

Mountaineer

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Photo by Bill Scharton

Pfc. Tina George, left, a freestyle wrestler in the World Class Athlete Program, will make history Wednesday and Thursday as she wrestles for gold at the 2003 Pan Am Games.

Carson soldier takes part in Pan Am Games

by Tim Hips

Community Family Support Center Public Affairs

Pfc. Tina George will be making history when she and 17 other soldiers compete in the 2003 Pan American Games in Santo Domingo which begin today and run until Aug. 18.

George, the only athlete stationed at Fort Carson in the Army World Class Athlete Program to compete at the Pan Am Games, will be a pioneer in the Dominican Republic, where female wrestling will be contested for the first time during Pan Am Games XIV.

"For me, it's like the first step towards the Olympics, so I'm really excited and getting really focused for the competition," said George, 24, of Cleveland, who stands 5 feet tall and will compete at 121 pounds. "I didn't really think of it before because girls have been going to the Pan Am Championships and the World Championships, but this is letting us know: 'Hey, it's a whole new time,' so I'm excited to go down there and get them."

Little more than one year before opening cere-

monies of the 2004 Olympic Games, the Pan American Games will serve as a major test for athletes gauging preparation for elite multi-sport competition. All told, 184 of the U.S. Pan Am athletes in 1999 made the 2000 U.S. Olympic Team. Since placing second in the overall medal count at the inaugural Pan Am Games in 1951, the U.S. has won the coveted count for the past 12 Games. In 1999, the U.S. won 296 medals, 100 more than runner-up Canada.

WCAP head boxing coach Staff Sgt. Basheer Abdullah, 40, of St. Louis, will be an assistant coach for the U.S. boxing team, which competes Aug. 8 to 16. He served as technical coach for Team USA in the 2000 Summer Olympics at Sydney. USA Boxing selected Abdullah as its 2002 Coach of the Year and the United States Olympic Committee named him 1999 Assistant Boxing Coach of the Year.

Super heavyweight Greco-Roman wrestler Sgt. Dremiel Byers, 28, of Kings Mountain, N.C., also will make the trip to Santo Domingo to serve as training

See Games, Page 4

Charities can help with back to school financial worries

by Spc. Matt Millham

14th Public Affairs Detachment

It may seem peculiar that a not-for-profit organization named Christmas Unlimited does a good part of its charity work in the middle of summer, but then again, the purchase of new school clothes and supplies is a sort of end-of-summer Christmas in itself as children pore over the contents of stationery aisles with holiday-like enthusiasm.

But not all children observe this back-to-school ritual with such gusto. For children whose family's financial situation leaves no room for trendy backpacks or binders, even the most utilitarian notebooks, pens or crayons can be a burden on family wallets.

Easing the financial strain of the return to school,

See Back to School, Page 3



Photo by Spc. Chris Smith

Welcome back ...

Col. Joseph Orr, 7th Infantry Division and Fort Carson deputy commanding general, greets soldiers from Task Force 1st Battalion, 180th Infantry, Oklahoma National Guard, as they arrive home from the Sinai. The unit was part of the Multi-National Forces Observer mission.

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Feature



Moving the right way makes relocation easier.

See Pages 18 and 19.

Happenings



JoyRides Family Fun Center is indeed a local place for fun.

See Page 27.

Tornado warning

There will be a test of the Emergency Weather Warning Siren system today at 10 a.m. on Fort Carson. Should there be an actual emergency, further information would be provided.

Post Weather hotline:
526-0096

ner

CG: 4th ID soldiers excel at mission

To the Mountain Post community: Your husbands and wives are working tirelessly every day to improve the lives of Iraqi citizens and set the conditions that will allow us, and other U.S. forces, to redeploy. They have fought fiercely against the remaining Saddam loyalists, while at the same time compassionately helping the Iraqi people move to a free, democratic society. I am impressed daily by the magnificent performance and attitude of every Ironhorse soldier. I know some of our soldiers and their families have already sacrificed much and we will never forget them. As Gen. John Abizaid, central command commander, said recently while visiting Task Force Ironhorse, our mission is critical to fighting the global war on terrorism and we must defeat terrorists here so that we don't have to defeat them in the United States. We will complete our mission no matter how long it takes.

Undoing 35 years of repression and tyranny will not be quick or easy; our

soldiers have performed brilliantly and will continue to do so. The United States will leave Iraq only after the mission is complete and free Iraqi people enjoy a safe, secure, healthy and prosperous society.

As we said prior to deployment, we are committed to completing the mission the president has given us, and we are proud to see this task through to completion. It is the right thing to do. In support of this long-term effort I believe the division will be here about a year; if conditions are met that allow withdrawal of forces sooner it may not be that long, but we need to plan for a year.

Our soldiers are professionals; they will persevere and complete this continuing mission with the same motivation and dedication they have displayed from the beginning of this operation.

Our soldiers are focused on the mission at hand. I have personally been proud of the unwavering support we have received from all the friends and family members of the Task Force

Ironhorse. You are true heroes and your continuing support allows us to maintain this focus. The exceptional way the 4th Infantry Division Family has rallied from the moment we deployed is as important to the division's success as the combat performance of our units. Our soldiers will not let up the relentless pressure on the enemy; we need the same level of effort from the 4th ID Family. The challenges of combat will continue; the challenges at home caused by separation and anxiety will endure as well.

Through your continuing support we will complete the mission and return to celebrate our success in Iraq, as well as the success each family member who sacrifices daily as loved ones are deployed. We all look forward to being reunited with our families again. Your mission is difficult and I greatly appreciate all you do for your soldiers and for each other.

Thank you all for your kindness, prayers and sacrifices, while you contin-



Odierno

ue to support us. God bless all the 4th ID families, and God bless our soldiers. We will get through this together showing everyone what I already know. We have the best soldiers and families in the Army.

"Steadfast and loyal."

Maj. Gen. Raymond Odierno
4th Infantry Division
commanding general

3rd ACR commander calls reports of unit's October redeployment misleading

We are nearing the end of July and the 3rd Armored Cavalry Regiment has been in the U.S. Central Command's area of responsibility for four months. Over three of those months have been in the country of Iraq. The regiment serves heroically in a region where anti-coalition forces still exist.

The people of Iraq are grateful we have destroyed the former regime, and they are appreciative of the efforts of the coalition to secure the country and enable the Iraqi people to go on with their lives. Many reports recently indicate that the regiment will redeploy in October of this year. Those reports are misleading. There is a possibility the regiment will be relieved of conducting operations in our current location. This relief could happen in late October or early November. If the relief does happen, the most likely scenario for the regiment is that we would be used as a reserve for the CENTCOM AOR. The timeline the regiment would be utilized as a reserve is dependent on two variables.

One variable is the introduction of other multi-national forces into the current coalition. The other variable is the availability of other United States forces to serve in the CENTCOM AOR. Both scenarios indicate the regiment will redeploy in March or April of 2004.

The families and friends of the regiment have followed the news and know the important tasks accomplished by the troopers in the 3rd ACR.

All of our formations are seasoned and experienced fighters and will continue to meet the challenges and accomplish all the missions assigned to us.

I also acknowledge the great sacrifices our families make every day. There are not words to express the gratitude I hold for your devotion to your trooper, for your service to our nation, and for the daily prayers you offer for the regiment. God bless you all.

Col. David A. Teeple
3rd Armored Cavalry Regiment commander

Unity: considering others important to success, cohesion

by Sgt. 1st Class Timothy J. Clausen
43rd Area Support Group Equal Opportunity Advisor
"United we stand; divided we fall."

I have heard this quote many times in my life. It means more now than it ever did. I have found this statement to be true, especially in my military career. I have seen units that did not have unity within them. Along with that, the units usually did not do well while performing their mission when required to work well together.

The word unity, according to Webster's Dictionary, is defined as "the state of being one." Unity is often called esprit de corps or morale within units. This is often what reflects how well, or bad, a unit is viewed. Without it, the unit is usually viewed as a bad unit.

A way of combating this is to use the Consideration for Others Program. This will enable soldiers and leaders to know how and what the soldiers think about particular topics.

The Consideration of Others Program provides team building and allows the soldier to offer ideas on what is going on within the unit and suggestions to fix problems or maintain the good things going on in the unit. A person who can do this gets the feeling of being an integral part of the unit and esprit de corps and morale will increase. If a person feels he/she is a part of the decisions, he/she will not allow the unit to fail.

MOUNTAINEER

Commanding General:
Maj. Gen. Robert Wilson

Public Affairs Officer:
Lt. Col. Thomas Butzyna

Chief, Command Communications:
Douglas M. Rule

Editor:
Sgt. Alicia Stewart

Staff Writers:
Spc. Jon Wiley
Pfc. Aimee J. Felix

Happenings:
Nel Lampe

Sports Writer:
Bill Scharton

Layout/Graphics:
Cindy Tiberi

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News

Korean War ...

Armistice Day observed in Washington

by **Spc. Bill Putnam**
Army News Service

WASHINGTON — Fifty years after they left the cratered, frozen hills of Korea, 4,000 Korean War veterans celebrated the war's armistice in a sober, hour-long ceremony on the National Mall in Washington, D.C., July 27.

Representatives from the 21 other countries that fought with the United States and South Korea during the United Nation's first war also attended the ceremony.

The ceremony marked the 50th anniversary of the signing of the armistice between the UN Command and North Korea. Both Koreas still haven't signed a peace treaty and are still technically at war.

The assembled veterans and their families heard Deputy Secretary of Defense Paul Wolfowitz talk about how their sacrifices wouldn't be forgotten.

"Because we took a determined stand, the people of South Korea have had half a century of peace, 50 years to build a democracy and a thriving economy," Wolfowitz said.

For one veteran attending Sunday's ceremony, the war — like his service in the Army — will never be forgotten and he's proud of his helping the South Koreans.

Robert Barfield, now 69, arrived at the ceremony

wearing the original khaki service uniform he wore in the Army. He said he was 17 when he arrived in Korea in 1952. By his 18th birthday, he was a sergeant first class. During the 18 months he spent in Korea, he went to three different units: the 5th Regimental Combat Team, the 3rd Infantry Division and twice with the 187th Airborne Infantry Regiment.

Six months later he was serving back on the front with Company F, 7th Infantry Regiment, 3rd Infantry Division, at Outpost Boomerang when it was overrun by the Chinese June 14, 1953. It was there he said he thought about statistics.

The Army lost 27,709 soldiers in battle during the Korean War, with another 77,596 wounded. Another 7,140 servicemembers became prisoners of war. More than 8,000 Americans are still missing.

The United States still has about 37,000 troops stationed in Korea to guard against a North Korean invasion.

Statistically, a soldier had a better chance of dying in Korea than World War II or Vietnam, Barfield said.

Barfield was wounded by that Chinese sniper at the Punchbowl, lone of the many ridges along the 38th Parallel that marked the front in Korea and lived through a 17,500-round mortar and artillery shell barrage on Operation Boomerang.

"It looked like it was plowed the next day," he recalled.

At the ceremony, almost five decades to the day after he left Korea, Barfield related that it's "disgusting" that the Korean War is the "Forgotten War."

Even though more and more people are attending functions honoring Korean War veterans, Barfield thinks the ceremonies like Sunday's will stop.

"After this is over, that's it for Korea. I'll never make the 100th!" he said.

For all of the bitter memories of his war and service being forgotten by the public, Barfield, a veteran of both the Army and Navy, would still do it all over again.

"I was proud of my Navy service, but I liked my Army service better."

Fifty years later, Barfield, a Purple Heart recipient is even prouder of his time in Korea. He believes the Korean War was the impetus of stopping the spread of communism.

