Mountaineer

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Visit the Fort Carson Web site at www.carson.army.mil

Photo by Spc. Aimee J. Felix

Always prepared ...

An emergency room medic at Evans Army Community Hospital checks the vitals of a man just brought in from a simulated hazardous material accident. This simulated HAZMAT accident happened during a post exercise Tuesday on Sheridan Avenue across from Ironhorse Park. The exercise is intended to test the reaction of Fort Carson's emergency responders. This exercise prepares them for a similar annual exercise. Check out next week's issue of the *Mountaineer* for more on the exercise.

Photo by Spc. Aimee J. Felix

Singing the night away ...

Stephanie Kolle, 20, sings Whitney Houston's "I Will Always Love You" during a singing competition at Teen Karaoke Night at the post exchange Feb. 6. Kolle won a $100 Army Air Force Exchange Services gift certificate for placing first. This Teen Karaoke Night, organized by AAFES, was the first of what AAFES hopes to be a monthly event.

3rd ACR troopers heal hearts, minds in Iraq

by 1st Lt. Todd Hertling
3rd Armored Cavalry Regiment

AL WALEED, Iraq — On any typical patrol, the scouts of Troop G, 2nd Squadron, 3rd Armored Cavalry Regiment skirt the Syrian border in up-armored "Humvees", cruising the berm in the hopes of stopping smugglers and preventing illegal entries.

While these patrols have been successful in stemming illicit activity in the past, Grim troopers have changed their tactics to take a more personal approach.

"Operation Grim Aid" teamed up Grim's scouts with the doctors and medics of 2nd Squadron. Their mission: to bring medical aid to the locals and, in doing so, establish the trust needed to build a fruitful relationship. Capt. Ryan Howell, Troop G commander, hopes that a relationship founded on trust will yield the information so vital to stopping the influx of foreign fighters from Syria.

"I think that by building trust and confidence and helping the locals to understand that we're here to help, they will be more likely to assist in our efforts of keeping those who might harm Iraq out of this country," Howell said.

At Forward Operating Base Latham, where Troop G runs an Iraqi border crossing point with Syria, Soldiers consolidated clothes and candy, and the doctors prepared their medical equipment for a romp through the desert to a Bedouin camp nearly 30 miles away. The camp, a former billeting station for the Iraqi border guards of Saddam's regime, now houses close to 80 inhabitants. Many are young, destitute chil

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Office closed

Fort Carson will be closed Monday in observance of Presidents Day. The post will resume normal hours Tuesday.

Post Weather hotline:
526-0096

Mountain Post Historical Center ...

Carson to build new museum

This week we announced an effort to bring the proud history of Fort Carson into public awareness by planning to build the Mountain Post Historical Center here.

When I first arrived at Fort Carson in June 1996, I had the distinct honor of cutting the ribbon for the reopening of the Third Cavalry Museum, which we had just moved from Fort Bliss, Texas with the 3rd Armored Cavalry Regiment.

I believed strongly then, as I do now, that for Soldiers, a knowledge of military history — particularly the history of their unit, division or installation can serve as a "force multiplier" in helping them accomplish their mission, whether in peacetime or in combat.

This is a vision best summed up by Gen. Dennis Reimer, when he was Chief of Staff of the Army, in 1997:

"The Army's proud traditions and history are extremely important ... accordingly, we must not fail to take advantage of opportunities to give our Soldiers an appreciation for the Army's heritage, beginning with their enlistment or commissioning."

It is indeed both a privilege and an honor for me to recognize a team of community leaders who have stepped forward and graciously volunteered their time and effort to make the Mountain Post Historical Center vision a reality. We are so appreciative of the Colorado Springs communities' assistance in creating such a rewarding opportunity for our Soldiers, their leaders and the Mountain Post Team.

The new facility will consist of three wings radiating from a central visitors' orientation center. Each wing will depict and interpret specific aspects of military history as they relate to Fort Carson — installation history, division history, and the history of the Third Armored Cavalry Regiment. This permits coverage of every aspect of American history ranging from 1846 to the present day.

Projected costs for the new facility are in the range of $5 million to $6 million Congressional limitations prevent expenditure of taxpayer dollars for construction of new museum facilities, requiring any such project to be funded from contributions, grants and donations. That is why the Mountain Post is so appreciative of the team of community leaders who will dedicate their time and efforts to make this vision a reality.

After completion, the facility will be donated to the United States Army. Museum programs such as exhibits, lecture series and partnership programs with area schools will be coordinated with a staff of museum professionals recruited from throughout the nation.

The Mountain Post Historical Center will serve as a destination stop for the numerous veterans and family members of active duty soldiers assigned to the Mountain Post. It will serve as a focal point for reunions of Fort Carson veterans from all eras since World War II. Additionally, the proximity with the new Cheyenne Mountain State Park, scheduled to be created across Highway 115, is expected to provide additional tourism exposure for the Pikes Peak region and result in greater understanding and closer ties between the installation and the surrounding communities.

This historical center is not just intended to honor those Soldiers who have come before us, it will also commemorate those who continue to serve their country — Soldiers like you from the Mountain Post team.

In the 30 years since we began our all-volunteer Army, we've built the greatest Army this world has ever seen, and to honor its achievements in the Mountain Post Historical Center is just a small way of showing our gratitude. The same pride, professionalism and competence that has allowed our Army to prevail under any circumstance is present in our Soldiers today.

Wilson

On any given day, thousands of our men and women are deployed around the world. Our Soldiers continue to do the heavy lifting for our nation. The Mountain Post Historical Center is an important way to express gratitude to the Soldiers who give real meaning to the phrase "All American."

Whatever we do, wherever we go, we must never forget it is all about the American Soldier. United we stand, an Army proud and ready.

Bayonet!

Maj. Gen. Robert Wilson
7th Infantry Division and Fort Carson commanding general

Sound Off!

Why is it important for Soldiers to know their military history?

"It honors those that came before us."

Spc. Michael P. Russell
3rd Armored Cavalry Regiment

"It provides Soldiers with a sense of pride."

Sgt. Corey Allen Bunch
3rd Armored Cavalry Regiment

"So that they don't repeat the same mistakes."

Capt. Edward Ruiz
10th Combat Support Hospital

"Soldiers should be knowledgeable in all areas, including their roots."

Sgt. Diane Collver
5025th Garrison Support Unit

LETTERS TO THE EDITOR

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

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

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

Because of legal restrictions, both in federal regulations and AR 360-11, under which the *Mountaineer* is published, no letters concerning local or national political issues will be published. Publication of any letters will also conform to all appropriate Department of Defense and U.S. Army regulations.

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

MOUNTAINEER

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News

Army meeting the need for armored humvees in Iraq

by Joe Burlas
Army News Service

WASHINGTON — Despite the misconception of some members of Congress and the media who have raised the issue in recent weeks, the Army is meeting Central Command's requirements for up-armored "Humvees" for operations in Iraq and doing it in a timely manner, according to Maj. Gen. N. Ross Thompson III, commanding general for the Army's Tank Automotive and Armaments Command.

Part of the misconception is not understanding who is responsible for identifying what resources are needed for an operation, and part, not understanding the nature of the operation has changed significantly since the buildup to war a year ago, Thompson said.

"It is up to the combatant commander to determine what the requirements are — in this case, CENTCOM," Thompson said. "We met CENTCOM's requirement for up-armored Humvees a year ago and we are meeting new requirements ahead of schedule," Thompson said.

There are two versions of up-armored Humvees: a production model and one made by installing a recently developed Armor Survivability Kit.

In addition to steel plating and ballistic-resistant windows around the cab of the vehicle that offer better protection against small arms fire and shrapnel, the humvee has steel plating underneath that offers protection against up to eight pounds of explosive beneath the engine and up to four pounds in the cargo area.

"I have never rolled over a mine while in Bosnia, but some of my Soldiers did," said Sgt. 1st Class Joseph Schoenbeck, up-armored Humvee combat developer at the Military Police School, Fort Leonard Wood, Mosaid. "It was amazing to see those Soldiers come out of those experiences without any serious injuries because they were in an up-armored Humvee."

Following reports of almost daily RPG and IED attacks on Army vehicles in Iraq, engineers from the Research Development and Engineering

ASK is not intended to replace the original production model of the up-armored Humvee, but it is a means to provide greater survivability to Soldiers using a standard Humvee, officials said.

Six Army depots are producing ASK. They have shipped more than 1,000, since November as of Feb. 5, against CENTCOM's requirement of 5,000 kits.

3rd ACR

From Page 1

dren in dire need of medical care.

Upon arrival, 2nd Squadron's three doctors and two medics began seeing patients. Maj. Jeffrey Wilson, a doctor, said his team treated a total of 60 patients, many suffering from respiratory illnesses, hypertension, and musculo-skeletal problems such as arthritis, gout and back pain.

"Operation Grim Aid" helped to alleviate ailments for the short term. Sgt. Byron Ruth, a medic from Detroit, Mich., called it "a sick call for the town."

While examining more serious illnesses, Wilson evaluated an Iraqi male with thyroid cancer. His team was encouraged that the man already had an appointment to receive radiological treatment in Baghdad — a good indication of the progress medical care has made in Iraq.

Troop G's next stop was the small village of east Al Waleed, a cove of bungalows just east of Base Latham. As the doctors and medics treated patients, scouts on the ground handed out clothes and candy to bare-footed Iraqi children.

Tossing chocolate candy and toothbrushes to gathering children, Spc. Jeremy Bellman, from San Antonio, said, "It felt good to help them with their problems, and it makes us appreciate the medical care that we receive in the (United States)."

Spc. Adam Hendrickson, a medic from Winterpark, Fla., agreed. "It makes you appreciate life a lot more," he said. Leaving East Waleed in the Humvees, the troopers returned waves to smiling children with handfuls of candy. Their parents stood close by, their happiness apparent. Hendrickson said of the mission's success, "People saw that we cared."

Army changes enlistment lengths

by Sgt. 1st Class Marcia Triggs
Army News Service

WASHINGTON — Time spent in Basic and Advanced Individual Training will be in addition to the number of years a new recruit enlists for, under a new Force Stabilization initiative.

There are 19 jobs, mainly combat-arm specialties, which fall under the recently implemented Variable Enlistment Length program. Under VEL, Soldiers can enlist for three- to five-year VEL options. After arriving at their first unit, they are stabilized for at least three years.

Since its implementation in December more than 2,000 Soldiers have enlisted under VEL.

A smaller number of troops have enlisted under the congressionally mandated 15-month pilot program, "National Call to Service." Since it was approved Oct. 1, about 125 Soldiers have enlisted in the Army under the program. Similarly to VEL, the program doesn't include training as part of the time-in-service contract and only a limited number of specialties fall under it.

National Call to Service was adopted by each of the other services. The 15-month pilot program coincides with VEL because they both kicked off about the same time, said Lt. Col. Harry Garner, chief of Enlisted Accessions Division. They both keep initial-term Soldiers stabilized at their first duty station, but the National Call to Service is not a part of the Army's stabilization plans, Garner said.

