next to the commissary, hours of operation are now 6 a.m. to 4 p.m. Mondays through Fridays.

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.

Legal assistance adjusted schedule — Due to the increase of deployments and the need for attorneys to staff the Soldier Readiness Packet site, walk-ins to see attorneys are now Wednesdays only; sign in is at 12:30 p.m. on a first-come, first-served basis. Power of Attorneys and notaries are done on a walk-in basis 9 a.m. to 4 p.m., Tuesdays, Wednesdays and Fridays. Open Thursdays 1 to 3 p.m.

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 general test score of 100 or higher and who are U.S. citizens.

ETS/Transition briefing schedule — In order for soldiers to receive their end of time in service orders, soldiers must attend an End of Term of Service 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 McMahan Theater.

The following are dates for upcoming briefings: Wednesday.

There will be a local Officer Candidate School board May 22 and 23. This board is required for all applicants. All participant must report in Class A uniform. All packets must be turned in to the 502nd Personnel Services Battalion, Personnel Actions Seciton, building 1118, room 208, no later than May 7. For more information, call Sgt. Jacklyn Christensen at 526-1906.

Amnesty Turn-in

Fort Carson Ammunition and Explosives amnesty turn-in — When military A & E are 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.

Siren Test

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.

Laundry Service

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.

Dining Schedule

Weekday Dining Facilities

A La Carte Facilities

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

Standard Facilities

3rd BCT Iron Bde. (building 2061)
10th Special Forces Group (A) (building 7481)

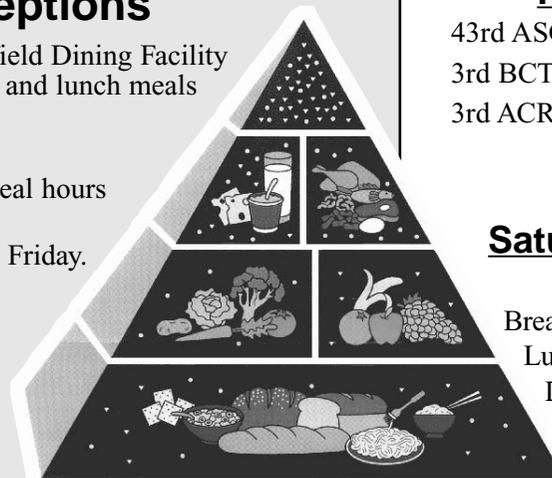
Weekday Meal Hours

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

Week of March 8 to March 14

Exceptions

- Butts Army Airfield Dining Facility serves breakfast and lunch meals only.
- 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)
3rd ACR Cav. House. (building 2461)

Saturday, Sunday and Training

Holiday Meal Hours

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

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

Greenback

Site available to help calculate retirement earnings

by 2nd Lt. Susan Love
4th Finance Battalion

The Military Pay and Benefits Web site, sponsored by the Office of the Undersecretary of Defense for Personnel and Readiness, discusses the major elements of your retirement compensation. Calculators are available to demonstrate the potential income stream from these retirement systems and to assist those who are allowed to choose between High-3 and Career Status Bonus.

The Reserve and disability retirement systems are described briefly. The calculators on the Web site are illustrated below. To view the Web site log on to <http://militarypay.dtic.mil>.

Final Pay Calculator

This calculator estimates your retirement pay flow under the Final Pay retirement system. This calculator gives you the ability to generate charts and tables based on your personal situation. In addition to tailoring the results to your expected retirement grade, years of service and age, this calculator also allows you to change some economic assumptions, such as the inflation rate.

Remember, the Final Pay retirement system only applies to members who first entered service before Sept. 8, 1980.

In the calculator, you will be able to change the factors that affect the retirement pay streams. No identifying data is requested nor retained on the Defense Finance and Accounting Service Web site.

High-3 Calculator

This calculator estimates your retirement pay flow under the High-3 Year Average retirement system. This calculator gives you the ability to generate charts and tables based on your personal situation. In addition to tailoring the results to your expected retirement grade, years of service and age, this calculator also allows you to change some of the economic assumptions, such as the inflation rate.

Remember, the High-3 retirement system applies to members who first entered Service on or after Sept. 8, 1980, and before Aug. 1, 1986; High-3 also applies to members who first entered the Service on or after Aug. 1, 1986, and chose to revert to the High-3 retirement plan by not accepting the CSB.

CSB/REDUX Calculator

This calculator estimates your retirement pay flow under the CSB/REDUX retirement system. This calculator is designed for those who have elected CSB/REDUX. If you have yet to make your decision, we recommend the Retirement Choice calculator, which compares the two systems.

This calculator gives you the ability to generate charts and tables based on your personal situation. In addition to tailoring the results to your expected retirement grade, years of service and age, you enter the current value of the \$30,000 CSB. The current amount may be an investment (such as a mutual fund). This calculator also allows you to change some of the economic assumptions, such as the inflation rate and the expected

return that you could gain from the invested bonus money.

Remember, this system applies only to members who entered service after July 31, 1986, and chose to receive the Career Status Bonus and the REDUX retirement plan.

In the calculator, you will be able to change the factors that affect retirement pay streams. No identifying data is requested nor retained by the DFAS Web site.

High-3 vs. CSB/REDUX

The section entitled Typical Situations shows comparative results in the choice of retirement options for selected individuals with specific ranks and years of service that may not match your own circumstances. This calculator gives you the ability to generate similar charts and tables based on your personal situation. In addition to tailoring the results to your expected retirement grade, years of service and age, you determine the use of the \$30,000 career retention bonus under the CSB/REDUX option. You may allocate money into the Thrift Savings Plan, an investment (such as a mutual fund), and/or spend a portion on a purchase. This calculator also allows you to change some economic assumptions, such as the inflation rate and the expected return you could gain from investing the bonus. Remember, only members who entered service after July 31, 1986, may choose between the High-3 and CSB/REDUX retirement plans.

In the calculator, you will be able to change the factors that affect the comparative results. No identifying data is requested nor retained by this Web site.

From the IG's office

Storage entitlements for deploying soldiers

Frequently asked questions:

Q. How long upon redeployment am I allowed to keep my property in storage?

A. 90 days.

Q. My husband deployed and I just recently received deployment orders. Am I entitled to store our property?

A. Yes, dual military both deployed may use this entitlement.

Q. If I terminate my lease, am I still entitled to draw Basic Allowance for Housing?

A. No, if you are single; yes, if you have family members.

Q. I am a reserve soldier who was ordered to active duty. Am I authorized to store my property?

A. Yes, under certain circumstances.

by Lt. Col. Terence L. Steel
Fort Carson Inspector General

So, you're single and you have received orders to deploy — what do you do with personal belongings? Lately, a lot of soldiers have asked that question.

Soldiers deployed more than 90 days are authorized storage entitlements under the Joint Federal Travel Regulation, Paragraph U4770B Special Storage. The Fort Carson Joint Personal Property Shipping Office arranges for the storage of personal property. This entitlement includes packing, crating and unpacking. Individuals entitled to special storage are:

- Single military members residing off installation
- Geographical bachelors
- Military members in barracks being backfilled

The goal is to have the soldier's property picked up prior to deployment. To ensure this process is accomplished certain steps need to be taken. The deploying unit must identify soldiers who wish to use this entitlement. Those soldiers will receive a storage

briefing from the Fort Carson JPPSO. The briefing will cover storage entitlements and how to prepare for the storage of personal belongings.

What can I do to prepare my property for storage? The first rule is to start early in identifying what you wish to store at government expense. You must be available for the entire pack-out or otherwise designate a releasing agent to perform this function. The packers will document the make, model and serial number of high value items on an inventory sheet.