Raised in an orphanage in Philadelphia, Barfield thought he had it bad growing up until he saw children in Korea.

"Then I realized what we were doing over there, and I really think we did the right thing," he said. "In fact, I'm positive of it."

CENTCOM: Iraqi die-hards may number in thousands

by Jim Garamone

American Forces Press Service

DOHA, Qatar — A U.S. Central Command official estimates the number of anti-coalition forces in Iraq to number between 4,000 and 5,000.

The official spoke on background at the Central Command Forward headquarters here July 27.

The backgrounder followed a meeting with Joint Chiefs Chairman Air Force Gen. Richard B. Myers. Myers is traveling to the “heart of Baathdom” in Tikrit, Iraq — Saddam Hussein’s hometown.

The number of Iraqis fighting against the coalition is at best an estimate. The official said the guess takes into consideration the various different “actions” going on in Iraq.

“Iraq is more than a guerilla war,” said a senior CENTCOM official. “It is a low-intensity conflict where you have to fight terrorists, you have to fight guerrillas, you have to fight criminals and you have to achieve stability. It’s a multifaceted effort, and most of the country is stable.”

The military effort will focus its capacity on the mid-level Baathist threat, he said. The command’s intelligence experts have found that the Iraqi Intelligence Service has a role in this much bigger than was once thought.

The official said that colonels and lieutenant colonels are orchestrating the action at regional and local levels in the country. They have access to funds and access to arms and weapons. In many cases, they are hiring poorer Iraqis to launch attacks.

But the big question needing an answer isn’t strictly military: Do the people living in the triangle between Baghdad, Tikrit and Ar Ramadi support the Baathists or the coalition?

“You’ve got to win over the good will of the population over time in order to be able to defeat (the Baathist holdouts) militarily,” the official said.

Many Iraqis are interested in enlisting in a new Iraqi army and many are lining up for the Iraqi civil defense force. Officials conservatively put the number of Iraqis under arms on the coalition side at 50,000.

Army developing new survival knife

by Spc. Petersi Lui

Army News Service

CAMP ARIFJAN, Kuwait — Army aviation crews will soon have a new tool to help them escape from a crashed aircraft.

The Army’s Directorate of Combat Development at the Army Aviation Center in Fort Rucker, Ala., developed the knife specifically for aviators.

The Aircrew Survival Egress Knife can cut through an aircraft’s Plexiglas windows and saw through its aluminum skin. A special separate blade can slash away seat belts with ease.

In conjunction with its multifunction sheath, this cutting-edge tool can also be used as a hammer, a screwdriver and a precision-edge marker. The ASEK comes with a crushed diamond disk for precision sharpening. Issue of the ASEK to aviators is expected to begin in the near future. For those who cannot wait or are not aviators, the knife can be purchased for less than \$50 commercially.

Military

Fort Carson hosts National Night Out

Tuesday's event will promote community involvement in crime, drug awareness

by Joey Bautista

Mayoral Program Coordinator

"National Night Out" is the one night in the year put aside to promote crime and drug awareness.

In support of the National Night Out, the Army Community Service Mayoral Program and Directorate of Community Activities Special Event have organized an event for Tuesday, from 4:30 to 8 p.m. at the Ironhorse Park. The event is free, and food is provided.

This has become an annual event that brings communities together to learn more about crime prevention and drug awareness. This event has become so popular, last year's National Night Out campaign involved citizens, law enforcement agencies, civic groups, business, neighborhood organizations and local officials from 9,850 com-

munities from all 50 states, U.S. territories, Canadian cities and military bases worldwide.

Last year, Fort Carson received the first place National Award for the "Best Military Installation National Night Out" event.

This occasion was started by Matt Peskin in 1984 and has continued to be a success. Peskin said he believes the people of the United States want to make this nation a better place to live in.

Everyone can help out and be a person who makes a difference. By attending this year's National Night Out, you will learn more about crime, drugs and violence prevention and awareness. You will also be able to participate in local anticrime programs and help educate your children about the dangers of violence and drugs. You can do this all while having fun and enjoying our picnic.

This year activities include the proclamation

of the National Night Out, family activities (picnic) and community information, which includes all programs of the ACS and DCA. There will be entertainment and several demonstrations from the Provost Marshal Office, including K9 obedience training and fingerprinting for the children.

McGruff, the crime dog, will be there as well. The police department from the area surrounding Fort Carson will be there to support and promote Fort Carson 2003 National Night Out.

People are encouraged to continue supporting the National Night Out by participating in their "Neighborhood Watch Program" and getting to know your neighbors in

National Night Out activities

This year's activities include the proclamation of the National Night Out, a picnic and community information, which includes all Army Community Service and Directorate of Community Activities programs. There will be entertainment and several demonstrations from the Provost Marshal Office, including K9 obedience training and fingerprinting for the children.

the surrounding community.

For more information on the Fort Carson National Night Out, contact Joey Bautista, ACS Mayoral Program at 526-4590 or Ann Edinger, DCA Special Events at 526-4495.

Military Briefs

Hours of operation

Information, Tickets and Registration Office and the Outdoor Recreation Complex Information Desk have been combined in an effort to better serve customers. Hours of operation are Tuesday through Saturday, 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 Monday through Friday 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.

Legal Assistance hours — Hours at Legal Assistance are back to normal. Walk-ins to see attorneys are Mondays and Fridays only; sign in is at 12:30 p.m. on a first-come, first-served basis. Powers of Attorney and notaries are done on a walk-in basis 9 a.m. to 4 p.m., Mondays, Tuesdays, Wednesdays and Fridays and Thursdays from 1 to 3 p.m.

New CIF Hours

Effective immediately, individuals may conduct their business at Central Issue Facility (draw, turn-in, direct exchange) during the following times:

Building 330: Mondays, Tuesdays, Wednesdays, Thursdays and Fridays from noon to 3 p.m.; Tuesdays 8 to 11 a.m.; Wednesdays 8 to 11 a.m.

Building 309 (desert items): Mondays, Tuesdays, Wednesdays, Thursdays and Fridays, 8 to 11 a.m. and noon to 3 p.m. There may be an occasional change to the hours if there is a large unit mobilizing or demobilizing. The change will be put out through e-mail, mobilization meetings, command sergeant major channels and

signs at CIF.

Turn-in of complete TA-50 (End of Time in Service, Permanent Change of Station) is by appointment; call 526-5512.

Bulk issue or turn-in of items by supply sergeants must still be done by appointment. Appointments should be made with Connie Thompson, CIF, at 524-2006.

Briefings

eArmyU — eArmyU program briefings are conducted at the Mountain Post Training and Education Center, building 1117, Tuesdays at 9:30 and 11:30 a.m. and Wednesdays at 11:30 a.m.

Special Forces briefings

Special Forces recruiting briefings are Wednesdays at 1:30 p.m. and Thursdays at 1:30 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.

The Commanding General's Newcomers' Brief is the third Wednesday of each month, 1 to 3 p.m. at McMahon Theater.

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 turn around for the service is 72 hours. 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.

Military Police blotter ...

DARE, McGruff participate in Night Out

by Spc. Heather Clawson

Drug Abuse Resistance Education Officer

For the sixth year, Fort Carson will participate in "National Night Out."

The Fort Carson Drug Abuse Resistance Education officers will be at this event with McGruff the crime dog and will be fingerprinting children to help with the identification in cases of missing children. The name, gender, hair and eye color, height, weight, and date and place of birth of the child will be indicated on the card, have that information readily available.

National Night Out is designed to heighten crime and drug prevention awareness; generate

support and participation in local anti-crime programs; strengthen neighborhood spirit and police community partnerships and send a message to criminals letting them know that neighborhoods are organized and fighting back.

This event is Tuesday in Ironhorse Park from 4:30 to 8 p.m.

Changing hours

To accommodate the new duty hours on Fort Carson, the Provost Marshal Office will be changing their customer service hours effective today. New hours are 9:30 a.m. to 4 p.m. Monday through Thursday, closed daily from

Traffic Roll Up

In the past week there were 78 total citations:

- 60 for speeding
- 18 for other violations (e.g.: malfunctioning equipment, lack of insurance or registration, expired plates and improper vehicle operation)

11:30 a.m. to 1 p.m. and all day Friday. Also, the Vehicle Registration Office will have new hours effective today. New hours are 8:30 a.m. to 4:30 p.m., Monday through Friday.

Week of Aug. 2 to 8

Weekday Dining Facilities

- 43rd ASG Cheyenne Mtn. Inn (building 1040)
- 3rd ACR CAV House (building 2461)
- 3rd ACR Patton House (building 2161)
- 10th SFG (A) (building 7481)
- 3rd BCT Strikers Café (building 2061)

Weekday Meal Hours

- Breakfast 6 to 9 a.m. (All facilities)
- 6:30 to 8:30 a.m. (Cheyenne Mtn. Inn)
- Lunch 11:30 a.m. to 1 p.m.
- Dinner 4:30 to 6:30 p.m.

Exceptions

- Butts Army Airfield dining facility is closed until further notice.
- Mountaineer Inn is closed until further notice



Saturday, Sunday and Training Holiday Dining Facilities

- 3rd ACR Cav. House. (building 2461)
- 43rd ASG (building 1040)
- 3rd ACR Patton House (building 2161)
- 3rd BCT Strikers Cafe (building 2061)

Saturday, Sunday and Training Holiday Meal Hours

- Breakfast 7:30 to 9:30 a.m.
- Lunch 11:30 a.m. to 1 p.m.
- Dinner 4:30 to 6:30 p.m. 3 to 5 p.m. (Cheyenne Mtn. Inn)



Photos by Pfc. Aimee J. Felix

Saying goodbye ...

Soldiers from the 3rd Brigade Combat Team and the 3rd Armored Cavalry Regiment rear detachments render a 21-gun salute at a memorial service held for Capt. Joshua Todd Byers Wednesday at the Soldiers' Memorial Chapel. Byers, 29, was killed July 23, east of Baghdad, when his convoy hit an explosive device. Byers was assigned to Headquarters, Headquarters Troop, 2nd Battalion, 3rd ACR. He is survived by his wife Kim, his parents Loyd and Mary, and his brothers Milam and Jared.

Games

From Page 1

Alto, Calif.

A two-time Southeastern Conference champion at Louisiana State University and now an infantryman in the WCAP, Pfc. Regan Nichols, 29, of Austin, Texas, will run the 400-meter hurdles.

In team handball, 2nd Lt. Sunny Chen, 23, of Virginia Beach, Va., and Maj. Shannon Cox, 35, of Assaria, Kan., will play for Team USA. Chen, a graduate of the U.S. Military Academy, is stationed at Lake Placid, N.Y., and a WCAP member. Cox, also a West Point graduate, is stationed at Fort Leavenworth, Kan., and has competed in three U.S. Olympic Festivals.



Photos by Bill Scharton

World Class Athlete Program Boxing Coach Basheer Abdullah gives advice to one of his boxers after a round of practice on Fort Carson.

"I think the team is really well-prepared, but Brazil has the team to beat," said Cox, a transportation officer who realizes Team USA must strike gold in Santo Domingo to earn a spot in the Athens Games. "It's definitely an honor to be representing the U.S. Army."

U.S. Army Marksmanship Unit competitors include Sgt. Jason Parker (three position free rifle) of Omaha, Neb.; Sgt. 1st Class Thomas Tamas (free prone rifle) of Columbus, Ga; Spc. Shane Barnhart (air rifle) of Ashley, Ohio; Spc. Mary Elsass (air rifle) of Poquoson Va.; Spc. Hattie Johnson (sport rifle) of Athol, Idaho; Sgt. 1st Class Daryl Szarenski (free pistol) of Saginaw, Mich.; Sgt. 1st Class Shawn Dulohery (skeet) of Lee's Summit, Mo.; Staff Sgt. William Keever (double trap) of Rutherfordton, N.C.; and Staff Sgt. Armando Ayala (10-meter 30+30 running target) of El Paso, Texas.

