

Mountaineer

Vol. 62, No. 07

Published in the interest of the 7th Infantry Division and Fort Carson community
Visit the Fort Carson Web site at www.carson.army.mil

Feb. 20, 2004

3rd ACR Soldiers return home

by **Spc. Jon Wiley**
Mountaineer staff

For some, the wait is already over. An advanced party of 185 Soldiers from the 3rd Armored Cavalry Regiment returned to Fort Carson from Iraq late Friday.

They were the first wave of the 10,000 Fort Carson troops expected to come back by the end of April.

Family members crowded into the post's Special Event Center hours before the Soldiers' scheduled arrival waiting to catch the first glimpses of their loved ones after almost a year of being apart. Shortly after midnight, during the first hour of Valentine's Day, their patience was rewarded. The Soldiers marched into the building to thundering applause.

Maj. Gen. Robert Wilson, commanding general, 7th Infantry Division and Fort Carson, wasted little time speaking before the Soldiers were released to their families.

"Tonight is not the time for speech-

es; it's time for reunion. Let me just say we're all proud of your service, proud of your courage, and we're glad to have you home," he said.

Candice Blocker, whose husband Cpl. Carl Blocker deployed April 17, 2003, said she was "truly blessed" her husband was finally here.

"It's been hard raising (our) two kids by myself, but I'm so happy he's back," she said.

Mike Morgan, a veteran whose father is also a veteran, traveled from North Carolina to welcome his son Spc. Jason Morgan back to the United States.

"We're all real proud of Jason," Morgan said. "I'm glad he's serving. It's for the right cause."

Expressing the same feelings as many gathered in the Special Events Center, Morgan said he hopes the troops who are still in Iraq remain safe and come home quickly.

More Soldiers from the 3rd ACR are expected to start redeploying later this month.



Photo by Spc. Jon Wiley

Staff Sgt. Forrest Cureton, Support Squadron, 3rd Armored Cavalry Regiment, reunites with his wife Ingrid and four-year-old son Trevor for the first time in almost a year at a redeployment ceremony at the Special Events Center early Saturday.



Photo courtesy of the Department of Defense

Destroying explosives ...

Two combat engineers assigned to the 4th Infantry Division work pieces of C4 explosive into a malleable state before rigging it onto ordnance slated for destruction. The Soldiers are destroying millions of pounds of explosives on Al Fathah Airfield in Iraq.

Reserves can now receive temporary health benefits

Courtesy **Evans Army Community Hospital**

The Department of Defense announced that it will implement the "2004 Temporary Reserve Health Benefit Program" for certain eligible Reserve Component sponsors and their family members.

The Emergency Supplemental Appropriations Act and the National Defense Authorization Act for fiscal 2004 authorized new health benefits, some permanent and some temporary. The 2004 Temporary Reserve Health Benefit Program includes three temporary TRICARE benefit provisions; some are effective as of Nov. 6, 2003, and all expire Dec. 31, 2004. Total expenditures for these new provisions

may not exceed the \$400 million limit established by Congress for fiscal 2004. TRICARE Management Activity will implement the new provisions in phases starting in the spring.

"These new temporary provisions were designed by Congress to improve readiness and enhance access to care for Reserve servicemembers and their families," said Dr. William Winkenwerder Jr., assistant secretary of defense for health affairs. "We are implementing these new provisions as soon as possible," he said.

One provision temporarily authorizes TRICARE medical and dental coverage for Reserve component spon

See Benefits, Page 6

INSIDE THE MOUNTAINEER

Opinion/Editorial
Black History Month celebration.
Page 2

Military
HAZMAT training requirements.
Page 5

Community
Benefits of recycling. Page 11

Sports
Wrestlers prepare WCAP for inter-service match. Page 19

Happenings



Michelle Kwan's skating costume is exhibited at the World Figure Skating Museum.

See Page 25.

Feature



Carson security exercise tests post's emergency preparedness.

See Page 16 and 17.

Black History Month

There will be a Black History Month celebration at the Special Events Center Thursday from 11:30 a.m. to 1:30 p.m.

Post Weather hotline:
526-0096

Carson celebrates Black History Month

by Master Sgt. Sandra D. Daniels-Hill
3rd Armored Cavalry Regiment
Equal Opportunity Advisor

We, as a nation, have come a long way concerning race relations. However, the contributions of minorities in the discovery, pioneering and development of America still are not adequately represented in textbooks and the media. Ethnic observances give us an opportunity to recognize those contributions and gain an appreciation for other cultures. Black History Month is celebrated to acknowledge the history, contributions, culture, achievements and struggles of black Americans.

To have a full appreciation of this celebration, it is important to recall the history of this special observance.

Dr. Carter Godwin Woodson (1875 to 1950), a noted black scholar, historian and son of former slaves, is recognized as the "Father of Black History."

In 1915, Woodson founded the Association for the Study of Negro Life and History. Through that association, he began pressing for the establishment of Negro History Week as a way to bring national attention to the accomplishments of black Americans. He hoped to counteract apparent distortions in black history and to provide a more objective and educated balance to American and world history. He initiated Black History Week Feb. 12, 1926. This date was chosen to coincide with the birthdays of Frederick Douglass and Abraham Lincoln — two individuals whom Woodson felt had dramatically

affected the lives of black Americans.

February was also significant, in that it was the time period when slaves first heard of the 13th Amendment to the Constitution, which abolished slavery. The amendment had been signed in January, but it took the news that long to travel in 1865. It is also the month that represents the birthdays of several great black American pioneers and institutions, to include W.E.B. DuBois, Langston Hughes, Eubie Blake, the National Association for the Advancement of Colored People, and the first Pan-African Congress. For many years, black Americans celebrated during the second week of February. In 1976, as part of the nation's bicentennial, the observance was expanded and became established

as Black History Month. It is now celebrated all over North America.

The Department of Defense Black History Month theme for 2004 is "Brown vs. the Board of Education," in honor of the 50th anniversary of this decision, and the impact it had on the many facets of American society.

The 7th Infantry Division Equal Opportunity Office and 43rd Area Support Group invites everyone to attend the Fort Carson Black History Month celebration at the Special Events Center Thursday from 11:30 a.m. to 1:30 p.m. The observance will feature a guest speaker, James Tucker (publisher of the African-American Voice newspaper), local entertainment, display booths, vendors, raffle drawings and a free ethnic food sampling.

Declaring war on accidents saves lives

Commentary by Bob Van Elsburg
Army News Service

Life may be unfair but a fatal accident is an "equal-opportunity" killer. It doesn't care whether you're behind the wheel of a "Humvee" or a Honda; it will take you wherever it can.

I know. I have seen death many times during my 33 years in and around the military. Back in 1974, I waved goodbye on a Friday afternoon to a couple of friends as they left to go canoeing in Washington state. Within 24 hours they were both dead — victims of alcohol and the "I-am-bullet-proof" syndrome that led both of them to shun life jackets.

The year before, I saw a pretty young woman dying on the road next to her car. There was nothing I could do to help her.

There's an old saying that goes, "Die young and leave a handsome corpse." But believe me, there is nothing attractive in watching someone

die.

Early in 2002, I interviewed the widow of an Air Force sergeant who'd gotten on the road drunk and hit a concrete barrier at 79 mph. Unbelted, he'd gone into the windshield and was declared brain dead the following day. He had a lot of bravado in his attitude about life.

As I interviewed his widow, I sat there helplessly as she broke down in tears. They'd gotten married and bought a house barely two months before he died. When he ignored years of warnings against drinking and driving, he never thought about what it would do to the person who loved him most.

The problem with accidental death is that there's no 20-20 hindsight for those involved. There's no going back and doing things differently because of lessons learned. There is only one destination — and death gives no paroles.

That's why declaring war on accidents is

important, even as we fight this War on Terrorism. It hurts just as much to bury a loved one who died in an accident as one who died on the battlefield. Maybe, in reality, it hurts more. Death in combat is at least for a purpose. Death from an accident does little except to provide a sad example.

Boston, Baltimore, Baghdad — it doesn't matter where you are, you're on the front lines of this war. Your best piece of protective "armor" is risk management. Taking the time to identify risks, assess their severity, developing a plan to protect yourself, and then following that plan can make you a victor in this war. Ignoring the risks and hoping luck will get you through can quickly make you a victim.

Victor or victim — it's your choice.

Editor's note: Bob Van Elsburg is managing editor of "Countermeasure" magazine. His e-mail is atrobert.vanelsberg@safetycenter.army.mil.

Sound Off!

Who do you think is the most influential black American and why?



"Martin Luther King, because if it weren't for him blacks wouldn't have equal rights today."

Sgt. Dionne Arthur
5025th Garrison Support Unit



"Michael Jordan, because not only is he a great athlete, he sets a good example."

1st Lt. Thomas Paulsen
153rd Engineer Battalion



"Rev. Jesse Jackson, because he's always involved in defending the rights of people."

Spc. Manuel Fernandez
1st Battalion, 211th Aviation Battalion



"Tiger Woods, because he had a goal in his life and he reached it."