Releasing Agents. A releasing agent is a person designated to release (sign over) your personal property to the storage contractor. If you cannot be present during the pack-out and pick-up, a pre-inventory should be conducted. Your designated releasing agent or rear detachment will use this pre-inventory to identify the property you wish to store. Take out the guesswork, identify and segregate your personal property from your roommate's property. Ensure your releasing agent is present for the pre-inventory, the packing and pick-up of your property.

Packing. If you pack something

yourself, leave the boxes open for inspection. Sealed boxes will be re-opened, inspected and repacked (if necessary) by the packers. Do not attempt to store ammunition, explosives or hazardous material.

Firearms. Identify personal firearms by make model and serial number, if electing to store firearms with the JPPSO contractor. Otherwise, it is recommended that you store firearms in the unit arms room or mail them home. Contact the U.S. Postal Service in advance to determine specific mailing requirements and restrictions for mailing firearms.

Motorcycles. If you store a motorcycle you must drain the radiator, disconnect the battery and cover the battery terminals. Oil may remain in the engine. The gas tank and carburetor lines must be purged. You must provide the contractor a set of keys.

More entitlement and storage information will be given at your unit's mass JPPSO storage briefing, so come prepared and ask questions.

For more information, call Floyd Edmond at 526-1131.

Lines

From Page 5

line usually takes about 20 minutes to a half hour, but that wait has increased to almost 45 minutes some days.

"Tuesday last week we had a line that went all the way back to the PX," said Elisabeth Flores, a supervisor at Taco Johns.

At the Burger King restaurant on the corner of Prussman and Specker, traffic for the drive through is now regularly backed up to Prussman and cars are forced to turn onto Specker just to get into the parking lot. But traffic isn't their biggest problem — it's finding people to work that has hurt them most.

"My people are (overworked) because I can't get enough help," Reis. "We haven't had enough help for a long time."

Reis estimates that sales at the restaurant have increased about 35 percent since the reserve and National Guard soldiers came to the post.

The added business, while a stress to workers and those just looking for a quick lunch, hasn't hurt efficiency at the restaurant.

"I had a Burger King corporate inspector here a few weeks ago," said Reis. "He was car number 24 on the drive-through line and we got him through in 21 minutes. That's under a minute a car. I'd say that's pretty damn good."

Some of the post's dining facilities have seen an even greater increase in business. At the 43rd Area Support Group Dining Facility, business has nearly doubled, said Staff Sgt. Frederick Fisher, rations noncommissioned officer in charge for the DFAC. In addition to the soldiers the DFAC regularly services are 14 reserve units — roughly 600 additional mouths.

The wait times for soldiers have really increased, said Sgt. 1st Class Tawana Wales, 43rd ASG DFAC manager. "They don't like that."

In response to the added soldiers, the 43rd has expanded business hours and instead of brunch hours on the weekend, it operates under the regular

weekly schedule hours.

"We have civilians augmenting our staff," said Wales. Some reservists have been tasked with supplementing the staff along with 31 civilians, but with the extra hours and fewer soldiers, workers are getting stressed.

"There's not much you can do about the stress," said Fisher. "You have a job to do."

Food isn't the only thing people are interested in though. Arguably, the busiest business on post is the sew shop.

"We're the busiest we have been," said Han Kim, the sew shop's veteran with 14 years of stitching behind her. Piles of battle dress uniforms, rucksacks, sew-on rank and Class A uniforms cover every surface, save a few walking paths, in the back of the shop.

Workers from the shop have been going out to individual units to sew patches at their request after regular business hours, said Kim. "We don't normally do that, but (the units) want it," said Kim. "Everyone has been working overtime."

Ephedrine

From Page 3

With all these risks, many soldiers still take the supplements touting that they are safe and only those who misuse them are at risk.

"I take three pills each day," said Spc. Eric Barcelo, 502nd Personnel Service Battalion, who is like many soldiers using ephedrine-containing supplements. He uses Ripped Fuel to increase weight loss and boost his energy in the gym. He views the ephedrine related deaths with a skeptical eye.

Soldiers who are overweight and out of shape shouldn't take supplements to try to pass a PT test, he said.

A soldier collapsed and died during a run in late April, which is what incited TRADOC and FORSCOM to ask AAFES to ban the supplement from their shelves.

The U.S. government is looking into

the issue, the Olympics have banned it and so has the National Football League. Yet, according to Brasfield there are replacements already out there.

"While the GNC on post doesn't carry ephedrine," said Brasfield. "They now carry supplements containing Bitter Orange (or Citrus Aurantium) which has similar effects."

Because of this, Brasfield says the only safe way to take supplements is to get informed first. She said a good way of doing this is to talk to a doctor or a dietician.

The death of servicemembers is always going to raise questions, some point to problems in equipment, some in procedure. Yet in this case, they point to supplements and with wide variety out there, a soldier's best bet is to get professional advice before taking any.

Soldiers and leaders wanting more information can contact Brasfield at 526-8192.



Photo by Sgt. Chris Smith

Master Sgt. Christopher Scott, 786th Quartermaster Company, works out at Forest Fitness Center, without the use of supplements, under the guidance of Nick Nicholson, certified fitness trainer.

Community

Asthma, allergies lead to absenteeism

by Capt. Renee L Busse
Community Health Nursing

Allergies are a common condition that occur in about 20 percent of children in the United States. Asthma is one of the most common chronic illnesses of childhood, affecting more than 3 million children in the United States alone.

Allergies and asthma are leading causes of school absenteeism, accounting for more than 125 million school days annually. The impact of both allergies and asthma can be seen not only in school absenteeism, but also in the lack of participation in athletic and exercise programs, and the amount of time spent taking medication during school hours. In some cases, allergies or asthma can precipitate a life-threatening crisis for a child.

These negative impacts do not need to happen. When allergies and asthma are controlled, children can maintain good

performance in school and participate fully in physical activities, including sports.

If a management plan is needed to control allergies or asthma, consult with your doctor. Initially, the physician should outline a management plan that allows the child to control allergies or asthma in order to maintain normal age-related levels of activity.

Once the management plan has been developed with the physician and the family, the parents and the school or Child and Youth Services need to work together to implement the plan.

Conferences with classroom teachers, day-care providers, physical education teachers, school nurses or aids addressing the following items will help ensure a complete plan of care.

- **Symptoms.** Parents should discuss the child's asthma/allergic symptoms.

- **Avoidance measures.** Parents should provide a written list of factors in the environment that bring on the symptoms. This helps the school or CYS make plans for activities.

- **Medications.** Discuss the child's medication timing, expected effects and potential side effects. The parents should provide the medication, making sure it is current and labeled with the child's name, instructions for use, name of drug, dosage, start and stop dates, and doctor's name. Parents should alert school or CYS personnel to changes in medication, treatment or status of asthma/allergies.

- **Medication Policies.** Discuss the school or CYS's established policies regarding medications and administration.

- **Management plans.** Your physician

should establish a written plan of action for daily care and for acute episodes. They should include guidelines for when the parents and/or the physician need to be notified, along with accurate telephone numbers.

- **Communication between the school or CYS and home.** Teachers, day-care providers, parents and children should clarify how to communicate with each other about the child's asthma/allergies and participation in school activities.

Monitor progress, report difficulties, or make adjustments to ensure everyone works together to keep the child's asthma or allergy well controlled.

If you have questions about your child's asthma or allergies, contact your family care provider.



Civilian

From Page 1

nothing but soldiers, and I love working with them," he said.

At an age when many are staying home and focusing on their grandchildren — his children are 38 and 31 — Goulet is once again putting on a Battle Dress Uniform and preparing to sleep in a tent.

His family is apprehensive but resigned, he said.

"Naturally, my wife wants to keep me home, but, as a former Army spouse, she understands that it's part of my job, and she's supportive," he said.