Army Reserve Maj. Dave Johnson will coach the U.S. rifle team, and retired USAMU Master Sgt. Erich Buljung will lead the national pistol team.

Several members of the USAMU made the squad but relinquished some or all of their spots for the Pan Am Games: Maj. Michael Anti (prone rifle), Parker (air rifle), Szarenski (air pistol) and Army Reserve Staff Sgt. Elizabeth Callahan (sport and air pistol).

Meanwhile, George, a silver medalist in the women's 2002 World Wrestling Championships who is recovering from a shoulder injury, is proud to compete in the Dominican Republic while her brothers and sisters in arms struggle for peace around the globe.

"I'm excited to go down and represent the Army team," she said. "It's just a great accomplishment and I'm so proud of myself for another year of being on top and dealing with some injuries. I think the Pan Am Games play a pivotal role in establishing me as a contender for the Olympics. I want to represent our soldiers, who are still at war, and their friends and family. They obviously aren't at home yet, but we're thinking about them. We appreciate them being overseas so that we can go off to competitions such as this without being in fear.

"This is the stage," George concluded. "This is the



Pfc. Tina George spars with a training partner. George was a silver medalist in the women's 2002 World Wrestling Championship and is recovering from a shoulder injury.

time to display what you have, and I want the gold."

The Pan Am Games will showcase all 31 Olympic sports, plus six sports looking for a possible Olympic invitation in the future: bowling, karate, racquetball, roller sports, squash and water skiing. These Games also will feature Jai Alai. Team USA will not field contingents in men's and women's soccer nor Jai Alai.

The Pan American Games will feature about 7,700 athletes from 42 nations competing in 288 events in 38 sports. Contested every four years, the Pan Am Games draw the largest U.S. athlete delegation of any Games operation overseen by the U.S. Olympic Committee. Team USA will have an estimated 709 athletes. By comparison, 602 U.S. athletes competed in Sydney, Australia, during the 2000 Summer Olympics, while 211 were in the 2004 Winter Olympics at Salt Lake City.

Tax exempt: How serving in a combat zone can affect soldiers' paychecks

by 1st Lt. Theodore Stutz
4th Finance Battalion

If you serve in a combat zone as an enlisted servicemember or as a warrant officer for any part of a month, your military pay received for that month is excluded from gross income and is tax exempt.

As an officer, your pay is partially exempt up to the amount paid the most senior enlisted member in your particular service. For example, in the Army, an officer's pay would be excluded up to the amount paid the Sergeant Major of the Army. Usually, servicemembers receiving CZTE also draw hostile fire or imminent danger pay, but not always. In some cases, if you serve outside the combat zone, you may be entitled to CZTE if you are serving in direct support of military operations in the combat zone. Reservists and National Guard members should be aware they are refunded taxes they paid in the previous month on the first update of the current month

What does Basic Allowance for Housing mean to you?

BAH is based on geographic duty location,

pay grade and dependency status. BAH is intended to provide servicemembers accurate and equitable housing compensation based on housing costs in local civilian housing markets. It is payable when government quarters are not provided. Effective Jan. 2, 2000, most pay grades, at most locations, were entitled to an increase in housing allowances. As of Jan. 1, 2001, servicemembers are entitled to geographic rate protection. This means you are protected from published rates decreasing in your location until 2005. In 2005, these rates will be allowed to decrease or increase with the local housing market. There are a few exceptions, but for the most part, until 2005 all members with the same grade and dependency status will receive the same BAH.

Family assistance

There is a toll-free Army Family Assistance Hotline established by the U.S. Army Community

and Family Support Center in conjunction with the Army Liaison Office. The hotline is for family members of soldiers on active duty, Army National Guard and Army Reserve called to active duty. Call (800) 833-6622.

Finance location and hours of operation

Finance customer service is open from 9 a.m. to 4:30 p.m. Monday and 9 a.m. to 3 p.m. Tuesday through Thursday and is closed Fridays for Sergeant's Time Training.

If you need finance questions answered, or basic finance functions performed (LES printout or description) your best resource is MyPay or your S-1. If your issue cannot be resolved at those levels, please come into finance customer service located at building 1854 on the backside of Prussman Chapel and the 3rd Brigade Combat Team Headquarters across the street from the front entrance of Garcia Physical Fitness Center. Please call if you need directions 526-6258. Finance customer service is open from 9 a.m. to 4:30 p.m. Monday and 9 a.m. to 3 p.m. Tuesday through Thursday and is closed Fridays for Sergeant's Time Training.

Community

Common respiratory disorder

Asthma requires proper treatment

by Spc. Jon Wiley
Mountaineer staff

According to the American Lung Association, asthma is one of the most common respiratory disorders, afflicting more than 15 million Americans, yet myths about this disease abound. If you or someone you know suffers from asthma, it is important to know the facts about it so it can be properly treated.

One misconception about asthma among soldiers is that those who have it can't serve in the Army. This is not true, said Dr. Shirley Davis, medical board physician at Evans Army Community Hospital.

"According to Army Regulation 40-501 Chapter 3, a person with asthma can stay in the Army as long as he or she can perform to standards on the two-mile portion of the PT test, wear a protective mask and perform regular duties," Davis said.

Soldiers who are diagnosed with asthma are typically put on a profile for 12 months in which time a physician determines whether or not it can be effectively

managed, Davis said. Since the disease responds well to treatment, in many cases it can be. In some instances, when respiratory infections and viruses trigger it, it may even be cured, Davis said.

Another misconception about asthma is that it's not a serious condition. This, coupled with the false notion that soldiers with asthma will be discharged, may lead some in the Army to hide the fact they have it. Those who do this are risking their lives.

The ALA reports that asthma causes about 5,000 deaths in the United States annually. It's also a leading cause for hospitalization due to chronic disease. Because of this, it's absolutely imperative that soldiers who know or suspect they have asthma

seek treatment, said Master Sgt. Wayne Allies, non-commissioned officer in charge of the Pulmonary and Respiratory Clinic at EACH.

Other asthma myths are that adults can't get it and that children usually grow out of it.

Asthma can strike at any age. Since it is triggered by environmental factors such as weeds, grasses, cold air, hot weather and molds among other things, often-times soldiers will begin to have problems with asthma for the first time after being stationed in a climate that contains triggers for their particular condition, Allies said.

"Here at Fort Carson, we see a lot of exercise-induced asthma that's triggered by people running in the cold weather," Allies said.

A person who has no trouble running three miles at Fort Hood, Texas in the middle of August, may find herself gasping and wheezing after running only a half mile here during December. It all depends on the individual and the individual triggers are for that person's condition.

Allies said an important part of managing one's

What is asthma?

Asthma is a disorder of the respiratory system in which passages that enable air to pass into and out of the lungs periodically narrows, causing coughing, wheezing and shortness of breath.

Community Events

Miscellaneous

The Mountain Post Training and Education

Center's hours for certain programs and services will change Monday. Hours are:

eArmyU Testing center, Monday through Thursday, 7:30 a.m. to 4:30 p.m.

Army Learning Center and Basic Skills Classes, Monday through Thursday, 9 a.m. to 4 p.m.

Counselor Support Center, Monday through Thursday 7:00 a.m. to 4:45 p.m. Friday 11 a.m. to 4:45 p.m.

ETS Briefings, Monday through Thursday, 7:30 p.m.

Education festival — The Mountain Post Education Center, building 1777, corner of Specker and Ellis, will host an Education Festival Aug. 20 from 10 a.m. to 2 p.m. Twelve local colleges will have representatives available to provide information on college programs. Individuals will be present to answer questions about the Troops to Teachers Program, financial aid and Veteran Administration education benefits.

OSJA Claims Office hours of operation — Claims division office hours are Monday through Thursday, 9 a.m. to 11:30 a.m. and 1 p.m. to 4 p.m.

Personnel Claims Hours: Monday and Wednesday, 10 a.m. to 2 p.m. for mandatory briefing to submit DD 1840/1840R and receive documents for filing. Tuesday and Thursday, 9 a.m. to 11:30 a.m. and 1 p.m. to 4 p.m.

Call 526-1355 for more information.

The Lifestyle, Education and Nutrition program, or LEAN, is now enrolling for the Aug. 12 session.

Nutrition care at Evans Hospital administers this 8-week program, which pairs nutrition education and behavior modification with group exercise sessions. The LEAN program will approach weight management by helping patients to establish and meet personal fitness and weight-loss goals. The program will be held every Tuesday in the Wellness Center beginning Aug. 12 through Sep. 30. Physical activity sessions start at 3:30 p.m. followed by the nutrition class, which runs from 4:15 p.m. to 5 p.m. If you are interested in attending the class, please contact TRIWEST at 264-5000 to make an individual appointment for enrollment with the dietician.

Call 2nd Lt. Hogan at 526-7971 for more information.

Central Issue Facility hours of operation

Regular business hours

Mondays, Tuesdays, Wednesdays and Fridays from 7:30 a.m. to noon and 12:30 p.m. to 4 p.m. and Thursdays from 7:30 a.m. to noon

Initial/partial issues

Mondays, Tuesdays, Wednesdays and Fridays from 8 to 11:30 a.m. and 12:30 to 3 p.m.

Direct exchange

Mondays, Tuesdays, Wednesdays and Fridays from 12:30 to 3 p.m.

Partial turn-ins

Mondays, Tuesdays, Wednesdays and Fridays from 12:30 to 3 p.m.

Full turn-ins

Appointments are scheduled Mondays, Tuesdays, Wednesdays and Fridays. Call 524-2006 or 526-2729.

Effective immediately:

Replacement will be scheduled Mondays, Thursdays and Friday mornings.

Demobilized units tentatively have Tuesdays and Wednesdays to schedule out processing

Mobilization units will schedule unit direct exchange by appointment. Unit supply sergeants will collect soldiers DX items and schedule CIF appointments. A CIF employee will work one-on-one with supply sergeant vs. having bus loads of soldiers arrive at CIF to exchange one or two items.

Active-duty units — PCS/ETS/chapters/retirees will make an initial out processing appointment (Mondays,

Tuesdays, Wednesdays and Fridays) for turn-ins. All follow-on appointments (14 OCIE items or less) will be scheduled if needed.

Bulk issue and turn-ins — By appointment only

Note: Due to redeployment or demobilization unit requirements this schedule is subject to change. Changes will be put out through e-mail, mobilization meetings, command sergeants major channels and posted signs at the CIF. Appointments can be made with Connie Thompson at 526-4057 or 524-2006. POC for this information is Mark A. Rudd Sr., CIF supervisor at 526-6477.

Claims Division new hours — Effective Aug. 4, the Claims Division office hours are Monday through Thursday from 9 to 11:30 a.m. and 1 to 4 p.m., and the office is closed on Friday.

Personnel Claims hours:

Mandatory briefing: Mondays and Wednesdays from 10 a.m. to 2 p.m. Submit DD 1840/1840R

Receive documents for filing:

Submitting completed Tuesdays and Thursdays from 9 to 11:30 a.m. Claims: 1 to 4 p.m. Closed on Friday.

If there is an emergency personnel claims issue on Friday, call Tina Kolb at 526-1352 to see if it warrants an appointment.

Calling all civilian employees — Make that change from being a couch potato watching sports to being on the team. Join the Civilian Wellness Program. Get ready to play those sports, take that hike, bike or pursue a new sport.

