

Mountaineer

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Photo by Sgt 1st Class Gary L. Qualls Jr.

Col. David Teeples, 3rd Armored Cavalry Regiment commander, and Command Sgt. Major John Caldwell, 3rd ACR command sergeant major, encase the regimental colors, symbolizing the end of 3rd ACR's deployment in Operation Iraqi Freedom.

3rd ACR turns Iraq mission over to Marines

by Sgt. 1st Class Gary L. Qualls, Jr.
3rd Armored Cavalry Regiment

AL ASAD AIR BASE, Iraq — The 3rd Armored Cavalry Regiment turned its mission in Iraq over to Regimental Combat Team 7, 1st Marine Division, in a Transfer of Authority ceremony Sunday.

The 3rd ACR is redeploying back to Fort Carson in March and April after a year in Iraq. The Soldiers have been undergoing relief in place procedures with RCT-7 the past several weeks, getting the Marine unit ready to take over the area of responsibility.

Col. David A. Teeples, regimental commander of 3rd ACR, recounted the storied history of the regiment during the ceremony. The 3rd ACR marched with then Gen. Tecumseh Sherman during the Civil War, apprehended Geronimo during the Indian Wars, was commanded by then Col. George Patton and fought with distinction in the Persian Gulf

War. The regiment added to its glory in Operation Iraqi Freedom, Teeples said.

"The regiment's Combat Team earned more than 200 valorous awards during the operation and 200 Purple Hearts," he said.

"The Regimental Combat Team also paid a dear price during the operation, losing 48 of our troopers, Guardsmen and Reservists," he added.

The 3rd ACR's colors were encased during the ceremony and RCT-7's colors were unfurled.

The 3rd ACR was responsible for the entirety of the Al Anbar province, the largest province in Iraq, during much of its deployment.

The 3rd ACR made many significant accomplishments during its time here, said Col. Craig A. Tucker, commander of RCT-7.

"We will build on the great work that you have done here," he vowed to 3rd ACR leadership and troops.

Personally-owned weapons range relocates, reopens

by Spc. Curt Cashour
14th Public Affairs Detachment

Fort Carson Range Control reopened Range 19, the post's only privately-owned weapons range, Monday in a new location, Range 69, near the corner of Butts Road and Specker Avenue.

The range closed in January because of construction on Fort Carson's Gate 20. The new Range 19 occupies the 10 left-most lanes of Range 69, which is sometimes used by Fort Carson units to zero weapons.

While the range does have the same range tables from the old Range 19, almost everything else is completely new. New features include an improved parking lot, new benches and lane markers, said Master Sgt. Brad Clausen, a range inspector who helped build the range.

The range's 10 lanes, with targets at 10, 25, 50, 100, 200 and 300 yards, provide a better shooting experience than the lanes at the old range, according to 1st Sgt. Terry Perez of the 786th Quartermaster Company.

"This is a lot better spot. You can see the targets better. There's a better field of view," Perez said.

Just because Range 19 is for an individual's own weapons doesn't mean it's governed by an individual's own rules. Rules prohibiting certain types of behavior and weapons are enforced.

Smoking is not permitted on the range, and family members must be closely supervised by an adult. Prohibited firearms include military-issue and automatic weapons and black-powder cannons.

With the exception of slug-barrel models, shotguns are also forbidden, said Range Control Noncommissioned Officer in Charge Master Sgt. Ronald Cline.

The range is open sunrise to sunset seven days a week, but only to active duty Soldiers, reservists, National Guardsmen, retirees and family members ages 10 and older.

While the range is open to anyone from these groups, range goers must be accompanied by at least one range safety card holding E-5 or above.

Those who do not have a Fort Carson range safety card can earn a card good at Range 19 only by taking the Range 19 safety class. The half-hour class is held at Fort Carson Range Control Saturdays at 1 p.m.

For questions or more information, call Fort Carson Range Control at 526-5698.

As a reminder, all personally owned weapons must be registered through the Provost Marshal's Office. Call the PMO at 526-2333 for more information about registering weapons on post.

INSIDE THE MOUNTAINEER

Opinion/Editorial
PT was good for me — the bad driver Page 2

Military
571st Soldiers return. Page 5

Community
Veteran welcomes home grandson Page 13

Sports
Letter to 'Trojan nation' Page 25

Happenings



Buell Children's Museum in Pueblo is a great place to visit during Spring Break.

See Page 31.

Feature



Mountain Post Wellness Center is the place to stay in shape — mind, body and spirit.

See Page 20, 21.

What's new

Because of the training holiday March 26, the *Mountaineer* will be published Thursday. Deadline for classified ads is Monday noon. Deadline for news items for the April 2 issue is Thursday at 5 p.m.