As a civilian, Goulet will not be issued a weapon.

"I'm classified as a noncombatant, and we have different constraints placed on us. (If) the unit goes into a live-fire sector, we (will be) tightly controlled," he said.

Still, Goulet expects his former military training to

come in handy and help him survive in a field environment. Along with the other deploying civilians, he has also received up-to-date training on how to react to a nuclear, biological or chemical attack.

He said he is confident in the training he has received and that he is leaving his wife in good hands.

"The Mountain Post Team gives outstanding support, and I can rest assured my wife will be taken care of while I'm gone," he said.

Community Events

Support Our Troops

A support our troops walk in downtown Colorado Springs will take place Sunday. The walk will begin at approximately 11 a.m., but participants are encouraged to meet in Acacia Park at 10:30 a.m.

Walkers will travel south on Tejon Street, cross over on Cimarron Street, north on Cascade Avenue and east on Platte Avenue, looping back around to Acacia Park for a total of 18 city blocks.

The event is open to everyone. People are encouraged to bring their own signs, banners, U.S. flags, etc.

For more information, contact Jennifer Coffee at 264-8691.

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 St.

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 Saturday, 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
- Information on child-care or Individual Retirement Account contributions
- Mortgage interest statement
- Sale of stocks, bonds or mutual funds
- Any other financial information
- 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), or call 524-1012 or 524-1013.

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 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.

New hours for ID cards

Effective immediately, the ID

Card/DEERS Section extended hours have been changed. New duty hours are Mondays, Tuesdays, Thursdays and Fridays from 7 a.m. to 7 p.m. If you have any questions, e-mail Mary Foster at mary.foster@carson.army.mil.

Daddy Daughter Dance

Attention dads and daughters:

Celebration Station is proud to announce the Daddy Daughter Dance, a wonderful way to spend quality time with your daughter, today or Saturday, 5:30 to 9 p.m. The cost is \$37 per couple and includes dinner for two, a daddy/daughter picture and dancing. Sign up for either night. For more information, call Dan Hugill at 271-0242.

Deployment support child-care

Deployment support child-care for children 6-weeks-old to 18 years will be provided 24-hours-a-day, seven-days-a-week for soldiers, Department of the Army civilians and contractors at no cost. No registration and no shot records are required.

Units and supervisors should coordinate through Child Youth Services at 526-6452, 526-4188 or 526-8220.

Parents who need after hours "no-notice" care requirement should call the Emergency Operations Center at 526-3400.

Individuals may call, but the need for child-care must be validated by a supervisor. Call CYR Registration Office, 526-1101, for more information.

Red Cross

Dental program — applications are being accepted for the Red Cross Volunteer Dental Assistant Program beginning until March 17. Applications can be picked up at the Red Cross office, building 1526, room 272, Mondays through Fridays from 8:30 a.m. to 4 p.m. Applicant interviews will be held March 19 and classes begin April 7.

The dental assistant training program is open to military family members only (to include retirees). Must be 21 to apply.

For more information, call the American Red Cross at 526-2311.

eArmyU

Enrollment in the eArmyU program has resumed. Enlisted soldiers meeting the following eligibility criteria are encouraged to attend mandatory information briefings held at the Mountain Post Training and Education Center, building 1117, room 223, Tuesdays at 9 a.m. and 11:30 a.m. and Wednesdays at 1:30 p.m.

To be eligible for eArmyU, a soldier must meet the following basic criteria:

- Regular active duty or active guard reserve enlisted soldier
- High school diploma or General Educational Development certificate
- Three years remaining time in service

For more information, call the eArmyU office at 526-3971.

Automotive Service Examination

Soldiers wanting to take the Automotive Service Examination in May must register for the test prior to 4 p.m. March 14. Three funded exams are available for servicemembers who intend to utilize test results for college and have, or previously held, a Military Occupational Specialty in the following auto-

motive/mechanical service specialities: 52B, 52C, 52D, 61C, 62B, 63B-H, 63B-S, 63B-T, 63B-W and 63B-Y. Soldiers currently enrolled in an associate degree program in automotive technology are also eligible for three funded exams.

For more information, call 526-8071.

Financial Aid

A Financial Aid advisor is available Wednesdays from 10 a.m. to 2 p.m. at the Mountain Post Education Center, building 1117, room 160B. The advisor will provide information on Pell Grants and student loans in addition to assisting individuals in applying for grants and loans. For more information, contact Virginia Frazier at 526-5544.

Child and Youth Services

There is a change in hours of operation for Child and Youth Services central registration office. Walk-in hours are from 7:30 a.m. to 5 p.m. Monday and Thursday. Appointment hours are 7:30 a.m. to 5 p.m. Tuesdays, Wednesdays and Fridays. There is now a clerk on duty every Saturday at the Youth Center, building 5950, from 8 a.m. to 4:30 p.m. You may register for any CYS program during this time.

The following is required to register: Up-to-date immunization record, health assessment, proof of income, three emergency designees, child's Social Security Number and an up-to-date physical. For more information, call Faye Wilburn at 526-8220.



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

Fort Carson

Career Fair

Employment Readiness, in partnership with private companies from Colorado Springs, will host a Career Job Fair for youths and adults.

March 21

Noon to 4 p.m.

Post Field House, Building 1829

Call 526-4590 for details.

Chaplain's Corner

Connecting spiritually during deployments, family separations

**Commentary by Chap. (Capt.) Frank A. Lee
3rd Battalion, 29th Field Artillery Chaplain
3rd Brigade Combat Team**

Deployment is often a difficult time for soldiers and their families. As members of the Mountain Post prepare to be mobilized, many are experiencing a variety of emotions. The possibility of venturing into the unknown as well as leaving family members behind can make one sad, anxious and even fearful.

The one character in scripture that gives me inspiration during times of separation is King David. We find in scripture that King David had to leave his family members and loved ones in pursuit of battle against evil forces in history. From the time he became the Captain of King Saul's army until he became the general of his own military force, the Almighty watched over David and his family, just as he watches over us today.

Surely we are saddened over the possibility of family separation. As members of the military, we have come to expect it. Yet, that doesn't make it any easier. Through experience we have learned to sustain ourselves and press on until we meet again. When loneliness and sadness creep in, we have shared memories and hopes for the future that continue to bond us together. A quick flash of memory, a handwritten letter, or even a photograph can keep our spirits happy, because even when we are physically separated from loved ones there is still a connection in the spiritual realm.

Even when our memories wane and our spir-

its are down, we can still make a spiritual connection. Like David, we can overcome our sadness with fortitude, faith, and the hope we have in seeing our loved ones again soon. The faith that keeps our families together during the good times can also offer encouragement and sustain us through the difficult ones. Praying for loved ones will ease our worries. Having faith in the Almighty will ease our fears. Hope will keep us pressing toward the mark.

Another emotion many soldiers and their family members struggle with is the fear of the unknown. Indeed venturing into an unfamiliar place or situation is a mighty challenge for even the strongest among us to overcome. Many of us tread through dark and dreary nights not knowing what to expect. In times of fear just remember the inspiring words of King David, "The Lord is my light and my salvation, so whom shall I fear?"

The Lord is the strength of my life, of whom shall I be afraid?" (Psalms 27:1)

Nurturing your personal faith will help you to overcome the emotion of fear. To do this, rely upon your confidence in God's ability to guide, protect, and comfort you. Allow the Shepherd to lead your way. King David, wrote in Psalms 23: 1, "The Lord is my Shepherd; I shall not be in want."