Get off the sofa and out of the house and enjoy the beautiful weather and the breathtaking sites of Colorado. Take the challenge and join the Civilian Wellness Program for Department of Defense employees. Join the team at the Mountain Post Wellness Center for this unique opportunity.

The Civilian Wellness Program allows three hours each week of duty time to work out at the Wellness Center (approval from supervisor required). The program starts with an assessment and baseline testing. Individuals set goals and the Wellness Center team sets up a physical exercise program and provides educational opportunities to increase your total health.

This is the opportunity to start a holistic program for a lifetime of good health. Take that first step to a healthier lifestyle and come to the Mountain Post Wellness Center. Then step up that mountain and enjoy the view. Call 525-3887 for information or come to building 1526 (beside the commissary) to get information and the enrollment packet. Join the Civilian Wellness Program for Department of Defense civilians. Next session starts in early September. This is the last session and chance to get in shape before the holidays.

Fort Carson's instructional walking program

The Fort Carson Well Walkers walk Tuesdays and Thursdays at 8 a.m. for the duration of the summer. Pre-registration is required and is ongoing so you can start anytime. Call the Mountain Post Wellness Center at 526-3887 for information and to receive your registration packet.

Enlisted Spouses Charitable Organization

The Enlisted Spouses' Charitable Organization will meet July 16 at 6:30 p.m. at the Elkhorn Conference Center. Membership in ESCO is open to all spouses of enlisted or warrant officer soldiers, whether active duty, Reserve, Guard or retired, and all are invited to attend. Children are always welcome to attend with a parent. If you are interested in joining, please attend a meeting, e-mail us at CarsonESCO@hotmail.com or call our office at the Family Connection 524-1115.

ACAP job openings — Army Career and Alumni Program currently has the following jobs listings for interested personnel. For more information about the jobs, call 526-1002.

What: Graphics Artist at Schriever Air Force Base Who: Anyone with audio visual experience and a high school diploma

What: Satellite communications technician in Colorado Springs Who: Anyone with space operations/GPS experience required and a high school diploma



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

Fort Carson's ACS Mayoral Program Presents

NATIONAL

Night Out

America's Night Out Against Crime

A Welcome Home Event brought to you by
Fort Carson Army Community Service (ACS)
& Directorate of Community Activities (DCA)

Tuesday 5 August, 4:30pm-8pm, Iron Horse Park

Family Activities & Community Information

- K9 Obedience Training Demonstration
- Self Defense Demonstrations
- Food, Fun & Entertainment
- Crime Awareness
- Kids Fingerprinting

For details, please contact the
Mayoral Program at 526-4590.

What: Systems engineer at Schriever Air Force Base

What: Systems Engineer in Omaha, Neb., Who: anyone with satellite ground systems experience BSEE Degree Required

What: Information Systems OSR Engineer in Sunnyville, Calif.

Who: Anyone with ATM technology experience

What: Materials planning in Colorado Springs. Who: Anyone with logistics background; BA with two years experience

The Mountain Post Wellness Center will be extending its operational hours starting July 14. The new hours will be Mondays through Thursdays 6 a.m. to 5 p.m. and Fridays 6 a.m. to 4 p.m.

Youth Army Family Action Plan conference — Fort Carson Child and Youth Services will host a Youth AFAP Conference, Aug. 1, at the Youth Center. The half-day conference is intended to identify challenging issues facing Army youth, both locally and globally, and to assist the Army leadership in identifying and prioritizing family quality of life issues. The top issues from the Youth AFAP Conference will be presented at the installation AFAP Conference, in November 2003.

The youth conference will have four workgroups: middle school students, high school students, parents and CYS Sports Program Parents. Work groups will identify and prioritize youth and family quality of life issues. Each group will select three issues to present the entire group. The large group will then prioritize five issues, which will become working material for the installation AFAP in November. These issues will be highlighted at the major command and the Northeast Region.

If you are a teen or parent interested in shaping the future for families and young people at Fort Carson, please consider being part of the Youth AFAP Conference. Please contact Vanessa Tranel, 526-2301 or Loren Morris, 526-1236 for more information. The conference is from 11:00 a.m. to 3:30 p.m. Lunch is provided.

Shedding light on sexual assault: There's more to this violent crime than rape

by Sgt. Melissa Bernazzani
14th Public Affairs Detachment

It could happen to anyone, anywhere, anytime. Many people may think sexual assault is just another term for rape, but sexual assault doesn't always mean forced intercourse; victims of this type of assault may experience any unwanted physical or verbal sexual contact.

Sexual assault is a crime of power and control, as described in a T.E.S.S.A. informational packet. T.E.S.S.A., or Trust Education Safety Support Action, is a nonprofit organization dedicated to reduce domestic violence and adult sexual assault through education, intervention and treatment.

"It (sexual assault) would be any unwanted sexual touching with or without force, nonconsensual ... it doesn't have to be intercourse to be sexual assault," said Jeanine Arnold, a treatment provider for Social Work Service at Evans Army Community Hospital.

Sexual assault includes but is not limited to anything from rape or attempted rape by a friend, family member, spouse or stranger; child sexual abuse, molestation, incest or sexual exploitation; sexual harassment in the workplace, at school or on the street; obscene phone calls; and sexually explicit language or images.

In nearly three out of every four sexual assault incidents, victims reported the offender was not a stranger, according to T.E.S.S.A.

If someone has recently been sexually assaulted, they should do whatever it takes to feel safe again, such as take time

off to spend with family, friends or a trusted person for support, explained Arnold. Talking to someone they trust or writing their feelings in a personal journal is a good way for a victim to express feelings without building up too much stress from the violation.

Although the victim may feel quiet and withdrawn from usual activities, they should look to someone they trust to talk with about their feelings. If talking about the assault is too difficult, journaling is another way for the victim to vent feelings. Trying to forget the assault will just build up stress and cause even more hurt and frustrated feelings, explains T.E.S.S.A.'s informational packet.

In trying to do whatever it takes to feel safe again, victims may take self-defense classes, which may help in regaining confidence and a sense of empowerment again.

Fear and embarrassment play a damaging factor in the victims' reporting process, but if the perpetrator is left alone and unreported, the perpetrator may repeat the offense to the victim and/or a new victim.

"Most sex offenders report that they have committed multiple types of sexual assault (sexual assault crimes include exhibitionism, voyeurism, oral sex, vaginal penetration, attempted penetration, fondling and incest)," according to the Colorado Bureau of Investigation Web site, www.sor.state.co.us.

Trying to help a friend or family member cope with being a victim of sexual assault may seem difficult, but there are many important things one can do,

according to T.E.S.S.A.

- Express support for the victim.
- Reassure the survivor that you care about his/her feelings and the assault was not his/her fault.
- Allow the survivor to feel in control of his/her life.
- Don't underestimate his/her pain.
- Encourage, but don't force him/her to talk.
- Be sure he/she understands the importance of getting medical attention.
- Find healthy ways to express your anger at the assailant without further traumatizing the survivor.
- Respect the survivor's confidentiality.

Sexual assault affects people of all races, ages, sexual orientation, culture or social status. In fact, one in three women and one in five men will be sexually assaulted in their lifetime, according to the Center for the Prevention of Sexual and Domestic Violence Web site, www.cpsdv.org. Although sexual assault is a crime that affects may never be put to an end, there are some precautions to aid in prevention and to protect one's self.

- Set and communicate your limits.
- Trust your intuition.
- Don't be afraid to make a scene if you feel uncomfortable.
- Pay attention to people's verbal and nonverbal cues.
- Know you deserve respect.
- Know what is sexual assault and don't be afraid to talk about it.

Fort Carson's Social Work Service office, 526-4585, can help victims of sexual assault through treatment and counseling services. Also, the Fort Carson Mental Health Clinic is available for counseling services at 526-7155.

There are also many off-post services available for victims of sexual assault to help them feel in control again. T.E.S.S.A. offers a crisis hotline, 633-3819, for immediate assistance for vic-

Tips to aid in prevention and protection:

- Set and communicate your limits.
- Trust your intuition.
- Don't be afraid to make a scene if you feel uncomfortable.
- Pay attention to people's verbal and nonverbal cues.
- Know you deserve respect.
- Know what is sexual assault and don't be afraid to talk about it.

Helping someone cope:

- Express support for the victim.
- Reassure the survivor you care about victim's feelings and the assault was not the victim's fault.
- Allow the survivor to feel in control of his/her life.
- Encourage, but don't force the victim to talk.
- Be sure the victim understands the importance of getting medical attention.

(Information provided by T.E.S.S.A.)

tims of sexual assault. Contact the main office at 633-1462 for any information concerning sexual assault and aiding in the prevention and treatment such as additional counseling, support groups or self-defense classes.

Because of unawareness, most victims never report their sexual assault to authorities. Victims of sexual assault are also encouraged to contact the Military Police Station at 526-2333 and/or EACH emergency room at 526-7111.

Back to school

From Page 1

new school year.

The Christmas Unlimited program, begun in 1923, donates school supplies to needy children of both soldiers and civilians. Last year, the program's funds for school supplies were exhausted early as the number of eligible participants exceeded donations, said Patricia Randle, Army Community Service. But, she continued, "they have never given us a dollar figure" for how much is spent on the program, and "there is no limit to the number of children accepted."

"In past years, we've done probably 50 or 60" children a year through the Christmas Unlimited program at ACS, said Randle. However, ACS is not the only avenue soldiers have to access the program. Other organizations that offer services to low-income and

families in need can also help children get access to the program.

The items distributed through the Christmas Unlimited program are grade appropriate, said Randle. A date and time for distribution have not yet been decided on, but it will take place after Aug. 13, the deadline to apply for the program, she said.

While Christmas United is a national program, the locally organized Lions Club of Security will donate \$2,000 worth of back-to-school shopping to the children of Fort Carson soldiers.

The Lions Club program targets the children of lower-enlisted soldiers, those in the ranks of E-4 and below, and provides 20 children with \$100 each to purchase clothing and school supplies, said Randle. The \$100 must be spent at Wal Mart and because of this provision, some families have, in the past, turned the money down. She was disinclined to speculate why

families who applied for the charity turned it down, but suggested such families were probably not as needy as they made out to be.

Qualifying for either program is based on economic need, but there are some misconceptions about eligibility for the Christmas Unlimited program, said Randle. "You do qualify if you qualify for WIC," she said, "but you don't have to be on WIC to get it."

ACS has been screening children for the Christmas Unlimited program since Saturday, and the process will continue through Aug. 13. Randle encourages families to come in for walk-in screening Monday through Friday from 1 to 7:30 p.m. and Saturday and Sunday from 8 a.m. to 7:30 p.m.

Those interested in the Lions Club program are advised to contact their command finance noncommissioned officer. Soldiers who do not know who their command finance NCO is can find out through ACS.

Waiting patiently in God will bring you strength

Commentary by Chap. (Maj.)
James L. Bixler

Fort Carson Family Life Chaplain

"They also serve who only stand and wait," said John Milton.

Waiting. It means to remain stationary until the arrival of some person or some event. We spend so much of our time waiting. We wait in line at the post office. We wait in line until it's our turn to purchase our groceries. We wait in line until our traffic signal turns green. We wait to be seen by the doctor. In these mundane tasks, we may experience feelings of irritation as we wait.

We all must occasionally face tasks or experiences we don't like. Anticipation of these tasks or events may result in experiencing dread. We need to go to the dentist to have some cavities filled. Do you remember the dread you felt when you were young, in trouble and waiting for you mom or dad to come home?

It can be hard to wait. Waiting often implies anticipation, eager hopefulness. So we can experience impatience irritability and a sense of

urgency when we are waiting. Time seldom goes by quickly when we want it to. So, as teenagers, we couldn't wait to enter high school and then couldn't wait to get out. We eagerly looked forward to our 16th birthday so we could get our driver's licenses.