The mission of Force Stabilization is to provide ready, deployable, combat forces, and to do that units have to first be manned, said Col. Michael Harris, the deputy director of Directorate of Military Personnel Policy, G1. However, VEL isn't just about manning units, it's also about stabilizing Soldiers, he said, referring to the fact that Soldiers under VEL would stay at their first unit for at least three years.

The Soldiers who fall under the selected job specialties will initially be assigned to the 2nd Cavalry Regiment, Fort Polk, La., which is scheduled to begin converting to a Stryker Brigade Combat Team in October.

The 2nd Cavalry Regiment is a combat unit, which is why Human Resources Command selected specialties such as infantry, cannon crewmember and cavalry scout, Garner said. Some of the non-combat-arms jobs that fall under VEL are human resources specialist, 42A; administration specialist, 42L; and supply specialist, 92Y.

"VEL will be used to man all of the maneuver brigade combat teams, to include one of the brigades in the the 25th Infantry Division in Hawaii. It will transform into a Stryker unit by 2005," Harris said.

"Under Force Stabilization, we will synchronize Soldiers' assignment cycles with units' operational cycles."

Most units' operational cycles are on a 36-month schedule, Harris said. Before VEL, many Soldiers already enlisted for only 36 months, but their initial-entry training took from three months to a year. So when they arrived at their unit, they were not there for a full 36 months.

Force Stabilization is one of Army Chief of Staff Gen. Peter Schoomaker's 16 focus areas. "How the Army mans its force was an immediate area that the chief of staff wanted us to look at," Harris said. "We've developed two programs under Force Stabilization. One is 'Home-basing' and the other is 'Unit Focused Stability,' previously known as 'unit manning.'"

Home-basing would require initial-term officers and enlisted Soldiers to stay at their first duty station for an extended tour of up to six or seven years, Harris said.

He said VEL directly supports Stabilization because initial-entry Soldiers report to their unit at the same time and spend at least three years at that unit.

Military

First ground-based defense battalion activated in Alaska

by Maj. Laura Kenney
U.S. Space and Missile Defense Command Public Affairs

FORT GREELY, Alaska — A critical component of the nation's emerging missile defense system stood up here Jan. 22 when the Missile Defense Space Battalion was formally activated by its parent organizations, the U.S. Space and Missile Defense Command and the Alaska National Guard.

Maj. Gen. Larry J. Dodgen, SMDC commanding general, and Air Force Brig. Gen. Craig E. Campbell, adjutant general for Alaska's National Guard, hosted the ceremony which centered on the unfurling of the new battalion's colors. Alaska Gov. Frank Murkowski was the keynote speaker.

"I am intensely proud of the role our state will play as the first line of defense for our nation," said Murkowski. "Having served as a senator, and on the Intelligence Committee, I am very well aware of the need for a missile defense system to defend our nation and our allies. To the Soldiers of this battalion, I say that you have the highest calling possible, and I pledge to you Alaska's full support for your vitally important mission."

The battalion is part of the 100th Missile Defense Brigade (Ground-based Midcourse Defense) headquartered in Colorado Springs. The battalion, which at full-authorized strength will number 110 Soldiers, will provide operational control and security over ground-based interceptors located in Alaska. The brigade operates the first part of the integrated Ballistic Missile Defense System,

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Photo by Maj. Laura Kenney, SMDC

At the ceremony activating the nation's first missile defense battalion, Command Sgt. Maj. David Masullo unfurls the new unit's colors while Air Force Brig. Gen. Craig E. Campbell, adjutant general for Alaska's National Guard, holds the staff.

Military Briefs

Misc.

West Point — The U.S. Military Academy at West Point is looking for branch-qualified company grade officers and noncommissioned officers in the rank of sergeant first class interested in an assignment to the USMA. NCOs should have drill sergeant or platoon sergeant experience with 12 to 15 years of service to be assigned to the staff and faculty as instructors and company tactical NCOs. Selected officers will normally attend advanced civil schooling for up to two years followed by a three-year tour at West Point. For application information, go to http://www.usma.army.mil/adjutantgeneral or write to Management Operations Branch, AG Division, West Point, N.Y. 10996-1926.**Go Warrant Officer —** The Army is looking for highly motivated Soldiers to fill its warrant officer positions, open in all 45 specialties if you qualify. Soldiers with less than 12 years active federal service are encouraged to apply. For more information, contact the Warrant Officer Recruiting Team at www.usarec.army.mil/warrant or DSN 536-0484/0458/0488/0478/1860/0271.

OCS board — There will be a local OCS board April 8 and 9. This board is required for all applicants. All participants must report in Class As. All packets must be turned in to the 478th PSB, Personnel Actions Section, building 1118, room 208, no later than April 1. For more information, call 526-1906.

CIF Hours

Central Issue Facility hours of operation:

Regular business hours

Mondays, Tuesdays, Wednesdays and Thursdays from 7:30 a.m. to noon and 12:30 to 3 p.m. and Fridays from 7:30 a.m. to noon.

Initial/partial issues

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

Direct exchange

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

Partial turn-ins

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

Full turn-ins

Appointments are scheduled Mondays, Tuesdays, Wednesdays and Thursdays. Call 526-3321.

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 a supply sergeant.

Active-duty units — Permanent Change of Station/End of Time and Service/chapters/retirees will make an initial out processing appointment Mondays, Tuesdays, Wednesdays and Fridays for turn-in. All follow-on appointments (14 OCIE items or less) will be scheduled if needed.

Bulk issue and turn-ins — by appointment only.

Appointments can be made with Kristine Harald at 526-3321. POC for this information is Frank Howard, CIF supervisor at 526-6477.

Laundry Service

Post Laundry Service — The post laundry service provides free laundry 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. 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 Battle Dress Uniforms, 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.

Briefings

eArmyU — eArmyU program briefings are conducted at the Mountain Post Training and Education Center, building 1117, Tuesdays at 9 and 11:30 a.m. and Wednesdays at 1:30 p.m.

The Army Career and Alumni Center briefing is required for all departing servicemembers. The current ACAP policy is to register personnel ETSing one year out and retirees two years out. Briefings are held Mondays, Tuesdays, Thursdays and Fridays from 8:30 to 10 a.m. Call 526-1002 or 526-0640 to schedule a briefing.

Are you ETSing? If you're within 120 days of end of time in service, you must immediately call 526-2607 or 526-2599 to make your appointment for your mandatory Reserve Component Briefing.

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

Hours of operation

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 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 a.m. to 4:45 p.m. Friday 11 a.m. to 4:45 p.m.

Claims Division hours — The Claims Division office hours are now Monday through Thursday from 9 to 11:30 a.m. and 1 to 4 p.m. The office is closed Fridays.

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.

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

Alaska

From Page 15

which, in concert with sister services, is designed to protect the nation from accidental or intentional limited ballistic missile attacks.

Alaska National Guard soldiers will man the battalion as part of the homeland defense mission. Similarly, the brigade is staffed largely by Colorado Guardsmen, with a small contingent of active-Army Soldiers. The units have dual reporting chains — operationally to SMDC, and, for personnel issues, to their respective state Guard channels.

Symbolizing the Alaska Guard part of the equation, Campbell held the staff of the new unit's colors as the battalion's Command Sgt. Maj. David Masullo ceremoniously unsheathed the new flag, then slowly unfurled the blue and gold colors emblazoned with the unit's name and the SMDC eagle.

The system, scheduled to be operational this fall, by presidential directive, is designed to attack and kill any incoming missile in the "middle" phase or "midcourse" of its trajectory, after the boost or launch, and before it reaches reentry to impact, therefore destroying that missile in space. Working closely with early warning architecture, provided in part by the Air Force and the Navy's Aegis missile cruisers, GMD will launch a booster missile towards a target's predicted location releasing a "kill vehicle" on the path of an incoming target. The kill vehicle uses data from the ground-based radars and its own on-board sensor to collide with the target.

Currently, the system's operators are involved in intensive training in Colorado, and plan to move to Alaska this summer. The National Guard Soldiers who comprise the battalion are all volunteers on three-year active Guard tours. .

"We have long days behind us, to have gotten this far, and long days ahead," said Maj. Greg Bowen, commander of the new battalion. "Standing up any new unit is a significant challenge, but standing up a first-of-its kind unit is an even bigger challenge. Be assured, we are on watch, we will not fail."

Dining Schedule

Feb. 13 to Feb. 20

Weekday Dining Facilities

43rd ASG Cheyenne Mtn. Inn (building 1040)
3rd ACR CAV House (building 2461)
Mountaineer Inn (building 1369)
10th SFG (A) (building 7481)
3rd BCT Strikers Cafe (building 2061)

Weekday Meal Hours

Breakfast	5:30 to 9 a.m.	(All facilities)
	5:30 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

- Patton House is closed until further notice.
- Strikers and 43rd ASG are open on Saturday and Sunday.

Saturday, Sunday and Training Holiday Dining Facilities

3rd ACR CAV House. (building 2461)
43rd ASG (building 1040)
Mountaineer Inn (building 1369)
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)

4th Finance Soldiers receive awards

by Spc. Jon Wiley
Mountaineer staff

Soldiers from the 4th Finance Battalion received awards for their participation in Operation Iraqi Freedom and Operation Enduring Freedom in a ceremony at the Elkhorn Conference Center here Jan. 29.

Maj. Gen. Robert Wilson, commanding general, 7th Infantry Division and Fort Carson, presented Bronze Stars to Lt. Col. Troy A. Clay, commander, 4th Finance Bn., Command Sgt. Maj. Robert Edwards, command sergeant major, 4th Finance Bn., and Master Sgt. Charles Shear. Twenty-eight other Soldiers received Army Commendation Medals.

In April 2003, 79 Soldiers, two-thirds of the battalion, deployed to eight operation sites in Kuwait and Iraq, where they provided finance support to the 3rd Armored Cavalry Regiment and other units.

As part of their day-to-day operations, the finance Soldiers were charged with guarding millions of dollars in cash and disbursing it to various points throughout Iraq and Kuwait. Many of them "ended up traveling on dangerous roads not knowing what was going to happen" to accomplish their mission, said Col. Sharon Duffy, commander, 43rd Area Support Group.

"You should all be proud of what you accomplished as individuals and as a battalion," Duffy said in an address to the Soldiers during the ceremony. "You absolutely made a difference to thousands of Soldiers in the theater."

Clay expressed his pride as the battalion's commander and said his Soldiers proved "they know both their tactical and technical crafts of being a Soldier and (how to) perform their technical mission in a wartime environment."

Clay also praised the Soldiers who stayed on Fort Carson for ensuring a "seamless integration of three Reserve units" into their rear operations and for ensuring that pay issues that arose here were handled capably. He also recognized the unit's Family Readiness Group for their support.

Thirty Soldiers from 4th Finance Bn. remain in Iraq and northern Kuwait.

Photo by Spc. Jon Wiley

Maj. Gen. Robert Wilson, 7th ID and Fort Carson commanding general, congratulates Spc. Berline Philemond after presenting her with an Army Commendation Medal.

Photos by Spc. Aimee J. Felix

Saying goodbye ...