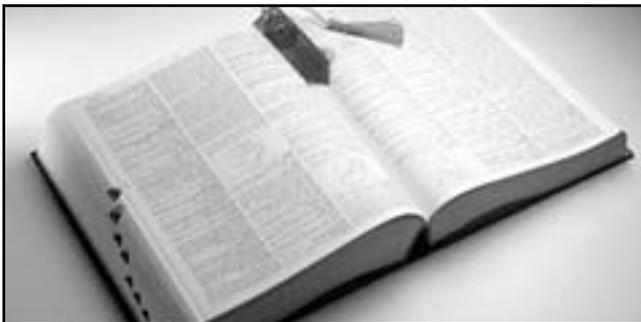
So whenever you feel sadness or fear creeping in, remember the gifts of faith and hope that God has bestowed upon us. Use your faith for strength and encouragement. Use your hope to press on. Use your prayers to make a spiritual connection to God and the ones you love.



Photo by Sgt. Roy Gomez

Ashes to ashes ...

Bridget Minihane, Mountain Post Wellness Center, receives ashes from Chap. (Capt.) Anton Amano, 3rd Squadron, 3rd Armored Cavalry Regiment, during an Ash Wednesday Mass at Soldiers' Memorial Chapel.



Chapel

Special Fort Carson Lenten Services:

Christian Ecumenical — Midweek devotions and lunch, 11:30 a.m. Wednesdays at Soldiers' Memorial Chapel.

Catholic — 5:30 p.m. Fridays beginning March 7, soup/bread supper; 6 p.m. Fridays beginning March 7, Stations of the Cross, Soldiers' Memorial Chapel.

Coming events at Prussman Chapel — *Friday Movie Night*, today at 7 p.m. A spaghetti supper is included; *Thursday Night Community Prayer Meeting*, every Thursday at 7 p.m.; *Children and Youth Mini-Revival*, March 24 to 25 from 6:30 to 8:30 p.m.; *Children and Youth Music Workshop*, March 26 to 28 from 6:30 to 8:30 p.m.; and "*Christ in Passover*" Dinner and service is April 18.

SCUBA is coming — a "Super Cool Undersea Bible Adventure" or SCUBA, will be our 2003 Vacation Bible School June 16 to 20. Volunteers are need for station leader and crew leader positions. For information, call Dennis Scheck at 526-5626.

Chapel Schedule

Day	Time	Service	Chapel	Location	Contact Person
M-W-F	noon	Mass	Healer	Evans Army Hospital	Fr. Pat Battiato/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	Pat Treacy/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. Kincaid/526-7387
Sunday	9 a.m.	Protestant	Provider	Barkeley & Ellis	Chap. Satterfield
Sunday	9:30 a.m.	Contemporary	Veterans'	Magrath & Titus	Chap. Deppmeir/526-4416
Sunday	11 a.m.	Protestant	Soldiers'	Nelson & Martinez	Chap. Fox/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. Lee/526-2811
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
For additional information, contact the Installation Chaplain's Office, building 1550, at 526-5209. Normally, free child-care is available during on-post worship services.					

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

Friday — Psalms 90 & Numbers 34-36

Saturday — Psalms 91 & Deuteronomy 1-3

Sunday — Psalms 92 & Deuteronomy 4-6

Monday — Psalms 93 & Deuteronomy 7-9

Tuesday — Psalms 94 & Deuteronomy 10-12

Wednesday — Psalms 95 & Deuteronomy 13-15

Thursday — Psalms 96 & Deuteronomy 16-18

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 21st Theater Army Area Command, headquartered at Kaiserslautern, Germany.

Army: For the dedicated officers, noncommissioned officers and soldiers of the Inspector General Branch, who diligently ensure that fairness and equity are hallmarks of Army life.

State: For all soldiers and their families from the state of New Mexico. Pray also for Gov. Gary E. Johnson and the state legislators and municipal officials of the Land of Enchantment.

Nation: For the Girl Scouts of America and for their goal of assisting girls everywhere to grow strong in the mind, body and spirit.

Religious: For the thousands of dedicated teachers in chapel Sunday Schools, Confraternity of Christian Doctrine programs, children's church programs, and Vacation Bible Schools around the world.

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.

Rolling out ...

3RD ACR TO LOAD 14 TRAINS FOR DEPLOYMENT

by Spc. Jon Wiley
Mountaineer staff

Heavy snowfall didn't halt the bustling activity at Fort Carson's railhead this weekend, as the post's largest combat unit unloaded its equipment in preparation for its upcoming deployment.

The 3rd Armored Cavalry Regiment needs to move approximately 2,800 pieces before departing, said Patty Martinez, unit movement coordinator.

The unit began loading rail cars Feb. 27 and will work steadily until the massive project is completed, which is projected to be Monday.

"As long as cars are available, we're going to load one to two trains a day," Martinez said.

About 14 trains will be necessary for the move. Since receiving orders to deploy to the U.S.

Central Command area of responsibility Feb. 15, many 3rd ACR soldiers have become anxious to get going.

Pfc. Clyde Pounds, C troop, 1st squadron, 3rd ACR, said he began preparing for deployment last summer, right after he joined the Army.

The 19-year-old native of Troy, Mont., went to a recruiting station as soon as he could because he had a strong desire to "serve (his) country and do the right thing" after watching the Sept. 11, 2001, terrorist attacks on the nation. He said he expected to be in harm's way from the moment he signed up, a possibility to which he's resigned.

Many seasoned soldiers expressed the same expectancy and resolve.

Staff Sgt. Don West, A troop, 1st squadron, 3rd

ACR, has been in the Army since 1990. He joined when the Gulf War was happening. Even though the conflict was over before the unit he was in at the time got involved, West said he was expecting to go to the region for the past 12 years.

He said he and the unit are ready to go wherever and do whatever is required.

"For the past three years, we've trained at such a fast tempo our jobs have become second nature," West said. "These guys are well motivated and well trained. A lot of the junior enlisted know their jobs better than I did as a private," he added.

While the coming months hold many uncertainties for the 3rd ACR soldiers, the next few days are crystal clear. Until the last train carrying their equipment pulls out, they'll be staying put.



Pfc. Michael Brown, B troop, 1st Squad., 3rd Armored Cavalry Regiment, makes sure M-1A2 Abrams tanks are properly spaced on a rail car before the train departs.

Photos by Spc. Jon Wiley



Staff Sgt. Jawara Middleton, C troop, 1st squad., 3rd ACR, guides a M-1A2 Abrams tank onto a rail car for transfer.



Pfc. Aaron St. Clair, 2nd squad., 3rd ACR, secures a Bradley to a rail bed.



Spc. Bryan Menhouse, 1st squad, 3rd ACR, drives a M-113 into position for loading.



A soldier motions for a tank to be better centered on the rail bed. According to regulations, tank tracks can't hang more than six inches off of the bed on either side.



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Sports & Leisure

Making the call ...

Carson soldiers ref night, weekend games

by Bill Scharton
Mountaineer staff

You can practice and play pickup basketball games without referees, but when the league and tournament games begin, the men and women in stripes become an integral part of the sport.

During the winter months at Fort Carson, basketball action for all ages and levels is happening all over the Mountain Post.

At the Youth Services Center, basketball games for youngsters from 5 to 12-years-old take place every weekend. Carson Middle School features 7th and 8th grade varsity basketball teams for both boys and girls. And the adult intramural basketball league is the most popular sport of all at Fort Carson, according to the number of teams participating.

Without referees, this popular round-ball activity might grind to a halt.

Several of the basketball referees at Fort Carson have a special connection to the sport and the players.

These referees are retired military or active duty soldiers.

Sgt. 1st Class Kenneth Rankin, 2nd Brigade, 91st Division, is a referee at Fort Carson. He has been in the Army for 18 years and has been refereeing for 17 years.

Rankin referees at all levels on Fort Carson — youth sports, middle school, high school and intramurals. His approach to the game is different at each level.