Some waiting may mean enduring experiences that involve some physical pain. Think about the young expectant mother who is eight months pregnant and feeling ready for all of the discomforts of her pregnancy to be over. Or a person who must endure all that comes with a chronic illness. Some waiting involves enduring emotional pain.

So many of you are waiting. You wait for the return of loved ones. You too, as John Milton said, also serve because you stand and wait. You experience fear, loneliness and frustration. You wait for the completion of tasks and responsibilities over which you have absolutely no control.

You may wonder, "Doesn't God see how hard this is for me? He must not care." Long ago the prophet

Isaiah addressed this question so frequently asked by human beings. He said, "Why do you say, O Jacob, and assert, O Israel, 'My way is hidden from the Lord, and the justice due me escapes the notice of my God?' Do you not know? Have you not heard? The everlasting God, the Lord, the Creator of the ends of the earth does not become weary or tired. His understanding is inscrutable. He gives strength to the weary, and to him who lacks might, He increases power. Though youths grow weary and tired, and vigorous young men stumble badly, yet those who wait for the lord will gain new strength; they will mount up with wings like eagles, they will run and not get tired, they will walk and not become weary."

We will find strength and help in our waiting when we intentionally present ourselves to God and affirm that in his time and by his strength he can make us able to face all that we will encounter. he does know and he does care and he stands beside us in order to help us overcome every difficulty we encounter.

Chapel

Soldiers' Memorial Chapel fall religious education classed —

Registration is currently underway for Protestant and Catholic religious education classes at Soldiers' Memorial Chapel. Classes begin Sept. 7. For Protestant information call Dennis Scheck at 526-5626, for Catholic Classes call Pat Treacy at 526-5744.

Youth of the chapel —

Activities for Protestant and Catholic Middle School and High School Youth take place each Tuesday evenings at 6 p.m. at Soldiers' Memorial Chapel. Protestant High School activities include Bible Studies Sundays at 9:30 a.m. and Tuesday 6 p.m. at Soldiers' Memorial Chapel. Catholic youth classes meet at 10:45 a.m. Sundays at Soldiers' Memorial Chapel.

Asthma

From Page 11

asthma is discovering what your particular triggers and avoiding them as much as possible.

Besides those already mentioned, other common triggers include dust mites, birds, furry animals, cockroaches, tobacco smoke, household cleaners, smog, aerosol sprays, strong odors such as paint fumes and perfumes, illnesses such as colds, flu and sinus infections and strong emotions or stress.

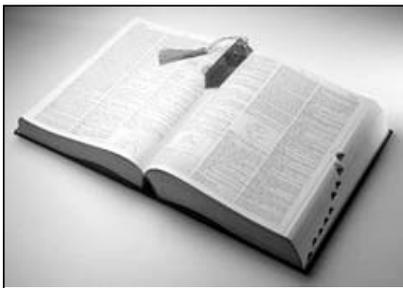
Triggers also explain why some think children grow

out of asthma. According to an ALA study, 78 percent of males and 85 percent of females who suffered from asthma from ages 8 to 13 still suffered from it 15 years later. Rather than growing out of the condition, it's likely that those adults who had asthma as children and are now symptom-free are no longer in environments that contain their particular triggers.

Yet another common myth about asthma is that those who have it shouldn't exercise. Even though exercise is a common trigger for the condition, the ALA, the Asthma and Allergy Foundation of America and the American Association for Respiratory Care recommend

regular exercise for asthmatics. People with asthma may take medication before they exercise so they can enjoy their activity, but they shouldn't avoid it. The benefits of exercise outweigh the risks it poses for asthmatics. So, asthmatics in the Army shouldn't hesitate to run — they should just be sure to take their inhalers along with them.

In short, those with asthma can live healthy, productive lives and even serve in the Army. Even though the disease is life threatening and chronic — meaning it usually lasts for a lifetime — it responds well to medications and can be effectively managed.



Chapel

AWANA: Because kids matter to God — Fort Carson's AWANA club is gearing up for another exciting year.

Club # 13,334 will resume Sept. 4 and will meet every Thursday evening from 5 to 7 p.m. at Soldiers' Memorial Chapel.

AWANA is an international, nondenominational organization whose goal is to reach boys and girls with the gospel of Christ, and train them to serve him. This is the end result, but the method is fun. Each club meeting is divided into three segments, all jam packed with fun and adventure.

During game time, individual and team competition takes place through circle games exclusive to AWANA. Every kid gets involved and has a chance to unleash his or her energy, while learning good sportsmanship and respect. During Handbook time, kids work one on one with a trained leader to complete assignments that emphasize memorization and understanding of key Bible verses. Council time is when everyone gathers for an engaging Bible based lesson.

AWANA is divided into age-appropriate clubs, which are similar to Scouts, in that the children wear uniforms and progress through handbooks. A series of awards reward achievements at every level.

Registration for Fort Carson's AWANA club is taking place from now until Aug. 21. Pick up and drop off your registration forms at Soldiers' Memorial Chapel, or call Stacy Chapman at 382-3970 for more information.

We are also looking for adult volunteers to serve in this exciting ministry. If you have a heart for reaching children with the gospel of Jesus, we would love to have you on our team. Call Stacy Chapman for information.

Chapel Schedule

Day	Time	Service	Chapel	Location	Contact Person
M-W-F	noon	Mass	Healer	Evans Army Hospital	Fr. Battiato/649-5260
Tues., Wed., Thurs.	noon	Mass	Soldiers'	Nelson & Martinez	Chap. Patton/526-5769
Saturday	5 p.m.	Mass	Soldiers'	Nelson & Martinez	Chap. Patton/526-5769
Sunday	8 a.m.	Mass	Prussman	Barkeley & Prussman	Chap. Patton/526-5769
Sunday	9:30 a.m.	Mass	Soldiers'	Nelson & Martinez	Chap. Patton/526-5769
Sunday	10:45 a.m.	CRE	Soldiers'	Nelson & Martinez	Pat Treacy/526-5744
Sunday	11 a.m.	Mass	Healer	Evans Army Hospital	Fr. Battiato/649-5260
Sunday	12:15 p.m.	Mass	Provider	Barkeley & Ellis	Chap. Patton/526-5769
Tuesday	6:30 p.m.	RCIA	Soldiers'	Nelson & Martinez	Pat Treacy/526-5744
Saturday	4 p.m.	Reconciliation	Soldiers'	Nelson & Martinez	Chap. Patton/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. Borden/526-4206
Sunday	11 a.m.	Protestant	Soldiers'	Nelson & Martinez	Chap. Fox/526-8011
Sunday	11 a.m.	Prot./Gospel	Prussman	Barkeley & Prussman	Chap. Byrd/526-2811
Sunday	9:30 a.m.	Sun. School	Prussman	Barkeley & Prussman	Chap. Byrd/526-2811
Sunday	9:30 a.m.	Sun. School	Soldiers'	Nelson & Martinez	Dr. Schreck/526-5626
Tuesday	9 a.m.	PWOC	Soldiers'	Nelson & Martinez	Chap. Fox/524-1166
Sunday	9:30 a.m.	Contemporary	Veterans'	Magrath & Titus	Chap. Ellison/526-8890
Sunday	6 p.m.	PYOC	Soldiers'	Nelson & Martinez	Ms. Schreck/524-1166
LITURGICAL					
Sunday	10:45 a.m.	Lutheran	Provider	Barkeley & Ellis	Chap. Lloyd/526-3888
JEWISH					
For information and a schedule of Jewish Sabbath services, call the U.S. Air Force Academy Cadet Chapel at 333-2636.					
WICCA					
Tuesday	6:30 p.m.		Family University	Bldg. 1161	Ms. Costantino-Mead
MORMON					
Sunday	2 p.m.	LDS	Provider	Barkeley & Prussman	Chap. Jones/526-4416
NATIVE AMERICAN SWEATLODGE					
For ceremonial information and directions, call Michael Dunning at 382-5331					

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 — Habakkuk 3:2-19 & 2 Chronicles 16-3

Saturday — Psalms 57 & 2 Chronicles 4-6

Sunday — Psalms 58 & 2 Chronicles 7-9

Monday — Psalms 59 & 2 Chronicles 10-12

Tuesday — Psalms 60 & 2 Chronicles 13-15

Wednesday — Psalms 61 & 2 Chronicles 16-18

Thursday — Psalms 62 & 2 Chronicles 19-21

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 3rd Armored Cavalry Regiment headquartered at Fort Carson, deployed in support of Operation Iraqi Freedom.

Army: For all Army families who are conducting permanent change of station moves this summer. May God under guide them all and bring them safely to new homes and places of service.

State: For all soldiers and families from the state of New Jersey. Pray also for Gov. James McGreevey, the state legislators and municipal officials of the Garden State.

Nation: Give thanks for the many men and women who have served our nation in the Merchant Marine. May God bless those whose service on wind and wave brings our nation the blessings of prosperity.

Religious: For the soldiers, families and personnel of the Lutheran Church, Missouri Synod. Pray also for the chaplains endorsed to military service by this community of faith.

For more information on the Army Cycle of Prayer, or to pray for items from previous weeks, visit the cycle's Web site at www.usarmychaplain.com.



Courtesy photo

Relocation is a way of life for people in the Army, but even for seasoned movers, moving is a big event with a lot of physical and emotional challenges that need to be handled with care.

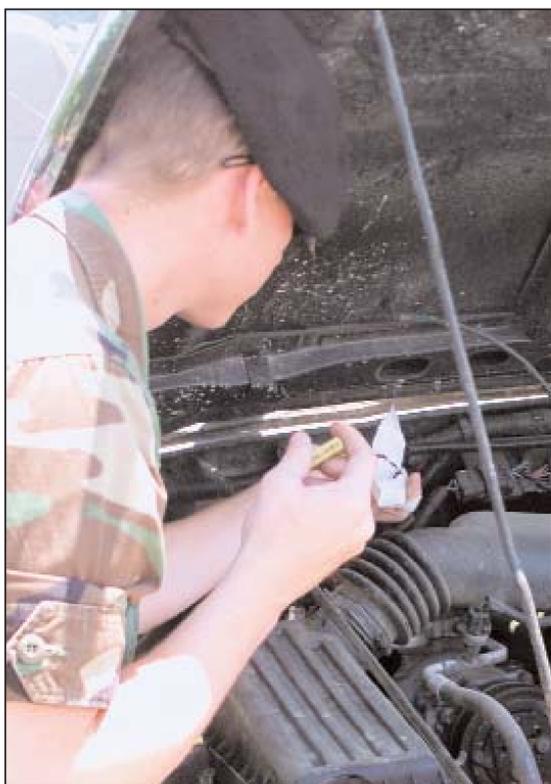


Photo by Spc. Jon Wiley

Before moving, make sure your vehicle is in good running condition and that all required maintenance has been completed.



Photo by Spc. Jon Wiley

Moving can be as emotional for your pet as it is for you. Make proper transportation arrangements for these special members of your family, and make sure their vaccinations are up to date.

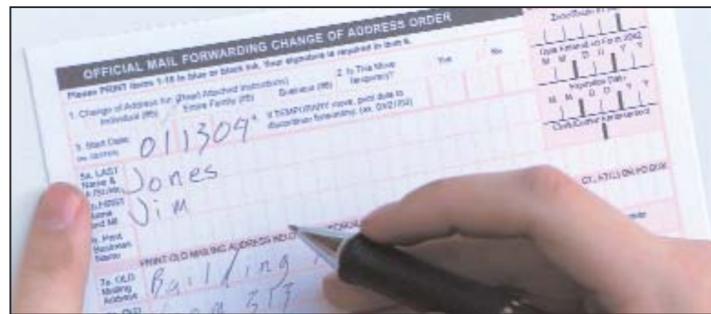


Photo by Spc. Jon Wiley

Filling out a simple change of address form, which can be picked up at any U.S. Postal Service office, will ensure your mail arrives at your new location.

