

Mountaineer

Vol. 62, No. 09

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

March 5, 2004

Vietnam-era 'Huey' visits Fort Carson

by Pfc. Stephen Kretsinger
Mountaineer Staff

Children at a local elementary school got a surprise visit that was both exciting and educational.

A few Vietnam Veterans associated with the Vietnam Helicopter Pilots Association landed a Vietnam era UH-1H "Huey" helicopter in the field north of Abrams Elementary School Feb. 23. The Huey is on its way to the Smithsonian Air and Space Museum.

Members of the Huey crew spoke with the children of Abrams Elementary School about the history of the helicopter, let them see the Huey up close, and sang songs with them with Zach Huckabee, a Texas native, on gui-

tar.

Pinned inside the Huey are several unit patches. Soldiers from the Mountain Post's own 571st Medical Detachment, Helicopter Ambulance, 3rd Armored Cavalry Regiment added their patch to the collection.

Manufactured as a UH-1D with tail number 65-10091, the Huey is being called "America's Huey-091" and this mission of the VHPS is called "Going Home with America's Huey-091."

"The 'Going Home with America's Huey-091' mission is a completely philanthropic and voluntary project with the



Photo by Pfc. Stephen Kretsinger

The crew of "America's Huey-091" talks with the children of Abrams Elementary school about Vietnam and the Huey. The children were also entertained with songs performed by Zach Huckabee, one of the crew members.

See UH-1H, Page 5

Life after deployment

Soldiers should take time to readjust

by Spc. Jon Wiley
Mountaineer staff

Over the next few weeks, thousands of Fort Carson Soldiers will return from Iraq and reunite with their loved ones. While homecomings are undoubtedly a time for celebration, redeployments bring with them a unique set of challenges.

Returning Soldiers, many of whom have spent time in combat areas, and their family members should expect the adjustment back to home life to take a little while, said Jill Nugin, coordinator of Army Community Service's Family Advocacy Program here.

Nugin said returning Soldiers often have physical, mental and emotional issues for several weeks after returning home.

"Physically, they may have trouble sleeping due to normal things like jet lag, being used to a different time zone and being in a different place — sleeping on a

soft bed compared to a cot or the ground or sleeping next to somebody compared to by themselves," she said.

Nugin said some Soldiers may also have trouble with their digestive systems since many of them have been eating Meals Ready to Eat and field rations for months.

Besides physical readjustments, Nugin said Soldiers need time for their emotions to settle.

"Soldiers need to emotionally adjust to the demands of family life," she said. "Lots of Soldiers tell us when they're in a war situation, they have someone telling them what to do, and now that they're back they have kids who want to know what to do and spouses who expect help with decision making. It's difficult for them to get used to these responsibilities."

Soldiers may also find that being home in a safe environment triggers

See Deployment, Page 6



Photo by Spc. Curt Cashour

Gift of life ...

Col. Walter Wininger, 7th Infantry Division chief of staff, relaxes as a nurse draws his blood during a blood drive Monday at Fort Carson's Troop Medical Center 7. The 91st Division's 2nd Brigade sponsored the drive, which was conducted by Bonfils Blood Center of Pueblo. Bonfils, one of six U.S. blood centers approved by the Department of Defense to provide blood for U.S. troops in Iraq, will use blood from the drive to replenish supplies in Iraq.

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All-Army wrestlers take it to the mat.

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Happenings



The Wildlife Experience is a new museum south of Denver.

See Page 25.

Tax center

The tax center is open to Soldiers and their families. Hours are Monday through Thursday from 8 a.m. to 6 p.m., Friday from 8 a.m. to 5 p.m. and some Saturdays. Call the tax center at 524-1012 or 524-1013 for more information.

Post Weather hotline:
526-0096

Commander's Corner

CG: Welcome home troops, be safe

Welcome home Fort Carson Soldiers!

The Mountain Post is excited after greeting more than 1,000 of the 11,000 Fort Carson Soldiers who are returning from Iraq by the end of May. I am proud of the services performed by our returning Soldiers and feel confident that the Mountain Post is prepared to help them transition back to their normal daily lives. Unlike any time in our Army's history, we have gathered the expertise and resources to attend to every step of family reunions and community reintegration.

So far, we have welcomed home the advanced parties of both the 1st Battalion, 12th Infantry, from 3rd Brigade Combat Team, instrumental in the capture of Saddam Hussein and the advanced party of the 3rd Armored Cavalry Regiment. Many of our Soldiers from the 43rd Area Support Group have also arrived, as have numerous National Guard and Reserve

units that contributed greatly to our successes in Iraq and Afghanistan.

While our largest combat units are returning to Fort Carson, the entire Army is also in the midst of moving more than 236,000 Soldiers in and out of Iraq. Completing this movement efficiently, effectively and safely is of paramount importance to our Army leadership. Once our Soldiers return, we need to remind them and ourselves of the habits that keep us safe.

When we think of safety, there are some basic habits which I want to stress: drive safely and defensively; wear seatbelts and ensure those in your vehicle do the same; obey the speed limits and drive at appropriate speeds for the weather and visibility conditions. Always be sure you are rested before driving long distances, and do not mix alcohol with driving – ever.

The practice Soldiers learned in Iraq of watching out for their buddies will serve everyone well the rest of

their lives. All Soldiers have an obligation to protect the safety and well-being of other Soldiers and their families. If you see any unwise or unsafe act, speak up. It is up to all of us to take care of ourselves, our families and each other.

As spring and summer approach, Fort Carson will be like other installations and witness an increased use of motorcycles. The excitement of riding the Rocky Mountain highways can be extremely risky on a motorcycle. All Soldiers must take a mandatory motorcycle safety course before they can hit the road. The course is free; contact the Fort Carson Safety Office for more information, 526-2123.

There is not a foreseeable end to our commitment in Iraq and the War Against Terrorism. The anticipated return of our Soldiers from war is nearing an end and we will mark the occasion with joy, respect and pride for a job well done. With every step we take,



Wilson

let us make every step a safe one.

Bayonet! United We Stand — an Army Proud and Ready.

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

Lollipops not only incentive for teens to vote

by **Kirstin Dillingham**
Army News Service

FORT HUACHUCA, Ariz. — As I approached my 18th birthday last November, I grew more and more excited because I had already registered to vote and was just awaiting the opportunity to exercise my new right.

A lot of people probably thought I was a nerd for being so excited about the simple act of voting, but I was eager to live up to the responsibility of living in a democracy: to choose a leader capable of successfully running the country according to the wishes of the people.

With these thoughts in mind, I eagerly awaited

Arizona's Democratic primary.

I did my part Feb. 3 and voted for the first time. I had hoped to get one of those "I voted" stickers out of the experience (which I did), and I also got something else that had never occurred to me: a lollipop.

Although most of my friends are, like myself, politically aware and active, I am always disappointed at the number of 18-year-olds who couldn't name a presidential candidate if their lives depended on it. I've been told that fewer teenagers come out to vote than any other age group, and I think that most people I know who have registered to vote did so only to get the extra credit points in their U.S.

Constitution classes.

Many people believe that even if they do vote, they will never make a difference. However, I believe our individual votes do have an impact.

We need only take just a few minutes to register and then fill out a simple ballot so we can help decide the future of our country.

I know I'll always vote, every chance I get, regardless of the stickers and the candy.

We teenagers will be ready to take on the responsibility of being a part of the democratic process only if we register to vote, learn about the issues and candidates, and then show up at the polls on voting day.

Sound Off!

What should redeploying Soldiers do to stay safe?



"They shouldn't drink and drive."

Pvt. Bellatrix Estrella
HHC, USAG



"If they do any outdoor sports, they should go with a buddy."

Sgt. William Down
3rd Armored Cavalry Regiment



"They should be aware of their surroundings."

Carolyn Heath,
DOD employee



"They should make sure they dress for the weather."

Staff Sgt. Ricardo Ranger,
4th Engineer Battalion

MOUNTAINEER
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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.

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

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

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

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News

Coalition eases transitioning students



Photo by Spc. Aimee J. Felix

Robin Coatney, 17, ends her presentation of the Student to Student program introducing a chicken, which will be passed along as a humorous token to students at other installations participating in the S2S program.

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

Many military parents know how difficult transitioning from school to school can be on their children. But, they can find comfort in knowing that there is an entire coalition dedicated to making these transitions easier.

The Military Child Education Coalition, a nonprofit organization promoting solutions to the mobility challenges children of all military services face, conducted a Transition Counselors Institute Feb. 24 and 25.

School guidance counselors, principals and installation family and school support personnel attended and learned the skills necessary to prepare children for their moves to new school systems, as well as how to integrate children new to the area, said Dr. Mary Keller, executive director of MCEC. Local military teens participated by sharing their personal experiences of transitioning.

The institute consisted of three phases, which included getting to know and understand military students,

addressing social and emotional issues in transitioning, and how to apply what was learned, by using the resources available.

A Pikes Peak Region Military Education Summit was held the day after the TCI ended. Its attendees included leaders from the El Paso County school systems and the Fort Carson school system. The main objectives of the summit were to continue developing the communication and working relationship between the military and school districts, to share the results of the TCI, and to provide an update on the installation and usage of Interactive Counseling Centers, teleconferencing centers, which can put students in touch with their new schools.

Also highlighted were the successes and accomplishments of a Memorandum of Agreement just recently signed by El Paso County school systems. The MOA encompasses more than 100 school systems across the nation and overseas. MCEC is encouraging other school systems to sign on because

the MOA is designed to gain cooperation from school systems serving students in military installations.

Through the Interactive Counseling Centers students can make friends in advance. Parents and students can meet their guidance counselors and discuss the transfer of credits and other issues of academic placement. And, they can speak with coaches and teachers.