"With the younger kids, you can help teach them the game while you ref the game," said Rankin. "I like to see the kids smile while playing and learning the

game."

At the high school and intramural levels, the players become much more competitive, and Rankin said he must take this into consideration.

"Intramural basketball at Fort Carson is highly competitive," said Rankin.

"Nonetheless, they come to play and have fun. I try to tell the players to concentrate on the game and don't worry about the officiating. Leave that to us.

"These guys could be out doing other things besides playing ball. But they are playing ball; it is important to them, and to be there for them as a referee is a plus for all of us."

Staff Sgt. Dwayne Smith, Headquarters Troop, 2nd Squadron, 3rd Armored Cavalry Regiment, is another referee at Fort Carson. Smith started refereeing three years ago when he was stationed in Germany.

"One of my bosses in Germany liked my attitude and the way I handled myself," said Smith. "As a result, he felt I would make a good referee. I took his advice and have been officiating ever since.

Smith also realizes the competitive nature of intramural basketball at Fort Carson and the resulting temper tantrums that come with it occasionally.

"It's part of the game at this level," said Smith. "I still enjoy it, and I plan to stay with it."

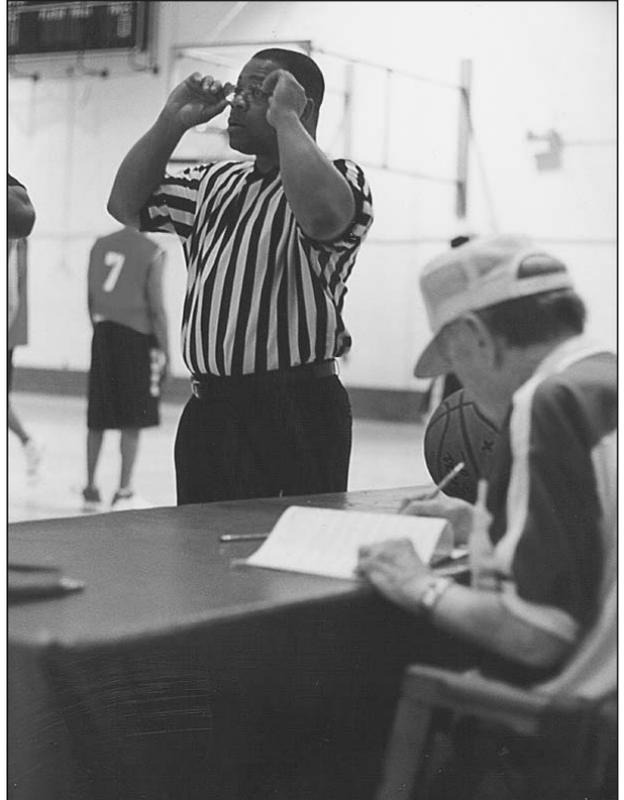
John Wyatt is retired military and the referee who handles the scheduling assignments for the Fort Carson intramural basketball league. He says players quite often ask how they can get into officiating.

"If someone wants to get into officiating, I can help them through clinics and other methods," said Wyatt.

Wyatt said he believes the soldiers and retired military who referee have more empathy for the players when they call an intramural game at Fort Carson.

"I think we understand these players a little more. We know what they go through on a day-to-day basis. We are still disciplined in our approach to the game, but we know when to be flexible," Wyatt said.

The other active duty soldiers who referee at Fort Carson include Kurt Curtis, Nick Stock, Albert McKinney, Frank Covington, Melvin Carr, Zera Miller, Calvin Reed and Jason Britt. Retired military referees include Mark Vaughn, Paul Batiste, Terry Crow, Nate Jones, Earl Mitchell, Don Allen and Willie Warren.



Photos by Bill Scharton

Referee Dwayne Smith checks out the clock and the scorer's table before the start of an intramural basketball game at Fort Carson. Smith and several other active duty soldiers at Fort Carson spend their evenings and weekends officiating basketball on post.



John Wyatt, left, and Kenneth Rankin referee an intramural basketball playoff game at the Post Special Events Center. Wyatt is retired military and serves as the scheduling coordinator for the intramural basketball league at Fort Carson. Rankin is a sergeant first class at Fort Carson and referees all levels of basketball at the Mountain Post.



Kenneth Rankin keeps his eyes on the action while refereeing a 7th grade girls basketball game at Carson Middle School. Rankin is one of several active duty soldiers at Fort Carson who referee basketball at the Mountain Post.

Mason brothers capture Armed Forces titles

World Class Athlete boxers win individual titles at 2003 Armed Forces Championship

by Bill Scharton
Mountaineer staff

Rondale and Keith Mason, All-Army Team and Army World Class Athlete Program boxers at Fort Carson, may have become the first brothers to win Armed Forces individual weight division titles at the same tournament in the same year.

"I think they may be the first set of brothers to win individual titles at this tournament at the same time," said Basheer Abdullah, All-Army Team and Army WCAP head boxing coach.

They will never know for sure because records of this kind apparently do not exist.

What they do know is that they both did, indeed, win individual weight division championships at the 2003 Armed Forces Boxing Championship Feb. 21 at Naval Station, Ventura, Calif.

Older brother Rondale, 23 years old, earned his title with a solid 27-10 decision in the 152-pound division. This victory came against the same Marine who narrowly decided him last year, so the win also served as sweet revenge for Rondale.

Younger brother Keith, 20 years old, slugged his way past an Air Force boxer to earn his first Armed Forces crown. The victories by the Mason brothers helped Army win its 12th straight Armed Forces Boxing Championship.

The brothers were raised by their parents, Rozalene and Keith Mason, in Columbus, Ohio. Rondale and Keith say they led a normal life growing up in the Midwest.

"We played the regular team sports while grow-

ing up, but I really got interested in boxing when I was 12 years old," said Rondale. "My dad signed me up for boxing at a recreation center in Columbus, and I have been boxing ever since."

Keith just kind of tagged along with his dad and big brother for awhile before starting to box as a teen-ager.

Over the years in Columbus, the brothers trained and boxed at several different recreation centers. One center was the Lula Pear Douglas Recreation Center, named after the mother of former heavyweight boxing champion Buster Douglas.

After graduating from high school, Rondale enlisted in the Army in November of 1998. Following basic training and Advanced Individual Training, he received orders to go to Maryland. At that point, he talked with Abdullah about joining the Army WCAP boxing team. Rondale had a number three national amateur ranking in his weight class at the time and Abdullah brought him into the program.

Rondale stayed on the Army WCAP boxing team until June 2000. At this time, he was required to leave the Army WCAP boxing team for a year. He stayed at Fort Carson and worked as a medical supply specialist at Evans Army Community Hospital. In June 2001, he re-applied to the Army WCAP boxing team and Abdullah brought him back into the program. Since returning to the program, Rondale has captured an Armed Forces title and the USA Boxing National Championship.

At about the same time as Rondale was returning

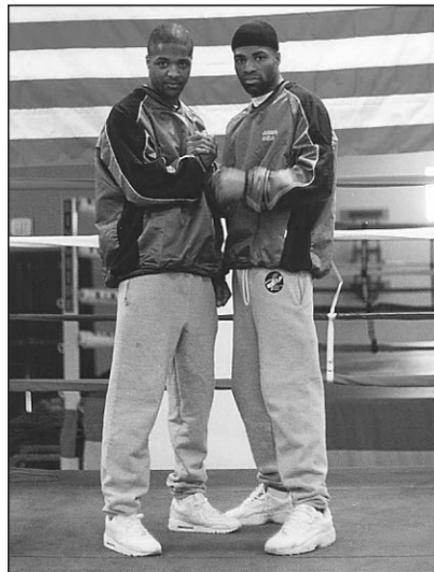


Photo by Bill Scharton

Keith, left, and Rondale Mason, members of the All-Army Team and Army World Class Athlete Program boxing team at Fort Carson, both captured individual weight division titles at the 2003 Armed Forces Boxing Championship. The siblings will now try to accomplish the same thing at the USA Boxing National Championships.