Relocation checklist Key to a smoother move

by Rudi Williams

American Forces Press Service

WASHINGTON —

Relocation is part of life in the military and for some Department of Defense civilian employees.

At Fort Carson alone, for the months of May through October, the Joint Personal Property Shipping Office is handling goods for 1,901 inbound soldiers, 858 outbound soldiers and doing 813 moves for families from local residences into government quarters, said Floyd Edmond, branch chief of Carson's JPPSO.

Every permanent-change-of-station order means moving yourself, your family and all your belongings to a new duty location somewhere in the world.

Moving is a big event with a lot of physical and emotional challenges that need to be handled with care. Like everything else in life, there's a right way to move. And doing it the right way can make a big difference in stress, peace of mind and your pocket-book.

One of the most important factors of a good move is making contact with the JPPSO in a timely manner.

"When an individual gets orders, he should schedule an appointment with us no later than 60 days out from his move," Edmond said. He explained that individuals need to get information about how much weight they are authorized to ship and what can and can not be shipped as soon as possible.

Here are some other things to do to help make your move smoother:

Moving checklist

- Notify your landlord, rental agent or housing office of your permanent change of station orders and anticipated date of departure.
- Check school schedules and enrollment requirements at your new station.
- Check the expiration date on your military identification card; update if necessary.
- Contact the department of motor vehicles for information on changing your driver's license and vehicle registration.

- Take care of auto maintenance and repairs.
- Contact your insurance company concerning vehicles, home and household goods. Find out about coverage on your possessions in transit and storage and about high-value items.

- Fill out a postal change of address form.
- Fill out an Internal Revenue Service change of address form.
- Hand-carry medical and dental records.
- Keep prescription medicines in their original bottles. Obtain prescription slips in case you need refills on the road. Pack medicine in leakproof, spill-proof containers.

- Hand carry finance records.
- Ensure your entire family is properly listed on the Defense Eligibility Enrollment Reporting System.
- Start using up perishable and frozen foods about a month before moving.

- Discard food you haven't used before the carrier shows up to pack.

- Dispose of flammables such as fireworks, cleaning fluids, matches, acids, chemistry sets, aerosol cans, ammunition, oil, paint and thinners.
- Drain fuel from mowers and other machinery.
- Discard partly used cans and containers of substances that might leak.

- Carefully tape and place in individual waterproof bags any jars of liquid you plan to carry with you.
- Refillable tanks must be purged and sealed by a local propane gas dealer. Discard nonrefillable tanks. Some carriers and the military do not permit shipment of any propane tanks.

- Switch utility services to new address. Inform electric, disposal, water, newspaper, magazine subscription, telephone and cable companies of your move.
- Have appliances serviced for moving.
- Clean rugs and clothing and have them wrapped for moving.
- Plan ahead for special needs of infants.
- Close bank accounts and have your funds wired to your new bank. Before closing, be sure there are no outstanding checks or automatic payments that

haven't been processed.

- Collect valuables from safe-deposit box. Make copies of any important documents before mailing or hand-carry them to your new address.
- Record serial numbers of electronic equipment.
- Defrost freezer and refrigerator. Place deodorizer inside to control odors.
- Give a close friend or relative your travel route and schedule so you may be reached if needed.
- Discuss the moving process with your children to overcome their fear of relocation.
- Return library books and other borrowed items.
- Make shipping arrangements for vehicles early.
- Ensure the vehicle is in good running condition and that all required maintenance has been completed.

Moving your pets

- Make arrangements for transporting pets.
- Carry health and rabies certificates with you. Ask about vaccinations needed to travel to foreign countries.
- Attach an ID tag to your pet's collar.
- Check on type and size of kennel needed for overseas shipment of pets. If you're traveling across country, you can check on petfriendly hotels on the Web at www.petswelcome.com.

On moving day

- Double-check closets, drawers, shelves, attic and garage to be sure they are empty.
- Carry travelers checks for quick, available funds.
- Watch loading and unloading and examine all items carefully before signing a receipt.
- There's a wealth of information on the Internet about moving. Use the keywords "military relocation" on any Web search engine for links.
- To access an online directory of U.S. military installations worldwide, listing units, missions, facilities, services and other information of interest to service members and their families, register at www.dmdc.osd.mil/sites/owa/Installation.prc_SelectInstallation.



On & About

1 - 8 August 2003

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Sports & Leisure

Lady Mountaineers still in running for second place

by Bill Scharton
Mountaineer staff

In the past couple of weeks, the Lady Mountaineers competitive slowpitch softball team had a troublesome tendency to play down to the level of its opponents. As a result, the Lady Mountaineers lost a pair of games to teams that were below them in the standings.

The most recent case in point took place July 23 in a league game against the Bijou Babes. The Lady Mountaineers entered the contest tied for second place in the Colorado Springs Parks and Recreation women's silver league standings with a 7-3 record. The Bijou Babes came into the game tied for last place in the seven-team league standings with a 2-8 mark.

So much for standings and records. The Bijou Babes beat the Lady Mountaineers by the score of 14-13 in extra innings.

In the top of the first inning, the Lady Mountaineers played good defense and held the Bijou Babes to one run scored. The Lady Mountaineers countered with four runs of offense in the bottom of the first frame, mainly due to a three-run homer by pitcher Nina Dawson.

Several walks and a couple of untimely errors by the Lady Mountaineers in the top of the second inning allowed the Bijou Babes to score four runs. In the bottom half of the inning, the Lady Mountaineers' offense was productive once again with five runs

scored. Pam Norris, Lenore Moskey and Dawson slammed run producing base hits and the Lady Mountaineers led 9-5 after two innings of play.

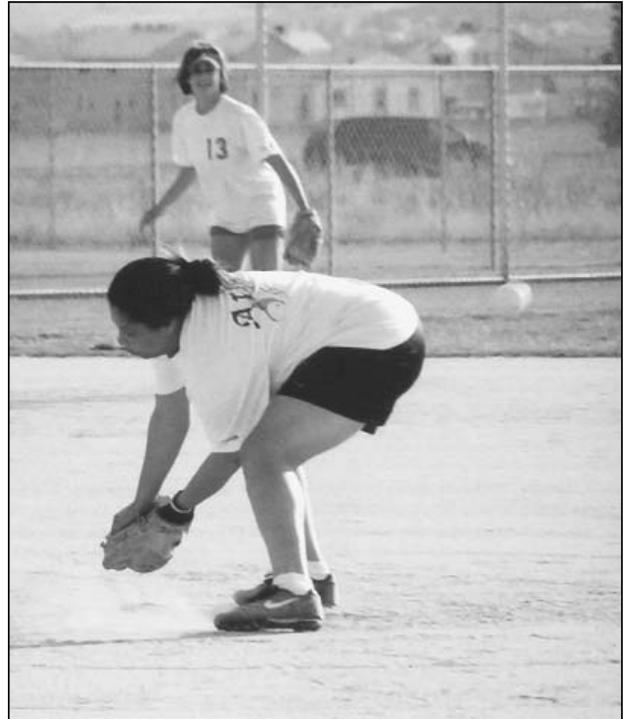
A combination of walks, hits and errors enabled the Bijou Babes to push across three more runs in the top of the third inning. The Lady Mountaineers managed only one run in the bottom of the third on a Naomi Gilbert RBI single and the lead shriveled to 10-8 at the end of three innings.

In the top of the fourth inning, the Lady Mountaineers defense easily retired the first two Bijou Babes' batters and appeared headed for an easy frame. However, at this point, the Bijou Babes' Bats came alive and the team tallied four runs before the third out was recorded. The Bijou Babes had grabbed its first lead of the game at 12-10.

The Lady Mountaineers responded by scoring two runs in the bottom of the fourth frame to tie the score at 12. Dawson's triple plated both runs for the Lady Mountaineers.

The top of the fifth inning featured a solo homer by the Bijou Babes on a ball that sailed over the head of outfielder Norris. A nifty double play by the Lady Mountaineers (Dawson to Rebecca Sides to Kim Routon) and a fly out retired the side.

Down by one run (13-12) going to the bottom of the fifth inning, the Lady Mountaineers needed at least



Photos by Bill Scharton

Oops! Lady Mountaineers' pitcher Nina Dawson fails to come up with this ground ball off the bat of a Bijou Babes' hitter in the July 23 game. On offense, Dawson was the main offensive force for the Lady Mountaineers with seven RBIs.

one run to extend the game. The Lady Mountaineers managed to score one run as Norris came through on a two-out, run scoring single. Sides grounded out to end the inning.

Regulation time had expired so the game moved to extra innings tied at 13. The Bijou Babes scored one run in the top of the sixth inning on a two-out single to take a 14-13 lead.

Once again, the Lady Mountaineers needed to score at least one run to stay alive. Lady Mountaineers' shortstop Dawn McCarty got the ball rolling with a single. An intentional walk to Dawson put runners on first and second with no outs.

The Lady Mountaineers' offense then came to a screeching halt as Routon struck out swinging, Moskey grounded into a fielder's

choice out and Carolyn Smith popped out. Game over, Lady Mountaineers lose 14-13.

"I don't understand it," said Lady Mountaineers' player/manager Catherine Satow following the game. "Lately, we have not played well against teams below us in the standings.

"Sometimes you can feel that the team has good energy before the game, that they have come to play. I did not sense this tonight."

Despite the loss, the Lady Mountaineers still had a shot at second place in the final league standings. A victory in the final regulation season game last Wednesday over the S.G.O. Wild Things would secure second place for the Lady Mountaineers.

"Knowing we still have a shot at second place should make the game more exciting," said Satow.



Lady Mountaineers' outfielder Pam Norris hustles down the line and beats out an infield single in the July 23 game against the Bijou Babes.

Busy weekend coming up for Gentry's Track Troupe

by Bill Scharton
Mountaineer staff

The majority of the members of the Fort Carson based Joe Gentry's Track Troupe will be in action this weekend. Five members of the troupe will be competing in the national junior olympics track and field championships in Miami. Other troupe members will be competing at the Air Force Academy Saturday and Sunday in the track and field portion of the Rocky Mountain State Games.

The troupe members who qualified for the national junior olympics are brothers Maurice, Daniel and Raymond Blackledge, Rena Napoleon and Tiffany Morton.

Raymond and Daniel Blackledge will be competing in both the long jump and the triple jump in the intermediate boys division (15-and 16-years-old). Maurice will compete in the long jump in the midjet boys division (10-to 12-years-old).

Raymond and Daniel have been troupe members for several summers. They first got involved with the troupe after competing in track and field at Carson Middle School.

"Coach (Greg) Stinson was the coach at Carson Middle School and he recruited us for Joe Gentry's Track Troupe," said Raymond. Coach Stinson will accompany the Blackledge

brothers on their first-ever trip to Miami.

Raymond will be a junior at Palmer High School this year. As a sophomore, he competed in track and football for the Terrors. Daniel will join his brother at Palmer this year as a freshman.

Raymond is a starting cornerback and a running back for the Terrors and he thinks Daniel has a good shot at making the varsity football team as a ninth grader.

"I think he (Daniel) will suit up for varsity games as a freshman this year," said Raymond. "He should also be on the varsity track team in the spring."

Napoleon will run the 400-meter dash at the national junior olympics. She ran track at Hilltop Baptist High School and will attend Baylor University this fall on a track scholarship.