So, far there are 47 ICCs installed worldwide and 38 in 13 states in the United States. The first one installed in this region was at the Fountain-Fort Carson High School in 2002. MCEC hopes to get more installed so that more transitioning students can benefit from this resource, said Hope Metzler, the school liaison for Fort Carson.

The Student to Student program, an MCEC program in the making, was also addressed during the education summit. It is a student-lead program created to positively support transitions in academics, relationships and community life.

See Students Page 4

All Soldiers will now wear flag on BDUs

by Spc. Aimee J. Felix
Mountaineer staff

Fort Carson Soldiers will be able to wear the U. S. flag insignia starting June 5, the date established by Maj. Gen. Robert Wilson and Command Sgt. Maj. Terrance McWilliams.

"The flag has been around for years to identify deploying troops. Now based on the Army's joint expeditionary mindset, the flag represents our commitment to fight the war on terror for the foreseeable future," said Sgt. Maj. Walter Morales, the uniform policy chief for personnel.

Army Chief of Staff Gen. Peter Schoomaker authorized the universal adoption of the reverse red, white and blue field patch Feb. 11 and set the mandatory wear date for Oct. 1, 2005 in order to give enough

time to Soldiers from units deployed to Operation Iraqi Freedom and Operation Enduring Freedom to transition when they return.

Most posts plan on having their flags sewn on by June 14, which is Flag Day and the Army birthday.

Units are authorized to begin issuing the reverse flag. Five will be given to each Soldier. The flags will be funded by the same resource used to fund unit patches, the Alteration Management System.

The guidelines on wearing the flag will remain the same as described in Army Regulation 670-1, Wear and Appearance of the Army Uniform and Insignia. It is sewn on the wearer's right shoulder sleeve to give the effect that the flag is flying in the breeze as the Soldier walks.



Photo by Spc. Jon Wiley

All Soldiers will now wear the flag on their battle dress uniforms. Before a recent change, Soldiers only wore the flag on their desert BDUs.

It should be half an inch below the shoulder seam, and if a combat patch is also placed on the right shoulder, the flag is sewn an eighth of an inch below

the combat patch. The update to AR 670-1 will exclude the order to remove the flag once a Soldier returns from deployment.

Students

From Page 3

Some student leaders have already been chosen, and they presented the preliminary S2S curriculum during the summit. These students were prepared for their leadership roles through the student track of the TCI. The program is ideal because students know more than anyone the difficulties faced when transitioning, said Vanessa Tranel, director of Fort Carson's Youth Education Support Services.

In a national annual MCEC conference July 21 to 23, an official curriculum of the S2S program will be presented. This year the conference will be held in Colorado Springs.

Military

UH-1H

From Page 1

purpose to educate current and future generations, to honor our Vietnam Veterans for their valor, courage, and selfless sacrifice, as well as all veterans who have answered our nation's call, and to pay tribute to those who paid the ultimate price in the defense of freedom," according to the America's Huey Web site.

The organization's objective is to deliver and donate UH-1H 65-10091 to the Smithsonian National Museum of American History March 19 for display in the Price of Freedom exhibit, which opens Nov. 11.

The Army purchased the helicopter in August of 1966. By September of the same year, the Huey was in Vietnam, serving with the 173rd Assault Helicopter Company, the Robinhoods, according to the America's Huey Web site.

While in Vietnam, the helicopter was documented as being damaged by enemy fire three times; during the third incident it was hit in the cockpit, its

hydraulic systems were damaged and it crashed. This resulted in it being declared a "loss to inventory." The Huey was "later recovered by any means other than its own power" and brought back to the United States where it was repaired and put back into service.

The Huey then flew with a few different units across the U.S. at such posts as Fort Sill, Okla. and Fort Stewart, Ga. It then went to Fort Rucker and became attached to the Aviation School. Late 1971 found it in the National Guard, and by September 1973 the helicopter went to Germany.

While in Germany during 1974, the Huey was crewed by Randy Perkins. It served with the 24th Engineering Group, Headquarters, Headquarters Company at Sembach Air Base. It was mainly used to ferry VIPs around to various operations. The helicopter had been upgraded to an H model by that time and was "freshly refurbished," said Perkins.

Since 1995 the Texas Air Command Museum has owned and operated UH-1H Aircraft 65-10091. It was meticulously maintained and was able to participate in many veteran-related events.



Courtesy photo

A Soldier from the 571st Medical Detachment, Helicopter Ambulance, 3rd Armored Cavalry Regiment, pins a patch from his unit to the interior of "America's Huey-091" Feb. 23, outside of Abrams Elementary School.

For the past eight years, it has visited schools and universities, veterans' reunions, air shows, and participated in the filming of a documentary.

The crew expects to visit many

other locations on their trip including stops at the U.S. Military Academy, West Point, N.Y., and U.S. Naval Academy, Annapolis, Md., before finally going "home" to the Smithsonian.

Military Briefs

Misc.

Special Forces briefings — Special Forces briefings will be conducted weekly at the Grant Library. The briefing times are Wednesdays, 1:30 p.m. and Thursday 1:30 and 3:30 p.m. The Army's Special Forces is a strategic, multi-purpose force capable of rapid response to various contingencies around the world. Called "Green Berets," these highly-skilled Soldiers are trained in unconventional warfare, foreign internal defense, direct action, special reconnaissance, combating terrorism, information operations and counter-proliferation. Special Forces candidates must be mature and self-motivated; open and humble; and better conditioned physically and emotionally than the average Soldier. All interested male soldiers, privates first class to staff sergeants, and second and first lieutenants are encouraged to attend. For more information, contact Sgt. 1st Class Bill Roepe at 524-1461.

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.

Deployment

From Page 1

uncomfortable feelings and memories of traumatic experiences they didn't have the time or energy to deal with when they were in combat and focused on survival.

"We're talking to Soldiers who are having difficulties with nightmares and loud noises or who are really vigilant about things, and everyday chaos like kids coming and going and cartoons feel a little bit funny to them," Nugin said.

Soldiers having these experiences shouldn't panic.

Nugin advises spouses to "let it be ok and make it normal for it to take six to eight weeks for (them) to get back to themselves."

Many soldiers will experience symptoms of stress such as depression, isolation, avoidance of feelings, rage, anxiety, sleep disturbances or startle responses. While these are all normal aftereffects from the trauma of combat, Nugin said Soldiers and their family members should become concerned about stress symptoms that are extreme or that don't lessen after a couple of months.

"If after six to eight weeks things are still hairy,

(Soldiers) should start asking some questions and looking for help," Nugin said.

She advised Soldiers to "go with their gut feelings" when deciding whether or not to seek help. If something doesn't seem right, it's probably not.

Some may develop Posttraumatic Stress Disorder, which is a psychiatric syndrome that can occur following traumatic experiences or witnessing life-threatening events like combat. According to the National Center for Posttraumatic Stress Disorder, about 30 percent of the men and women who have spent time in war zones experience PTSD.

People with the disorder re-experience the same mental, emotional and physical anguish that occurred during or just after the trauma. The common symptoms include nightmares, anxiety, fear, angry and aggressive feelings and feeling the need to defend oneself, trouble controlling emotions, trouble concentrating, feeling shaky and sweaty, getting startled by loud noises, avoiding contact with others, shutting down emotionally and feeling disconnected from reality.

It is important to note that having PTSD is not a sign of personal weakness. According to the National Center for PTSD, many psychologically well-adjusted

and physically healthy people develop it, and everyone probably would if they were exposed to severe enough trauma.

The good news is that PTSD is highly treatable. Nugin said "sometimes it's just a matter of talking things out and normalizing feelings."

The Army offers many resources for those who need them. Evans Army Community Hospital employs deployment cycle social workers and has mental and social services. Chaplains and ACS are also good first places to turn for those seeking counseling services. For those who are more comfortable with resources outside of the Army, there is Army One Source, which refers Soldiers and their family members to civilian social services in local communities. The number for the service in the United States is (800) 464-8107.

No matter where they go, Soldiers who need help should go somewhere, Nugin said. She said they shouldn't worry about it negatively affecting their careers.

"I've never seen a Soldier get in trouble for seeking help," she said. "I think what affects careers is when they don't get help, and they do something stupid like get a drunk driving offense and have to suffer the consequences of their behavior."

Dining Schedule

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.

Mar. 5 to Mar. 13

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)

Greenback

SDP eligibility ends with deployment

by 1st Lt. Theodore Stutz
4th Finance Battalion

Servicemembers who have returned from deployment are no longer eligible to participate in the Savings Deposit Program. The money they have saved can be left in the SDP for an additional three months after return to accrue more interest; however, no more money can be put in after return.

Therefore, Soldiers should go to the Fort Carson Disbursing Office, building 1220, to stop the allotment if applicable and to request funds withdrawal. Soldiers should be sure to bring the following information with them when they come to disbursing:

a. Reason for withdrawal (include the date the member's Hostile Fire/Imminent Danger Pay stopped, last full day in theater, or the date the member left the SDP designated area).

b. Balance in SDP, from either DD 1131 given as receipt at time of deposit, copies of both sides of cancelled checks used to deposit money, or all leave and earnings statements showing SDP allotment.

c. Information on bank account that you want the money deposited into (full name of bank, account number and routing number). It is best to bring in a blank check.

Point of contact at Fort Carson Disbursing for any questions about the SDP is Sgt. Petterson at 526-5151.

The above information may also be sent via fax

to Larry Robertson at Defense Finance and Accounting Service-Cleveland (larry.robertson@dfas.mil) at (216) 522-6924 (DSN is 580). Voice phone is (216) 522-6545.