U.S. military cross country teams finish in middle of pack

by Bill Scharton
Mountaineer staff

The U.S. military cross country team competed in the 2003 Conseil International Du Sport Militaire Cross Country Championships last week in Dordogne, France.

World military titles were up for grabs in three different races — the men's 4.35 kilometer event, the men's 11.1 kilometer race and the women's 5.66 kilometer race.

In the men's 4.35 kilometer event, Army World Class Athlete Program Fort Carson runner Sandu Rebenciuc was the top U.S. military team runner at 19th place, overall with a time of 12:26. Army WCAP Fort Carson runner Ryan Kirkpatrick placed 57th overall in 13:02. Twenty-four military teams competed for this team title and the United States finished in 13th place. Morocco won the team title.

In the men's 11.1 kilometer race, Army WCAP Fort Carson runner Scott Goff was the

top U.S. military team finisher at 36th place (34:01). Army WCAP Fort Carson runners Christopher England, Shawn Found and Philip Castillo placed 51st, 61st and 94th respectively. The United States finished 11th out of 19 teams in this race. Italy won the team championship.

The women's race was a 5.66 kilometer distance. Army WCAP Fort Carson runner Michelle Kelly paced the U.S. military team runners with a 20th place overall.

The United States military women's team placed seventh out of 10 teams. Germany won the team title.

Rob Coley, an Army WCAP sports specialist at Fort Carson, coached the U.S. military team at the CISM Cross Country Championships.

"It was the 50th anniversary of the CISM cross country championships, and I was told there were more competitors this year than ever before," said Coley. "There were a lot of world class runners including 40 past Olympians."



Boxing

From Page 20

to the Army WCAP boxing team, Keith was graduating from high school and decided to follow in the footsteps of his older brother. He enlisted right after graduation, went to basic training and then joined his brother on the Army WCAP boxing team.

"Being a member of the Army WCAP boxing team is a privilege," said Keith. "I don't take it for granted. I want to stress that I am here to be the best soldier I can be, as well as the best boxer I can be."

Abdullah is pleased with the progress of the Mason brothers, especially their recent success at the Armed Forces championships.

"Rondale has shown tremendous progress during his time in the program," said Abdullah. "He is doing all the things I expect from him. He has great defensive skills. We need to make him better at creating scoring chances from this good defense."

Abdullah says Keith has excellent natural talent and a whole lot of potential. "His natural talent is speed and quickness," said Abdullah. "His technique has room for improvement, and he needs to become more aggressive in the ring."

Back home in Columbus, mom and pop Mason are quite proud of their sons. "We are truly blessed," said Mrs. Mason. "They were great kids and they have turned out to be good, successful, humble young men. We still support them 100 percent, and everybody here is rooting for them."

In the near future, mom and pop Mason will be grandparents for the first time. Keith married his high school sweetheart (so did Rondale), and they are expecting their first child at the end of March. It could happen just when new father Keith and uncle Rondale are winning national boxing championships.

Pinned!

Carson Eagles lose dual wrestling matches

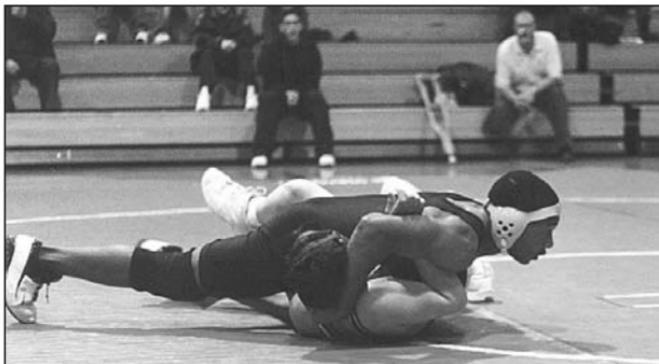
by Bill Scharton
Mountaineer staff

The Carson Middle School Eagles wrestling team lost a pair of dual matches last week. The two losses dropped the Eagles' season record to 0-4.

In a home match Feb. 27 against Manitou Springs Middle School, Emanuel Taylor, the Eagles' 165-pound grappler, pinned his opponent in the first period. Taylor has pinned his first four opponents this season.

Only two other Eagles' wrestlers competed in matches against Manitou Springs that counted for team points. At 130 pounds, the Eagles' Tim Deeren lost by pinfall and the Eagles' Danny Terrazas lost by a narrow 5-4 decision. The rest of the matches were forfeits and exhibitions.

The regular season for the Eagles' wrestling team ends Thursday. The team will compete in a post-season tournament March 15 in Cañon City.



Carson Middle School wrestler Emanuel Taylor, top, has his opponent from Manitou Springs in a precarious predicament during their match Feb. 27. Taylor's pin of his opponent in this match was his fourth straight pinfall victory of the season in the 165-pound weight division.



Photos by Bill Scharton

"Can you stop the match ref, I can't see," is probably the thought running through the mind of Carson Middle School wrestler Donny Terrazas at this point in his match against an opponent from Manitou Springs Feb. 27. In this match, Terrazas lost a narrow 5-4 decision to the Manitou Springs wrestler.

Mountain Post World Greco Roman champion Byers wins gold at Grand Prix in Hungary

by Bill Scharton
Mountaineer staff

World Greco-Roman wrestling champion Dremiel Byers, a member of the Army World Class Athlete Program wrestling team at Fort Carson, won the 120 kilograms/264.5-pound weight division gold medal Saturday at the Hungary Grand Prix in Nyiregyhaza, Hungary.

Byers defeated Zarewpoor of Iran in the championship match, 3-2. In the semifinals, Byers defeated Mihaly Deak-Bardos of Hungary 3-0. This was the same opponent that Byers defeated in the finals of the 2002 World Championships last October.

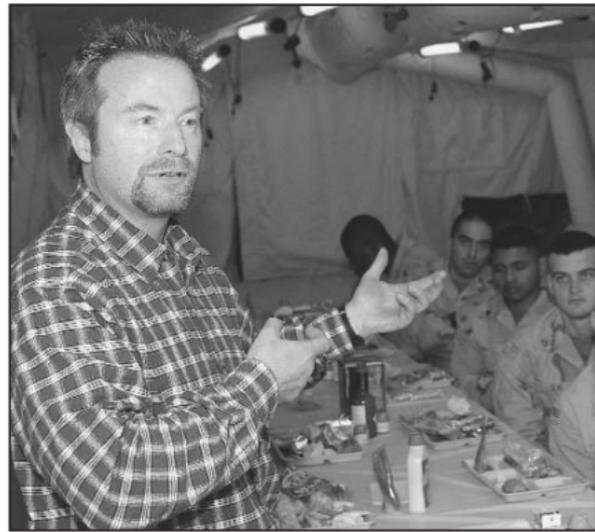
In this same tournament, Army WCAP Fort Carson wrestler Keith Sieracki placed fifth in the 84 kilogram/185-pound weight division. In his pool, Sieracki won his first two matches before losing in

the third contest.

Army WCAP Fort Carson female freestyle wrestlers Tina Wilson and Iris Smith will be competing in a tournament in Sweden Friday and Saturday.

Several male members of the Army WCAP wrestling team were slated to compete in a tournament in Turkey this month, but this event has been cancelled.