Four Soldiers from the 571st Medical Company, 4th Squadron, 3rd Armored Cavalry Division were honored in a memorial service Feb. 5 at Butts Army Airfield. Chief Warrant Officers Philip Andrew Johnson Jr. and Ian Desmond Manuel, and Sgts. Michael Anthony DiRaimondo and Christopher Allen Golby were killed when their helicopter was shot down outside Fallujah, Iraq, while on a medical activities mission. Johnson is survived by his wife Melissa, his parents Barbara and Philip and his brother Peter. Manuel is survived by his father and stepmother Brice and Louise and his stepfather and mother Junior and Tita Derrow. DiRaimondo is survived by his parents Tony and Carol and his sisters Dawn and Danielle. Golby is survived by his wife Sonya, his sons Dylon and Sean, his parents Ronald and Dawn and his brother Shane.

Soldiers can get their W2s online

by 1st Lt. Theodore Stutz
4th Finance Battalion

The fastest and easiest way to get your W2 is to log onto mypay.dfas.mil and print it off instantly.

Logging onto the site will also walk you through getting the personal identification number that you need to use the site if you forgot or do not have yours. If you are the spouse of a deployed Soldier without access to MyPay, contact your spouse's rear detachment commander. Rear detachment commanders are to compile a list of spouses needing W2s and submit them to finance by e-mailing theodore.stutz@carson.army.mil. Finance will get W2s back in 24 to 48 hours.

If you need your W2 immediately, or you cannot contact your rear detachment, please come to Fort Carson finance customer service, building 1854, across from Garcia Physical Fitness Center and behind Prussman Chapel on the corner of Prussman and Barkeley. Call 526-6258 or 524-3973 for directions. You will need a special power of attorney specifying financial transactions, and your ID card.

Be advised that if you or your spouse (if filing jointly) is deployed, you have an automatic 180-day extension on federal tax due dates starting the last day your spouse spent deployed. If you receive a notice from the Internal Revenue Serive regarding a collection or examination matter, return the notice to the IRS with the words "combat zone" and the approximate deployment date in red at the top of the notice and on the outside of the returning envelope, and the IRS will suspend the action. Spouses should send an e-mail to the IRS to prevent these types of notices and any penalties. E-mail combatzone@irs.gov with you and your deployed spouses names, stateside address, date of birth and date of deployment to the combat zone. E-mails should not include any Social Security numbers. The taxpayer, spouse, or authorized agent or representative may send this e-mail notification.

Savings Deposit Program

There has been some question about how much a deployed soldier can contribute to the Savings Deposit Program (the 10 percent annual return program) at one time. Servicemembers can make a one time deposit less than or equal to the amount of money they were entitled to receive on the payday immediately before the date of deposit, less authorized deductions and allotments (referred to as "net pay" or "take home pay").

The only exceptions are if the member receives a special continuation pay, re-enlistment bonus, or other additional pay (earned while in the eligible area) greater than their net pay. These special pays can be contributed as part of and in addition to the member's maximum one time contribution. The overall contribution maximum is still $10,000.

Thrift Savings Plan

Upcoming open season dates: April 15 through June 30 and Oct. 15 through Dec. 31.

IRS elective deferral limit for 2004: $13,000

TSP contribution limit for members of the uniformed services for 2004: 9 percent (up to the IRS elective deferral limit)

Beginning contribution to the TSP and adjustments in contribution percentage can only be done during "open season" by submitting a TSP-U-1 form to your PAC or on MyPay. Changing the fund destination of future contributions, and the transferring of funds from one fund to another can be done any time on the TSP Web site www.tsp.gov.

Current Rates of Return on TSP Funds

For calendar year 2003 the following funds returned the following percentages:

G - 4.11 percent; F - 4.11 percent; C - 28.54 percent; S - 42.92 percent; I - 37.94 percent.

In January 2004 the following funds have already returned the following percentages:

G - .29 percent; F - .8 percent; C - 1.8 percent; S - 3.53 percent; I - 1.32 percent.

Be advised that with reward comes risk. An annual return of 42.92 percent such as the S fund had in 2003, is an extremely good earning, but is not a promise of future returns.

Power of Attorney

Finance at Fort Carson cannot release information or documents (such as W2s or Leave and Earnings Statements) to spouses with an expired power of attorney. Please check your expiration dates and contact your deployed spouses' rear detachment command if you are concerned.

Community

When buying cleaning products ...

'Green' better for health, environment

by Susan Galentine-Ketchum
Directorate of Environmental Compliance and Management

The next time you spray your favorite household cleaner to get rid of a stubborn counter stain or scrub your bathroom sink, you might want to check to see if the product you are using is potentially more harmful than the dirt you are cleaning.

Commercial cleaning products often contain powerful chemicals, which is why many have warning labels regarding their flammability or about the dangers of inhaling the fumes. Government affirmative purchasing includes some guidance on what types of criteria to look for in safer, more environmentally friendly cleaners.

Using Green cleaners doesn't just mean using nontoxic products, it also means looking at its "life cycle," which includes production, use and disposal. Although there is no one set of established standards for green cleaning products, according to Green Seal, an independent, nonprofit organization that promotes environmentally friendly products, here are a few of the criteria to look for when you are buying office or home cleaners:

- Avoid products that are toxic to both humans and aquatic life
- Look for the biodegradability of the product — how well it breaks down in the environment
- Corrosivity/pH levels (pH levels measure how acidic or basic a substance is — look for neutral pH levels)
- Volatile organic compound levels — choose products with 10 percent or less the weight of the product when diluted
- Avoid products with harmful compounds and potential carcinogens, such as EDTA (ethylene diamine tetraacetic acid or ethylene dinitrilotetraacetic acid) and NTA (nitrilotriacetic acid)
- Avoid products containing harsh chemicals such as chlorine bleach or sodium hypochlorite
- Avoid petroleum-based products — instead use those derived from vegetable oil
- Look for whether the product is available in a concentrated form and whether it can be diluted in room temperature water
- Buy products you can use for multiple cleaning purposes
- Buy products with packaging that is recycled and/or recyclable

Harmful household products can significantly increase indoor air pollutants. Studies conducted by the Environmental Protection Agency's Total Exposure Assessment Methodology found levels of about a dozen common organic pollutants to be two to five times higher inside homes than outside, regardless of whether they were rural homes or located in industrial areas.

Cleaner water is another important benefit to using less toxic cleaners. Water polluted with toxic cleaning compounds eventually enters water systems, which in turn can contaminate wildlife, vegetation, not to mention groundwater sources for well water users.

For more information about green cleaning products, log on to the Office of the Federal Environmental Executive Web site at www.ofee.gov/whats/ctc-fall03.pdf or the Green Seal Product Recommendations Web site at www.greenseal.org/recommendations.htm.

For information on how to properly dispose of the household products you own at the Permanent Household Chemical Waste Collection Facility, log on to the El Paso County Solid Waste Management Division Web site at http://adm.elpasoco.com/solidwst/newbuilding.asp.

Community Events

Miscellaneous

School Transition Workshop — Did you know that military-connected children move through about six to nine schools from kindergarten through 12th grade? Will your family or a family you work with be moving this summer?

The Military Child Education Coalition is presenting two parent/professional workshops titled, "School Transitions K-12: The Essential Ingredients." Topics include:

- Learning about K-12 School Transition, Research
- Preparing to move to a new school
- Testing and assessment
- Fitting In — social and emotional support
- Preparing for college, transcripts

Parents of preschool children through 12th grade and professionals working with military families are invited to this workshop. Come learn how to improve the education of all military-connected children.

Place: Sheraton Colorado Springs Hotel, 2886 S. Circle Drive (Interstate 25, Exit 138)

Date: Feb. 23

Time: Session I: 9 a.m. to noon or Session II: 6 to 9 p.m.

Call Hope Metzler at 526-1071 to join this wonderful workshop or e-mail hope.metzler@carson.army.mil. For more information about MCEC, visit www.MilitaryChild.org.

Welfare requests — The Fort Carson Officers' Spouses' Club is now accepting welfare request applications for the spring of 2004. Each year the FCOSC distributes funds obtained from the welfare projects of the club. These profits are distributed through the community in the form of secondary education scholarships and community welfare requests. To request a welfare request application, contact Barbara McConnaughhay, FCOSC Welfare Chairperson, at 310-7693 or e-mail at ftcarson_officersspounsesclub@yahoo.com. All applications must be submitted and postmarked by Feb. 29 for distribution of funds by mid-April 2004.

College information — The Mountain Post Training and Education Center will host a college information meeting, Feb. 26, from 6 to 7:30 p.m. at building 1117, room 126. The information meeting topic is the Master of Business Administration program at the University of Colorado at Colorado Springs. For more information, call Dana Rocha 719-262-4662.

40 Days of Purpose Driven Life Program — Blessed are those who trust in the Lord. They are like a tree planted along a riverbank, with roots that reach deep into the water. Such trees are not bothered by the heat or worried by long months of drought. Their leaves stay green, and they go right on producing delicious fruit (Jeremiah 17:7-8).

Beginning April 24 through June 6 at Soldiers' Memorial Protestant Chapel we will begin the 40 Days of Purpose Driven Life Program, Chap. (Maj.) Scott Kennedy the senior protestant pastor at Soldiers' Memorial Chapel is the Program Coordinator. Each devotional is themed around one of the five purposes of our lives:

Worship
Discipleship
Ministry
Fellowship
Evangelism

Our hearts desire is to help all live within these five purposes for a better Christian life. Each devotional is designed to encourage, inspire and strengthen all in their Christian journey through life.

For more information, call Chap. Scott Kennedy at Fort Carson Soldiers' Memorial Chapel at 526-8011.

Free paperbacks — Grant Library has boxes of new paperback books available for units deploying or going to the field for training. The popular books are free and may be kept by the soldier — they don't need to be returned to the library. No paperwork is needed. The person responsible for the unit just needs to come to the library where they will be asked how many troops will be leaving post and how long they will be gone. Boxes of books will then be distributed. For more information, call 526-8144 or 526-2350 or stop by the library. The library is open 11 a.m. to 8 p.m. Monday through Thursday, 11 a.m. to 5 p.m. Friday, and 10 a.m. to 6 p.m. Saturday and Sunday.

Criminal Investigations — CID is looking for information leading to the apprehension and conviction of the person(s) responsible for the theft of two motorcycles from the privately owned vehicles sales lot Nov. 14 or 15. The vehicles that were taken are a 2002 Harley Davidson Dyna Glide Super T Sport. (vehicle identification number is 1HDiGLV132Y315199) and a 1989 Yamaha YSR50 (VIN JYA2RRA05KA037121).

CID is also looking for information leading to the apprehension and conviction of the person or people responsible for the theft of a 2000 Vermeer SC252, serial number 1VRN071F6W10028008, and a 2000 Jay Hawk Tilt Trailer, serial number 1Z9SA1014XM093255, which were stolen between Nov. 14 and 17 from the parking lot adjacent to building 6286.

If you have any information, contact Special Agent Jason Dailey at 524-1086 or the military police at 526-2333.

Dessert Theater — The Catholic Women's Group is sponsoring "Dessert Theater" at 7 p.m. today at Soldiers' Memorial Chapel. Barbara Daubenspeck of Denver will perform her dramatic rendition of "Mary and Martha." The program will be followed by dessert and coffee. This will be a great night out for couples, Soldiers, "waiting" wives and mothers. Child-care may be reserved by calling Melanie at 392-2983. For individuals who wish to participate in First Friday devotions, the program will be preceded by Rosary at 5 p.m., Mass at 5:30 p.m. and a light supper and announcements. For more information, call Delene at 393-1444.