Spc. Tommi Derudder
639th Quartermaster Battalion

MOUNTAINEER

Commanding General: Maj. Gen. Robert Wilson
Public Affairs Officer: Lt. Col. Thomas Budzyna
Public Affairs NCOIC: Sgt. 1st Class Dee McNutt
Chief, Command Communications: Douglas M. Rule
Staff Sgt. Alicia Stewart
Spc. Jon Wiley
Spc. Aimee J. Felix
Pfc. Stephen Kretzinger
Happenings: Nel Lampe
Sports Writer: Walt Johnson
Layout/Graphics: Cindy Tiberi

This commercial enterprise newspaper is an authorized publication for members of the U.S. Army. Contents of the *Mountaineer* are not necessarily the official view of, or endorsed by, the U.S. Government, Department of Defense, Department of the Army, or Fort Carson. It is published weekly, using photo-offset reproduction (or other printing process) by the Public Affairs Office, Fort Carson, CO 80913-5119, Tel.: (719) 526-4144. The e-mail address is mountaineereditor@carson.army.mil. Printed circulation: 12,000 copies.

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

The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of the Army or Gowdy Printcraft Press, Inc., of the products or services advertised. The Printer reserves the right to reject advertisements.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other nonmerit factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the printer shall refuse to print advertising from that source until the violation is corrected.

All correspondence or queries regarding advertising and subscriptions should be directed to Gowdy Printcraft Press, Inc., 22 North Sierra Madre, Colorado Springs, CO

80903, phone (719) 634-1593. The *Mountaineer's* editorial content is edited, prepared and provided by the Public Affairs Office, Bldg. 1550, room 2180, Fort Carson, CO 80913-5119, phone (719) 526-4144.

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

Public Affairs policies and statements reflected in the news and editorial columns represent views of the individual writers and under no circumstances are to be considered those of the Department of the Army.

Reproduction of editorial material is authorized. Please contact accordingly.

News

Carson unveils plans for post museum

by **Spc. Aimee J. Felix**
Mountaineer staff

Plans for a new museum were unveiled for the first time during a press conference Feb. 12 at post headquarters. Organizers announced that the Mountain Post Historical Center, a 15,000 square-foot facility, would be opening to the public by 2008.

Maj. Gen. Robert Wilson, commanding general, 7th Infantry Division and Fort Carson, began the conference on an enthusiastic note saying he was "excited about the project ... I have always thought it to be extremely important that our Soldiers understand their history. We want to honor the great men and women who came before us."

The project began as a vision of Wilson's, eight years ago when he served as the 66th commander of the 3rd Armored Cavalry Regiment. He returned museum operations to the post in 1996 after a 12-year hiatus with the re-establishment of the 3rd Cavalry Museum.

A group of well-known community

leaders, the Mountain Post Historical Committee, will be working with Fort Carson to plan and fund-raise for the projected cost of five to six million dollars.

"We are blessed to have a community with such patriotic citizens. I deeply appreciate the community's cooperation in raising money for the construction of this site," said Wilson.

Once operational, the museum will be highway accessible to the entire community, not just military personnel. Individuals will not necessarily have to go through the gate to access the Mountain Post Historical Center.

The museum will reflect the impact Fort Carson's Soldiers have had in the defense of this nation, said (Ret) Command Sgt. Major Lon Hardy, Capital Campaign Board Co-chairman.

"I am honored to support this project as is the community for the tremendous impact Fort Carson has had in the protection of our nation in the last 62 years. Its Soldiers have served valiantly and gallantly; it is important that we



Photo rendition courtesy

The Mountain Post Historical Center is expected to open by 2008.

honor that service," said Lou Mellini, station manager for KILO and Eagle radio stations and Capital Campaign Board Chairman for the museum.

KILO and Eagle radio stations are two of a few sponsors already on board in support of this effort. So far, the rest include Pikes Peak International

Raceway, Dealers' Financial Service and the MILES program, Bank at the Broadmoor and the Phil Long Auto Group.

Once complete, the museum will be donated to the U. S. Army. Operating and personnel costs will then come from the annual defense budget allocations.

After deployment ...

Soldiers return to better barracks

by Sgt. 1st Class Marcia Triggs
Army News Service

WASHINGTON — More than \$65 million is being spent on improving single Soldiers' barracks while they are deployed to Iraq and Afghanistan.

Soldiers from Fort Riley, Kan., who served in Iraq, came home to freshly painted barracks, properly working lighting and plumbing fixtures and new tiles or re-carpeted floors, said Lt. Col. Wesley Anderson, the director of Public Works at Fort Riley.

About 5,546 Soldiers will see \$2.4 million in improvements at Fort Riley. That number includes Soldiers who have already returned from overseas deployments and others who are scheduled to return in September, he added.

Other installations undergoing improvements are Fort Campbell, Ky.; Fort Carson; Fort Bragg, N.C.; Fort Bliss and Fort Hood in Texas.

Improvements on the Mountain Post will be made primarily at the 3rd Armored Cavalry

Regiment and 3rd Brigade Combat Team, 4th Infantry Division barracks and will cost somewhere in the figure of \$1 million, according to the Directorate of Public Works.

At Fort Carson, DPW will check the electricity, phone lines, cable lines and plumbing in the barracks to make sure everything is ready when the Soldiers return. They will change all the locks to make sure a previous resident doesn't have a key to that room. DPW will also clean, paint and repair any structural damage in the barracks, if needed.

Fort Hood is upgrading the electrical systems in the barracks, said Donald LaRocque, the Public Works program manager for the Installation Management Agency.

"Soldiers now have audio-visual equipment, computers and microwaves. The Directorate of Public Works is going to increase the current capacity so that Soldiers can plug in more equipment without blowing the circuit breakers, LaRocque

said.

Improving the living conditions for single Soldiers has been a work in progress for DPW officials, but it has been accelerated in most cases to take advantage of empty barracks, LaRocque said.

"Units will be rotating on a regular basis while we're at war, and we can get a lot done in a year in an empty building," LaRocque said.

In most cases the changes were cosmetic and included having a cleaning crew come in, painting and hanging up pictures.

More than \$8 million in new furniture was purchased for the Soldiers who reside in the older barracks at Fort Campbell, said Col. James Duttweiler, the Fort Campbell director of Public Works.

Soldiers who return from serving in the second rotation of Operation Iraqi Freedom and the fifth rotation of Operating Enduring Freedom will also see significant improvements done to their barracks when they return home, LaRocque said.

Military

Applies to all Soldiers ...

DAC reinforces Hazmat training

by **Jim Wagner and Tom Evans**
Defense Ammunition Center

It's that time again; units are returning from long deployments, and training schedules are already filling-up. When you're planning for training, don't forget to include training about hazardous material in your schedule.

Fortunately, the Defense Ammunition Center is here to assist in your HAZMAT training needs. Two DAC accredited off-campus instructors are stationed here to keep the units trained and to provide on site technical assistance as needed. Here is a little reminder on Department of Defense and Department of Transportation mandated HAZMAT training requirements:

There are two levels of HAZMAT training:

- General awareness/familiarization and safety training, which is required for anyone who handles HAZMAT, i.e., vehicle drivers carrying HAZMAT, forklift drivers, anyone who loads or unloads and/or packages or marks HAZMAT. In other words, virtually all Soldiers.

- This class is a computer-based training class.

It takes about six hours. It can be accomplished individually, or more efficiently in a classroom setting. Anyone who has completed the certifier training listed below can conduct the class. Necessary copies can be obtained from DAC by going to the DAC Web site: www.dac.army.mil. We have a few copies on hand.

- This training is mandated by U.S. Federal law (49 Code of Federal Regulations) and DOD 4500.9R Defense Transportation Regulation.

- Technical Transportation of Hazardous Materials Training is required for personnel who certify (sign the DD Form 836 or other applicable documentation) shipments of HAZMAT. This is the most intensive training — 80 classroom hours. Students must be present for all 80 hours. We are the only locally authorized instructors for this class.

- This training is mandated by the above references plus Forces Command Reg 55-1, K-4 and 7th Infantry Division and Fort Carson Reg 525-3-2, 3-5.b.(4), which requires a minimum of two certifiers per unit. This certification is a college-level

class, and upon completion of the course, graduates will earn four undergraduate credit hours.

Because the technical transportation of HAZMAT course is part of the Army Training Requirements and Resources System, units/individuals must apply for a slot through their unit training noncommissioned office. Unit commanders, remember training class quotas/annual needs assessments are due to Individual Military Training, no later than March 9.

It is also appropriate for us to remind units of the need for MILVAN/ISO container inspectors. Prior to deployment and upon redeployment, it is necessary for units to have certified personnel to inspect MILVAN/ISO containers. This certification is available through the DAC via computer-based training. compact discs are available through our office and as well on the DAC Web site.

For more information or assistance, contact Jim Wagner or Tom Evans at 524-1241 or 524-2740, building 1117, room 206/207 or e-mail them at: james.wagner@carson.army.mil or thomas.evans@carson.army.mil.

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.

Benefits

From Page 1

sors activated for more than 30 days and their family members. Eligibility begins either on the day the sponsor receives delayed-effective date active duty orders or 90 days prior to the date the active duty period begins, whichever is later.

A second provision temporarily extends eligibility for TRICARE benefits to 180 days under the Transitional Assistance Management Program for Reserve component sponsors who separate from active duty status during the period Nov. 6, 2003 through Dec. 31, 2004, and their eligible family members.

The third provision temporarily extends Tricare

medical benefits to Reserve component sponsors and family members who are either unemployed or employed but not eligible for employer-provided health coverage.

These temporary provisions end Dec. 31, 2004.