The All-Army Wrestling Trial Camp will take place here at Fort Carson March 20 to April 5. All-Army Team and Army WCAP Head Wrestling Coach Shon Lewis will run the camp. The All-Army Wrestling Team will be selected at this camp and will then compete at the Armed Forces Wrestling Championship April 10 to 14 in Mountain Home, Idaho.



Making waves ...

Nigel Hook, world champion American Power Boat Association driver thanks U.S. Army soldiers stationed in Afghanistan for their work in the Global War on Terrorism. Hook recently visited military bases in Afghanistan, Kyrgyzstan and Kuwait



Story and photos
by Nel Lampe
Mountaineer staff

The Colorado Springs Fine Arts Center building has won awards for its design. It was completed in 1936.

Colorado Springs Fine Arts Center

Museum, education, performing arts

This community has a place for art to be appreciated by all ages. For more than 65 years, the Colorado Springs community has been served by the Fine Arts Center. The center is listed on the National Register of Historic Places and is housed in a building designed by renowned Santa Fe architect John Gaw Meem. The building's design has won accolades and awards since its completion in 1936.

The beginnings of today's Fine Arts Center goes back to 1919, when Julie Penrose, wife of Spencer Penrose, proprietor of the Broadmoor Hotel, started the Broadmoor Art Academy. The Penroses donated their home at 30 W. Dale St. to the school.

Alice Bemis Taylor, whose father had been a benefactor of Colorado College, donated a child care-center and other gifts to the city. When the highly successful Broadmoor Art Academy faced some financial difficulties, in collaboration with her friends, Julie Penrose and Elizabeth Sage Hare, Taylor decided to build a

Fine Arts Center on the site of the art academy. The Fine Arts Center design included a museum to house Taylor's extensive, private art collection also included a music room, an art school, a theater and galleries.

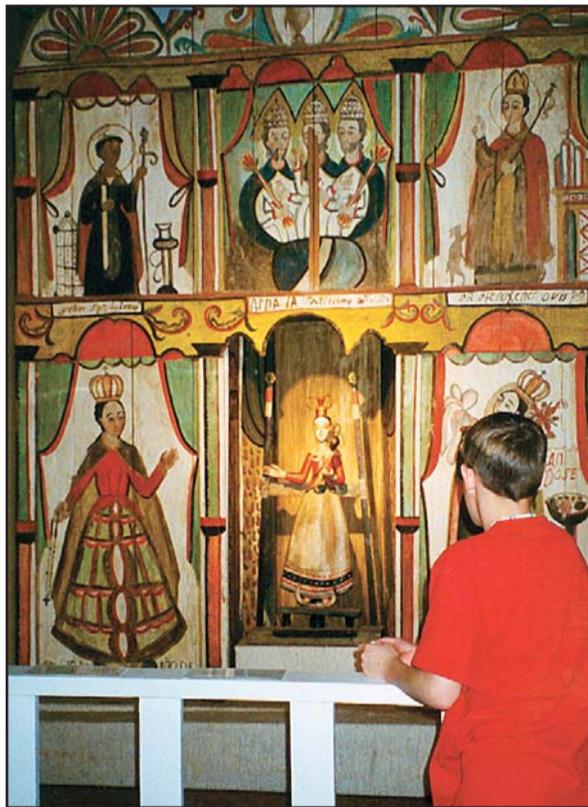
The building opened in 1936 with great fanfare and a week filled with programs.

Visitors from around the region are drawn to the Fine Art Center to see its art collections and to attend productions in the theater. About 200,000 visitors visited galleries and attended events this past year.

The Fine Arts Center's collection of art is impressive.

Most extensive and perhaps best known is the "Sacred Land: Indian and Hispanic Cultures of the Southwest," which belonged to Taylor. The renowned collection of Southwestern art is one of the largest in the nation, and includes arts, crafts, pottery, baskets, jewelry, weavings and furniture. In addition to the Southwest art. The Fine Arts Center also has pieces from well known artists, such as several items-

from famous Western artist Charles M. Russell and Charles Craig. Well-known artist John Singer Sargent's portrait of Elsie Palmer, a daughter of Colorado Springs' founder, Gen. William Palmer, is one of the center's



An altar screen from 1860 is part of the Taylor collection.

treasures. The portrait is called "Lady in White."

One of Georgia O'Keeffe's paintings, "Iris," is owned by and displayed in the center, although it will on loan and out of the center May through July.

Many pieces of sculpture are located in the courtyard and throughout the grounds.

In addition to the permanent exhibits, the Fine Arts Center hosts special exhibits.

Presently, "Collected Visions: African American self-taught artists from the Southeastern United States" are exhibited. The exhibits will be shown through May 18.

"Transcendent Spirit: Works by Luis Gonzalez Palma," is shown through April 25. "Flowering Mountain



A view of Monument Valley Park and Pikes Peak is seen from the balcony of the Colorado Springs Fine Arts Center.

Colorado Springs



Places to see in the Pikes Peak area.

March 7, 2003

Fine Arts Center

From Page 25

Earth: Continuity and Change Among the Highland Maya" is displayed through March 16.

Fine Arts Center tours can be arranged for groups of all ages. The docent-led tours include a Panoramic Art and Architecture Tour, Art and Culture Tours, Touching Gallery Tours, Theatre Tours, "Charlie's Place," and Journey into Art. Group tours should be booked two weeks ahead. Call the Education Department at 475-2444 Monday through Friday, from 9 a.m. to 1 p.m. for prices and booking information.

The Fine Arts Center is much more than a collection of art.

Performing arts are part of the Fine Arts Center's program. The Repertory Theater presents four productions each season. The productions are usually musical and run for three or four weekends. The last production, "Chicago," played to sold out crowds and had an extended run.

The last production this season is "Damn Yankees," which runs May 2 to 18. Friday and

Saturday performances are at 8 p.m. and Sunday matinees are at 2 p.m. The center box office number is 634-5583.

Theater for children is also on the Fine Arts Center's agenda. "Stuart Little" is set for March 31 to April 5, and again June 9 to 14. Shows are at 10 a.m. and noon daily, and tickets sell for \$3.

The Youth Repertory Theatre Company's "Les Miserables," the school edition, will be presented July 25 and 26, following the theater workshop which begins July 7. Tickets are \$10.

The theater is also host to arm-chair travel through a series of travel films. Remaining in the series are "In Search of the Albino," Sunday and Monday at 2 p.m., and "Australia," April 13 and 14 at 2 p.m.

Each film is narrated by its maker. Tickets are available at the door for \$7.

Selections from The American Film Institute's top 100 films are being shown the second Tuesday of the month at 7 p.m. The films are preceded by a discussion of the film, snacks and a cash bar at 7 p.m. Tickets are \$6 at the door or in advance through the box office. The next film in the series is "It Happened One Night," Tuesday, "The Godfather," April 8, and "An American in Paris," May 13. Other film programs include occasional film festivals, such as The International Experimental Cinema Exposition March 29 and the Sierra Club Environmental Film Festival April 19. For information on these festivals, call 634-5583.

Comedy, music and dance programs include "The Irreverent Reverend Billy C. Wirtz" March 21 and 22 at 8 p.m. Tickets are \$17. Ormao Dance" is in the theater April 11 and 12 at 8 p.m.; advance tickets are \$13 and \$15 at the door. Music is also at home in the Fine Arts Center. A free recital series features members of the United States Air Force Band of the Rockies, once a month in the music room.

The Bemis Art School continues its tradition of allowing children and adults to develop their artistic talents through small class sizes and experienced instructors. The art school can be contacted at 475-2444. Drama classes for children and adults are also available.

The museum shop at the Fine Arts Center has a large collection of special gifts, many of them with American Indian and Hispanic themes, such as jewelry, books and decorative items. The shop has a large assortment of fetish-



Examples of Navajo pottery are in the Taylor Museum collection.