Garnished tax return

If your pay or tax return was offset or garnished, this means that you owed money to a federal organization and they took it. You are supposed to get two mail notices from the organization. If you weren't notified, finding out who did it is no longer complicated, thanks to a new program called the Treasury Offset Program. To find out about the agency that took your money, simply call (800) 304-3107 and the program will let you know who is collecting the debt and give you contact information for that agency.

Retirement pay options

About half of military careerists, as they enter their 15th year of service, have been drawn to a \$30,000 (before tax) cash bonus in the "Redux" retirement program and may be voluntarily trading away future income that is far more valuable.

The draw to the Redux plan is the \$30,000 (before tax) Career Status Bonus that may be very important at that time for buying a home or paying off heavy debt. However, for many servicemembers the other retirement options are a much wiser option.

In contrast the "High-3" option pays a 20-year retiree an annuity equal to 50 percent of average

basic pay over the member's three highest earning years. Redux pays only 40 percent of the three-year average after 20 years' service. For an E-8 retiring at 20 years, before taxes High 3 will pay \$21,897 a year and Redux will pay \$17,517.60 a year, based on most current pay table. The difference is \$4,379.40 a year more from the High 3 plan. In seven years of retirement you will have more than made up the \$30,000 bonus (all figures pre tax for easy comparison).

However, if you plan on living off of your monthly retirement pay, and can afford to take the CSB and invest all of it, this will leave you with more total money (invested bonus plus monthly pay not invested) at age 68. You would have to take the \$22,200 (\$30,000 bonus after 26 percent tax) and invest all of it immediately and consistently get more than 7 percent in return. These comparisons do not take into account changes in monthly pay due to annual cost-of-living adjustments. Redux does not increase with inflation as consistently as High-3, but comparisons would still most likely prove true.

There is an excellent Web site, www.dod.mil/militarypay/retirement, to explain both plans' features and show the differences in lifetime benefits. Calculators allow comparison of early and lifetime benefits under both plans, by plugging in assumptions about inflation and return on investment. Remember that the calculators are assuming that all money received from both plans will be invested.

Be wary of tax scams — don't be a victim

by **Capt. Robert A. Guillen Jr.**
Fort Carson Tax Center

There are many known tax scams that target unsuspecting taxpayers. The tax-filing season is historically the most dangerous time of year to become a victim. The information in this article may help you avoid becoming a statistic. Primarily, there is a rule of thumb for all potential scams — if it looks too good to be true, it probably is.

A common target for scam is families of servicemembers. Families often receive a telephone call from someone posing as an Internal Revenue Service employee explaining that they are entitled to a \$4,000 refund because their relative is in the Armed Forces. The caller requests a credit card number to cover a \$42 fee for postage. The caller provides an actual IRS toll-free number as the call back number to make the call seem legitimate. The caller then makes numerous unauthorized purchases with the victim's credit card number. True IRS employees who call taxpayers neither ask for credit card numbers nor request fees for payment of a refund.

Identity theft occurs more often than you know.

You may receive an e-mail that appears to be from the IRS. The e-mail contains links to a non-IRS Internet Web page that asks for personal and financial information. Personal data is used to take over financial accounts, make charges on existing credit cards, file fraudulent tax returns, and even apply for new loans, credit cards, services or benefits in the victim's name. In addition, there have been tax preparers who use Social Security numbers and financial information from tax returns to commit identity theft. They also send fictitious bank correspondence and IRS forms in an attempt to obtain personal and bank information. Taxpayers should carefully choose to whom they disclose their personal data. The IRS does not request sensitive personal or financial data by e-mail and genuine IRS forms do not ask for sensitive personal and financial data except in very special circumstances.

Some people are lured to use offshore transactions to avoid paying United States income tax. A servicemember who uses an offshore credit card, trust, or other arrangement to either hide or underreport income or to claim false deductions on a federal tax return is breaking the law. The IRS is allowing taxpayers who

do this until April 15 to fix it. Those who step forward will not face civil fraud and information return penalties. Those who do not step forward will be subject to payment of taxes, interest, penalties and potential criminal prosecution. If interested in this program, called the Offshore Voluntary Compliance Initiative, may call the IRS at (215) 516-3537.

Servicemembers may be sold phony tax payment checks that look genuine to pay their tax liability, mortgage, and other debts. They may also be convinced to use the phony checks to overpay their taxes so they can receive a refund from the IRS for the overpayment. These phony checks, often called sight drafts, are completely worthless, and it is illegal to use the sight drafts to pay either a tax liability or other debts.

Schemes are being promoted that tell employers to not withhold federal income tax or employment taxes from the wages paid to employees. Incorrect interpretations of tax law are the basis of the scheme and have been refuted in court. Numerous court actions have been taken against promoters of these schemes.

Tax scam

From Page 8

Promoters of this next scheme claim that individual taxpayers can deduct most, if not all, of their personal expenses as business expenses by setting up a fictitious home-based business. The tax code clearly establishes that a business purpose and profit motive must exist in order to have and claim allowable business expenses. Promoters claim to offer tax relief, but actually market illegal tax avoidance.

A caller explains you have won a prize and must pay the income tax due to obtain the money. Do not believe it — although it is true you need to make an estimated tax payment if you win a prize to cover the taxes that will be due at the end of the year, the payment is made to the IRS and not the caller. The prize could be cash, a car or a trip and a legitimate prize giver generally sends both the winner and the IRS a Form 1099 showing the total prize value that should be reported on the winner's tax return.

Beware of promoters telling you "I don't pay taxes, why should you?" These schemes are growing and can even be found on the Internet. The ads explain that paying tax is "voluntary," but U.S. courts have continuously rejected this argument. That advice will result in civil and/or criminal penalties. Many of these promoters have been convicted on criminal tax charges.

There are scams offering refunds of the Social Security taxes that have been paid during your lifetime. The taxpayer just has to pay a "paperwork" fee of \$100 plus a percentage of any refund received to file the refund claim with the IRS. This expense is what the promoter is after. The IRS processing centers are alert to this hoax and have been stopping the false claims.

Taxpayers are promised a huge refund, for a fee.

The promoter will want to either "borrow" their Social Security number or give them a fake W-2 so it appears that the taxpayer qualifies for a large refund. The IRS catches most of these false claims before the money is sent. If it is not caught, the taxpayer usually ends up paying the money back with penalties and interest. Be skeptical of anyone promising a refund without first knowing your individual tax situation, and never sign a tax return without first looking it over to make sure it is honest and correct.

There are unscrupulous tax preparers "sharing" one client's qualifying children with another client in order to allow both clients to claim the Earned Income Tax Credit. For example, one client may have four children, but only needs to list two of them to get the maximum EITC. The preparer will list two children on the first client's return and the other two on another client's tax return. The preparer and the client "selling" the dependents split a fee. The IRS prosecutes the preparers of such false claims and the taxpayers could be subject to civil penalties.

If an IRS "agent" comes to your house to collect, do not let him into your home unless he identifies himself to your satisfaction. IRS special agents, field auditors, and collection officers carry picture identification and will normally try to contact you before they visit. If you think the person at your front door is an imposter, call the local police. To report imposters, call the Treasury Inspector General's Hotline at (800) 366-4484.

As of Feb. 27, the Fort Carson Tax Center has assisted more than 2,000 clients saving them almost \$500,000 in tax preparation fees with close to \$5 million in returned tax dollars. Scams are not an issue when you choose to use this tax center. Tax center personnel are servicemembers from all major units at Fort Carson and undergo extensive training in tax prepara-



Graphic by Cindy Tiberi

Be wary of identity theft around tax time. Remember — the Internal Revenue Service will never ask for personal information over e-mail.

tion. In addition, two retired Army colonels voluntarily prepare tax returns. The Fort Carson Tax Center is a secure building, and every available precaution is used to secure personal data. Fort Carson Tax Center personnel will not promise a "huge" refund, but do promise to follow the IRS code, federal law and state law when completing your return to ensure it is correct and legal. Tax Center personnel are aware of adjustments to income and credits that will increase your tax return and will apply them to every qualified tax return. If you are promised a huge refund before your individual tax situation is known, be skeptical and seek assistance here. If you have a question about any of these scams, call the IRS at (800) 829-1040 or the Fort Carson Tax Center at 524-1012.

Editor's note: Information for this article was obtained from the IRS Web site.

Community

'Phishing' scam reels in victims

by Mark Silla

Office of the Staff Judge Advocate

Internet scammers have been casting for new ways to scam victims and have devised a new way to lure financial information from unsuspecting consumers — they go “phishing.”

Phishing, pronounced “fishing” and unrelated to the band Phish, is a high-tech scam that uses the Internet to deceive consumers into disclosing credit card numbers, bank account information, Social Security numbers, passwords, and other sensitive information. The FBI has called phishing the “hottest and most troubling, new scam on the Internet.”

Here's how phishing works: A scammer sends out a phony, official looking e-mail, which appears to be from a reputable company. The e-mail asks recipients to update credit card information or accounts will be promptly terminated. Sometimes offers are made to protect credit cards from possible fraud. A few major companies have reported their Web sites to have been imitated in similar fashion.

The e-mail usually contains a handy link for the consumer to click on to reach the business in question, but consumers who click on the link are actually “linked” to a phony “look-alike” Web page created by a scammer to look exactly like the official Web page of a legitimate business.

The false Web page then asks the consumer to supply personal information including name, address, billing information, credit card information and other personal data. When the consumer clicks on the submit icon, the data is then sent to the scammer rather than to the company in question. Often consumers don't even suspect or realize they have been scammed until a bill for a fraudulent transaction is received in the mail. The good news is that phisher sites are relatively rare and the majority of Internet users do not fall victim to this scam.