"We encourage Reserve component sponsors and family members to save health care receipts, claims and explanation of benefits for dates of service from Nov. 6, 2003, through Dec. 31, 2004. This is necessary in the event the sponsor is determined to be eligible and the care qualifies for retroactive TRICARE reimbursement once the 2004 Temporary Reserve Health Benefit Program begins," said Winkenwerder.

The three permanent health benefit provisions of the NDAA include: benefit counselors for the Reserve component in each TRICARE region; authorization for med-

ical and dental screening and care for members alerted for mobilization; and TRICARE eligibility for reserve officers pending orders to active duty following commissioning.

Additional information for Reserve component families, who have questions regarding the TRICARE benefit or need assistance processing TRICARE claims, are available on the TRICARE Web site at www.tricare.osd.mil and the Reserve Affairs Web site at www.defenselink.mil/ra. Each TRICARE region will soon have a designated beneficiary counseling and assistance coordinator available to assist members and families with understanding and using their enhanced TRICARE benefits.

For information locally contact (888) 874-9378 or 526-7225 or 526-7256.

Dining Schedule

Feb. 20 to Feb. 27

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 Saturdays and Sundays.



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)

Wellness center will kick off National Nutrition Month March 1 at commissary

by Major Karen Brasfield, RD
Mountain Post Wellness Center

The American Dietetic Association's slogan for 2004 is "Eat Smart, Stay Healthy." The slogan reinforces the importance of nutrition and physical activity as key components in an individual's health today and in the future.

A healthy lifestyle is the key to feeling great and having peak performance. This year's slogan also communicates that a healthy lifestyle starts with healthy eating. It is a call to action that challenges Americans to take responsibility for their nutrition and physical activity choices. National Nutrition Month is the perfect time to make changes in your diet and exercise habits that will help you stay healthy.

The National Nutrition Month kick-off will start March 1 at the Fort Carson Commissary from 1 to 4 p.m. Registered dietitians will be on hand at the commissary to answer any nutrition-related questions. They will also be available for short commissary shopping tours to help consumers decipher nutrition-fact labels and select the healthiest food choices. In addition, blood pressure screening will be available by the Mountain Post Wellness Team.

Events at the Wellness Center:

Healthy Eating and Exercise Class: March 16 from 9:30 to 11:30 a.m. This class will help you

achieve your desired results by combining a healthy eating plan with an improved exercise workout.

Cholesterol Management Class: March 9 and 30 from 9:30 to 11 a.m. This class discusses and explains the food guide pyramid, the lipid profile, serving sizes, food preparation tips, the different types of fat, cholesterol and how to lower it, and even how to make these changes.

High Blood Pressure Management: March 17 1 to 2 p.m. Learn the food guide pyramid, food preparation tips, and how to make health choices. In addition, this class gives directives on following a diet to lower blood pressure the healthy way. It also explains modifiable and non-modifiable risk factors.

Healthy Cooking Demonstration: March 4 and 18 11 a.m. to noon. This class was designed to teach the preparation of foods in a nutritious way without losing the "pleasure of taste." The diet technician takes the time to answer questions on topics ranging from decreasing body weight to recipe modification. This is a great place to get healthy written recipes and to find new ways to cook in a healthier way. As an added bonus, the class participants are able to sit down and enjoy the meal that was made.

Civilian Wellness Program: Next session starts March 11. Department of Defense civilians, have we

got a deal for you. This program will energize your workday, and get you away from your desk for an authorized three hours and 45 minutes per week (requires supervisor approval). Join for a complete wellness assessment and healthy lifestyle plan.

Call 526-3887 to register for classes or answer any questions you might have. Space is limited so call early to register.

At Evans Army Community Hospital:

The LEAN Program, or Lifestyle, Education, and Nutrition is now enrolling for the April 7 session. This eight-week program pairs nutrition education and behavior modification with group exercise sessions. The LEAN Program approaches weight management by helping people to establish and meet personal fitness and weight loss goals. Starting April 7 the program will be held every Tuesday in the wellness center through May 26. The nutrition class starts at 3:30 p.m. and is

followed by a physical activity session, from 4:15 to 5 p.m. If you are interested in attending the class, contact TRIWEST (264-5000) to make an individual appointment for enrollment with the dietitian. POC for the LEAN Program is Amanda Chernichky, EACH clinical dietitian at 526-7969.



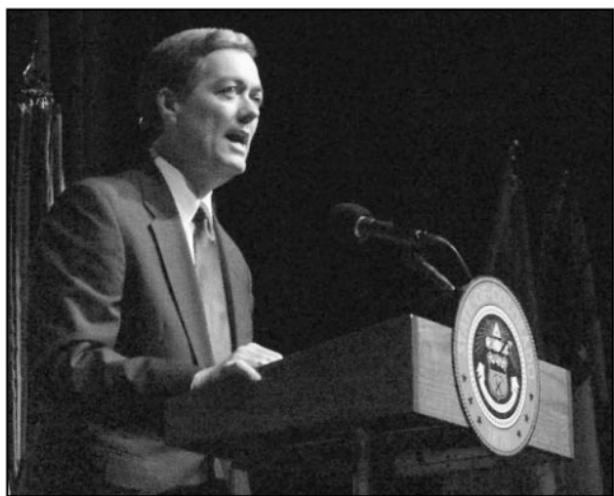


Photo by Pfc. Stephen Kretsinger

A tribute to service ...

Colorado Gov. Bill Owens speaks at Fountain-Fort Carson High School as part of the State of the Community Address Feb. 10. The theme of the address was "A Time of Service and Sacrifice" in tribute to Colorado Springs servicemembers and their families. Also speaking at the event were Fountain Mayor Kenneth Barela, Colorado Springs Mayor Lionel Rivera and Brig. Gen. Joseph Orr, deputy commanding general, 7th Infantry Division and Fort Carson.

AFAP conference addresses barracks phone service issue

by Nancy A. Montville

Fort Carson Army Family Action Plan Conference

Current barracks long distance phone service was prioritized as an issue at the Army Family Action Plan Conference held Nov. 5 and 6.

The issue was that on some installations, there is only one long distance service provider available to Soldiers in the barracks. If Soldiers want phone service in the barracks, they pay for a service but have no ability to choose the provider that best meets their needs, therefore incurring greater expenses by having to purchase cell phones or phone cards. The AFAP work-group recommended the following:

1. Reassess individual installations' contracts for multiple long distance service.
2. Implement an Armywide policy for choice of long distance service providers at all installations for all residents.

The response to this issue was provided by Helene Handeland, Army, Air Force Exchange Service contracting office.

In the early 1990s AAFES was contacted to provide phone service to the Soldier's barracks rooms. At this time, there were no phone lines

into the barracks other than the Directorate of Information Management lines for the staff duty phones. AAFES solicited a contract to be able to provide this service and it was awarded to Sprint Barracks Phone Service. Sprint Barracks Phone Service had to completely wire the barracks of all cables, boxes, switch rooms, etc. needed to provide this service. The estimated value of the contract is \$144 million. As a result of the huge expense to the contractor, a contract was awarded for 10 years with Sprint Barracks having exclusive rights for this service. The contract was extended for another three years. The current contract expiration date is November 2011. When this contract expires, there may be other options such as multiple long distance providers when the new requirements are submitted for the next contract. With more detailed information perhaps changes can be made with the contractor. The AFAP Steering Committee met Jan. 30. This issue was deemed unattainable due to the current contract.

To obtain additional information on AFAP issues or about the AFAP conference contact Nancy A. Montville, Fort Carson AFAP Program Manager, at 526-4590 or at Nancy.Montville@carson.army.mil.

Greenback

Separating Soldiers ...

Finance answers FAQs on TSPs

by 1st Lt. Theodore Stutz
4th Finance Battalion

Answers For Separating Soldiers
With Thrift Savings Plan Accounts

Separating from the service can be a confusing and stressful time. One of the many considerations is what to do with your Thrift Savings Plan. The bottom line is that you cannot make any more contributions to the TSP after you separate or retire, but you can leave the money in the account to keep earning interest. I have listed several questions and answers to help soldiers that are separating begin this process. If you have other questions please refer to the TSP Web site www.tsp.gov or the ThriftLine (504) 255-8777.

What is my current balance?

The current balance, including the previous months earnings (and updated rates of return) are generally available on the fourth business day of the month on the TSP website at

<http://www.tsp.gov/index.html>. You will need your Social Security number and Personal Identification Number. If you do not know your PIN, you can request a new one from the Account Access section of the Web site or from the ThriftLine (504) 255-8777.

How do I request a withdrawal of my TSP account?

When you have separated from the service your options are to leave the money where it is, or to have the money transferred into a civilian IRA (Traditional IRA or employer retirement plan, not a Roth IRA). In some cases you can request either a partial or a full withdrawal through the Account Access section of the Web site, however in other situations, such as those listed below, you will have to use paper forms to make your request. Withdrawal paper request are completed by submitting Form TSP-U-77,

Request for Partial Withdrawal, or TSP-U-70, Request for Full Withdrawal, to the TSP Service Office.

If you want to put the money from your TSP into your Roth IRA, you will have to elect to have the money paid directly to you, deposit it into your Roth IRA on your own, and claim this amount as taxable income on that year's tax return. The money will be taxed at whatever rate your other taxable pay is taxed at, but, since it is now in a Roth IRA, the money will not be taxed when you withdraw it to retire.