Several pieces of art are displayed in the courtyard of the Fine Arts Center.



The Museum Shop at the Fine Arts Center is a place to find southwestern-theme gifts.



Weaving and costumes from Maya are displayed in an exhibit.

es, posters and note cards, as well as books, rugs and gift items.

Family activities are held on designated Saturdays. Family day events include activities for all ages, and are usually related to exhibits or theater productions. The next family day is May 17, from 10 a.m. to noon, and activities include print making and collages. There is no charge.

The Fine Arts Center is open Tuesday through Friday, from 9 a.m. to 5 p.m. It is open Saturdays from 10 a.m. to 5 p.m., and Sundays from 1 to 5 p.m.

The center is closed Mondays and federal holidays. Admission for adults is \$4; children under 16 are admitted for \$2.

However, entrance fees are suspended every Saturday.

The Fine Arts Center is located at 30 W. Dale St., a block west of Cascade Avenue. Take the Bijou exit off Interstate 25 going north, then turn left on Cascade Avenue. Watch for the sign at Dale Street and turn left.

Free parking is provided in the parking lot in front of the Fine Arts Center.

Just the Facts

- **Travel time** 15 minutes
- **For ages** all
- **Type** art center, museum
- **Fun factor** ★★★★★ (Out of 5 stars)
- **Wallet damage** Saturdays free

\$ = Less than \$20

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

(Based on a family of four)

Get Out!

Disney on Ice

Disney on Ice brings "Toy Story 2" to the World Arena March 19 through 23. There are several daytime performances. Call the box office at 576-2626 for tickets, which start at \$15.75.

Academy concert series

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

Denver theater

"**Stomp**" is in Denver's Buell Theatre Tuesday through March 16. Tickets for the percussion group are available at (303) 893-4100 or online at www.denvercenter.org.

Denver Center Attractions' season tickets for the 2003 musical season are for sale. The season starts with "Saturday Night Fever," starting Tuesday and running through Sunday, 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. Call (303) 893-4000 or go online, www.denvercenter.org.

Great films

Every second Tuesday through May, the Fine Arts Center presents a series of five of the American Film Institute's 100 greatest films. A discussion about the film takes place prior to the film, at 7 p.m.; the film is at 7:30 p.m. The next film is "It Happened One Night," Tuesday at 7:30 p.m. Admission is \$6. Tickets are at the box office, 634-5583. The Fine Arts Center is at 30 W. Dale St.

Theater

"**Same Time Next Year**" is now playing at the Castaways Dinner Theater, 103 Manitou Ave. in Manitou Springs. Dinner and show are \$33. Show only tickets are available for \$22. Call 685-3700 or

685-3300 for tickets.

Music groups

The Glenn Miller Orchestra makes an appearance at the Pikes Peak Center Sunday at 2 p.m. This orchestra was started in 1956 and is directed by trombonist Larry O'Brien. Tickets are \$25. Call Ticketmaster, 520-9090 for tickets.

"**Bon Jovi and the Goo Goo Dolls**" are in Denver's Pepsi Center April 3. Tickets start at \$40, call 520-9090.

"**Barrage**" is in the Paramount Theatre, 1621 Glenarm Place on the 16th Street Mall March 21 and 22. Call 520-9090 for tickets, starting at \$26.50.

"**The Lawrence Welk Show**," featuring members of the orchestra, is in the Paramount Theatre on the 16th Street Mall in Denver, March 19. Call 520-9090 for tickets, which begin at \$39.50.

Jimmy Buffet is in the Pepsi Center April 24. Tickets start at \$35, call Ticketmaster, 520-9090.

Pearl Jam is at the Pepsi Center April 1, and tickets start at \$35, Ticketmaster, 520-9090.

Chistina Aguilera and Justin Timberlake appear together June 23 at the Pepsi Center. Call Ticketmaster at 520-9090. Prices start at \$39.50.

Grammy winner Norah Jones is at Red Rocks Amphitheatre in the Denver area Aug. 15. Tickets are at Ticketmaster, 520-9090.

Broadway road shows

Pikes Peak Center's Broadway series next show is "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. Call Ticketmaster at 520-9090.

St. Patrick's Day Parades

This year's St. Patrick Day parades are scheduled for March 15. The annual parade in Old Colorado City is along Colorado Avenue at noon. The annual St. Patrick's Day parade in Denver begins at 9 a.m. in lower downtown Denver, near Coors Field.

World Arena lineup

Tim Conway and Harvey Korman are "Together Again" May 8, at 7:30.

"**Yanni**" is in concert at the arena May 22.

Tickets for these shows are available at 576-2626 or online at www.worldarena.com.

Exhibit at Denver Art Museum

A new exhibit in the Denver Art Museum is "Bonnard," which runs through May 25. Pierre Bonnard is a lesser known renaissance artist. More

than 100 of his works will be in the exhibit, which has a special admission price. However, the art museum has free general admission for Colorado citizens on Saturday. The museum is in downtown Denver and there's a nearby parking lot.

Fine Arts Center

"**Stuart Little**" is presented by the Theatre for Children June 9 to 14. Tickets are \$3 for all ages. The Fine Arts Center's productions are quite popular and sell out quickly. Buy your tickets at the Fine Arts Center.

Philharmonic

Pikes Peak Philharmonic holds a St. Patrick's Concert March 16 at 3 p.m.. Featured Irish selections are played by the Colorado Skye Pipe and Drum Corps. The concert is at Benet Hill Center, 2577 N. Chelton Tickets are available at the door, call 442-6853 or go online at www.pikespeakphil.org.

Spring Break

The Fountain Creek Nature Center's holds a Nature Camp, "Colorado Critters" during spring break. The camp is for 1st through 5th grade, March 24 to 28, from 9 a.m. until 3 p.m. The camp is at the nature center and in the park. Space is limited for this five-day camp. Please register by March 15 by calling 520-6745. The camp costs \$100 per child. The Fountain Creek Nature Center is just off Highway 85/87, near the gate 20 exit.

Symphony performance

The Pueblo Symphony, featuring the Veronika String Quartet, presents "Adagio for Strings," beginning at 7:30 p.m. in Hoag Recital Hall on the University of Southern Colorado campus. in Pueblo. The campus is at the north end of Pueblo, a couple miles east of Interstate 25. Tickets are \$15 and \$20; call (719) 549-2174.

Bluegrass music

Ralph Stanley, who sings songs from the soundtrack of "O Brother Where Art Thou" makes an appearance at the Pikes Peak Center March 22. Call 520-9090 for tickets. The Pikes Peak Center is in downtown Colorado Springs.

Ballroom dance

The Pikes Peak Chapter of the U.S. Amateur Ballroom Dance Association holds a semi-formal dance March 15, from 8 to 11 p.m., at Manitou Springs Memorial Hall, 606 Manitou Ave., \$12 in advance or \$17 at the door; call 473-1395.

Happenings



Photo by Doug Rule

St. Patrick's Day ...

Bennett's School of Irish Dance students march in the St. Patrick's Day Parade last year in Denver. This year's parade begins at 9 a.m. near Coors Field March 15. The Colorado Springs St. Patrick's Day Parade is at noon March 15, on West Colorado Avenue.



Program Schedule for Fort Carson cable Channel 10, today to March 14.

Army Newswatch: includes stories on military child education, the All Army Boxing Championships and the funeral of Bill Mauldin. 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 Black History Month, the high-speed vessel Joint Venture and USS Russell sailors. Airs at 8 a.m., 1 p.m., 8 p.m. and 1 a.m.

Air Force News: includes stories on shuttle security, the Columbia disaster and the U.S. Space and Missile Center (repeat). 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 80913-5119 or fax information to 526-1021 no later than the Friday before airing time.