The FBI however, is taking reports of phisher sites and identity theft quite seriously because tracking down those involved in identity theft is part of the bureau's efforts to stop terrorism as terrorists are known to use stolen information to obtain driver's licenses and other documentation.

Identity theft is the top complaint received by the Federal Trade Commission during each of the past three years. The commission expects to receive 210,000 complaints of identity thefts this year, up from 1,380 in 1999.

To avoid getting caught by one of these scams, the FTC, the nation's consumer protection agency, offers this guidance:

- If you receive an unexpected e-mail saying your account will be shut down unless you confirm

your billing information, do not reply or click any links in the e-mail body. Instead contact the company cited in the e-mail using a telephone number or Web site address you know to be genuine.

- Avoid e-mailing personal and financial information. Before submitting financial information through a Web site, look for the “lock” icon on the browser's status bar. It signals that your information is secure during transmission.

- Review credit card and bank account statements as soon as you receive them to determine whether there are any unauthorized charges. If your statement is late by more than a couple of days, call your credit card company or bank to confirm your billing address and account balances.

- Report suspicious activity to the FTC. Send the actual spam to uce@ftc.gov. If you believe you've been scammed, file your complaint at www.ftc.gov and then visit the FTC's Identity Theft Web site (www.ftc.gov/idtheft) to learn how to minimize your risk of damage from identity theft. You may also wish to report the receipt of such e-mail to law enforcement agencies in your area as well as filing a complaint with the Military Sentinel database at www.consumer.gov/military.



Photos by Cpl. Matt Millham

The Millennium All Stars, a predominately black dance and cheer team, perform at the Fort Carson celebration of Black History Month Feb. 26. This group, one of two in the Millennium All-Stars team, consisted of girls ages 3 to 7.

Post celebrates Black History Month

by Cpl. Matt Millham

14th Public Affairs Detachment

In an observance at Waller Physical Fitness Center Feb. 26, Fort Carson paid tribute to Black History Month and this year's theme, Brown vs. Board of Education, the Supreme Court case that broke down the barriers of segregation in America's schools.

Following a singalong of the negro national anthem "Lift Every Voice and Sing" led by Ceara Daniels, a senior at Gen. William Mitchell High School, and performances by Panorama Middle School chorus, the crowd was lectured by the event's keynote speaker, James Tucker.

George Payton, the event's second speaker, spoke to the crowd dressed as a 19th-century caval-

ryman of the 9th and 10th Cavalries' Buffalo Soldiers. Payton, a retired Army veteran, began his career at Camp Carson in 1955 and retired at Fort Carson in 1985. In his lighthearted address to the crowd he asked only that its members do their part to help keep the story of the Buffalo Soldiers alive.

The tone of the event became even more lighthearted when the Millennium All-Stars, a predominantly black dance and cheer team with groups for older and younger children, presented two performances, one by each of the age groups. The first group, made up of girls from the ages of 3 to 7, was easily the highlight of the event. At the end of the observance, Brig. Gen. Joseph Orr, Fort Carson and 7th Infantry Division deputy commanding general, presented a certificate of appreciation to the

Millennium All-Stars, asking specifically to present it to the smallest of the younger girls who, during the course of her performance, winked continuously and stole the show with her antics.

Besides the speakers and performances, the gym also hosted a number of booths, two in particular, which heralded the contribution of black Americans to the military; the Tuskegee Airmen and the Buffalo Soldiers. Both booths provided an in-depth look into their histories.

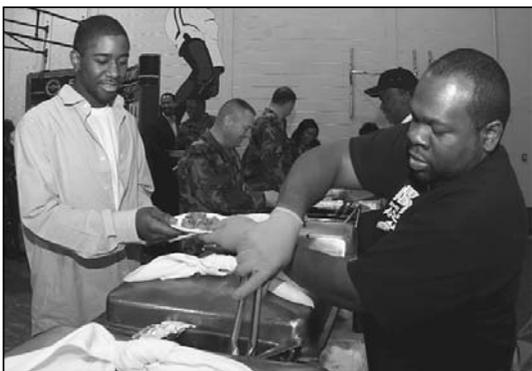
"I didn't know a lot of American history," said Spc. Jean Claude Valescot who emigrated to the United States from Haiti in 1993. He said he'd heard of the Buffalo Soldiers, but wasn't sure what they were — he suspected they might have been cowboys. "This is a good way for me to learn a little bit more



Staff Sgt. Lenora Gogins-Watkins, Headquarters, Headquarters Company, 7th Infantry Division, performs a traditional African dance for the event.

about it."

Chief Warrant Officer Dwight Wimper was disappointed there hadn't been enough time to go into more of the history of the famous black Western frontier fighters, but said he's "a big follower of the



A caterer from Howard's Barbecue, a restaurant in Colorado Springs, serves food at the Fort Carson Black History Month celebration. Sweet Georgia Brown, another restaurant in Colorado Springs, also catered the event. The rest of the food served at the event was homemade by various volunteers from the Fort Carson Equal Opportunity office.

He Ska Akicita Inipi ...

Sweatlodge ceremonies on post

Courtesy of the He Ska Akicita Inipi White Mountain Warriors Sweatlodge

The Native American Sweatlodge ceremony is practiced among many North American Indian tribes. Considered ancient and sacred, these ceremonies may vary somewhat between different tribes, but the purpose remains the same — a ceremony for prayer and purification.

Fort Carson is host to the only known Native American Sweatlodge located on a military installation in the United States. The Fort Carson Sweatlodge is named He Ska Akicita Inipi, which is Lakota for White Mountain Warriors Sweatlodge. The He Ska Akicita Inipi is supported and advised by David Swallow, a Teton Spiritual Leader, Sundance Chief of the Medicine Wheel Sundance, and one of the Headmen of the Lakota Band of Wana Way Gu (Broken Bow). The Fort Carson Chaplain Command has sponsored and supported this lodge, through public awareness and referrals, since its inception, about 10 years ago.

The Inipi itself is a dome-shaped frame structure, made of willow poles and covered with blankets, tarps or hides to create a completely dark interior when the blanket covered door is closed. A pit is dug in the center of the earthen floor where heated stones are placed during the ceremony.

The Inipi door faces west. A few feet further to the west is an altar made of earth where a buffalo skull is placed, and a Chanupa stand (sacred pipe stand) and other objects that the people bring to place on the altar. (A Chanupa is a sacred way to send prayers to the creator.) Further to the west is a fire pit where

large stones (inyan) are placed on a wooden rack, tobacco offerings are made to the four directions and earth mother, father sky, and Tunkashila, the creator. The stones are heated in the sacred fire and brought to life for the people. Once the stones are heated they are called the grandfathers, and they are then brought into the lodge providing healing and spiritual connection to help alleviate the pain and troubles of the people. This is an integral part of the Inipi ceremony as American Indians believe the natural world is interconnected, and a kinship exists among all things and all people.

The ceremony begins with the lodge leader calling the spirits. The Chanupa is loaded with tobacco and prayers are made for the people as the pipe is loaded. The pipe offering is covered with sage and placed on the altar.

Traditionally, Inipi ceremonies were reserved for men only, however in modern times many lodges, including the He Ska Akicita Inipi, are honored by the presence of women. Arrangements can be made to accommodate individuals that prefer same-sex ceremonies.

The lodge leader may speak and then call for the firekeeper to bring in the first seven grandfathers, and the Chanupa and cedar is offered to each. During this time the people sit quietly around the grandfathers and welcome their presence.

The lodge leader then asks the firekeeper to close the door, rendering total darkness except for the red glow of the grandfathers. The Inipi ceremony is comprised of four rounds, and the door is opened between rounds to allow a short period of cooling air to enter, and to bring in more grandfathers. The door is opened

between the second and third rounds for a longer period of time so that pejuta, (medicine) can be passed around to each person. Pejuta may be consumed or poured onto body ailments for healing.

After the four rounds are concluded, the people come out of lodge, change into dry clothes and then return to the altar. The Chanupa is then offered to Tunkashila. The prayers of the people are sent to the creator, through the smoke of the Chanupa, to the four directions, to our earth mother, father sky and the creator. Once this is finished, the Chanupa is placed back on the altar and spirit food is passed to each person, which consists of either raw buffalo heart or kidney, small pieces of dried meat, a corn meal/dried fruit mix, choke cherry pudding and water. When each person has taken a small amount, the ceremony is concluded.

The He Ska Akicita Inipi, is located on Fort Carson. All native and non-native people, military personnel, family members, and Department of Defense personnel are welcome. Anyone interested in attending can contact Michael Dunning at 382-5331, 330-9537, or micheal.dunning@carson.army.mil, or Charles Erwin at 382-8177, erwin106@juno.com, or Zoe Goodblanket at 442-0929 for more information and directions.

A special lodge will be held March 13 for active duty military personnel that are being deployed or retuning from deployment overseas.

Michael Hackwith, Oglala Spiritual Advisor for the He Ska Akicita Inipi, will conduct this ceremony. He was instrumental in starting the White Mountain Warriors Sweatlodge on Fort Carson 10 years ago.

Community Events

Miscellaneous

Teen Night — There will be a Teen Night Karaoke Contest today at the Fort Carson Main Exchange, building 6110, from 7 to 9 p.m. Prizes will be awarded for various categories, and there will be special sales in the main store.

Contact Monika Shaffer, food court manager, at 576-5661 or shafferm@aaafes.com, for more information.

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 McConnaughay, FCOSC Welfare Chairperson, at 310-7693 or e-mail at fcarsen_officersspousesclub@yahoo.com. All applications must be submitted and postmarked by Sunday 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 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 kjilloyd53@hotmail.com.

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, homecare, 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, 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 the 40 Days of Purpose Campaign, chaplains will attempt to answer that universal question by exploring these five central purposes: worship, discipleship, ministry, fellowship and evangelism.