Tax season — The Fort Carson Tax Center is now open. It is located in building 6264, on Woodfill Road, across from the Colorado Inn and the Elkhorn Conference Center. Free tax services are available for active duty servicemembers and their family members; mobilized reservists and their family members; servicemembers receiving either retirement or disability pay and their family members; and surviving family members of active-duty, mobilized reservists and retired servicemembers.

The Fort Carson Tax Center will electronically file your return and have federal and state tax forms available. In order for your tax return to be completed, you will need to bring all W2s, Social Security cards for yourself and all family members, a power of attorney, if filing for your spouse, and all relevant financial information.

Gold Star Wives and Mothers — The Gold Star Wives and Mothers organization is working with Fort Carson's Casualty Assistance Office to ensure that eligible families receive a gold star pin. For more information about this program, contact JaNene Skinner at 597-5630 or visit www.goldstarwives.org and www.goldstarmoms.com.

JPPSO asbestos removal — asbestos removal will be taking place at the Joint Personal Property Shipping Office, building 1220, starting Monday through March 4. Limited service will be available to only short notice deployments, end of time and service, permanent change of station and local moves. Entry will be permitted on the south end of the complex. Contact Tech. Sgt. Buhl at 526-3755 for more information.

Army Community Service
Family Readiness Center
526-4590

Rear Detachment Training

Wednesday, Feb. 25
7:30 a.m. to 11:30 a.m.
Family Readiness Center, Bldg 1526

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

African-American Health Fair — The Medical Activity Black Heritage Committee will present the African-American Health Fair Monday from 11 a.m. to 1 p.m. at Evans Army Community Hospital on the first floor in front of the Healer Chapel. Some of the health issues covered will include diabetes, sarcoidosis, hypertension and strokes. There will be free specialized testing for blood pressure, cholesterol, lung function and specific educational material.

Claims against the estate

Claims against the estate — With deepest regrets to the family of Pfc. Nathan W. Nakis, deceased. Anyone having claims against or indebtedness to his estate should contact 2nd Lt. Julie Zavage at 526-4634.

Claims against the estate — With deepest regrets to the family of CW2 Ian D. Manuel, deceased. Anyone having claims against or indebtedness to his estate should contact CW3 Eric M. Oleson at 526-6514 or 659-4097.

Claims against the estate — With deepest regrets to the family of Master Sgt. Kelly Hornbeck, deceased. Anyone having claims against or indebtedness to his estate should contact WO1 3 Eric Brashears at 526-3978.

Claims against the estate — With deepest regrets to the family of Sgt. Michael A. DiRaimondo, deceased. Anyone having claims against or indebtedness to his estate should contact Capt. David Blake at 524-1098 or 338-4646.

Claims against the estate — With deepest regrets to the family of CW2 Philip A. Johnson, deceased. Anyone having claims against or indebtedness to his estate should contact CW3 Andrew S. McNeal at 338-8923.

Claims against the estate — With deepest regrets to the family of Capt. Eric T. Paliwoda, deceased. Anyone having claims against or indebtedness to his estate should contact 1st Lt. Derrick Varner, 526-8182.

Army program helps absentee voting

by Andrea Takash
Army News Service

WASHINGTON — Americans across the country are now voting in presidential state primaries, but many Soldiers can't make it to the polls, said Jim Davis, the Army's voting action officer.

The Army's Voting Assistance Program aims to ensure that Soldiers, their families and Department of Defense civilians overseas can exercise their right to vote, Davis said.

Absentee ballots can be applied for by filling out the federal postcard application, standard form 76, which can be found at the Federal Voting Assistance Program's Web site, Davis said.

"Not only does this register them for an absentee ballot, but it also registers them to vote in federal, state and local elections," he said. "Everything is taken care of in one step."

"I recommend that Soldiers send in the federal post card application every year because they might have had an address change since the last election," he said.

The Uniformed and Overseas Citizens Absentee Voting Act requires states to allow absent military voters and overseas American citizens to use absentee ballots in elections for federal office.

"The states have extended this right to state and local elections also," Davis said.

Typically absentee ballots are mailed out to citizens 30 to 45 days before an election.

If those Soldiers, family or civilian employees who are located outside the United States send in their request for an absentee ballot in sufficient time and didn't receive their ballot, they can use the Federal Write-In Application Ballot (SF 186). This form allows them to write in their votes and send it in by the deadline. Voting assistance officers at each overseas unit should have the FWAB."

"The federal write-in application is primarily for federal elections; however, some states accept it," he said.

Most states require the absentee ballot by close of business on the day of the election. However, there are some exceptions to that rule.

Absentee ballots for Louisiana must be in by midnight before the election. In New York, absentee ballots need to be postmarked the day before the election. North Carolina requires the ballots to be in by 5 p.m. the day before the election.

To make sure the state election official received the absentee ballot, Davis suggests calling the state election office.

Davis also said that absentee votes are counted just like regular votes. "There is no difference," he said.

He advises people to educate themselves on the issues before voting. "If necessary, do research before you vote. Don't go in blindly," he said.

Davis stressed the importance of understanding the laws on residency before registering to vote in a particular state.

"Your decision on which state to register in can affect your pay," he said.

"You can only have one legal residence at a time; however, you may change residency each time you are transferred," Davis said. For specific questions on residency, he recommends visiting the Staff Judge Advocate office.

The Army requires every unit to have a voting assistance officer, he said. The voting assistance officers get training at Federal Voting Assistance Program workshops. "The training they receive at these workshops are critical for their ability to do their job," he said.

Voting assistance officers are there to answer questions and provide resources to Soldiers, their families and DOD civilians on voting in federal, state and local elections.

Davis said the Army is nonpartisan. "Our real goal is to inform people on how to vote, who to go see and make them aware," he said.

It is important that every American citizen of voting age votes, according to Davis. "Voting is how you influence who is in charge of your quality of life. It is your entitlement as an American citizen," he said.

With the presidential primary elections in full swing, Davis said it is just as important to vote in primaries. "By voting in the primary, you can help the candidate that you want to see in the general election," he said.

A list of the state's presidential primary election dates is listed below.

For more information on federal and state voting policies, go to the Federal Voting Assistance Program's Web site at www.fvap.gov.

State Primary Dates

Today, District of Columbia Democratic Caucuses, Nevada Democratic Caucuses

Tuesday, Wisconsin Presidential Primary (Open)

Feb. 24, 2004 Hawaii Democratic Caucuses, Idaho Democratic Caucuses, Utah Democratic Presidential Primary

March 2, 2004 California Presidential Primary (Modified Closed), Connecticut Presidential Primary (Closed), Georgia Presidential Preference Primary (Open), Maryland Presidential Primary (Closed), Massachusetts Presidential Primary, Minnesota Democratic Caucuses, Minnesota Republican Caucuses, New York Presidential Primary (Closed), Ohio Presidential Primary (Open), Rhode Island Presidential Preference Primary, Vermont Presidential Primary (Open)

March 9, 2004 Florida Presidential Primary (Closed), Louisiana Presidential Preference Election (Open), Mississippi Presidential Primary (Open), Texas Presidential Primary (Open), Washington Republican Caucuses

March 13, 2004 Kansas Democratic Caucuses

March 16, 2004 Illinois Presidential Primary (Open)

March 20, 2004 Alaska Democratic Caucuses, Wyoming Democratic County Caucuses

March 23, 2004 Utah Republican Caucuses

April 13, 2004 Colorado Democratic Caucuses, Colorado Republican Caucuses

April 27, 2004 Pennsylvania Presidential Primary (Closed)

May 4, 2004 Indiana Presidential Primary (Open), North Carolina Presidential Primary (Closed)

May 8, 2004 Wyoming Republican State Convention, Arizona Republican State Convention

May 11, 2004 Nebraska Presidential Primary (Open), West Virginia Presidential Primary (Closed)

May 15, 2004 Wyoming Democratic State Caucus

May 18, 2004 Arkansas Presidential Primary (Open), Kentucky Presidential Primary (Closed), Oregon Presidential Primary (Closed)

May 25, 2004 Idaho Presidential Primary (Open)

June 1, 2004 Alabama Presidential Primary (Open), New Mexico Republican Primary, South Dakota Presidential Primary (Closed)

June 8, 2004 Montana Presidential Primary (Open), New Jersey Presidential Primary

Jan. 1 to March 20, 2004 Maine Republican Caucuses

June 4 to 6, 2004 Hawaii Republican Convention

April 29 to May 1, 2004 Nevada Republican State Convention

May 14 to 15 Delaware Republican State Convention

May 20 to 22, 2004 Alaska Republican State Convention

May 21 to 22, 2004 Michigan Republican State Convention

June 4 to 6, 2004 Virginia Republican State Convention

No Caucus/Primary: Kansas Republican Party, South Carolina Republican Party

Chaplain's Corner

Showing your love with words more special than candy this Valentine's

Commentary by Chap. (Col.) Lowell Moore
Fort Carson Command Chaplain

Valentine's Day — now this has to be the biggest and most famous of all the Hallmark holidays.

I have heard so many stories about the history of Valentine's Day that, except for the fact that it has something to do with St. Valentine, I am not sure I could separate the truth from the fiction in any of them.

One of the most beloved stories claims that a priest named Valentine had a great love for children and spent his life trying to make life better for them. Later, Valentine was imprisoned and persecuted in an effort to get him to denounce his faith. The children of the town would write notes of encouragement and at night they would toss them through the bars on his cell window. These note were later referred to as the first Valentines. Encouraged by the notes from the children, Valentine was able to remain true to his faith and Feb. 14, he became a martyr. His strong faith and good deeds eventually caused Valentine to be granted sainthood.

A nice story, but the only truth may be that there was a priest named Valentine who became a saint. But, it really doesn't matter because today Valentine's Day has little to do with that kind of love anyway. In today's world, Valentine's Day is associated with cards, candy and flowers that are usually intended to express the romantic feelings between a boy and a girl. Lately, balloons and even cards from pets are starting to show up as part of Valentine's Day. However, most of this commercialism has nothing to do with real love. In fact, most of us would be hardpressed to even define love.

Well, let me tell you a true story that is an example of true love. Not a romantic emotion, but real love.

My niece and her husband own a house they rent out. Their current renter is a single mother who provides for her 14-year-old son Steve, and her six-year-old daughter Lydia, by driving a truck. She is often gone two or three days at a time. While she is gone Steve does his best to care for Lydia, but they usually go to school dirty, unkempt and hungry. While the authorities are aware, there seems to be little they can do, so my niece and her husband have been doing what they can to help the family. This includes doing the laundry, giving meals, etc.

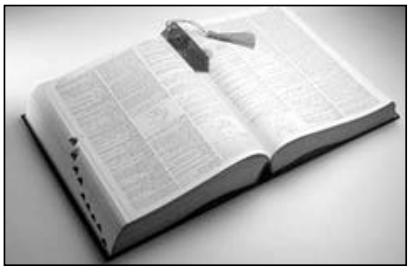
Recently, Steve went to live with his father, and the frustrated mother wondered how she could continue driving the truck and care for Lydia.