If you are married you will not be able to complete your request for a partial withdrawal because you will need your spouse's consent for that withdrawal. If you request a full withdrawal and your account balance is more than \$3,500, your spouse must waive his or her right to the prescribed annuity. Also, you will not be able to complete a request for a transfer to a traditional IRA or eligible employer plan because it requires certification from

your financial institution or plan. However, if you use the Web site in these types of situations, you will be able to print out your partially completed form, obtain any necessary signatures, information, or documentation, and send the form to the TSP Service Office.

If you use a paper form, you can send your form to the TSP Service Office at the address on the form. Do not submit your withdrawal request to your finance or personal office. Only the TSP Service Office can process a withdrawal request. After you leave the uniformed services, the TSP Service Office will be your primary contact for information about your account and about your withdrawal.

Where will my withdrawal be sent?

If you elect to receive your withdrawal by check it will be mailed to

Wills keep Soldiers' assets safe

Capt. Allen P. Zent
Office of the Staff Judge Advocate
Legal Assistance Division

If you are in the military and at Fort Carson, odds are pretty good that you were offered the opportunity to obtain a will when you processed through the SRP site.

A will is a written document that states how and to whom you wish your property to go after your death. Be careful not to confuse a will with a living will. A living will is an entirely different document that gives instructions to your physician and other health care providers as to the circumstances under which you want life sustaining treatment to be provided, withheld or withdrawn.

A will can do more than just distribute your property. For example, if you have children, a will can designate one or more guardians to care for and raise them. A will can also be used to establish trusts as well as appoint a personal representative (formerly known as "executor" or "executrix"). The personal representative's job is to manage your affairs after your death and ensure your wishes, as described in the will, are carried out.

The first issue to consider is whether you even need a will. Most states, including Colorado, have detailed laws that apply to people who die without a

valid will (referred to as dying "intestate"). If the state's laws are consistent with desires, you can rely on the law to control disposition of your wealth. Generally, if you die without a will, your immediate family will receive the estate. If you do not have a spouse or children, then the law directs your estate to other closely related blood relatives. Interestingly, if a person dies intestate and has no surviving relatives, the state receives all of the assets!

If you prefer more control over your property after your death, and most people do, it is a good idea to obtain a will. In a standard simple will, you can dispose of your property in almost any way you wish. Some people even choose to express the fact that they do not want to leave any property to a certain individual. This is commonly referred to as disinherit. Be advised, however, married persons cannot completely disinherit a surviving spouse, unless the spouse agrees. Complex laws exist that protect a spouse from becoming penniless when learning of the other spouse's hidden decision to give property to someone else.

Many legal questions often arise concerning how frequently an existing will should be reviewed or updated. An excellent rule of thumb to remember is that your will should be updated to reflect major life changes. Common examples include getting divorced,

having a child, getting married, purchasing and selling real estate, traveling abroad or prior to any major surgery. Under Colorado law, a spouse named as a beneficiary in a will is automatically eliminated from bequests when the divorce is finalized. Most estate planners recommend reviewing your will every three to five years, regardless of major life changes.

Absent the decision to update your will, it remains in effect until it is revoked or changed. If you prefer to make only a minor change rather than completely creating a new will, you can execute what is called a codicil, or an amendment to a will. A codicil can be a convenient way to only change a limited portion of an existing will.

If you are concerned about whether you need a will or if you have a specific death-planning question, call the Fort Carson Legal Assistance Division at 526-5572 or 516-5573 to make an appointment with a legal assistance attorney. The office is open Monday through Thursday, from 9 a.m. to 4 p.m. Walk-in consultations are available on a first-come, first-served basis on Monday and Thursday afternoons, from 1 to 4 p.m. By appointment on Tuesdays, clients can obtain wills, living wills and health care powers of attorney. Notary services (including power of attorney executions) are available during normal hours on a walk-in basis.

Greenback

From Page 9

you at the address in your TSP account record. If you elect to transfer the money to a traditional IRA or eligible employer plan, that financial institution will receive the check directly. You may also elect to receive the money through electronic funds transfer.

If your address is not correct when you are separated, you can correct it through the Account Access section of this Web site or by submitting a change of address (Form TSP-U-9) to the TSP Service Office. Alternatively, when you submit a withdrawal request, the address on your request will be used to update your TSP address of record.

How will my TSP benefits be taxed?

If you elect to have all of the

money from your TSP account paid directly to you, the money will be taxed as ordinary income for federal tax purposes in the year in which you receive it. This is because your contributions to your TSP account were taken out of your pay before your federal income tax withholding was computed. If you transfer the money to a traditional IRA or eligible employer plan, the money will not be taxed until you use it for retirement.

However, if you made any tax-exempt contributions to the TSP (i.e., from pay subject to combat zone or qualified hazardous duty tax-exclusion pay), the portion of your withdrawal that represents the tax-exempt contributions will be exempt from tax. On the other hand, earnings attributable to tax-exempt contributions are taxable when withdrawn.

For example, suppose that over the course of your career you made

\$15,000 in ordinary contributions and \$5,000 in contributions from tax-exempt pay received in a combat zone and that these contributions have earned \$30,000 by the time you retire. In such a case, your account balance at the time of your withdrawal would be \$50,000. The \$45,000 of combined ordinary contributions and total earnings would be taxable, and the \$5,000 in contributions from tax-exempt pay would be exempt from tax.

For detailed information about tax withholding requirements and the tax consequences of your withdrawal choice, read the tax notice "Important Tax Information About Payments From Your TSP Account" on the TSP web site.

How long can I leave my money in the TSP?

If you do not want to withdraw your account when you leave the uni-

formed services, you can leave your entire account balance in the TSP. However, you must withdraw your entire balance (or begin receiving monthly payments from the TSP or from the TSP annuity vendor) by April 1 of the year following the year you turn 70 1/2 (or following the year you separate, if you are already over age 70 1/2 when you leave federal service).

If you do not make a withdrawal by the required deadline, your TSP account must be paid to you in the form of an annuity, as required by law. If you do not provide the necessary information for the TSP to purchase an annuity for you (and your spouse, if applicable), or if you cannot be located, your account will be declared abandoned. You may later reclaim your account and make an appropriate withdrawal election; however, you will receive no earnings from the date your account was declared abandoned.

Generally speaking ...

Maj. Gen. Dorian T. Anderson, commanding general, Human Resources Command, speaks to Soldiers at McMahon Theater Feb. 12 during postwide officer and non-commissioned officer professional development. Anderson spoke to Soldiers about what changes to expect in regards to Army personnel, such as the reduction of summer permanent change of stations moves. The main goal of Human Resources Command, formerly U.S. Total Army Personal Command, is to optimize Army human resources during peace and war, and perform all personnel-management functions for Soldiers.



Photo by Spc. Jon Wiley

Community

Recycling

Paper: buy smart, recycle when used

by Susan Galentine-Ketchum
Directorate of Environmental Compliance and
Management

It's what you use to express yourself in written form; you blow your nose with a type of it, and it covers most desks. It is paper.

The paper we use every day comes after an involved process of lumber operations, production, packaging and distribution. You are involved in the final stages of buying, using and then deciding how to get rid of paper.

In an effort to help the country offset the massive use of paper, the federal government requires paper product purchasers follow guidance on recycled content. Most paper products purchased should contain 30 percent recovered content or 30 percent post-consumer content. It gets tricky here. The Environmental Protection Agency defines recovered content as scrap paper that is part of the production process — not waste. Post-consumer content refers to what is recycled from our homes and offices — waste. Both are reused in a fashion.

Buying recycled content paper is pretty straightforward. Manufacturers have made this easy by marking their paper products with the percentage of recycled content material. So, when you are buying for

your unit or your home, you can determine which paper is the environmentally preferable type.

The purchasing part of the recycled-content paper is just the first step. Once you have used it for work, downloading recipes from the Internet or wrestling through your financial statements, you again recycle it. This is known as closing the loop. You buy it recycled and then you recycle it again. Recycling has

many benefits that aren't obvious. In fact, according to the EPA, recycling:

Some benefits of recycling

- Conserves resources for future generations
- Prevents emissions of many greenhouse gases and water pollutants
- Saves energy
- Supplies valuable raw materials to industry
- Creates jobs
- Stimulates the development of greener technologies
- Reduces the need for new landfills and incinerators

- Conserves resources for our children's future.
- Prevents emissions of many greenhouse gases and water pollutants.
- Saves energy.
- Supplies valuable raw materials to industry.
- Creates jobs.
- Stimulates the development of greener technologies.
- Reduces the need for new landfills and incinerators.

Fort Carson recycles paper products as part of its recycling program. In fiscal 2002 the installation recycled 488,000 tons of office paper, or the equivalent of 4,148 17-foot tall trees. This recycling effort also prevented that same quantity from ending up in a landfill.

There are three 24-hour recycling drop off locations on post for paper and other products at: at the Recycle Center, building 155, located off

Wickersham Boulevard near Gate 3, the southwest corner of Berkeley and Specker Avenues (just south west of the stop light) and at the southeast corner of the post exchange on Sheridan Avenue.

Here are a few more recycling facts from the University of Colorado at Boulder to mull over before you throw that next piece of paper or newsprint into your trash can.