Come join the excitement Sundays at 11 a.m. at Soldiers' Memorial Chapel. For more information, call Kennedy at 526-8011.

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 W-2s, Social Security cards for yourself and all family members, a power of attorney, if filing for your spouse, and all relevant financial information.

Claims against the estate

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.

Claims against the estate — With deepest regrets to the family of Pfc. Armando Soriano, deceased. Anyone having claims against or indebtedness to his estate should contact CW3 Ver-Gina Smith-Kundinger at 526-9512 or 338-1420.

Claims against the estate — With deepest regrets



Army Community Service
Family Readiness Center
719-526-4590

Attend this month's Financial Readiness
Program Money Trouble Solutions workshop

"Inside Credit"
FICO, Not Just Another
Four Letter Word

Thursday, 11 March
(2nd Thursday of the Month)
6-7:30pm
at the Family Readiness Center
Bldg. 1526, Next to the Commissary

FOR INFORMATION, CALL 526-4590. LIMITED CHILD CARE
AVAILABLE. PRIOR REGISTRATION REQUIRED.

to the family of CW2 Stephen Wells, deceased. Anyone having claims against or indebtedness to his estate should contact 2nd Lt. Steven Templeton at (334) 714-5050.

Claims against the estate — With deepest regrets to the family of CW2 Matthew Laskowski, deceased. Anyone having claims against or indebtedness to his estate should contact 1st Lt. Michael Stultz at 526-6514.

The Tuskegee Airmen ... A story of honor amidst segregation

by Cpl. Matt Millham
14th Public Affairs Detachment

The segregation of the Army during World War II unwittingly produced one of the most well-known stories in the history of the U.S. military — the Tuskegee Airmen.

The term Tuskegee Airmen refers to the black pilots who were trained at Tuskegee Army Airfield in Tuskegee, Ala., during World War II.

"They had the greatest collection of black officers they'll ever have in the Army in one place," said Samuel C. Hunter Jr., a former Tuskegee Airman who served in the 477th Medium Bombardment Group during World War II.

Most of the airmen were fighter pilots, but some, like Hunter, piloted twin-engine bombers. All of the Tuskegee Airman units were all black — including those members who served as mechanics and in other support roles — with the exception of the commanding officers.

Though the Tuskegee fighter pilots had an almost immaculate record when it came to protecting bombers flown by others, the Tuskegee

pilots weren't called for duty in what Hunter calls "the big one" until just before the war was over, and by then it was too late.

The reason, Hunter said, is politics. "The brass who ran the military didn't think we could fly in the first place," he said. His fighter compatriots had done their part to prove the brass wrong and the bombers wanted a shot too.

But as the pilots were training for a go at the Japanese in the Pacific, the Enola Gay dropped the world's first atomic bomb on Hiroshima. Days later the war was over and Hunter and the 250 or so bomber pilots he served with would never see action in the second great war.

After the war was over many Tuskegee Airmen left the military. The Army didn't need its thousands of pilots any more and rushed a demobilization unit from South Carolina to speed up the demobilization of the 477th.

"A few stayed on and went through integration and did quite well," said Hunter.

There are few Tuskegee Airmen still alive, but the history of the airmen's accomplishments is well-documented.

Black history

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Buffalo Soldiers anyway."

Though the event might not have been as long as some had wished, it was well-attended. Sgt. 1st Class Alena Floyd, an equal opportunity representative from the 7th ID's Headquarters and Headquarters Company

said she was surprised to see the turnout and diversity of the crowd.

While Tucker had argued earlier that the nation's schools had been growing increasingly segregated, the crowd in attendance at this year's black history observance showed that the Army, at least, was striving to reverse that trend.

Phishing

From Page 11

• Visit www.ftc.gov/spam to learn other ways to avoid e-mail scams and deal with deceptive spam.

The FTC works for the consumer to prevent fraudulent, deceptive and unfair business practices in the marketplace and to provide information to help consumers identify, prevent and avoid

consumer fraud. To file a complaint or get free information on consumer issues, visit www.ftc.gov or call (877) FTC-HELP (382-4357). Another good Web site to visit is: www.privacyrights.org.

If you are concerned about consumer fraud issues, call the Fort Carson Legal Assistance office at 526-5572 or 526-5573 to set up an appointment with a Legal Assistance attorney.

Chapel

Catholic Events for Lent, which began Ash

Wednesday.

Today — A meatless soup and bread supper will be at Soldiers' Memorial Chapel at 6 p.m. followed at 7 p.m. by a "Living Stations of the Cross" performance. All are welcome.

Stations of the Cross followed by meatless soup and bread supper will be held every Friday at Soldiers' Memorial Chapel at 5:30 p.m. from Friday through April 2. All are welcome. The Protestant community will be joining us for this Lenten devotion.

Wednesdays of Lent from Wednesday to April 7, there will be a light Lenten lunch with a short talk/devotion from noon to 1 p.m. at Soldiers' Memorial Chapel.

Holy Thursday, April 8 — A special Mass, "Liturgy of the Lord's Supper," will be celebrated.

Protestant (postwide events only)

Maundy Thursday (Holy Thursday) April 8 at Soldiers' Memorial Chapel Jewish-Christian Seder meal and service. Time to be announced.

The Good Friday service for Protestants will be combined with the Catholic service as an ecumenical event. Please see the Catholic schedule.

Healer Chapel at Evans Army Community Hospital Palm Sunday and Easter: Regular Sunday Worship Times.

Holy Thursday: Christ in the Passover service 6:30 p.m.

Healer Chapel at Evans Army Community Hospital

Palm Sunday and Easter: Regular Sunday worship times

Holy Thursday: Christ in the Passover service 6:30 p.m.; Good Friday: Protestant service at 10 a.m. Mass at noon.

Editor's note: Additional events will be listed in following editions of the Mountaineer.

Native American Service — A special lodge will be held March 13 for active duty military personnel who are being deployed or returning from deployment overseas. The He Ska Akicita Inipi, is located on Fort Carson. All native and non-native people, military personnel, family members, and Department of Defense personnel are welcome. Anyone interested in attending can contact Michael Dunning at 382-5331, (c) 330-9537, or (e-mail) micheal.dunning@carson.army.mil, or Charles Erwin at 382-8177, (e-mail) erwin106@juno.com, or Zoe Goodblanket at 442-0929 for more information and directions.

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
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JEWISH

For information and a schedule of Jewish Sabbath services, call the U.S. Air Force Academy Cadet Chapel at 333-2636.

WICCA

Monday	6:30 p.m.	Family University	Building 1161		Melissa Dalugdug/330-7873
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MORMON

Sunday	2 p.m.	LDS	Provider	Barkeley & Ellis	Chap. Jones/526-3718
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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 88 & Numbers 28-30

Saturday — Psalms 89 & Numbers 31-33

Sunday — Psalms 90 & Numbers 34-36

Monday — Psalms 91 & Deuteronomy 1-3

Tuesday — Psalms 92 & Deuteronomy 4-6

Wednesday — Psalms 93 & Deuteronomy 7-9

Thursday — Psalms 94 & Deuteronomy 10-12

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, 412th Engineer Command, headquartered at Vicksburg, Miss.

Army: For the Soldiers, noncommissioned officers and officers of the Military Police Corps. Pray that God will bless this branch, which often needs personnel but whose mission of protection and vigilance never ends.

State: For all Soldiers and families from the state of South Carolina. Pray also for Gov. Mark Sanford, state legislators and other officials of the Palmetto State.

Nation: For the thousands of girls, den mothers and volunteers in the American Girl Scouts. May God richly bless these young ladies and grow them into women who are role models for future generations.

Religious: For the Soldiers and families from the Christian Methodist Episcopal Church. Pray also for the chaplains endorsed to military service by this community of faith.

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

Chaplain's Corner

Five attributes of a godly leader

**Commentary by Chap. (Capt.) Samuel S. Lee
10th Combat Support Hospital**

As I was reading "The Purpose Driven Life" by Rick Warren, one section grabbed my attention. It tells about the attitude of servants in the Scriptures and their basis of service and their attitudes. It impressed me right away and helped me think about the application of this lesson in the military service. After all, there are similarities between being a Soldier and a servant of Christ.

First, godly leaders think more about others than about themselves. Col. Joshua Chamberlain was a key figure who made a difference in the battle of Gettysburg. The Little Rock was his section to defend from the Confederate advance, and Chamberlain and his Soldiers accomplished their mission by defending their sector with valor and brilliant tactics. How was it possible? Many military historians contributed the success of the Little Rock to the character of Chamberlain. He was a man of character who repeatedly demonstrated his care for the Soldiers. His concern about others more than himself earned people's trust and respect. Chamberlain's Soldiers followed his orders knowing that their leader would not put them in harm's way. We are in a culture, which promotes "me-ism," so selfishness is natural in daily life. The godly leader is one who chooses to be self-less in his/her attitude. People will not follow a leader who cares about himself/herself more than others.

Second, godly leaders think like stewards, not owners. Have you seen a leader who misuses authority and power to exploit others? It is sad to say, but there are many people who misuse their authority because of lack of accountability. They easily forget where they are from and to whom they are subject to, losing a sense of accountability. Stewardship is a safeguard for a godly leader not to fall in the trap of self-importance and pride. We are all subject to higher authority and ultimately to the Lord. "The authorities that exist have been established by God" (Romans 13:1b).

Third, godly leaders think about their own works, not what others are doing. It is perfectly all right to compete with rivals in the business world. After all, that is the base of capitalism and improves consumers' choice. However, a sense of competition with others in the same organization will cause divisions and mistrust. It is important to focus on an individual's calling to accomplish one's mission rather than focus on another's opinion and work. In Sun Tzu's "Art of War," leaders are advised to know themselves before engaging an enemy. Knowing yourself is the first step to successfully accomplishing the mission. Do not look left or right, but pay attention to your own works.