My niece's associate pastor and his wife heard the story and offered to care for the girl. The mother quickly agreed. The pastor and his wife took Lydia shopping and got her a cute purple blouse, matching shoes and socks, and a stylish pair of coveralls. On Lydia's first day of school after moving into her temporary home, the pastor's wife got Lydia up, spent a little time combing and curling her hair, and dressed her in her new clothes. When Lydia looked into the mirror for the first time and saw how pretty she looked she said, "Oh, now I look like all my friends."

Now that is a true love story. It lacks the candy, cards, and flowers, but what it doesn't lack is real love.

Now don't get me wrong, I'm not against cards, candy and flowers. In fact, if you haven't gotten your special guy, gal, (or dog) something for Valentine's Day, you better get something fast or you might find yourself in the doghouse. But, don't stop there. Do something for someone that really demonstrates love.

Remember, a smile is prettier than a flower, and a kind word is sweeter than candy. Flowers and candy may not be appropriate for the guy in the next cubical, but smiles and kind words are always appropriate.



Chapel

Religious education — Religious education is conducted each Sunday at Soldiers' Memorial Chapel, building 1500, (next door to the post exchange) for Protestant and Catholic children and adults. Protestant Sunday School meets at 9:30 a.m. and Catholic Family Religious Education meets at 10:45 a.m. Everyone is welcome.

Native American Sweatlodge ceremonies — Native American Sweatlodge ceremonies (He Ska Akicita Inipi) are offered to military personnel, family members and Department of Defense personnel for traditional prayer and purification. Fasting before the ceremony is recommended and refreshments are offered following the ceremony. Call Michael Dunning at 382-5331 or (c) 330-9537, or Zoe Goodblanket at 442-0929 for ceremonial information and directions.

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 on Sunday, 9:30 a.m. and Tuesdays 6 p.m. at Soldiers' Memorial Chapel. Catholic youth classes meet at 10:45 a.m. Sundays, Soldiers' Memorial Chapel.

Chapel Schedule

Day	Time	Service	Chapel	Location	Contact Person
ROMAN CATHOLIC					
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/526-3711
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. Scheck/526-5626
Tuesday	9 a.m.	PWOC	Soldiers'	Nelson & Martinez	Chap. Fox/524-1166
Sunday	11 a.m.	Contemporary	Veterans'	Magrath & Titus	Chap. Ellison/526-8890
Sunday	6 p.m.	PYOC	Soldiers'	Nelson & Martinez	Ms. Scheck/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					
Monday	6:30 p.m.		Family University	Building 1161	Melissa Dalugdug/330-7873
MORMON					
Sunday	2 p.m.	LDS	Provider	Barkeley & Ellis	Chap. Jones/526-3718

NATIVE AMERICAN SWEATLODGE

Native American Sweatlodge ceremonies (He Ska Akicita Inipi) are offered to military personnel, dependents and Department of Defense personnel for traditional prayer and purification. Fasting before the ceremony is recommended and refreshments are offered following the ceremony. Please call the following for ceremonial information and directions. Michael Dunning 382-5331 or 330-9537, or Zoe Goodblanket 442-0929.

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

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

Friday — Psalms 70 & Exodus 37-38
Saturday —Psalms 71 & Exodus 39-40
Sunday — Psalms 72 & Leviticus 1-3
Monday — Psalms 73 & Leviticus 4-6
Tuesday — Psalms 74 & Leviticus 7-9
Wednesday — Psalms 75 & Leviticus 10-12
Thursday — Psalms 76 & Leviticus 13-15

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 and leaders of the U.S.Army Reserve, 63rd Reserve Support Command, headquartered in Los Alamitos, Calif..

Army: For the Soldiers, noncommissioned officers and officers of the Adjutant General Corps. May God bless these dedicated servants who lead the Army in managing the careers of its Soldiers and families.

State: For all Soldiers and families from the state of California. Pray also for Gov. Arnold Schwarzenegger, the legislators and municipal officials of the Golden State.

Nation: For the thousands of workers and visionaries in the field of information technology. Pray that as this sector of our economy develops, God would guide people to shape it in just ways that assist people in creating better lives for themselves and their families.

Religious: For all Soldiers and families from the Bible Churches Chaplaincy. Pray also for all chaplains endorsed to serve on behalf of 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.

AFAP committee addresses 2003 issues

by Nancy A. Montville
Fort Carson Army Family Action Plan program manager

Col. Michael Resty, Fort Carson garrison commander, chaired the quarterly Army Family Action Plan Steering Committee meeting Jan. 30 at the Family Readiness Center.

The AFAP Steering Committee, comprised of directorate chiefs as well as volunteer community leaders, looked at several issues from last year's agenda that remain active.

The following are updates on issues from the 2003 Conference:

Laundry facilities in the billets: The issue stated that current barracks laundry facilities are inadequate. Ed Whitcraft, deputy director, Directorate of Public Works, said current washers and dryers are being replaced with commercial grade in the existing barracks. The newly constructed barracks have commercial grade washers and dryers installed. Additional laundry facilities have been added for the mobilized soldiers. The committee voted to change the status of this issue from active to complete.

Hospital child-care options: The issue stated that current child-care options do not adequately cover child-care for same-day appointments, evening appointments and emergency situations. Netty Eastlake, deputy director, Directorate of Community Activities, said that in addition to reserving five-hourly care spaces for same day appointments, there are Family Child Care homes available for these situations. She also reported that there is the possibility of a new pilot program being implemented in the near future that would include leasing a house near the hospital for child-care. The status of this issue remains complete until more information is received about the possibility of a pilot child-care project.

BAH calculation: The issue stated that families incur large out-of-pocket housing expenses seeking quality off-post housing. It was reported that an adjustment to Basic Allowance for Housing rates occur each year. The increase is adjusted through a survey designed to determine the cost of living in the geographic area. The Fort Carson Housing Office completes this survey each year. The status of this issue remains complete.

After hours MWR entertainment: The issue stated that there are limited after-hours activities that are accessible, cost efficient and available for the Fort Carson community. The committee relooked at this issue in reference to the skateboard park that is included as part of a larger Morale, Welfare and Recreation construction project. It was suggested the skateboard project move ahead of the larger construction project. DCA will investigate this further. This issue remains active.

Involvement in child's school progress: The issue stated that leaders do not allow servicemembers to leave work to attend their children's activities, such as parent-teacher conferences. III Corps has a policy letter endorsing support of Soldier's parental responsibilities to attend scheduled parent-teacher conferences. (#G3-01-01) However, Fort Carson does not have a written policy or endorsement. Maj. Gen. Robert Wilson, 7th Infantry Division and Fort Carson commander, stated at the conference that he fully supported Soldiers' involvement in their child's school progress. The committee members recommended that Wilson sign a written endorsement to the III Corps policy letter. This issue remains active until the letter is drafted and signed.

Optimizing youth and teen resources: The issue stated that Army youth and teens are often unaware of services, programs and special events that are available to them on Fort Carson. Many avenues are used to disseminate information to youth and teens to include mayors, senior spouses, Garrison Newsletter and the DCA Web page. The committee suggested focusing on school newsletters. CYS will research this further with area school superintendents. The issue will remain active until this happens.

BOSS program awareness: The issue stated that lack of awareness of the Better Opportunities for Single Soldiers Program does not support the intent of the program — the morale and welfare of Soldiers. The BOSS Program is proactive in encouraging Soldier involvement and has the support of the command. There is an SOP and policy letter in place to support the program. Appropriate marketing and support will require increased MSC involvement. The committee suggested leaving this issue active until the transition of troops back to Fort Carson is complete.

Family Readiness Group Training for commanders and Total Army Family Liaison Officers: The issue stated that current Army regulations do not require commanders and Family Liaison Officers to be Family Readiness Group trained. This issue was forwarded to Forces Command and subsequently went on to Department of the Army for resolution. Recommendations include hiring a Family Liaison Officer at the unit level and change of Army Regulation AR 600-20 paragraph 5 to 10 to require FRG training. This issue will remain active locally until changes are made at the DA level.

Fitness program fees: The scope of this issue stated that Soldiers and family members are discouraged from taking full advantage of fitness programs due to out of pocket cost. The committee agreed there are many no cost activities to choose from on Fort Carson including state of the art fitness equipment, intramural sports and holiday sports tournaments. There is a low cost for instructor-led activities such as aerobics and spinning classes. The committee stated that the reason fees are charged for these activities needs to be better communicated to the community. This issue remains complete.

The next AFAP Steering Committee will meet in March. Look for resolution of the prioritized issues from the most recent conference to be published in future *Mountaineer* publications.

To obtain additional information on any of the above issues or about the Army Family Action Plan Conference, contact Nancy A. Montville, at 526-4590 or at Nancy.Montville@carson.army.mil.

Change for filing claims for damages to POVs

by Capt. Kevin R. Kavanaugh
Office of the Staff Judge Advocate

Thousands of Soldiers from Fort Carson deployed in support of Operation Enduring Freedom or Iraqi Freedom. Many of these Soldiers stored their privately owned vehicles at secure buildings at the Pueblo Chemical Army Depot. This storage facility at PCD is a government-owned and government-operated facility.

The U.S. Army Claims Service's policy has long been that in the event of damage to POVs stored at a government-owned, government-operated facility, claimants must file a claim with their private vehicle insurance company before the claimants can be paid by the Fort Carson Claims Division for their damages. However, the commander of the U.S. Army Claims Service has announced a change to this long-standing policy. This new change gives claimants the option to file a claim with the Fort Carson Claims Division for the damages to their POVs stored at PCD without having to first file a claim with their private insurance company. By eliminating the requirement to obtain documentation from private insurance companies, Soldiers, with damage to their vehicles stored at PCD, should be able to submit their completed claim to the Fort Carson Claims Division in a shorter period of time. This should in turn help the Fort Carson Claims Division make payment to Soldiers in less time and reduce work for the claimants.

This new policy change does not change the fact that returning Soldiers also have the right to file a claim directly with their private insurance company instead of the Fort Carson Claims Division.

If you have returned from your deployment and have noticed damage to your POV that was stored at the PCD, contact the Fort Carson Claims Division at 526-1355 for information on initiating a claim.

The claims office is open Monday to Thursday from 9 to 11:30 a.m. and 1 to 4 p.m.

Good v. bad: *Sorting out fatty foods*

Courtesy of 1st Lt. Amy J. Baker
Moncrief Army Community Hospital, Fort Jackson, S.C.

Thousands of Americans are diagnosed each year with elevated cholesterol levels, which are a major risk for heart disease.

Nutrition information is so confusing these days, and many people don't know what to believe. Trans fats, saturated fats, hydrogenated oils ... what do all these terms mean? And how can we read labels and choose healthier foods to help lower bad cholesterol and overall risk for heart disease? What do we look for?

Fats can be separated into two major classifications: heart-healthy (unsaturated fats) and unhealthy (saturated/trans fats):

Heart-healthy fats include oils, avocadoes, olives, peanut butter, nuts and seeds, and the fat found in vegetable foods like wheat germ and soy. The best fats to cook with are olive and canola oil, which are high in monounsaturated fats. These types of fat do not tend to raise bad cholesterol levels, and can even lower them when substituted in place of unhealthy fats.