"I have been involved with Joe Gentry's Track Troupe for several summers now," said Napoleon.

"This involvement definitely helped me get the scholarship to Baylor."

According to Joe Gentry's Track Troupe president and head coach John Smith, Napoleon has an excellent chance to shine at the national junior olympics. "We knew Rena had great



Photo by Bill Scharton

Lewis-Palmer High School senior Tiffany Morton, a member of the Fort Carson based Joe Gentry's Track Troupe, does some sprint training last week during a late afternoon workout. Morton will run the 400-meter hurdles this weekend at the national junior olympics in Miami.

Traveling the globe ...

1 WCAP soldier to compete in Dominican Republic, another off to Turkey

by **Bill Scharton**
Mountaineer staff

Several Fort Carson World Class Athlete Program soldiers will be in action the next two weeks at the 2003 Pan American Games and the 2003 Conseil International du Sport Militaire Wrestling Championship.

Women's freestyle wrestler Tina George will compete for the United States in the 55 kilogram/121 pounds weight division at the Pan American Games. She will leave for Santo Domingo, Dominican Republic Monday and will wrestle for gold Wednesday and Thursday.

George has been training with the United States Pan American wrestling team at a camp at the Olympic Training Center in Colorado Springs. The female wrestlers will be competing for the first time in the Pan American Games and this bit of history makes the event even more exciting.

"I am really excited about this first time competition at the Pan Am Games," said George. "I am proud to represent the United States and the Army WCAP team. I am focused and ready to go for gold."

Super heavyweight Greco-Roman

wrestler Dremiel Byers will go to Santo Domingo to serve as a training partner for 2000 Olympic champion Rulon Gardner. Byers, the defending world champion, lost to Gardner at the U.S. World Team Trials in June. Therefore, Gardner earned the right to compete at the Pan American Games. Byers will be helping Gardner get ready for a possible match against Cuba's Miguel Lopez.

WCAP head boxing coach Basheer Abdullah will be an assistant coach for the U.S. boxing team

at the Pan American Games. He served as technical coach for the U.S. boxing team at the 2000 Olympic Games. In 2002, Abdullah was chosen Coach of the Year by USA Boxing.

The other WCAP soldiers assigned to Fort Carson who will be competing in the 2003 Pan American Games include Anita Allen (modern pentathlon), Chad Senior (modern pentathlon), Regan Nichols (track), Sunny Chen (team handball) and John Nunn (race walking). Senior, Nichols, Chen and Nunn are assigned to the Fort Carson WCAP but live and train in other parts of the country.

Army WCAP head wrestling coach



Photo by Bill Scharton

Fort Carson's Tina George, right, a women's freestyle wrestler with the Army World Class Athlete Program, gets ready to roll her training partner during a camp session at the Olympic Training Center in Colorado Springs.

Shon Lewis will be the head coach for the U.S. Military wrestling team that will compete for the CISM wrestling championship Saturday to Aug. 10 in Istanbul, Turkey. Men's freestyle and

men's Greco-Roman styles will be contested at the CISM championship.

Fort Carson WCAP wrestlers com-

See WCAP Page 25

Track

From Page 22

potential when she first came to the troupe," said Smith. "If she is healthy this weekend, she should do really well at nationals."

Morton will run the 400-meter hurdles at the national junior olympics. This is her second summer with the troupe.

"I am so excited about the national junior olympics," said Morton. "This will be my first trip to Miami." Like Napoleon, Morton is hoping to attend college on a track scholarship.

World class master's sprinter Raphael August, a staff sergeant at Fort Carson, will compete in the Rocky Mountain State Games in the 100- and 200-meter dashes. August competes in the 40- to 44-years-old division. He recently earned a gold medal at the XV World Masters Athletics Championships as a member of the United States first place 400-meter relay team.

The other members of the troupe will compete in a variety of track and field events both Saturday and Sunday at the Air Force Academy outdoor track and field facility.



Photo by Bill Scharton

Joe Gentry's Track Troupe member Rena Napoleon begins a drill during a late afternoon training session last week. Napoleon will compete in the 400-meter dash in the young women's division (17 and 18 years old) this weekend at the national junior olympics in Miami.

Sport's briefs

The Rocky Mountain State Games slated for Saturday, Sunday

Several athletes with Fort Carson connections will compete in the 2003 Rocky Mountain State Games Saturday and Sunday.

Bill Peters and Ron Terviel are competing in their age-group triathlon. Mike Prieditis (JuJitsu) and Kenneth Everette (Tae kwon do) are entered in the martial arts competition.

Members of the Fort Carson based Joe Gentry's Track Troupe are scheduled to compete in many of the track and field events. Troupe president and head coach John Smith will be the commissioner for track and field at the Rocky Mountain State Games.

The Rocky Mountain State Games, a Colorado Springs Sports Corporation event, is an Olympic-style sports festival for Colorado citizens of all ages and competitive abilities. The primary venue will be the Air Force Academy with competition also taking place at several other venues in Colorado Springs and Monument.

Summer Classic Softball Tournament

The Fort Carson Summer Classic softball tournament will be Aug. 15 to 17 at the Mountain Post Sports Complex softball diamonds.

The tournament will serve as an Independent Softball Association state qualifier for men's D and E class teams. There will also be a women's open tournament if eight teams sign up to play.

Team trophies will be presented to the first, second and third place teams. Individuals on the first and second place teams will also receive awards. An individual gold glove award will be presented and a home run derby contest will take place.

Game balls will be provided and ISA rules will be in effect. The entry fee is \$180 per team. For additional information, call Bryant Rushing at 524-4515 or Seth Peters at 524-09576.

WCAP

From Page 23

peting at the CISM championship will be Oscar Wood (Greco-Roman), Glen Nieradka (Greco-Roman), Jason Kutz (freestyle), Jason Loukides (freestyle) and Dominique Black (freestyle). The other U.S. Military wrestling team members are Duane Martin (Marine Corps), Robert McKinney (Marine Corps), Aaron Sieracki (Air Force), Deon Hicks (Marine Corps), Corey Farkas (Air Force) and Jacob Clark (Marine Corps). Marine Corps Maj. Jay Antonelli will assist Lewis.

"There will be approximately 15 countries represented at the CISM wrestling championship," said Lewis. "Russia, Germany and Turkey usually provide the stiffest competition. There will be a freestyle team champion, a Greco-Roman team champion and a combined team champion."



Photo by Bill Scharton

World Class Athlete Program wrestlers Dominique Black, left, and Dremiel Byers get ready for drills at the Mountain Post wrestling facility. Black will represent the U.S. Military Freestyle team in CISM competition next week in Turkey. Byers will be a training partner for Rubin Gardner at the Pam Am Games.

Sport's briefs**Tennis clinic and brunch**

A tennis clinic and brunch, sponsored by the Fort Carson Directorate of Community Activities, will take place from 6 a.m. to noon Aug. 9 at the Mountain Post Sports Complex tennis courts.

The fee for the clinic and brunch is \$2. To sign up or for additional information, call 526-2151 or 524-1388.

Fort Carson ten-miler time trials

Time trials for the Fort Carson ten-miler team will take place at 6:30 a.m. Aug. 27 at the Special Events Center. The Fort Carson team will compete in the Army Ten-Miler Oct. 5 in Washington D.C.

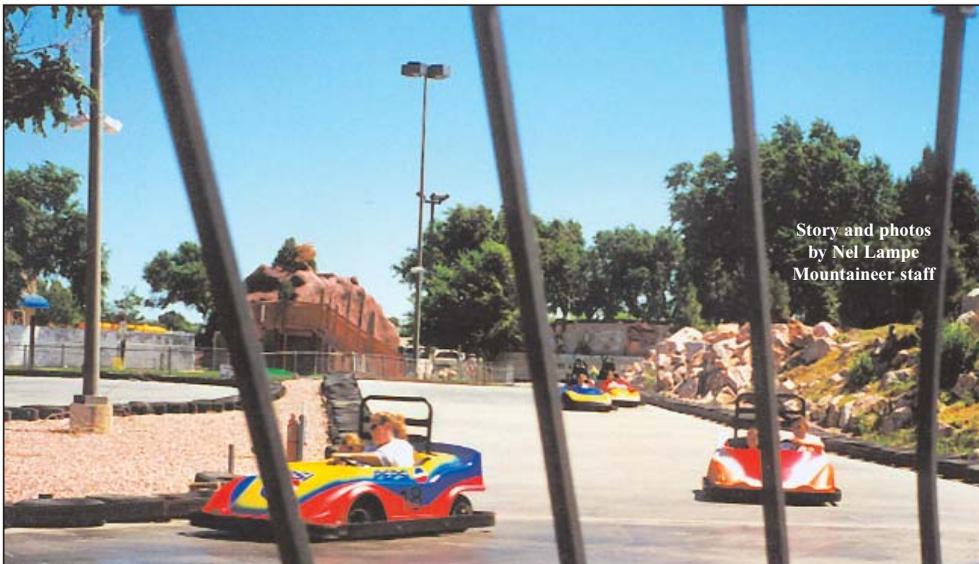
Team practice (optional) takes place each morning at 6:15 a.m. at the Special Events Center.

Fountain-Fort Carson High School sports physicals

Fountain-Fort Carson High School sports physicals for the 2003-2004 academic year will take place from 5 to 7 p.m. Aug. 8 in the school gym.

Cost for the physicals is \$10. For additional information, call Kelley Eichman at 382-1640.

JoyRides, fun center for families



Story and photos
by Nel Lampe
Mountaineer staff

Drivers make the turns in go-karts at the track at JoyRides Family Fun Center, just off East Platte Avenue.

JoyRides Family Fun Center seems to be designed for fun — it's painted in bright crayon colors. There's a medieval-looking concrete castle, a waterfall and a "river" with bumper boats. Lots of trees, flowers and green grass provide a park-like setting. There's a giant slide and a race track with miniature race cars zipping around. It's an amusement park with the family in mind.

OK, it's not a Six Flags Park, with a half-dozen roller coasters, a water park and several snack bars and souvenir shops. It's a small park, priced accordingly and nearby. It's a fun way to spend three hours — perhaps after work.

It has a few rides for adults and older children, a separate area for younger children, which includes a small, colorful train on a track and pedal cars. There are also go-karts for riders ages 10 to 12, and cars and motorcycles on a track for younger riders.

The most popular attraction in the park has to be the fast-track go-karts. You must be 58 inches tall or more to drive the go-kart, but there's room for a passenger. These go-karts aren't just pipes shaped around a gasoline engine as many tracks are equipped. JoyRides go-karts look like smaller versions of race cars, with sleek bodies, bright paint, numbers, insignia and racing stripes.

There's usually a line of wannabe racers waiting their turn.

At the end of the five-minute ride, the drivers bring the cars in and leave the track. Quickly, waiting drivers choose a car and they're off again. Ten race cars buzz around the tree-lined track. Too soon, the last lap is signaled, the cars are pulled back in to the starting gate, and it happens all over again.



Colorful bumper boats at JoyRides are popular with people of all ages.

Two miniature golf courses provide an alternative amusement for adults and children alike.

Bumper-boat rides accommodate drivers at least 48 inches tall who can maneuver a colorful boat through the water. There's room for a passenger on the bumper boats.

Older children and adults may want to try the Tornado, which takes 32 passengers on a whirlwind ride.

There's a plane ride, called the Red Baron and the Frog Hopper, which appeals to younger children. A giant slide, called "The Big Thrill" appeals to all ages.

A Kiddie Park is designed for children ages 2 to 6 and has a collection of pedal cars.

A go-kart race track is designed for children ages 6 to 12, with a smaller version of go-kart race cars. Although the cars are gasoline powered, they don't go very fast.