- One ton of recycled paper uses: 64 percent less energy, 50 percent less water, 74 percent less air pollution, saves 17 trees and creates five times more jobs than one ton of paper products from virgin wood pulp.
- Every year, enough paper is thrown away to make a 12-foot wall from New York to California.
- Every day Americans buy 62 million newspapers and throw out 44 million. That's the equivalent of dumping 500,000 trees into a landfill every week.
- It takes 75,000 trees to print a Sunday Edition of the New York Times.

Fort Carson takes recycling seriously, not only from a purchasing standpoint, but also from a disposal standpoint. The installation has a goal of reducing waste disposal to zero by 2027 by maximizing pollution prevention and recycling opportunities and minimizing the generation of waste. This is a big goal, but attainable with individual dedication.

If you would like to submit your ideas on recycling or simply find out more about on-post recycling, call 526-5898. For more information about affirmative procurement guidance for paper products or other products, you can log on to the EPA Web site at www.epa.gov/epaoswer/non-hw/procure/products.htm#park.

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: Monday

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 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 McConaughay, FCOSC Welfare Chairperson, at 310-7693 or e-mail at fcarson_officersspousesclub@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, Thursday 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.

Bunny suits — The Fort Carson Officer's Wives Club has two bunny suits available for rent to make a holiday party even more special. The rental fee is \$20, which is split into two payments. They are on a first-come, first-served basis.

One is a complete hood with face and the second is just the hood. To reserve one, contact Karen Lloyd at 559-7274 or kjlloyd53@hotmail.com.

Scholarships — The Fort Carson Officers' Spouses' Club is offering scholarships to selected individuals. Selection will be based on scholastic achievement, demonstrated leadership, citizenship, motivation, and diversity of interests. A Scholarship Award Committee makes the selections. Applicant anonymity is preserved during the selection process to ensure fair competition.

Applications may be picked up at the Friendship House, the Fort Carson Library and area high schools. For more information you may send an email to Eunice.Clay@us.army.mil. Applications must be postmarked by March 15.

Better Breathers — Better Breathers is an educational and support group for active duty and retired servicemembers, and family members to learn about their lung condition and how to live with it. The group meets on the second Thursday of every month at the Evans Army Community Hospital. This is a self-referral program and no

appointment is needed, just let us know you are interested. We will add your name to our call roster and will call you to remind you of the meeting three to five days before each meeting. Family members are encouraged to attend with the patient.

Topics have included diet, workload reduction, anatomy and physiology, living with a chronic illness and disease management. Some of the upcoming topics include traveling with oxygen, oxygen delivery systems, hospice and palliative care, home-care, herbal and common remedies/medications, and living wills. Topics are member requested as well as timely medical information. Individual assistance is also available on request. If you have any questions, please call Sue Prieve, RN at 524-4043.

40 Days of Purpose Campaign

The Protestant Service at Soldiers' Memorial Chapel will host a spiritual campaign April 24 to June 6. Chap. (Maj.) Scott Kennedy, the senior pastor, is the campaign director. Have you ever asked yourself, "What on Earth am I here for?" During our 40 Days of Purpose Campaign we will attempt to answer that universal question by exploring these five central purposes:

- Worship.
- Discipleship.
- Ministry.
- Fellowship.
- Evangelism.

Come join the excitement Sundays at 11 a.m. at Soldiers' Memorial Chapel. For more information, call Chap. Scott Kennedy 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.

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.

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



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



MINI Prevention & Relationship Enhancement Program

In Support of the Reunion Process

Thursday,
Feb. 26 & Mar. 25
9 a.m. to 3 p.m.
Family University, bldg. 1161

Child-care is available through CYS, using the FRG/Deployment free child-care. Mini-PREP (other than those scheduled) can be scheduled by contacting Nate or Jill Nugin at ACS 526-4590.



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.

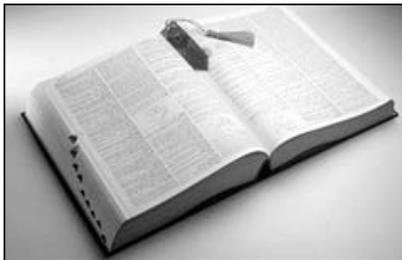
Claims against the estate — With deepest regrets to the family of Master Sgt. Kelly Hornbeck, deceased. Anyone having claims against or indebtedness to his estate should contact WO1 3 Eric Brashears at 526-3978.

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.

Claims against the estate — With deepest regrets to the family of Sgt. Christopher Golby, deceased. Anyone having claims against or indebtedness to his estate should contact CW3 Tracey Forehand 232-4581.



Chapel

Catholic Lenten Events for Lent, which begins on Ash Wednesday, Feb. 25

Fat-Tuesday — Mardi Gras: Tuesday at 6 p.m. at Soldiers' Memorial Chapel, pot luck.

Ash Wednesday Mass — Soldiers' Memorial Chapel noon and 5 p.m.

Living Stations of the Cross — Friday. Soup and supper at 6 p.m., Stations of the Cross 7 p.m.

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 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

ROMAN CATHOLIC

Day	Time	Service	Chapel	Location	Contact Person
M-W-F	noon	Mass	Healer	Evans Army Hospital	Fr. Battiato/649-5260
Tues., Wed., Thurs.	noon	Mass	Soldiers'	Nelson & Martinez	Chap. Patton/526-5769
Saturday	5 p.m.	Mass	Soldiers'	Nelson & Martinez	Chap. Patton/526-5769
Sunday	8 a.m.	Mass	Prussman	Barkeley & Prussman	Chap. Patton/526-5769
Sunday	9:30 a.m.	Mass	Soldiers'	Nelson & Martinez	Chap. Patton/526-5769
Sunday	10:45 a.m.	CRE	Soldiers'	Nelson & Martinez	Pat Treacy/526-5744
Sunday	11 a.m.	Mass	Healer	Evans Army Hospital	Fr. Battiato/649-5260
Sunday	12:15 p.m.	Mass	Provider	Barkeley & Ellis	Chap. Patton/526-5769
Tuesday	6:30 p.m.	RCIA	Soldiers'	Nelson & Martinez	Pat Treacy/526-5744
Saturday	4 p.m.	Reconciliation	Soldiers'	Nelson & Martinez	Chap. Patton/526-5769

PROTESTANT

Sunday	9 a.m.	Protestant	Healer	Evans Army Hospital	Chap. Kincaid/526-7387
Sunday	9 a.m.	Protestant	Provider	Barkeley & Ellis	Chap. Borden/526-3711
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 Dalugdu/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 77 & Leviticus 16-18

Saturday — Psalms 78 & Leviticus 19-21

Sunday — Psalms 79 & Leviticus 22-24

Monday — Psalms 80 & Leviticus 25-27

Tuesday — Psalms 81 & Numbers 1-3

Wednesday — Psalms 82 & Numbers 4-6

Thursday — Psalms 83 & Numbers 7-9

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.

Chaplain's Corner

Lent: A time for penitence, prayer

**Commentary by
Chap. (Maj.) R. Cope Mitchell Jr.
Command Chaplain's Office**

Lent begins Wednesday with the celebration of Ash Wednesday. Below are prayers that come from an Anglican Book of Common Prayer that will be used by millions around the world to prepare themselves for Lent.

The first part of the devotions from the Ash Wednesday service instructs us about the meaning and purpose of the season of Lent. Psalms and prayers follow this introduction and in church there would be the use of ashes as a sign of repentance. The season of Lent lasts until Holy Week and Easter. I invite you to use this devotion in your own preparations for Lent. May God bless you during Lent and may you once again experience the fullness of the love of God in your life.

The first Christians observed with great devotion the days of our Lord's passion and resurrection, and it became the custom of the church to prepare for them by a season of penitence and fasting.

This was season of Lent, and it provided a time in which converts to the faith were prepared for Holy Baptism. It was also a time when those who, because of serious sins, had been separated from the body of the faithful, were reconciled by penitence and forgiveness and restored to the fellowship of the church.

Thereby, the whole congregation was put in mind of the message of pardon and absolution set forth in the gospel of our Savior and of the need which all

Christians continually have to renew their repentance and faith.

I invite you, therefore, in the name of the church, to the observance of a holy Lent, by self-examination and repentance; by prayer, fasting, and self-denial; and by reading and meditating on God's holy word. And, to make a right beginning of repentance, and as a mark of our mortal nature.

The Litany of Penitence prayer:

Most holy and merciful Father: I confess to you and to one another, and to the whole communion of saints in heaven and on earth, that I have sinned by our own fault in thought, word, and deed; by what I have done and by what I have left undone.

I have not loved you with my whole heart, and mind and strength. I have not loved my neighbors as myself. I have not forgiven others, as I have been forgiven. Have mercy on me, Lord.

I have been deaf to your call to serve, as Christ served me. I have not been true to the mind of Christ. I have grieved your Holy Spirit. Have mercy on me, Lord.

I confess to you, Lord, all my past unfaithfulness: the pride, hypocrisy and impatience of my life, I confess to you, Lord.

My self-indulgent appetites and ways, and my exploitation of other people, I confess to you, Lord.

My anger at my own frustration and my envy of those more fortunate than myself, I confess to you, Lord.

My intemperate love of worldly goods and comforts

and my dishonesty in daily life and work, I confess to you, Lord.

My negligence in prayer and worship and my failure to commend the faith that is in me, I confess to you, Lord.