Unhealthy fats include saturated fats and hydrogenated oils/trans-fatty acids. These are typically solid at room temperature. Saturated fats include fatty cuts of meat, full-fat dairy products, cream, butter, lard, coconut and tropical oils.

Hydrogenated or trans fats are made by taking a vegetable oil and chemically altering its structure to make margarine and shortening. These are found abundantly in processed foods such as crackers, chips, cookies, snack cakes, commercially baked goods and fried foods. When reading food labels, check the ingredient list for the words "partially hydrogenated." These fats tend to act in the same manner as saturated fats, which elevate bad cholesterol levels.

Do you notice all the foods that claim to be "cholesterol-free"? Well, it's not really the cholesterol that we eat that raises our cholesterol levels, but rather the type of fat. Cholesterol is found only in animal products, such as meats, dairy, seafood, and egg yolks. Many "cholesterol-free" claims are found on packaged food such as crackers, nuts, and other snack items, which do not contain cholesterol in the first place. But many of these products do contain hydrogenated oils ... check the label.

When reading the "Nutrition Facts" label, the first thing to look at is the serving size, because many foods contain two, two-and-a-half or four servings per container.

You want saturated fat to make up no more than 10 percent of your calories, so choose foods with as little saturated fat as possible. Check the ingredient list and try to limit foods that contain the word "hydrogenated." Try to choose foods lower in total fat as well.

Fiber, the soluble kind in particular, can help to lower cholesterol levels. To increase your fiber intake, choose whole grain breads with two to three grams of fiber per slice, cereals with more than three grams of fiber per serving, whole-wheat pasta, brown rice, and other whole grains. Good sources of soluble fiber include oats, apples, pears, citrus fruits, peas, carrots, green beans, barley, beans, and nuts.

So must we avoid saturated and hydrogenated fats at all costs? Do we need to eat perfect all the time? No, that would be impossible. Rather, try to choose healthier foods, with lower amounts of the unhealthy fats less often.

Save high-fat meats and desserts for special occasions and watch the portion size. Aim to eat more plant-based, less-processed foods such as fruits, vegetables, whole grains, beans, nuts and seeds. Choose fish and white-meat poultry more often than red meats. Use low-fat dairy products, and whenever possible, use an oil when cooking instead of a hard fat like butter, margarine, shortening or lard.

A person with high cholesterol levels can likely lower them by following these healthy eating principles, along with exercise, weight management and a healthy lifestyle. And someone without high cholesterol can also benefit from these tips by helping to prevent high cholesterol levels in the first place.

Examples of healthy food

Not so healthy: Pork chops
Healthier: Pork tenderloin
Healthiest: Skinless chicken breasts

Not so healthy: Butter crackers
Healthier: Saltine crackers
Healthiest: Whole-grain melba toast

Not so healthy: King-size candy bar
Healthier: Fun-size candy bar
Healthiest: Strawberries dipped in chocolate syrup

Soldiers prepare for aviation mission

An AH-64 helicopter, equipped with a 30-millimeter chain gun and capable of firing 2.75-inch rockets and hellfire missiles, takes off from Butts Army Airfield during a training exercise that took place Jan. 30. The exercise was conducted by the 1st Battalion, 211th Aviation Group, Utah National Guard, in preparation for its upcoming deployment to Afghanistan.

Story and photos by Spc. Jon Wiley
Mountaineer staff

In a few weeks, helicopter pilots from the 1st Battalion, 211th Aviation Group Utah National Guard will be navigating the treacherous skies of Afghanistan searching for and destroying terrorist holdouts in the region.

When they take their place on the front lines of the Global War on Terror, they'll be ready, thanks in part to the preparation they're receiving here.

The AH-64 helicopter unit is one of many Reserve and National Guard units currently training on Fort Carson for upcoming missions overseas.

Maj. John Digiambattista, chief of operations Headquarters and Headquarters Company, 7th Infantry Division, said "right now (the post) is deep in the middle of mobilizing the second wave of forces" in the largest deployment from Fort Carson since World War II.

"We have Soldiers and units from 20 different states on Fort Carson mobilizing for deployments," Digiambattista said. "We're working hard to make sure that those who are sent here to prepare are well prepared. Our focus is on them getting the right tasks accomplished so they're confident and capable when they deploy to execute their mission."

1st Lt. Ricky Smith, commander of Company B, 1st Bn., 211th, said his unit has gained valuable experience in the time they've been here.

"We only get one weekend a month and two weeks a year to train, so it's important for us to be here as a whole unit for an extended period of time to fine tune our skills before we're in harm's way," he said.

The unit, which has been here since early January, will train here until April and then deploy to Afghanistan to provide air support for the 25th Infantry Division ground forces.

On Jan. 30, they used the post's facilities to conduct a real-world training exercise that brought many of the combat skills they will need to successfully complete their mission in Afghanistan into play.

With Butts Army Airfield as a launching pad, they quickly reacted to a call for air support from 1st Battalion, 234th Light Infantry troops during a simulated engagement of a Taliban training camp by sending out two helicopters. During the exercise, they practiced techniques they will use in actual missions to avoid fratricide incidents. The pilots maintained radio communication with the friendly forces at all times and visual contact with both enemy and friendly forces.

They also "employed tactics, techniques and procedures to counter people on the ground taking shots at them with rifles, rocket-propelled grenades and other weapons," said Chief Warrant Officer Fabian Salzar, B. Company, 1st Battalion, 211th.

"This is the type of mission we'll be expected to perform in Afghanistan. The ground troops there will be moving into various houses doing searches, and there will be a time when they'll need bigger guns than they have on them. We'll provide that asset," Salzar said.

Spc. Jade Cowley installs an audio junction box, which enables communication between a pilot and co-pilot within the aircraft, in a hangar at Butts Army Airfield.

Chief Warrant Officer Dave Bauer scans his aircraft's instrument panels before getting the call to lift off.

Staff Sgt. Toby Monaco repairs the blades of an AH-64 helicopter's compressor.

Sgt. Phillip Knavel, left, and Chief Warrant Officer Stanley Smith do routine checks.

Layout and Graphics by Cindy Tiberi

MWR FOR ALL OF YOUR LIFE

Out & About

Feb. 13 - 20, 2004

Proudly Brought to You by Your Fort Carson Directorate of Community Activities, Bldg. 1217 Specker Ave. 719-526-3161

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Fort Carson Ski Day

at Ski Cooper

February 20, 2004

Tickets include an all area, all day ski pass, and free rental ski equipment. The ticket will also include a free continental breakfast and drinks/snacks. All this for:

- Adults (15 and over) - $31.00
- Child (6 through 14) - $19.00
- Learn to Ski/Board, Child or Adult 11 years & up $49.50

The first 90 people to sign up will have free transportation provided. Additional transportation will be at individual's expense

- Buses leave from the Outdoor Recreation Complex Parking lot, Building 2429 Specker Ave., at 6:00 am on February 20th.
- Sign up and get your ticket at ITR building 2429
- For more information contact Recreation Programs 526-2151 or 524-1388, or ITR at 526-2083

Warning Order

The Elkhorn Conference Center & FCOSC Presents

OPERATION: RETURN TO ROMANCE

Situation: FCOSC Annual Charity Live Auction & Entertainment

Mission: Bid on fabulous Romantic Getaways, Baskets and decadent desserts

Execution: Rally point-Elkhorn Conference Center on Friday, February 13, 2004 at 1830 HRS

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Presented by
Military Child Education Coalition
Hosted by
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MILITARY CHILD EDUCATION COALITION

23 February 2004
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2886 South Circle Drive
I-25, Exit 138
Session I 9 am - 12 noon
or
Session II 6 pm - 9 pm

Learn More About:

- Being the new kid - every third grader
- Emotional issues
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"Military children move through approximately 6 to 9 schools from kindergarten through the 12th grade."

MWR

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Sports & Leisure

Dave Schultz Memorial

Carson wrestlers earn six medals

by Walt Johnson
Mountaineer staff

In what may turn out to be one of the best wrestling events of the year, the Mountain Post wrestling team captured six medals at the annual Dave Schultz Memorial Wrestling tournament Saturday and Sunday.

The tournament, held at the U.S. Olympic Training Center in Colorado Springs, brought together some of the best wrestlers in the world.

The all-Army team, which is currently preparing for the interservice championships in March, could not have had a better measure of where their skills are in world competition at this point in training, according to World Class Athlete Program and all-Army head coach Shon Lewis.

Lewis said he expected his team to be challenged and he expected his wrestlers to meet the challenge of facing world competition. All of the post's representatives did well in the tournament, giving rise to the hopes that the Army team will again capture the interservice title next month.

When the tournament was over, the Carson team had captured the overall team title with 79 points and six medals, three gold, two silver and one bronze.

Tina George, Faruk Sahin and Glen Nieradka won gold medals for the Army team. George built an early 3-0 lead over her opponent, Canada's Jen Ryz, and used her strength and mat savvy to hold off her opponent and win 3-1 in the women's 55-kilo category.

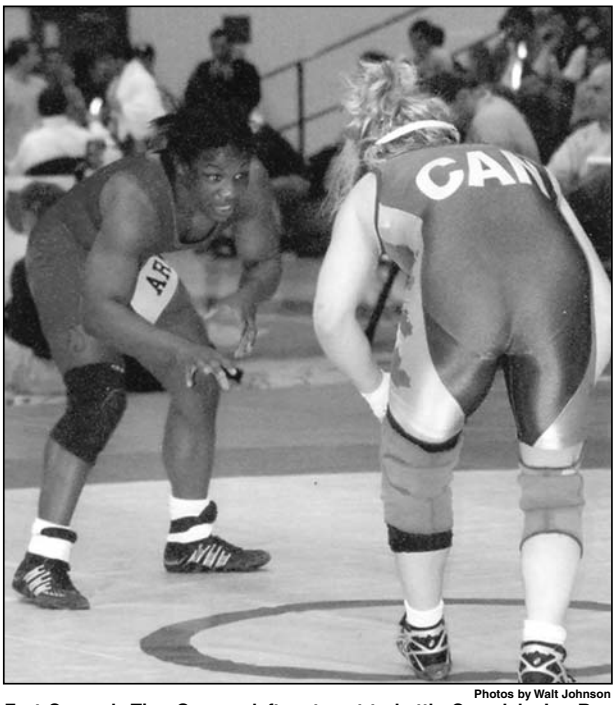
Glen Nieradka had the toughest match en route to winning his gold medal. Nieradka was tied with the United States' Joe Warren 3-3 at the end of regulation wrestling and went to an overtime period. After a scoreless overtime, Nieradka was declared the winner by judge's decision.

Faruk Sahin had the easiest path to the title, beating India's Gurbinder Singh 9-0. Sahin's victory was even more impressive when it was learned after the bout he had to reset a dislocated finger four times during the match.

Keith Sieracki and Dremiel Byers each lost close heartbreaking decisions. Sieracki lost 3-1 in overtime to the United States' Brad Vering.