There is a small track with go-karts for children ages 4 to 6.

A corn maze was grown last year and opened in the fall. The maze is being grown again this year and may

See JoyRides, Page 28



Visitors enjoy an airplane ride on the Red Baron Ride at JoyRides Family Fun Center.

Happenings



Places to see in the Pikes Peak area.

Aug. 1, 2003

JoyRides

From Page 27

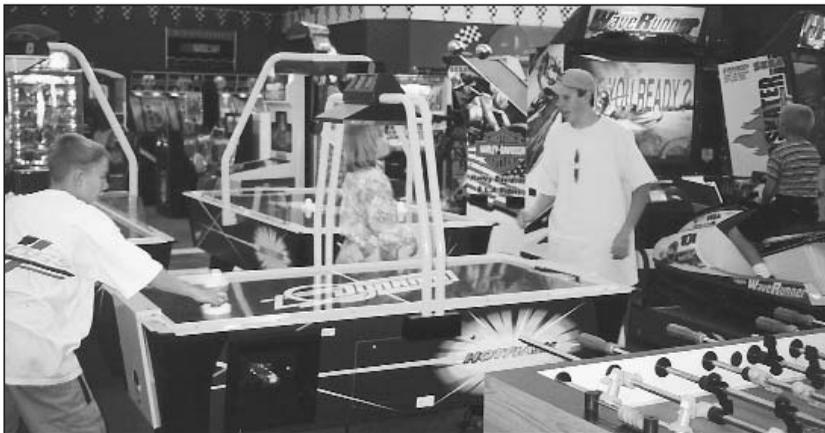
be open by late August.

JoyRides also has a haunted trail and a Haunted House at Halloween.

JoyRides formerly was known as McNulty's Boardwalk and catered to teen-agers before it closed a few years ago. After several years of inactivity, current owners Annie and Gary Haglund bought the park. The Haglunds wanted to create a place for families to have good, wholesome family fun. A year's work and \$1.5 million went into repair and renovation. New rides were added. The park reopened in 1999 as JoyRides Family Fun Center.

Once hunger pains strike or people tire of the rides or the heat, it's time to go into the air-conditioned arcade, which is also the entrance building. There are dozens of electronic rides and games. Favorites are Donkey Kong, basketball, skating and truck driving.

The arcade is bright, clean and filled with the sounds of beeps, whistles and bells. The arcade operates on tokens, which are four for a dollar.



The arcade at JoyRides Family Fun Center provides many games for a change of pace from the rides and golf.

Sometimes there's a coupon special for tokens in local newspapers or fliers.

A special play area in the arcade is designed for children under age 12.

The bumper-cars are inside the arcade building.

Rides are designed for all ages. Players collect strips of tickets to redeem for prizes.

The JoyRides Café in the arcade building sells snack items, such as hot dogs, sausage sandwiches, pretzels, funnel cakes, nachos and pizza, as well as soft drinks and ice cream. There are tables and chairs in the arcade and additional tables on the deck and in the park. There's usually a special pizza meal deal, which includes a small pizza, four soft drinks and complimentary tokens for about \$15. Look for other specials or meal deals.

Coolers and outside food may not be brought into JoyRides.

JoyRides books parties in a special roped off area in front of the arcade, or by the café. Call 573-5500 for information.

There are several admission arrangements such as single tickets which cost \$5 and are good for one ride or one game of golf.



Golfers enjoy a game of miniature golf on one of the golf courses located next to the waterfall and the bumper boat ride.



Three friends take a ride down "The "Big Thrill" giant slide at JoyRides.



A medieval-like castle, a boat house and two golf courses are at JoyRides Family Fun Center in east Colorado Springs.

But the best deal for military families is the three-hour all access pass at Information, Tickets and Registration. The three-hour all access pass is valid weekends only and costs \$10 for each adult.

The regular price at the park is \$16 for the three-hour pass.

JoyRides also has a "10-ride wristband" which costs \$16 and is not time constrained but good for 10 rides on the day it's purchased.

Another offer for

military families is "Military Monday," when \$7 buys a 10-ride wristband to be used that day. If there are five or more people in the party, the price goes to \$5 for each wristband for "Military Monday."

Teen night is Fridays, from 7 p.m. to midnight, and admission is \$10 per person. For an extra \$5, the teen may buy 40 tokens.

JoyRides Family Fun Center is open every day beginning at 10 a.m. through the summer. It closes at 10 p.m. Sunday through Thursday, but is open until midnight on Friday and Saturday.

JoyRides Family Fun Center is at 5150 Edison Ave., which is the frontage road next to Platte Avenue (East Highway 24), between Powers and Murray. It is opposite the Flea Market.

There's a free parking lot.

To ask directions or for more information, call 573-5500.

Just the Facts

- Travel time 20 minutes
- For ages all
- Type amusement park
- Fun factor ★★★★★ 1/2 (Out of 5 stars)

- Wallet damage \$\$ plus food
- \$ = Less than \$20
- \$\$ = \$21 to \$40
- \$\$\$ = \$41 to \$80

(Based on a family of four)

Get Out!

Renaissance Festival

The annual Renaissance Festival is nearing an end. The last weekend of the festival at Larkspur is Saturday and Sunday. Admission is \$15.95 for adults and \$8 for children 5 to 12 years of age. More information is at www.coloradoarenaissance.com.

Military Appreciation at Zoo

Military Appreciation Days at the Cheyenne Mountain Zoo are observed Tuesday and Thursday, courtesy of the zoo, El Pomar Foundation, the World Arena, KRDO, Ramblin Express and Centerplate. Soldiers should pick up a free ticket at Information, Tickets and Registration for themselves and family members then go to the World Arena for a free bus to the zoo from 8 to 9 a.m. There'll be free breakfast on a first come, first-served basis. Buses return participants to the World Arena between noon and 1:30 p.m. You'll need to hold on to the ticket for free drinks and rides at the zoo.

Pikes Peak Rodeo Parade

The Rodeo Parade is the city's largest parade and is Wednesday at 10 a.m. The parade runs on Tejon Street. Parking is along the streets so get an early start. There are bands, floats and lots of horses.

Pikes Peak or Bust Rodeo

The annual Pikes Peak or Bust Rodeo is Wednesday through Aug. 10 at the Colorado Springs World Arena. "Tanya Tucker in Concert" follows the Aug. 8 rodeo and "Rushlow in Concert" follows the Aug. 9 rodeo. Rodeo tickets include the concert and are available at Information, Tickets and

Registration. Fort Carson night is Wednesday.

State Fair concerts

Concert tickets are for sale for the Colorado State Fair at Ticketmaster, 520-9090. Weird Al Yankovic opens the series Aug. 16. He's followed by Kellie Coffey and Gary Allan; and Pat Benatar and Neil Giraldo. Other performers are Rascal Flatts; Sawyer Brown; Last Man Standing; Lonestar; Jaci Velasquez; Tom Jones; 3 Doors Down and Chicago. Bull riders, super tough trucks, rodeos, demolition derby and amateur boxing are on the agenda.

Money Museum

The American Numismatic Association Money Museum is now open seven days a week. Located at 818 N. Cascade Ave., the museum is open Monday through Friday from 9 a.m. to 4 p.m., Saturday from 10 a.m. to 4 p.m. and Sundays, from noon to 4 p.m. Admission is free. "Rendezvous with Destiny: The Money of World War II" closes Aug. 15.

Pueblo Festival Fridays

The Sangre de Cristo Arts Center hosts "Festival Fridays" in the sculpture garden in front of the center. A band will play in front of the grand staircase. "Esperanza takes the stage today. Wallace Cotton and the Royals finishes up the series Aug. 8. Concerts are 6:30 to 9:30 p.m. Admission is \$5 at the entrance. Take Exit 98b off Interstate 25 south to reach the center at 210 N. Santa Fe in Pueblo.

Concert series

The Air Force Academy announces its new season, opening with Jay Leno in person Sept. 13 at 6 and 9 p.m. "Diamond Rio" is Oct. 4 at 7:30 p.m. "Seussical the Musical" is Nov. 1 at 7 p.m., the U.S. Army Field Band and Chorus is Nov. 2 at 3 p.m., and "A Christmas Carol is Dec. 13. During 2004, the "Dallas Brass" is Jan. 30, "Sing-A-Long Wizard of Oz" is Feb. 20; "A Few Good Men ... Dancin'" is Feb. 21; "Singin' in the Rain" is March 6,

and theatrical mime Bob Berky closes out the concert series with two performances April 17. Ticket prices for season ticket holders are \$110, \$170, \$200 and \$222. Call 333-4790 for information.

Broadway to Colorado Springs

The Pikes Peak Center upcoming Broadway season opens with "Grease" Dec. 17 and 18; "Cats" Jan. 23 and 24. "Fame" Feb. 17 and 18 and "Miss Saigon" May 13 and 14. Season tickets start at \$115. Season ticket holders may also buy tickets for special engagements of "Rent," March 16, 17 and "Riverdance," April 7 to 10.

Bill Cosby

Bill Cosby is at the Pikes Peak Center Sept. 26 for shows at 6 and 9 p.m. Tickets begin at \$45; call Ticketmaster at 520-9090.

Rocky Ford Watermelon Day

The small Colorado town of Rocky Ford is home to some of the best melons in the world. The town celebrates with Watermelon Day Aug. 23 in the middle of the fest, which runs Aug. 20 to 24, take Interstate 25 to Pueblo, then take the East Highway 50 exit. For more information, go online to www.rockyfordchamber.com or call (719) 254-7483. I

Bent's Fort

The Santa Fe Trail Encampment at Bent's Fort near La Junta runs today through Sunday. Living History re-enactors role play people who were at the fort in 1846. There are activities and demonstrations. A visit to Bent's Fort costs \$3 for adults and \$2 for children. The fort is eight miles east of La Junta on Highway 194.

Gatorfest

The alligator farm at Mosca, "Colorado Gators" hosts alligator wrestling Saturday and Sunday. Visitors also can see the farm's alligators. Admission is \$6 for adults, \$4 for ages 6 to 12. Hours are 9 a.m. to 7 p.m. The farm is at 9162 County Road 9N, about 20 miles north of Alamosa and west of the Great Sand Dunes; go online at www.gatorfarm.com.

Leadville Burro race

Leadville celebrates its Boom Days with a parade, events, a burro race and more today through Sunday. Go online at www.leadville.com/boomdays or call (800) 933-3901. Leadville is about 125 miles west of Colorado Springs via Highway 24.



Photo courtesy Pikes Peak or Bust Rodeo
Bull riding is an event at the Pikes Peak or Bust Rodeo.

Happenings



Photo by Nel Lampe

Free day at zoo ...

Servicemembers may visit the Cheyenne Mountain Zoo for free during Military Appreciation Days Tuesday and Thursday. Soldiers should pick up free tickets at Information, Tickets and Registration. Ride the free shuttle bus to the zoo, leaving between 8 and 9 a.m. from the World Arena.

Program Schedule for Fort Carson cable Channel 10, today to Aug. 8.

Army Newswatch: includes stories on Iraq, STRYKER drivers and the Korean War stamp unveiling. 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 the Naval Mobil Construction Battalion Seven in Iraq, the USS Ronald Reagan commissioning and the Navy Capt. Laurel Clark memorial. Airs at 8 a.m., 1 p.m., 8 p.m. and 1 a.m.

Air Force News: includes stories on supplying troops in Iraq, the Dover Honor Guard and the Air Force Sudden Acute Respiratory Syndrome program. Airs at 8:30 a.m., 1:30 p.m., 8:30 p.m. and 1:30 a.m.

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

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

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

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

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