Accept my repentance, Lord, for the wrongs I have done: for my blindness to human need and suffering and my indifference to injustice and cruelty, accept my repentance, Lord.

For all false judgments, for uncharitable thoughts toward my neighbor and for my prejudice and contempt toward those who differ from me, accept my repentance, Lord.

Restore me, good Lord, and let your anger depart from me; favorably hear me, for your mercy is great. Accomplish in me the work of your salvation, That I may show forth your glory in the world. By the cross and passion of your Son our Lord, bring me with all your saints to the joy of his resurrection, a word of comfort and assurance of forgiveness.

Almighty God, the Father of our Lord Jesus Christ, who desires not the death of sinners, but rather that they may turn from their wickedness and live, pardons and absolves all those who truly repent and with sincere hearts believe his holy Gospel.

Therefore we beseech him to grant you true repentance and his Holy Spirit, that those things may please him which you do on this day, and that the rest of your life hereafter may be pure and holy, through Jesus Christ our Lord. Amen.



Staff Sgt. Matthew Anders and his security dog Barry search a vehicle entering Gate 1. Vehicle inspections were put into effect after the hazardous materials accident was reported.



All victims of the posed hazardous materials accident were decontaminated before being sent to the hospital. Being hosed down was the first step of the decon process.



This hazardous materials accident victim was one of many who were treated in the emergency room at Evans Army Community Hospital .



This Fort Carson bomb squad member informs his partner that the bomb they detected in the wrecked truck has been successfully disarmed. He was also able to identify the hazardous material on site.



A post firefighter escorts the most severely "injured" bystander from a simulated hazardous materials accident to be immediately sent to the emergency room at Evans Army Community Hospital. Playing the role of an accident victim for a post security exercise Feb. 10, his makeup realistically portrayed a severe puncture wound.

Taking secure measures



Exercise ensures post is always prepared

Story and photos by Spc. Aimee J. Felix
Mountaineer staff

A "truck accident" put Fort Carson emergency workers into quick-reaction mode Feb. 10 when they received a call about a wrecked vehicle, across the street from Ironhorse Park, potentially carrying hazardous materials.

In seconds, fire trucks, followed by ambulances and police vehicles, waited down Sheridan Avenue to the site of the accident.

This all took place as part of an installation preparedness exercise, that evaluated Fort Carson's emergency preparedness planning efforts. In other words, the training tested how well the post would react in case of a terrorist attack or a HAZMAT emergency; it also tested the revised plans that would be implemented in case of an attack.

Firefighters were the first to arrive at the site of

the accident. Before entering the accident site, they observed with binoculars from a distance to evaluate the potentially dangerous HAZMAT situation. They then entered, setting up a decontamination site. With ambulances ready, the victims were decontaminated and, in order of level of injury, sent to the emergency room of Evans Army Community Hospital.

The driver of the wrecked truck had a "bomb" and concealed the detonator in his sleeve. The post bomb squad detected and disarmed it within minutes.

The exercise also tested the post's military police and K-9 unit. Gate vehicle inspections and road closures were immediately put into effect, as per standard operating procedures.

So far such training has proven to be effective, as those in charge of conducting safety procedures most often respond as they have been trained to,

said William Brent, Fort Carson's force protection officer.

"The MPs arrived within two minutes of notification ... the garrison commander was pleased with the way it all went about," said Maj. Andrae Brooks, Fort Carson's garrison operations officer.

This post training exercise is a quarterly effort to prepare for an annual training exercise. The date of the training exercise is kept unknown in order to maintain an element of surprise. These training exercises are required to be conducted at least annually on all military installations.

Col. Michael Resty, Fort Carson's garrison commander, however, wants it to be done at least quarterly here.

"We want to 'walk, crawl, run' with this," said Brooks. "We've come a long way, but we've got a long way to go."



Out & About

Feb. 20 - 27, 2004

Proudly Brought to You by Your Fort Carson Directorate of Community Activities, Bldg. 1217 Specker Ave. 719-526-3161
Visit us at www.ftcarsonmwr.com



- Have you had a positive experience with MWR?
- Have you been searching for a way to share your story?

Well, here is *your* chance!

The Fort Carson DCA is looking for Soldiers, Families, Retirees and Civilians to participate in our "Fort Carson MWR: For All Of Your Life" film. We are looking for willing candidates to share their personal stories of how MWR has made an impact in their life, or the lives of others.

If you would like to be a part of this unique and exciting opportunity, please call 719-526-3161 (between the hours of 8:00 am - 4:00 pm)



ALL ARMY WRESTLING

WED • FEBRUARY • 25TH

ALL ARMY CHAMPIONSHIP - 6:00 PM

ARMY vs. TEAM USA - 7:30 PM

SPECIAL EVENTS CENTER • BUILDING 1829 • FORT CARSON, CO

GIVEAWAYS • CONCESSIONS
FOR MORE INFORMATION • 524-1388

Published by the Fort Carson DCA Marketing, Advertising & Sponsorship Team. No Federal Endorsement of Sponsor(s) Intended.

Featuring the amazing and often comical powers of the mind!

Come join the fun and excitement that this show packs right here!

Entertainment Ect. Presents
HYPNOMANIA
Hosted by one of America's favorite Hypnotists
Tim Rose
Starring:
YOU
12 February 2004
8 pm to 10 pm
\$5 cover
For info, call 576-7540

All participants are on a volunteer basis only, everything seen on stage is genuine. No stoges are used in the making of this program. 18 years and older please. Show contains adult themes and is not suitable for minors.

XTREMES MARDI GRAS PARTY!
FEBRUARY 24, 2004
DJ / DANCING
GAMES, PRIZES, BEADS AND MUCH, MUCH MORE.
\$5.00 COVER CHARGE
TIME: 9:00 PM - 2:00 AM
1532 SPECKER AVE.
FORT CARSON, CO 80913
FOR MORE INFORMATION
576-7540

School Transitions:
The Essential Ingredients
FREE Parent/Professional
Workshop for K - 12th Grade

Presented by
Military Child Education Coalition
Hosted by
United States Air Force Academy, Peterson Air Force Base &
Fort Carson

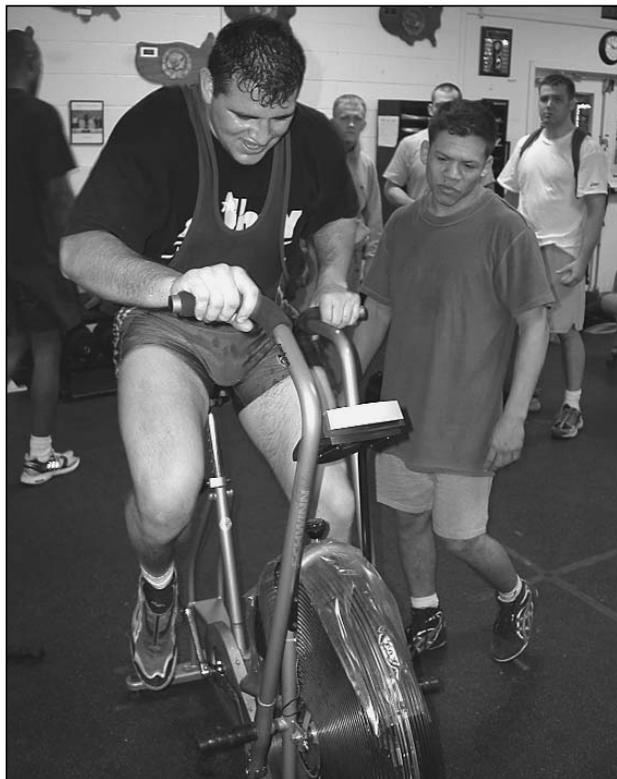
23 February 2004
Sheraton Colorado Springs Hotel
2886 South Clark Drive
125, 14th, 138
Session I 9 am - 12 noon
OR
Session II 6 pm - 9 pm

"Military children move through communities & to schools from kindergarten through 12th grade."
Reserve your seat today!
719-526-3071 or E-mail: Hope.Metzker@carson.army.mil

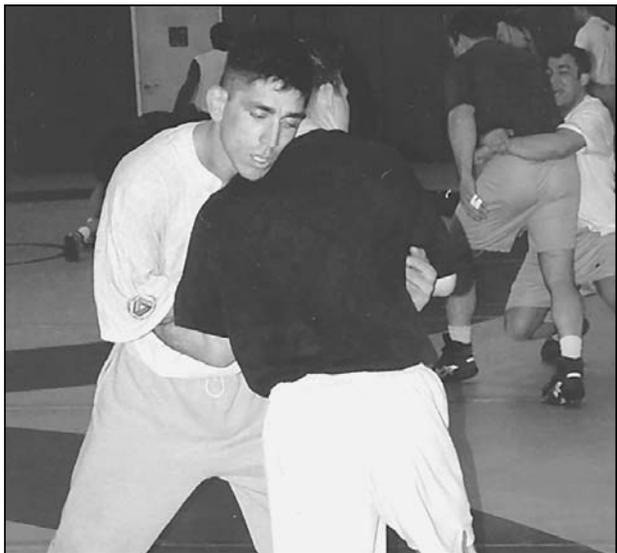
Sports & Leisure

Army wrestling

Wrestlers gear up for interservice meet



World Class Athlete Program wrestlers Paul Devlin, left, and Eric Albarricin get in a workout on the stationary bicycle during a practice session Monday at the WCAP practice facility.