Fourth, godly leaders base their identity in Christ. In Romans 12:1-2, Paul urged the Christians in Rome to give themselves completely unto God by dedicating

their daily speech and deeds through God's mercy. How could they do that? Verse two tells us the only way is to be transformed by the renewing of one's mind into the mind of Christ. Christ is the commander of his armies and demands our undivided attention. A person who identifies with Christ will put one's energy, effort and money into cultivating one's relationship with Christ. That is the godly leader's attitude, which will bear unimaginable results. ("I am the vine; you are the branches. If a man remains in me and I in him, he will bear much fruit; apart from me you can do nothing" John 15:5). After all, are we not His creation?

Lastly, godly leaders think of service as an opportunity, not an obligation. When I was in my second master's degree program, I had a burning desire to repay this country that gave me an opportunity to experience freedom. To me, having the opportunity and resource to study, meet my wife, and have a child in a democratic country was a God given blessing. It was no accident for me to raise my hand and accept the call of the Army Chaplaincy. It was an opportunity for me to serve God and my country. We are experiencing many difficulties in both domestic and foreign issues, especially Iraq. I am convinced that this is a time to serve both our neighbors and our country with a glad heart. Would you be a godly leader and take this opportunity of service?

May the Lord bless you.

MEET THE ALL-ARMY WRESTLING TEAM

Army wrestlers take to mat for interservice meet

Story and photos by Walt Johnson
Mountaineer staff

After a year of intense training, international and national competition, the Army is now prepared to send its best Soldier-athletes to defend the interservice championship.

At a gala event Feb. 25 at the post's Special Events Center, 14 of the Army's best wrestlers have earned a spot on the team that will begin defense of its title, won overwhelmingly last year, in New Orleans Saturday and Sunday at the interservice championships.

The 14 members of the all-Army team this year are: Anthony

Gibbons, Duaine Martin, Glenn Nieradka, Jason Tolbert, Jason Kutz, Glenn Garrison, Keith Sieracki, Oscar Wood, Kenneth Owens, Charles Daniels, Jason Loukides, Dominic Black, Dremiel Byers and Paul Devlin.

The wrestlers will compete in the Greco-Roman and freestyle wrestling events at the interservice meet. Last year, the Army team posted three champions in each event. Defending their titles this year in the Greco-Roman category are: Glenn Nieradka (60 kilograms); Keith Sieracki (74 kilograms) and Dremiel Byers (120 kilograms). Defending their titles in the freestyle events are: Jason Kutz (66 kilograms); Dominic Black (96 kilograms) and Paul Devlin (120 kilograms)

The evening turned out to be fun and exciting for the wrestlers and members of the post community who attended. Many of the premier wrestlers in the world were at the Special Events Center for a Team USA vs. all-Army team meet that saw the Army team come out successful.

World Class Wrestling Program and all-Army head coach Shon Lewis selected his team from among World Class Athlete Program and Army wrestlers around the world. The competition was tough, the wrestling was challenging and the Army wrestling team has the potential to be one of the most dominant in recent

memory.

"We've had a number of matches that have gotten us to the point we are ready to compete well in the interservice competition. I believe this year's team will do some very special things at the interservice competition," Lewis said.

The event to crown the all-Army wrestling team took place Feb. 25 at the post Special Events Center. The event had the feel of a big event as many of the top post officials and a near capacity crowd watched the all-Army hopefuls wrestle at 6 p.m. hoping to earn a spot on this year's team.

After the final selections were made, 10 of the all-Army competitors met members of Team USA. In the first match of the evening Team USA's Linsey Duriacher defeated Anthony Gibbons, getting Team USA a 1-0 advantage.

The next three matches showed a glimpse of the team that will represent the Army at the interservice competition. Glenn Nieradka, Yero Washington and Oscar Wood posted victories over Team USA wrestlers Jason Chow, Dane Valdez and Ron Muir respectively.

Team USA's Tony Deanda ended the Army team victory run by defeating Glenn Garrison in the fifth matchup of the night to bring Team USA within one match of the Army team at 3-2 Keith

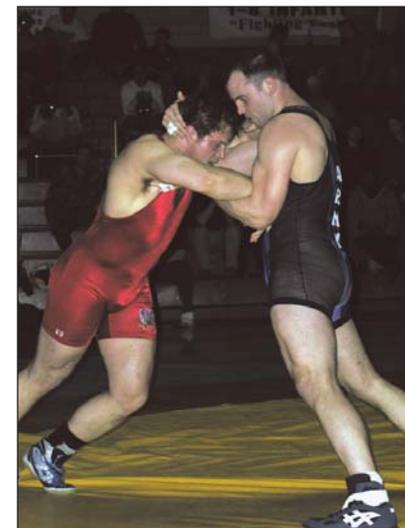
Sieracki got the Army right back on the winning track when he defeated Team USA's Brandon McNabb to push the Army advantage to 4-2.

Team USA then won the next two matches as Ethan Bosch and Markus Mollica defeated the Army's Kenny Owens and Charles Daniels, pulling Team USA even with the Army at four matches apiece. With two matches left in the meet both teams looked to their heavy wrestlers to earn the team victory.

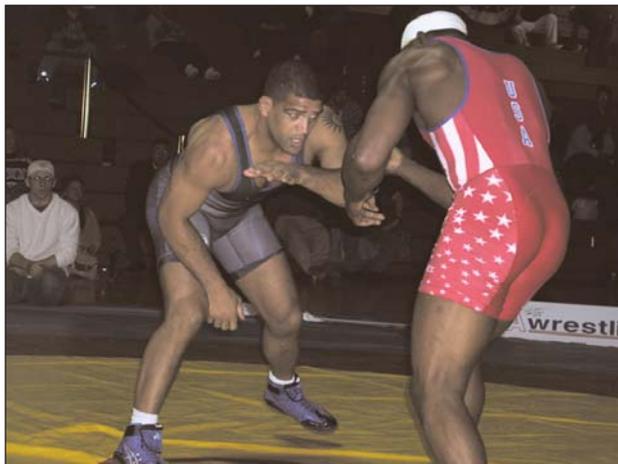
The Army's Jason Loukides won a spirited match against Brandon Ruiz and that left the difference between a tie and victory in the hands of Dominic Black. Black got into a tough match with Mohamed Mo Lawl and when it was over, Black had the victory that gave the all-Army team a 6-4 advantage.

The event turned out to be a good warmup for the all-Army team that will have to bring its best effort to repeat as military champions. Lewis said he feels the same way today as he did a few weeks ago, when he said the key to his team's success would be its attitude.

"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.



All-Army wrestler Jason Loukides, right, battles Team USA representative Brandon Ruiz en route to a victory Feb. 25 at the Special Events Center.



All-Army wrestler Dominic Black, left, gets set to lock up with Team USA representative Mohamed Mo Lawl during his successful match Feb. 25 at the Special Events Center.



All-Army wrestler Glenn Garrison, front, prepares an evasive maneuver during his match with Team USA representative Tony Deanda Feb. 25 at the Special Events Center.



Anthony Gibbons
Greco-Roman

Glenn Nieradka
Greco-Roman

Glenn Garrison
Greco-Roman

Keith Sieracki
Greco-Roman

Kenneth Owens
Greco-Roman

Jason Loukides
Greco-Roman

Dremiel Byers
Greco-Roman

Duaine Martin
Freestyle

Jason Tolbert
Freestyle

Jason Kutz
Freestyle

Oscar Wood
Freestyle

Charles Daniels
Freestyle

Dominic Black
Freestyle

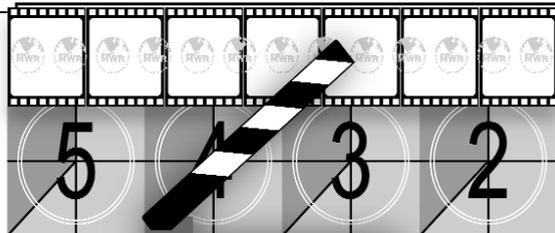
Paul Devlin
Freestyle



Out & About

Mar. 5 — Mar. 12, 2004

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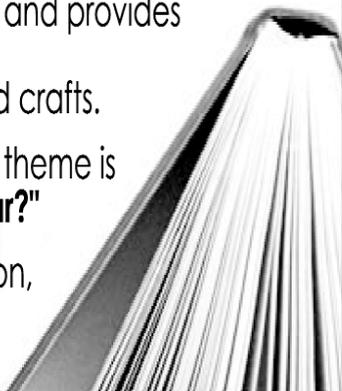
**LIBRARY NOW OPEN
7 DAYS A WEEK**
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Library Storytime resumes on 17 September

It meets every Wednesday morning from **10:30 - 11 am** and provides **children ages 3 - 6** with fun, stories and crafts.