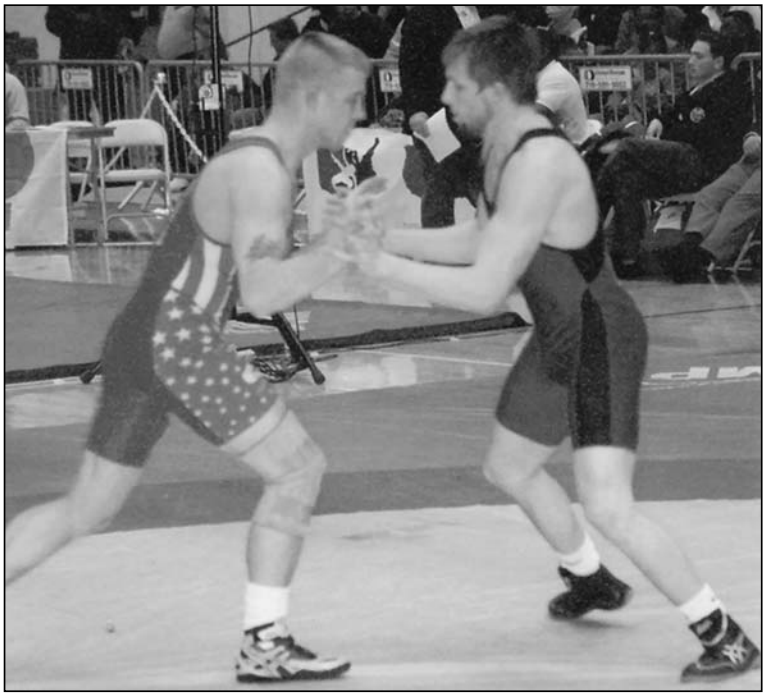
In what may have been a preview of the heavyweight battle for the country's Olympic spot, Byers dropped a close 2-1 decision against reigning Olympic gold medalist Rulon Gardner of the United States in a match that lived up to all the pre-match hype in intensity and competition.

Oscar Wood was a bronze medal winner for the Army.

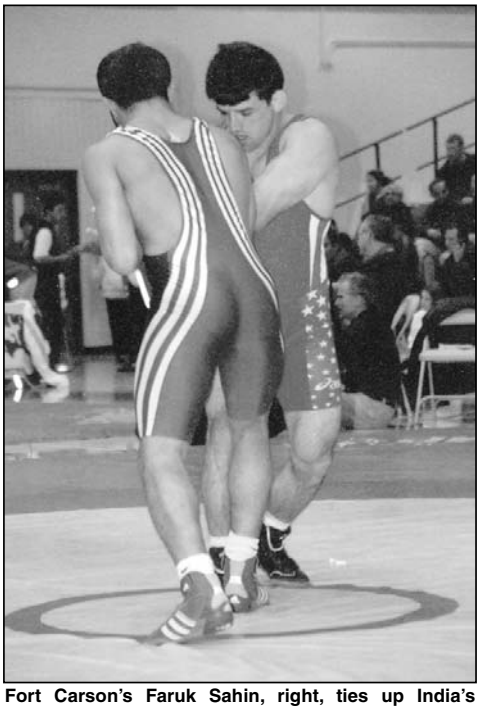


Photos by Walt Johnson

Fort Carson's Tina George, left, gets set to battle Canada's Jen Ryz during her gold medal match at the Dave Schultz Memorial Tournament.



Fort Carson's Glen Nieradka, left, had a tough gold-medal winning match against the United States' Joe Warren Sunday at the Olympic Training Center in Colorado Springs .



Fort Carson's Faruk Sahin, right, ties up India's Gurbinder Singh during their match Sunday at the Olympic Training Center in Colorado Springs.

On the Bench

U.S. Olympic panel seeks Athens 2004 torch relay runners

by Walt Johnson
Mountaineer staff

The following information comes from a news release sent out by the U.S. Olympic committee.

Four U.S. cities, Los Angeles, St. Louis, Atlanta and New York, have been selected as host cities for the Athens 2004 Olympic Torch Relay presented by Coca-Cola and Samsung.

These four U.S. cities will have the honor of hosting the first-ever global relay of the Olympic flame, June 16 to 19. Official torchbearer nomination forms and complete entry information for the U.S. portion of the Athens 2004 Olympic Torch Relay are now available on-line at www.usolympicteam.com/OlympicTorchRelay or by contacting the Torch Relay Coordinator at Torch Relay Coordinator, U.S. Olympic Committee, 1 Olympic Plaza, Colorado Springs, CO 80909. Nominations must be received by Feb. 23.

The theme for the Athens 2004 Olympic Torch Relay is "Pass the Flame, Unite the World." Along with the official nomination form, nominators will be asked to submit an essay of 50 to 100 words explaining how the nominee meets the criteria of being an inspirational person who reflects the best in humanity. Athens 2004 invites nominees who are an inspiration in our everyday lives and deserve to unite the world by carrying the Olympic flame. Nominees should reflect the values of the Olympic Games expressed as follows:

People who unite their communities through sport, education or culture. People who inspire others through participation, celebration, human scale and/or heritage ... unity. People who build bridges between individuals, communities, cultures and generations. Those who look to emphasize what makes us alike, not what sets us apart. People who believe in the value of the individual, the

See Bench, Page 21

Photo by Walt Johnson

Coach of the week ...

Fort Carson Youth Center's coach for the 10- to 12-year-old Magic, Caleb Dodge, center, goes over strategy with his team before sending them out to play Saturday at the youth center. Games are played each Saturday from 9 a.m. to 3 p.m.

Photo by Walt Johnson

You can't see me ...

Sixers guard Jaelin Manifold, center, gets off a shot despite the defensive efforts Raptors players during action Saturday at the post youth center.

Bench

From Page 20

strength of one person's deeds and the power of a single expression.

The extraordinary people who prove that one individual can make a difference.

Celebration: People who take joy in life and whose positive attitudes lift the spirits of those around them.

Participation: People who know life is not always about winning, but also about taking part. Those who actively seek to experience life's adventures and challenges large or small.

Heritage: People who embrace history and culture and pass the lessons learned from one generation to the next, in order to build a brighter future.

Nominees must be at least 14 years of age by March 25, 2004. Following the Feb. 23 deadline, nominations will be reviewed and torchbearers selected by a local judging panel. Selected torchbearers will be announced in May 2004.

Intramural volleyball and soccer coaches will want to mark the following dates on a calendar.

On March 2, the post will host a volleyball clinic, which is a requirement for all unit head and assistant coaches. The volleyball season is scheduled to begin March 15.

On March 24, the post will host a soccer clinic, which is a requirement for all unit head and assistant coaches. The soccer season is scheduled to begin April 7.

The clinics will be held at the Special Events Center, building 1829, from 1 to 3 p.m.

For more information on the clinics or other intramural activities, contact Lamont Spencer or Joe Lujan at 526-6630 or fax them at 526-6096.

Gang, every once in a while the old guy has to come to you to admit an error, this is one of those times.

In last week's edition of the *Mountaineer* your humble servant ran a picture of James Gordon, retired, and I wrote he has lifted more than 600,000 pounds while participating at Garcia Physical Fitness Center's FitLinxx program. Actually, I should have said he has earned more than 600,000 points.

Got a story idea? Contact me at internj@aol.com or page me at 659-2308. Some of our best articles come from tips from our readers.

Mountaineer Event of the Week

Dave Schultz tournament medal winners ...

Six Mountain Post Soldiers received medals at the Dave Schultz Memorial Wrestling tournament held Saturday and Sunday at the U.S. Olympic Training Center in Colorado Springs. Medaling were, from left, front row, Tina George (gold), Faruk Sahin (gold) and Oscar Wood (bronze). Back row, left, Glen Nieradka (gold), Dremiel Byers (silver) and Keith Sieracki (silver).

Photo by Walt Johnson

Mountaineer Sports Spotlight

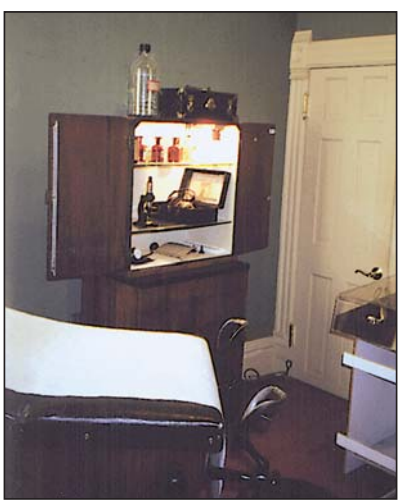
Photo by Walt Johnson

Dave Schultz tourney on television ...

Fort Carson's Keith Sieracki, left, is interviewed by a member of the Adelphia Communications broadcast team prior to matches at the Dave Schultz Memorial tournament Sunday. Adelphia Channel 32 will air the championship round of the tournament today, Friday and Saturday at 8 p.m. Adelphia will also air the tournament Monday through Thursday at 8 p.m.

The Black American West Museum and Heritage Center in Denver is housed in Dr. Justina Ford's former home.

Many of the museum's black history exhibits in the museum are pictorial.



Dr. Justina Ford's examining room used in her private practice is in the museum.

Layout by Cindy Tiberi

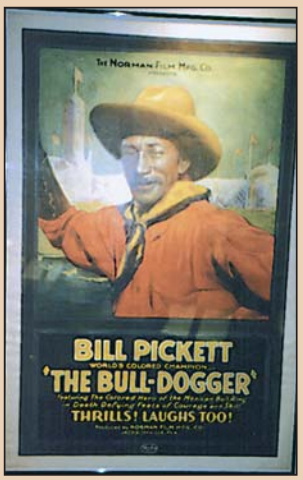
Black history museum

Tells it like it was

Story and photos
by Nel Lampe
Mountaineer staff

February is Black History Month. It's an ideal time to visit the Black American West Museum and Heritage Center in Denver.

The museum focuses on the black migration to the West through its collection of artifacts, photographs and memorabilia. The museum is dedicated to preserving the history and culture of those black American men and women who helped settle and develop the great American West, and to "tell it like it was."



Bill Pickett became famous as a bull dogger, participating in rodeos and a wild west show.

Denver citizen Paul Stewart was instrumental in starting the Black American West Museum, which opened in 1971.

As a child, Stewart played the game of "Cowboys and Indians," but didn't play the cowboy role as his playmates told him there was no such thing as a black cowboy.

Later in life Stewart met a man who had been involved in cattle drives in the late 1890s, and was indeed, a black cowboy. After this meeting, Stewart became interested in learning about other black cowboys and black American pioneers who helped settle the west.

He researched, collected memorabilia, photographs and facts. Stewart's collection became the nucleus of the Black American West Museum and Heritage Center.

The museum is appropriately housed in the home of a black American Denver citizen, Dr. Justina Ford.

Ford grew up in Illinois and attended Hering Medical School in Chicago. After her graduation in 1889 she practiced medicine in Alabama. Ford decided to go West, hoping for an equal opportunity in the developing West. She arrived in Denver in 1902.

When she went to apply for a license to set up her medical practice, the clerk refused to take her money, noting she faced a double barrier as a black woman who wanted to be a doctor.