World Class Athlete Program wrestlers Keith Sieracki, left, and Oscar Wood practice holds with other members of the all-Army team Monday at the WCAP practice facility.

by Walt Johnson
Mountaineer staff

Editor's note: The all-Army wrestling training championships are scheduled to be held Wednesday at 6 p.m. at the Special Events Center on post. At 7:30 p.m., the all-Army team will meet the Team USA wrestlers in matches. There will be concessions and giveaways at the event. For more information, call 524-1388.

In less than three weeks, 14 people who comprise the all-Army wrestling team will begin defense of its interservice championship (in New Orleans in March) and if current workout sessions are an indication, the title will stay just where it is.

Watching the wrestlers intensity during workouts, and the "you can get better" attitude of the coaches gives reason to believe this year may be the best year for the wrestling program in recent memory, and there have been some pretty good teams in the past five years.

Army wrestlers will be seeking to keep championships in four weight classes while looking to win three other weight groups that eluded them

en route to the championship last year.

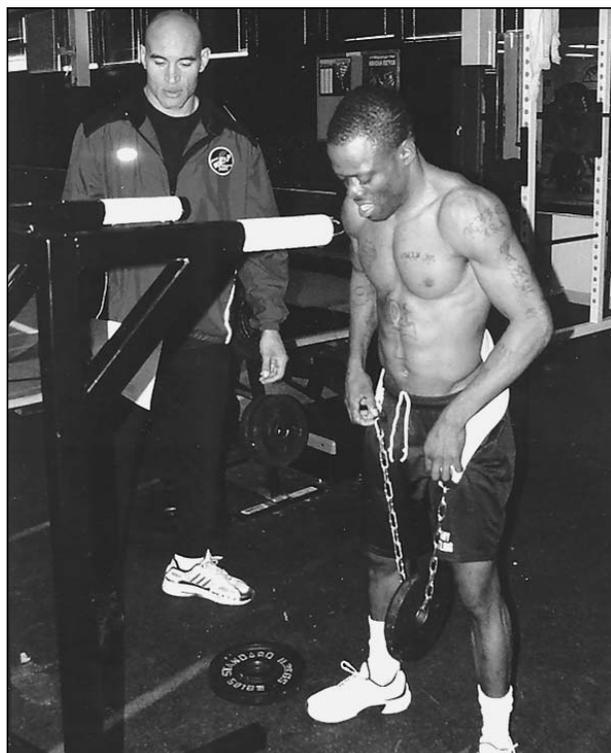
World Class Athlete Program and all-Army head coach, Shon Lewis, likes what he sees in this year's group although he is driving his team to get better because this is an Olympic year and "things can get crazy in Olympic years with everyone wanting to represent our country," Lewis said.

Lewis likes his team's chances of not only doing well at the interservice meet but at the nationals as well.

"We will have to focus on the situation at hand at the interservice and nationals but we have a lot of confidence in our soldier-athletes that they will do just that," Lewis said.

Currently, the wrestlers are going through two-a-day workouts at the WCAP training facility, sharpening their skills in some areas and working on customized training regiments in other areas.

"This is an interesting time for us. We'll definitely be prepared for the upcoming competition, it will just be a matter of how well we execute what we want to do to have the success we want," Lewis said.



Anthony Gibbons, right, goes through a personalized workout under the watchful eyes of World Class Athlete Program assistant coach Michael Van Arsdale Monday at the WCAP practice facility.

On the Bench

Coaches clinic set for post intramural coaches

by Walt Johnson
Mountaineer staff

Intramural volleyball and soccer coaches will get the chance to get first-rate instruction soon.

One of the key ingredients for a successful season for many coaches is making sure their players are better off after the season than they were at the beginning of the season. To that end, the post sports program has set up two clinics to help coaches for the upcoming intramural season.

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.

I've had a chance to spend some time with the all-Army wrestlers in the past

few weeks and I have some notes to share with you about them.

The one thing that you notice as you spend any time around World Class Athlete Program Coach Shon Lewis, is the tremendous amount of pride he has in his wrestlers.

That is not undeserved pride because this is one of the hardest working groups of athletes I've ever seen. When Lewis says "this is the last of the real gladiators" you understand what he means as you watch the wrestlers stretch and strain every muscle in their bodies to get themselves better.

At the recent Dave Schultz Memorial wrestling competition, one of the grittiest performances I've ever witnessed was turned in by WCAP's Farooq Shakur. Shakur won a gold medal at the meet, defeating his opponent 9-0. On the surface you would say what was so gritty about that? But under the surface is where the story lies. Prior to the competition, Shakur had dislocated his index and middle fingers. Shakur taped up his fingers for the bout and thought he could get through the bout with no problems. It turns out Shakur dislocated the finger on three different occasions dur-

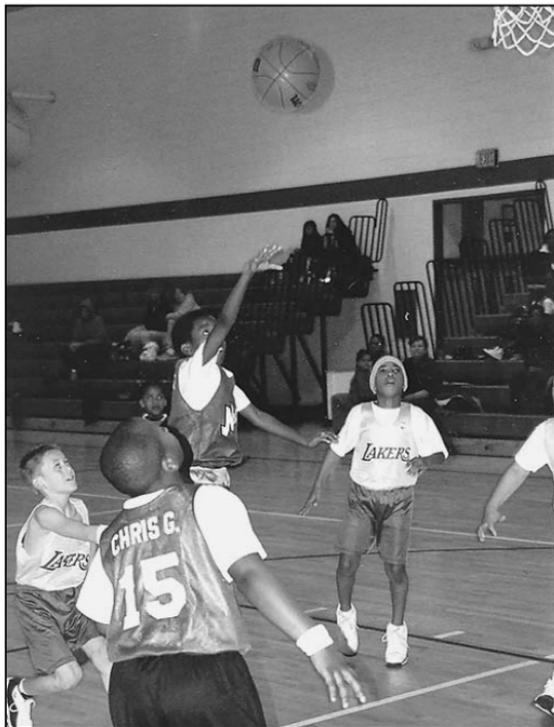


Photo by Walt Johnson

Trying to reach the goal ...

Montez Bonner Jr., center, fires up a jump shot during youth basketball action at the Fort Carson youth center Saturday morning.



Photo by Walt Johnson

Let's get ready to play ...

Karla Molina, center, 5- to 6-year-old Nuggets' basketball coach gives advice to her players prior to sending them out for their game with the Magic Saturday morning.

Bench

From Page 20

ing the match and had to pull the fingers back into place while fending off his competitor.

Now, if you miss this game don't say you weren't given enough advance notice.

On Feb. 28 at 10 a.m. at the post youth center, the 7- to 9-year-old Magic team will meet the 7- to 9-year-old 76ers team in a battle of titans. Both teams look to come into the game undefeated, assuming they win their game Saturday, and boast some of the best players and coaches in the league. While Magic assistant coach Montez Bonner was quick to point out how his team should handle the 76ers, Sixers coaches Jennifer Roberts and Valerie Davis had a "we'll see when the game is played" look on their faces. This is going to be a good one.

The Falcon Wandrers Volksmarch Club of

Colorado Springs will sponsor a volksmarch Saturday in Cañon City.

This is a noncompetitive walking event in two categories, five kilometer (3.1 miles) and 10 kilometer (6.2 miles). The event will begin and end at the Recreation Office, 575 Ash Street in Cañon City. Participants may start the walk anytime between 9 a.m. and noon.

After the halftime show by the 5- to 6-year-old cheerleaders, at the youth center, it became apparent why the children seemed to be enjoying themselves.

Mary Jackson, whose daughter is one of the cheerleaders said the basketball players aren't the only people getting good coaching in the youth basketball program.

"The coaches (Julie Armstrong and Tretus Becks) do such a great job working with our children. They give so much of themselves and that is a credit to them, Jackson said.

Mountaineer Event of the Week

Trojans rolling toward state playoffs ...

Fountain-Fort Carson's Bucky Poirier, in white, shoots a jump shot over the defense of a Liberty High School defender Friday night at Fountain-Fort Carson High School. The Trojans ended their regular season Feb. 12 at FFCHS and now wait for the first round of the high school 4A tournament. The Trojans will go into the tournament as one of the top three teams to beat.



Photo by Walt Johnson

Mountaineer Sports Spotlight



Photo by Walt Johnson

Let's give a cheer ...

Cheerleaders lead the fans in a victory chant during halftime of the Nuggets-Magic game. One of the best parts of the halftime shows at the 5- to 6-year-old games at the youth center Saturdays is the performance given by the cheerleaders.

World Figure Skating Museum just minutes from post

Happier Sunnier

Story and photos
by Nel Lampe

Mountaineer staff

Ice skating comes to mind this time of year when streets and sidewalks frequently have a covering of ice. Ice rinks around town offer

lessons, figure-skating shows may replace football games on Sunday afternoon television, Denver Avalanche and Colorado College hockey teams are in the news and Disney on Ice professional skating shows are on the schedule at the World Arena.

Not everyone knows the U.S. Figure Skating Association, the World Figure Skating Museum and the Hall of Fame are located near the Broadmoor Hotel, just blocks from the site of the original Broadmoor Ice Palace. The Broadmoor Ice Palace was later known as the Broadmoor World Arena. The ice arena was southeast of the lake, behind the main Broadmoor Hotel. The arena played host to several World Figure Skating Championships and hockey tournaments. The ice arena was torn down to make room for the hotel expansion of Broadmoor West.