This years program theme is **"What Hat Do I wear?"**

For more information, please call
719-526-2350



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March 17th at Xtremes.
time: 7:00 pm - 2:00 am
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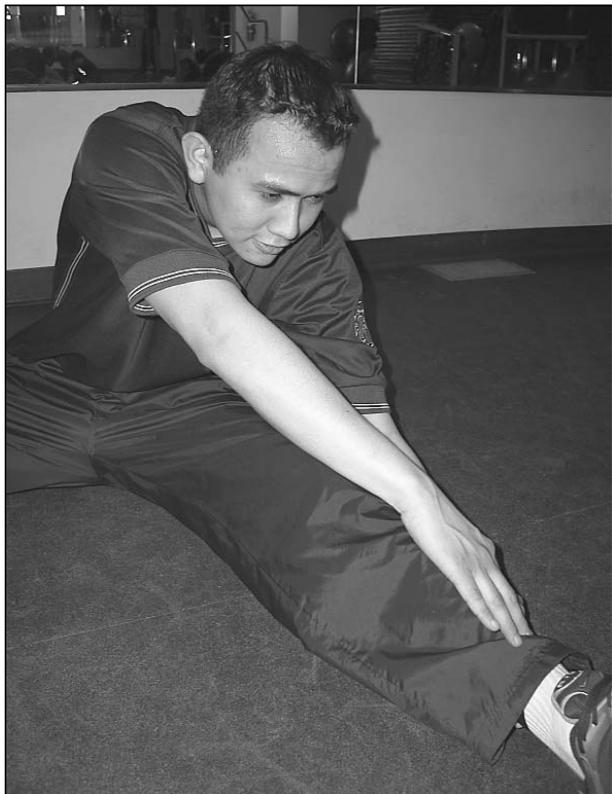
576-7540



Sports & Leisure

Salsa aerobics

Salsa cardio class promotes fitness



Photos by Walt Johnson

Michael Gutierrez stretches after completing a salsa aerobics class Saturday at Forrest Fitness Center.



Photos by Walt Johnson

Post patrons rock to the beat of the salsa aerobics class at Forrest Fitness Center recently.

by **Walt Johnson**
Mountaineer staff

Walk into Forrest Fitness Center on Wednesday night or Saturday morning and you'll hear the unmistakable sound of people enjoying themselves.

The stomping of the feet, the rhythm of the voices coming from the aerobics exercise room usually means the center's salsa cardio aerobics class is in session.

Roberto and Mercy Garcia-Chavez bring an energy and excitement to an exercise program that wears you out while you're doing it, but you don't realize how much until you stop.

Salsa cardio aerobics is a program that combines swift, calculated movement with the soulful sounds of Latin music. According to Mercy Garcia-Chavez it is "a great way to get a good cardiovascular workout by learning Latin dances. I enjoy the classes so much because you really get your heart rate up, work your upper body and have fun without realizing you're doing a workout because you are having so much fun learning the steps," Mercy said.

Roberto Garcia-Chavez said the program also offers another advantage

to customers. "These workouts are less strenuous on the joints and muscles.

This program is low impact and it lowers the possibility of injury that you can get from other workout programs. Also it is a great way to learn a different culture and the dances of that culture," Roberto said.

Yolanda Smith, a class participant, said the secret to the program's success is not hard to see once you go through a class.

"This class is a lot of fun and you burn a lot of calories. I have never had such a wonderful workout because of the inches you lose off your hips and thighs and the excitement and joy you get from the instructors," Smith said.

Another of the program's participants, Raquel Carney, said this is the type of program that helps people in more than one area of their life.

"The music and the teachers are so good that you feel like your dancing and having fun instead of exercising. The class is so much fun that you actually find yourself losing weight and having fun at the same time. Also, I am from Panama and it gives me a taste of home when I feel a little homesick," Carney said.



Photos by Walt Johnson

Salsa aerobics instructors Roberto Garcia-Chavez and his wife Mercy Garcia-Chavez take a class through a spirited workout.

On the Bench

This was one tie that showed the meaning of sportsmanship

by Walt Johnson
Mountaineer staff

Rarely will an event live up to the advanced hype when two titans collide.

Saturday morning and Saturday evening were two examples of the hype not matching the game — the games were even better than anticipated.

Saturday morning at the post youth center, the top two 7- to 9-year-old teams got together to see whose perfect record would be blemished. The Magic and the Sixers both came into the game loaded with talent and terrific coaching and this one promised to be the best game of the year at the youth center.

The two teams traded baskets all afternoon, neither team had more than a four-point lead at any stage of the game. With seven seconds left in the game the Sixers had a two-point lead and were defending the Magic. The Magic's Montez Bonner was fouled and stepped to the free-throw line and calmly sank two free throws to tie the game at 22 points a piece.

On the inbounds play the Sixers Alex Davis dribbled up to the mid-court line and let a shot fly. The shot went in but it was clearly after the buzzer and the game

went into overtime. In the overtime period both teams scored two points and the game ended in a 24-24 tie.

Saturday night the Fountain-Fort Carson Trojans faced the Harrison Panthers for the 4A district title at Fountain Middle School. With six seconds remaining in the game, the Trojans found themselves trailing by one point with the ball under their own basket. The Panthers thought the play would come into the Trojans dominant and intimidating center Phil Loadholt (who played one of the best overall games of his career). Instead the Trojans found Ronald Thomas on the baseline and Thomas made the layup with two seconds left that gave the Trojans a 59-58 victory and the 4A district championship.

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

See Bench, Page 21

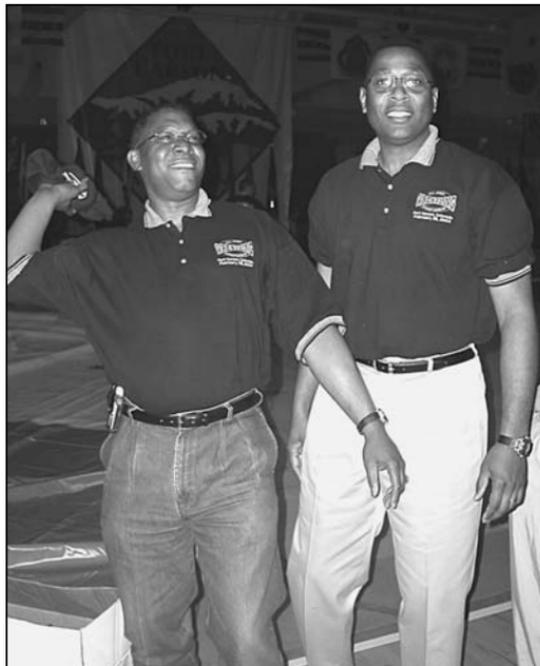


Photo by Walt Johnson

How far will it go? ...

Command Sgt. Maj. Terrance McWilliams, post command sergeant major, left, tosses a souvenir to the near-capacity crowd during the all-Army wrestling event Feb. 25 at the Special Events Center as 1st Sgt. Willie Wilson, World Class Athlete Program first sergeant, looks on.



Photo by Walt Johnson

To the victorious ...

Fountain-Fort Carson forward Ronald Thomas, 31, who scored the winning basket, shows the piece of the net he and his teammates cut down Saturday after winning the Colorado Springs District 4A championship Saturday at Fountain Middle School.

Bench

From Page 20

other intramural activities, contact Lamont Spencer or Joe Lujan at 526-6630 or fax them at 526-6096.

Marksman want to get ready for the first Army championships to be held since 1994.

The U.S. Army Marksmanship Unit, located at Fort Benning, Ga., will host the event at the U.S. Army Infantry Center March 14 to 25.

Competition will be held in the M-16 rifle or M-4 Carbine, M-9 pistol, M-24 or M-14 rifles. The competition will include units from the regular Army Reserve, National Guard, West Point and Cadet Command. Soldiers are being encouraged to compete in this competition.

For more information on the competition or to sign up, contact Mike Behnke, Chief of Competitions at (Defense Switch Network) 835-1272, (706) 545-1272 or

michael.behnke@usarcc.army.mil.

The Fort Carson Ladies Golf Association will hold a season opening coffee April 6 at 9 a.m. at the Cheyenne Shadows Golf Course.

The coffee will be held at the golf course snack bar where there will be free refreshments. All women — military, family member or civilian — are encouraged to come out and sign up for a year of fun and excitement, according to Nancy Pittman, Ladies Golf Association president.

For more information on the event, call Pittman at 597-5574 or Sharon Tracer at 527-1034.

The Denver Nuggets will have military appreciation night Sunday at 8 p.m. at the Pepsi Center in Denver.

Tickets for the game with the Indiana Pacers are \$6 and can be bought at the Information, Ticket and Registration office on post. Call 526-6683 for more information on this event for the military community.

Mountaineer Intramurals



Lawyers at home on the court ...

Judge Advocate General forward Rob Ayers, 10, goes to the basket and scores during the first half of the JAG's game against the 478th Personnel Support Battalion Monday night at Waller Physical Fitness Center.

Photo by Walt Johnson

Mountaineer Sports Spotlight



Photo by Walt Johnson

Champions united ...

After finishing a thrilling game that ended in a tie score, coaches and players from the post youth center Magic and 76ers team get together Saturday at the post youth center to show the unity and sportsmanship they have for each other. See a related story on page 23.

The Wildlife Experience

Learn about animals, habitat

Story and photos

by Nel Lampe

Mountaineer staff

One of Colorado's newest museums is The Wildlife Experience, near Denver. This museum combines

wildlife, art, natural history and film in an educational environment.

The Wildlife

Experience promotes conservation of the natural world and tries to instill an understanding and respect for the environment and animals.

The Wildlife Experience opened about 18 months ago in a large building designed for the museum. The building uses natural materials, including materials from Colorado.



The "Vanishing Africa" exhibit features lions and other African animals. A background mural depicts thousands of wild animals.

The 101,000 square-foot building has lots of natural light, wide walkways, roomy galleries, wood and stone.

An ample parking lot is in front of the building entrance.

Large walkways lead to the building. Sculptures of an eagle and a ram are on the landscaped grounds. Upon entering the building, turn right and walk down the wide corridor to reach the admissions desk to purchase tickets.

There are two admission prices to consider: one price is for the exhibits and a second price is for the iWERKS Theater. Or, you can buy a combination ticket to see the galleries and attend a film showing.