Although she was denied hospital privileges in Denver hospitals, she did get her license and set up a home practice. She bought a house on Arapaho Street, which served as her home and office for 50 years. Ford was popular with many minority citizens who'd also come West for the opportunities. She delivered some 7,000 babies and was known as the "lady doctor." She continued her medical practice until shortly before her death at age 81. In addition to the historic artifact of Ford's house itself, other items belonging to the lady doctor are displayed. Her examining room and some medical equipment and supplies are shown.

The house, originally located at 2335 Arapahoe St., was scheduled for demolition. Through the efforts of community leaders, politicians, the Black American West Museum and Heritage Center and Historic Denver, the house was saved and relocated to its present location in the same neighborhood. The house is on the National Register of Historic Landmarks.

The museum's second floor focuses

Black history, Page 28

Happenings

Places to see in the Pikes Peak area.

Feb. 12, 2004

Black History

From Page 27

on black cowboys, homesteaders, miners, ranchers and Soldiers. The military exhibit focuses on the 1860s, the Buffalo Soldiers, World War I and World War II, including the Tuskegee Airmen.

The Black American West Museum and Heritage Center is one of the nation's most comprehensive sources of historic materials about black Americans in the West.

Black citizens featured in the museum include famous cowboy and bulldogger Bill Pickett, one of 13 children born to former slaves. Pickett became a ranch hand and learned an odd way to bring down a steer — he would bring down the steer by biting its nose or lip. His unusual style got him national attention and a chance to travel in a wild west show.

A national touring rodeo company was named after the cowboy/bulldogger, the Bill Pickett Invitational Rodeo, which is held annually. The traveling rodeo will be in Denver Aug. 21 and 22 this year. Rodeo profits go toward a scholarship named after Pickett.

Pickett was the first to be honored on the Black Cowboys Walk of Fame on the sidewalk which leads to the museum.

Other cowboys honored on the walk of fame include Nat Love, a rifle marksman and author of a book, "The Life and Adventures of Nat Love, Better known as Dead Wood Dick;" and Herb Jeffries, who appeared in theater, portrayed a black cowboy in movies and was a country and western singer. Mary Fields, also known as "Stagecoach Mary," is also on the walk of fame. She was a rider in the Pony Express and on stagecoaches, and went into the laundry business in her 60s.

Dr. Justina Ford came to Denver in 1902 and set up a private practice in her home.

Other black Americans involved in the movement west are depicted in the museum, such as a black man, known as York, who was part of the Lewis and Clark expedition. There's a sculpture tribute to York in the museum, made by artist Ed Dwight.

There's Clara Brown, a former slave who came to Colorado during the Civil War. She became known as "Aunt Clara," and was instrumental in the building of several churches and in grubstaking miners. Brown is honored with a stained glass window in the State Capitol in Denver.

It is believed that one-third of the cowboys on the great cattle drives following the Civil War were black; perhaps many of them were freed slaves.

Many pioneer families settling the west were black. Sometimes the black pioneers started their own towns. One such town was Dearfield, east of Denver. Dearfield was self-sufficient, and had its own school, churches and doctor. The town was hit hard by a drought and The Great Depression, and today is a crumbling ghost town. Some information about Dearfield is in the museum. The museum is involved in the historical preservation of Dearfield.

A special exhibit on the first floor is "African Americans and Free Masonry in America," which will be displayed until mid-March.

The museum's small gift shop includes a selection of hard-to-find books featuring black Americans or their part in history. Book selections include books about blacks in the west, Buffalo Soldiers, Tuskegee Airmen, black women, and cooking. A few T-shirts and cups are museum souvenirs as well as post cards. The books can also be bought online at the Web site, www.blackamericanwest.org.

The Black American West Museum and Heritage Center is at 3091 California St.

Admission for adults is $6 and children 5 to 12 are admitted for $4. Children under 3 get in free.

For more information, call (303) 292-2566

The Black American West Museum and Heritage Center's winter hours are 10 a.m. until 2 p.m., Wednesday through Sunday. It is closed Mondays and Tuesdays.

In summer, the museum is open from 10 a.m. until 5 p.m. seven days a week. The museum is closed Easter, Thanksgiving, Christmas and New Year's Day.

To reach the museum take Interstate 25 north to Denver, then the Colfax Exit downtown. The museum is several blocks from downtown Denver. California is one of the downtown streets which angle northeast. Take California northeast; the museum is across from the Downing Street light rail station. There is a small parking lot behind the museum building.

Pick up a copy of "Key," the Colorado travel magazine available at the Colorado Springs Visitor and Convention Center 635-7506. Key includes a map of downtown Denver.

Artifacts belonging to black pioneers are displayed in the museum in Denver.

Items belonging to Buffalo Soldiers and black cowboys are on exhibit in the Black American West Museum and Heritage Center.

Just the Facts

- **Travel time** one hour plus
- **For ages** families
- **Type** museum
- **Fun factor** ★★★1/2 (Out of 5 stars)
- **Wallet damage** $

$ = Less than $20
$$ = $21 to $40
$$$ = $41 to $60
(Based on a family of four)

Get Out!

Happy birthday, Buffalo Bill

The Buffalo Bill Museum in Golden celebrates Buffalo Bill's 158th birthday Feb. 29, from noon to 3 p.m. Free cake and icecream is served in the Pahaska Tepee gift shop. Admission to the museum will be free all day. Buffalo Bill Lookalikes will help in the celebration. The museum is at 987 1/2 Lookout Mountain Rd, in Golden, just off Interstate 70 west. Call (303) 526-0197 for information.

Denver concerts

Rod Stewart is in concert at the Pepsi Center in Denver, April 8 at 7:30 p.m. Call 520-9090 for ticket information.

Alan Jackson and Martina McBride are at the Pepsi Center April 1. Call 520-9090 for ticket information.

Kelly Clarkson and Clay Aiken, of American Idol fame, are in Denver's Pepsi Center April 13 at 7 p.m. Check with Ticketmaster at 520-9090 for tickets.

Broadway theater

Next in the Broadway Series in the Pikes Peak Center is "Fame," Tuesday and Wednesday. Call 520-SHOW for tickets. The next performance in the series is "Rent," March 16 and 17.

Denver appearances

Bill Cosby is in the Buell Theatre at 14th and Curtis in downtown Denver at 5 and 8 p.m. Feb. 28. Call Ticketmaster at 520-9090 for tickets.

Chris Rock performs at 8 p.m Feb. 26 in Buell Theater in downtown Denver at 14th and Curtis. Call Ticketmaster, 520-9090 for tickets.

Big Band Dance

A Big Band Dance commemorating the 100th anniversary of the birth of Glenn Miller is set for Feb. 28, from 6:30 to 10 p.m. in the Colorado Springs City Auditorium. Active duty military in uniform with valid ID will be admitted free to the dance.

World Arena concerts

Neil Young and Crazy Horse are in the World Arena Feb. 29. Tickets start at $39.50.

Barenaked Ladies are set for March 22; tickets start at $35.

Tickets are at the World Arena box office; call 576-2626.

Fine Arts theater

The Fine Arts Center's repertory production is "Sweet Charity," a comedy by Neil Simon. The show runs through Feb. 22, Fridays and Saturdays at 8 p.m. and Sundays at 2 p.m. Tickets in advance are $23; $25 at the door. Call the box office at 634-5583.

Mining museum

Super Saturday program at the Western Museum of Mining and Industry is "Model Engineering Excitement" at 1 p.m. Saturday. The price is $3 per person; call 488-0880. The mining museum is at 1025 N. Gate Road, opposite the Academy's north gate.

Denver Zoo

The Denver Zoo has a free admission day Saturday. The Denver Zoo is in Denver's City Park. Take the Colorado Exit off Interstate 25 north to City Park, watch for signs.

Imagination Celebration

"Anne of Green Gables" is the Kennedy Imagination Celebration production at the Pikes Peak Center March 5 at 7 p.m., at 2:30 and 7 p.m. March 6 and at 2:30 p.m. March 7. Call 520-7469 for tickets, which are $9.50.

Hot rods and cool bikes

The 14th annual Super Show and Swap Meet features Southern Colorado's best indoor custom car and bike show Saturday and Sunday, at the Southern Colorado Expo, 1801 N. Union. There'll be custom and antique motorcycles , street rods or custom cars, a tattoo competition, a door prize and more. Hours are Saturday from 9 a.m. to 6 p.m. and Sunday from 10 a.m. to 5 p.m. Adults are $9, children 12 and under are free.

Carnivale

The annual Mardi Gras-type celebration, called Carnivale in Manitou Springs, is set for Feb. 21. The parade begins at 1 p.m. at Manitou's Memorial Park and meanders west along the main street. In conjunction with Carnivale, the gumbo cook off begins with judging at 11 a.m. in Soda Springs Park. Following the judging, the gumbo is available for tasting.

Cirque in Denver

Cirque Du Soleil's "Varekai," the newest production, opens June 3 at the Pepsi Center. Tickets start at 38.50 and go on sale Feb. 1; call (800) 678-5440, Ticketmaster at 520-9090 or go online at www.cirquedusoleil.com.

Family Day

The Fine Arts Center hosts "Family Day" Feb. 21 from 11 a.m. to 1 p.m. Activities focus on the museum's exhibition "Linda McCartney's Sixties: Portrait of an Era." There'll be '60s music and family tours of the exhibit. Attendees are invited to wear '60s' style clothing to the free event. The Fine Arts Center is at 30 W. Dale St.

Academy theater

"A Few Good Men ... Dancin'" is Feb. 21 at the Academy's Arnold Hall. Call 333-4497.

Coming attractions: "Singin' in the Rain is March 6. Bob Berky, mime and clown, is set for April 17.

Glenn Miller concert

The U.S. Air Force Academy Band celebrates Maj. Glenn Miller's 100th birthday with a concert Feb. 22 at 2 p.m. at Arnold Hall Theater at the Academy. The concert is free, but tickets are required. Pick up tickets at Ticketmaster locations.

Happenings

Courtesy photo

Broadway ...

Broadway in Colorado Springs presents "Fame" Tuesday and Wednesday at 8 p.m. at the Pikes Peak Center, 190 S. Cascade Ave. The musical is on national tour and is based on the New York City's high school for performing arts. Tickets start at $25; call 520-SHOW.

Ch10

Program Schedule for Fort Carson cable Channel 10, today to Feb. 20.

Army Newswatch: stories on Operation Iraqi Freedom, the State of the Union address and Sgt. Maj. of the Army retirement (repeat). Airs at 7:30 a.m., 12:30 p.m., 7:30 p.m. and 12:30 a.m.

Navy/Marine Corps News: stories on the Naval Salvage and Diving School, mass citizenship swearing in and the Mountain Warfare Training Center. Airs at 8 a.m., 1 p.m., 8 p.m. and 1 a.m.

Air Force News: stories on Reserve activations, the anthrax inoculation program and housing privatization (repeat). Airs at 8:30 a.m., 1:30 p.m., 8:30 p.m. and 1:30 a.m.

The Mountain Post Community Forum, held monthly, airs at 9 a.m. and 5:30 p.m.

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

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

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

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

For additions to the Community Calendar, please submit an e-mail to the above address, send a 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 the desired airing time.