The Broadmoor Skating Club's home ice is now at the Ice Hall behind the World Arena, which was completed in 1995, followed by construction of the nearby World Arena, site of Colorado College home hockey games. Olympic hopefuls still train in Colorado Springs, such as Ann Patrice McDonough who



The World Figure Skating Museum and Hall of Fame are located near the Broadmoor Hotel.

recently competed in the national finals. Other skaters trained in Colorado Springs, such as Peggy Fleming, who won the figure skating gold medal in the 1968 Olympics.

When the U.S. Figure Skating Association National Headquarters was relocated to Colorado Springs in 1979, museum space was included in the construction plans. A modest museum had been started in Boston in 1965, as a place to display trophies and records.

Gradually, skating memorabilia was added.

In addition to the Ice Hall near the World

Arena, other ice rinks in the Colorado Springs area include Sertich Ice Arena in Memorial Park, an ice arena at the Chapel Hills Mall, one at the Air Force Academy Field House and another ice arena in downtown Pueblo.

The 10,000 square-foot exhibition hall of the World Figure Skating



Michelle Kwan's red skating costume is displayed in the Figure Skating Museum.

Museum includes a library and displays scores of championship trophies. The museum was recently renovated.

Visitors to the museum learn that ice skating wasn't always for fun or

Museum, Page 26



The skating costumes Jayne Torvill and Christopher Dean wore in an Olympic competition are shown.



Skating costumes displayed at the Figure Skating Museum include Tara Lipinski's, at left.



Places to see in the Pikes Peak area.

Feb. 20, 2004

Museum

From Page 25

sport, but was a necessity for people to get from one place to another in countries or areas where weather was cold enough to freeze large bodies of water. It is thought that people have had some method of getting across frozen water since 800 B.C.

The early skaters tied animal bones to their feet and slid across the ice. Scandinavians were "ice sliding" on iron skates by 200 A.D. People in several countries were skating or ice sliding by the Middle Ages. Some skaters used a pole to push or pull themselves along.

Dozens of historic skates are displayed in the museum, from somewhat primitive pieces of wood and iron, to those with curls such as skates from a book of fairy tales.

Skating clubs were started by groups of men in Europe in the 1700s.

By the mid 1800s ice skating was becoming a recreational sport. New York City's Central Park had an ice rink as early as 1858. Skaters wore heavy winter hats and coats while skating;



A small gift shop in the World Figure Skating Museum contains pins, figurines and memorabilia as well as books and biographies.



Early ice skaters wore hats, heavy winter clothing and coats. Some women skated in long dresses.

women usually wore long skirts.

Ice skating as known today is mostly attributed to an American, Jackson Haines, a gifted skater and inventor. He fashioned a blade attached to a shoe, which allowed him to make more moves while skating. Haines added dancing steps to his skating movements and won competitions, but many people disapproved of his style. Haines was very successful in competitions in Europe and helped establish an international figure-skating style. It was several decades before the international style was accepted in America.

The first championships in figure skating came about in 1889, but it wasn't until 1908 that figure skating became an Olympic sport. Skating was the first winter sport to be competed in winter Olympic games, with competition in both single and pair skating.

The World Figure Skating Museum has an extensive display of skating costumes, trophies, porcelain skater figurines, skating art, magazine covers, sculptures and bronzes.

An Olympic torch from 2002 is displayed as are Olympic gold medals.

Several viewing stations have skating videos for visitors to watch, as well as demonstrations of skating moves. Other collections in the museum include Olympic medals, pins, modern skating boots and the Hall of Fame.

Scott Hamilton's costume from the 1984 Olympics is there. Other costumes displayed are those worn by Jayne Torvill and Christopher Dean when they ice-danced to "Bolero." Tara Lipinski's costume from the 1998 Nagano Olympics, Jamie Sale and Don Pelletier's costumes are displayed. Barbara Roles red costume from the 1960s is shown, as are costumes worn by Sarah Hughes, Kristi Yamaguchi, Judy Blumberg, Michael Seibert, Janet Lynn and the team of Liudmila Belaoussva and Olg Protopopov. Michelle Kwan's gold-embroidered red Vera Wang costume is also exhibited.

Visitors can test themselves at the skating trivia display. Learning such facts as who invented the Zamboni ice-cleaning machine, when and why. They will also learn that many of the skating moves are named after skaters who invented them, such as the Salchow and the Axel.

A display chronicles the plane crash near Brussels, Belgium, which killed all members of the 1961 U. S. Skating Team.

Videos, costumes and displays about synchronized skating is on the lower level. A small gift shop near the entrance offers a selection of skating memorabilia, such as T-shirts, calendars, jackets, videos, pins, post cards, pendants, crystal, figurines and Christmas tree ornaments. Books about such skating greats as Peggy Fleming, Randy Galindo, Michelle Kwan, Tara



Scott Hamilton's skating costume, skates and medals are displayed in the Figure Skating Museum.



Antique ice skates are displayed in the World Figure Skating Museum.

Lipinski, Sonya Henie, Kristi Yamaguchi and Nancy Kerrigan are sold.

The World Figure Skating Museum and Hall of Fame, located at 20 1st Street, near the Broadmoor Hotel, is open from 10 a.m. until 4 p.m. weekdays. In the summer it is also open on Saturdays.

Entry to the museum is \$3 for adults and \$2 for children ages 6 to 12. Those under 6 get in free.

To reach the museum from Fort Carson, take Highway 115 north to the Lake Avenue/Broadmoor exit. Go left on Lake Avenue toward the Broadmoor Hotel until reaching 1st Street — about a block before the hotel; there's a sign for the museum, take a right on 1st Street and go north to the museum.

There is free parking in front of the museum.

Just the Facts

- **Travel time** 15 minutes
- **For ages** families
- **Type** museum
- **Fun factor** ★★★ (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 ice cream are served in the Pahaska Tepee gift shop. Admission to the museum will be free all day. Buffalo Bill look-alikes will help in the celebration. The museum is at 987 1/2 Lookout Mountain Road, 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.

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.

Mining museum

The Western Museum of Mining and Industry hosts a presentation "**The Princeton Expedition**" Feb. 28. Presented by Steve Veatch, the presentation includes diaries, journals and photographs of an expedition taken by Princeton students 125 years ago. Reservations and fee required, call 488-0880.

The **Super Saturday program** March 13 is Angel Food Faults and Peanut Butter Folds." Reservations suggested, admission is \$3.

The mining museum is at 1025 N. Gate Road, opposite the Academy's north gate.

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.

Cirque in Denver

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

Family Day

The Fine Arts Center hosts "**Family Day**" is Saturday, 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. The Fine Arts Center is at 30 W. Dale St. Entrance to the Fine Arts Center is free on Saturdays through February.

Academy theater

"**A Few Good Men ... Dancin'**" is Saturday

at the Academy's Arnold Hall.

"**Singin' in the Rain**" is March 6. Bob Berky, mime and clown, is set for April 17. Call 333-4497 for tickets.

Glenn Miller concert

The U.S. Air Force Academy Band celebrates Maj. Glenn Miller's 100th birthday with a concert Sunday 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.

St. Patrick Day parades

The annual **St. Patrick Day Parade** is March 13 in Old Colorado City, begins at noon. The colorful parade runs along West Colorado Avenue between 27th and 17th streets. There's a five0-kilometer race at 10 a.m. and a children's fun run at 11 a.m.

Denver's **St. Patrick Day Parade** begins March 13 at 10 a.m. at Coors Field.

Disney on ice

Disney on Ice is set for March 17 to 21 at the Colorado Springs World Arena, featuring characters from Tarzan, The Jungle Book and The Lion King. Performances March 17, 18 and 19 are at 7:30 p.m., March 30 and 31 include daytime performances. Call 576-2626 for tickets.

Ballet

Ballet West of Salt Lake City performs "**Sleeping Beauty**" Tuesday at 8 p.m. in the Pikes Peak Center. Call 520-SHOW for tickets.

Half-price at the zoo

Now's the time to visit **Cheyenne Mountain Zoo**. Until Feb. 29, admission is half price, making admission \$6 for adults and \$3 for children 3 to 11. Children under 2 are always admitted free. The zoo is open 9 a.m. to 5 p.m. every day. The newest addition to the zoo is a male giraffe born Feb. 12. Watch for him in the giraffe exhibit. The zoo in behind and south of the Broadmoor Hotel; follow the signs.



Photo by Nel Lampe

Carnivale ...

Parade participants await the start of a previous Carnivale Parade. The annual Mardi Gras-type celebration, begins Saturday with a gumbo cookoff in Soda Springs Park. It's followed by a parade at 1 p.m., starting from Manitou's Memorial Park, running along Manitou Avenue.

Program Schedule for Fort Carson cable Channel 10, today to Feb. 27.

Army Newswatch: stories on troop end-strength, force stabilization initiative and U.S. forces in Iraq. Aairs at 7:30 a.m., 12:30 p.m., 7:30 p.m. and 12:30 a.m.

Navy/Marine Corps News: stories on minesweeping, Navy frigates and cold weather training. Aairs at 8 a.m., 1 p.m., 8 p.m. and 1 a.m.

Air Force News: stories on combat stress, defusing Iraqi weapons and emergency care in Iraq. Aairs 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.