The first gallery to visit is the Biome Gallery, which houses rotating exhibits devoted to conservation efforts. The inaugural exhibit in that gallery is "Back from the Brink," about the American bison and its near extinction. Although the bison, sometimes called the American buffalo, came to this continent more than 40,000 years ago, 60 to 100 million bison were estimated to be on the plains and grasslands before the West was settled. Bison herds were killed by trappers, hunters and settlers, almost to extinction.

Nearby is a canvas tepee, styled after a Sioux leather tepee. Visitors may step into the tepee to see bison artifacts or look at the statuary and other displays in the gallery.

In addition to the animal taxidermy figures, The Wildlife Experience also has art on exhibit.

An exhibit, "Windows on the Wild: Colorado Animal Artists," features 24 works by local artists. This exhibit runs through April 11.

Another art exhibit, "Art and the Animal" is on the second floor. It showcases 130 pieces from 100 artists and features the finest wildlife art from around the world. This exhibit is in place until March 28. The National Geographic Theater is nearby. Ongoing films about nature and animals are shown in the theater.

A Children's Gallery includes a variety of educational video games. Discovery drawers contain animal pelts and other displays children can touch and learn firsthand about animals. A science table includes wildlife footprint facsimiles. Children may create art or participate in inter-



Visitors start a self-guided tour at the admissions desk. Just ahead is "Back from the Brink," an exhibit about near extinction of the American bison.



The Wildlife Experience, in Parker, near the Park Meadows Mall, is housed in a large, expansive building.

Layout and Graphics by Cindy Tiberi

HAPPENINGS



Places to see in the Pikes Peak area.

March 5, 2004

Wildlife

From Page 27

active exhibits.

An iWERKS Theater has a 40 feet by 60 feet giant screen and seats 315 people. "Africa: The Serengeti" is currently showing, at 11 a.m., noon, 1, 3 and 4 p.m. This film is the first large-format film of African wildlife and shows the greatest migration of land animals on Earth.

"Grand Canyon: Hidden Secrets," is shown at 10 a.m. and 2 p.m. Seen by 220 million people, this large-format film also depicts the history of the Anasazi peoples.

The iWERKS Theater, although the screen is slightly smaller than an IMAX screen, shows IMAX films in surround sound.

A showing begins each hour on the hour, from 10 a.m. through 4 p.m. To attend a film and visit the museum, buy a combination ticket upon entrance. People who want only to see a film may enter at the theater entrance and purchase tickets there.



A canvas tepee, in Navajo style, is displayed near the American bison.

The café is near the theater and the Children's Gallery. It is open the same hours as the museum. Breakfast and pastry items are sold, as well as soups, salad and sandwiches, running about \$3 to 7. Soft drinks and coffee are available.

The Vanishing Africa Gallery is on the second floor. Visitors can take the stairs in the lobby to the second floor or use the elevator near the Children's Gallery. The African exhibit allows visitors to compare the African wild of today to that of 100 years ago. A tent sets the stage as a biologists' field camp and visitors can observe and engage in a variety of interactive activities and listen to stories about Africa.

Several taxidermy African animals are in the gallery, such as lions, elephants and leopards. Murals and dioramas complete the scene.

Also on the second floor is the art exhibit "The Equine Spirit: Paintings and Sculpture from the American Academy of Equine Art." It is in place through March 14. This exhibit also includes a painting by Don Prechtel, called "Brave Rifles" — Veterans. The 3rd Cavalry is the subject of the painting.

The museum is open Tuesdays through Sundays from 9 a.m. until 5 p.m. The museum is open on Monday holidays, such as Martin Luther King Day, Presidents Day, Memorial Day and Labor Day, but is closed all other Mondays. The museum closes Thanksgiving and Christmas.

Birthday parties for 10 to 20 people can be arranged at The Wildlife Experience, call (720) 488-3344.

Special meetings and events can accommodate 50 to 1500 people. Call (720) 488-3359 for information about special meetings or gatherings.

An "eggstrordinary" event is scheduled for the Saturday before Easter. Crafts, games and an egg hunt are at the museum from 10 a.m. until 4 p.m.

A well-stocked gift shop is near the admissions desk. The gift shop's wares are mostly of a wildlife theme, and include stuffed animals — small to large — books, jewelry, baskets, floor puzzles, cups, shirts and socks.

The admissions desk rents strollers for \$2 a day. Wheelchairs are loaned for no fee. Lockers are \$1.

For more information go to www.thewildlife-experience.org or call (720) 488-3300.

Admission for the Wildlife Experience is \$6



The Children's Gallery has interactive exhibits which attract young visitors.



A large gallery is filled with art featuring horses.

for adults and \$3 for children ages 5 to 12, which is the same as admission to the IMAX films. A combination ticket for the film and museum is \$10 for adults and \$5 for children ages 5 to 12. Children under age 5 are admitted free to the museum.

To reach The Wildlife Experience, take Interstate 25 to the Lincoln Exit, exit number 193, just before reaching Park Meadows Mall. Follow Lincoln east for about a mile. It's about 63 miles from Fort Carson. The Wildlife Experience is at the corner of Lincoln Avenue and South Peoria Street.

Plenty of free parking is available.



A large elephant captures attention in the "Vanishing Africa" exhibit in The Wildlife Experience, a new museum south of Denver.

Just the Facts

- **Travel time** about an hour
 - **For ages** families
 - **Type** museum
 - **Fun factor** ★★★★★ (Out of 5 stars)
 - **Wallet damage** \$ or \$\$
 - \$ = Less than \$20
 - \$\$ = \$21 to \$40
 - \$\$\$ = \$41 to \$60
- (Based on a family of four)

Get Out!

Mining museum

The Western Museum of Mining and Industry hosts the Super Saturday program March 13, "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 today at 7 p.m., at 2:30 and 7 p.m. Saturday and at 2:30 p.m. Sunday. Call 520-7469 for tickets, which are \$9.50.

Academy theater

"**Singin' in the Rain**" is Saturday in the Air Force Academy's Arnold Theater at 7:30 p.m. Bob Berky, mime and clown, is for April 17. Call 333-4497 for tickets.

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 five-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. near 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. Military Appreciation Night is March 18. Buy one adult ticket and get a child's ticket for half price at Tickets and Registration; call 526-5366.

New exhibit at museum

The Denver Museum of Nature and Science has opened a new exhibit, "Machu Picchu: Unveiling the Mystery of the Incas." The Machu Picchu was uninhabited for almost 400 years until it was discovered in 1911. The exhibit includes dioramas from the ruin, Inca art and an archaeological dig. There is no special admission price for this exhibit, which will be in the museum through May 9. The Denver Museum of Nature and Science is in Denver's City Park, at 2001 Colorado Boulevard.

Pikes Peak Center

The Temptations are coming to the Pikes Peak Center March 12. Call 520-SHOW for ticket information.

Dance Theater

"**The Tweaksters,**" an eccentric blend of dance, dexterity and flying objects is at the Fine Arts Center theater Saturday at 1 p.m. Tickets are \$7, call 634-5583. The Tweaksters give two shows at Pueblo's Sangre de Cristo Arts Center's Children's Playhouse Series March 20 at 11 a.m. and 2 p.m. Call (719) 295-7222 for tickets.

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 in Denver 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.; call 520-9090.

World Arena concerts

Barenaked Ladies are in concert March 22; tickets start at \$35. Tickets are at the World Arena box office; call 576-2626.

Cirque in Denver

Cirque Du Soleil's "Varekai," the newest production, opens June 3 at the Pepsi Center.

Tickets start at \$38.50; call (800) 678-5440, Ticketmaster at 520-9090 or go online at www.cirquedusoleil.com.

Gen. Franks to speak

Gen. Tommy Franks is speaking at Boettcher Hall at 7 p.m. March 30, in downtown Denver. His lecture is about an hour long, including questions. Tickets start at \$40; call 520-9090.

Harlem Globetrotters

The Harlem Globetrotters are in the Colorado Springs World Arena April 7. Call 576-2626 for tickets.

Spring Break camps

Spring Break camp is at Cheyenne Mountain Zoo March 22 to 25, from 9 a.m. to 3 p.m. for children ages 6 to 12. Call 633-9925, Ext. 127 for information.

Spring Break nature camp March 22 to 26, 9 a.m. to 3 p.m. at Fountain Creek Nature Center for children in first through fifth grades. Reservations are required, call 520-6745.

Spring Break nature camp is at Bear Creek Nature Center from 9 a.m. to 1 p.m. March 23 to 26. Reservations are required, call 520-6387.

Philharmonic concert

"**Flash Cadillac**" the band from the movie American Graffiti, will play with the Colorado Springs Philharmonic Pops presentation March 20 at the Pikes Peak Center. Call 520-SHOW for ticket information.

Mostly Mozart

The Pueblo Symphony's concert, "Mostly Mozart" at 7:30 p.m. March 13 in Hoag Recital Hall at Colorado State University-Pueblo. Tickets start at \$20; call (719) 545-7967. The university is on Pueblo's north side, just east of Interstate 25.

Riverdance

The Irish dance production "Riverdance" is at Pikes Peak Center April 7 to 10. Call 520-9090 for ticket information.



Courtesy photo

Rent ...

An original American musical, "Rent" is at the Pikes Peak Center March 16 and 17 at 8 p.m. Tickets start at \$25 and are on sale at 520-SHOW. "Rent" one of the Broadway in Colorado Springs series.

ch10

Program Schedule for Fort Carson cable Channel 10, today to March 12.

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

Navy/Marine Corps News: stories on the Pacific fleet, lifesaving and Naval Mobile Construction Battalion One. Airt 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 (repeat). Airt 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, airt at 9 a.m. and 5:30 p.m.

Army Healthwatch: stories on ephedra, whooping cough and Echinacea, airt at 10:30

a.m. and 6:30 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.