Post Weather hotline:
526-0096

PT was good for me — the bad driver

**Commentary by Sgt. Chris Smith
14th Public Affairs Detachment**

It was Jan. 12 that I finally asked my father, who was sitting in a chair next to my bed, why I was in a hospital.

"On the 20th of December, you went snowboarding," said my father instantly. I thought I had collided with a tree on my way down the slope. "You had a car crash on the way home..."

I started to argue with him. After all, I didn't remember a wreck so it must have been impossible, or so I thought, but by the end of that day I had learned that Dec. 20 I was returning from a day of snowboarding at Winter Park and driving on Interstate 70 when, for still unknown reasons, I left the road at about 75 mph and slammed my way down the interstate

until my Jeep hit a pile of rock at 65 mph, bringing me to an instant halt.

Luckily for me, there was a fire station within sight of my wreck and within 15 minutes I was extracted from my vehicle and flown to a hospital in Denver. Basically, the only reason I managed to survive the crash (fractured skull, brain damage, a coma and a broken hand) is my physical condition at the time of the accident.

I don't remember Christmas, New Year's Eve or just about anything else for about a month's worth of time, but since coming out of my coma on Christmas day, I have been making my way toward a full recovery faster than anyone ever expected.

At first the doctors thought I'd be a nursing home resident for the rest of my days ... oh great, I'm 23 not 73. But with my recovery surging ahead I

was out of the hospital in six weeks. Nowadays, it looks like I'll stay in the Army and return to full physical and medical ability.

Just getting back to full physical ability is pretty amazing. I had to relearn how to walk in January. Luckily I've had very good therapists help me return to my physical and mental ability.

Every doctor's main explanation for my quicker-than-expected recovery has to do with being in good shape, both mentally and physically. So, as it turns out, my dislike for PT was misplaced. PT helped save my life.

The reason I bring this to everyone's attention is so that Soldiers know PT won't just benefit them in military operations, it'll benefit them whenever a case of bad luck falls in their lap. Think about it, if I was able to survive

a pretty horrible car crash due to PT, it can only help in combat as well.

Though my wreck and injuries were, as far as I can tell, a case of bad luck, I've since gotten a whole pallet of good luck. The Army has been immensely kind to my family and me during my recovery. My parents are even being reimbursed for plane tickets they purchased to come see me the day after my wreck since I wasn't expected to live even a week.

I returned to work a couple of weeks ago; it's not the same as before. Then again most people change when something big happens to them.

My changes are more along those lines, more like changes in how I do things. My appreciation for my family and unit has grown. Now when I do things, I really, really want to do it right for them.

Fort Carson to celebrate Women's History Month

**by Master Sgt. Sandra D. Daniels-Hill
3rd ACR Equal Opportunity Advisor**

Women have made tremendous contributions in the development and growth of society; however, most have not been well documented or prominently portrayed throughout the years. The month of March was designated to honor the various advancements made by women. This observance also allows us to pay tribute to some of the distinguished women whose endeavors have effectively made a difference in the way people

are treated and respected by others.

"Women, Inspiring Hope and Possibilities" is the theme for this year's observance. This theme celebrates the hope and sense of possibility that comes to our lives through the inspirational work of women. It also recognizes the unprecedented successes achieved in untried areas that have opened the way for others, who are still making strides in their fields. Women are steadily breaking barriers and increasing the potential for others to make even further advances.

Fort Carson will celebrate Women's History Month at the Elkhorn Conference Center Thursday 11:30 a.m. to 1 p.m. The guest speaker for the observance is Sgt. Maj. Julia Woodhouse (Office of the Staff Judge Advocate, sergeant major).

The program will include entertainment, free food sampling, and booths representing women from different aspects of the community. The 3rd Armored Cavalry Regiment and the 7th Infantry Division invites everyone to join the celebration.

Sound Off!

How does the performance of a PT program affect you?



"As long as I stay up on my PT, I can't fail."

Spc. Stephen Johnson
Co. C, 1st Battalion,
12th Infantry Regiment



"I have been able to stay in shape ... healthy."

Sgt. Robert W. Nelson
142nd Engineers, N.D.



"It helps me stay more alert ... helps me keep credibility!"

Maj. Thomas Copeland
1st Bn., 211st Aviation



"Helps me reduce stress ... make better decisions ..."

Stephanie A. Cullen
Wife of retiree

LETTERS TO THE EDITOR

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

Guidelines are set to ensure fairness to everyone. All letters must be signed and include an address or unit designation and daytime telephone number for verification. No address or telephone number will be published and name will be withheld upon request.

Anonymous letters will not be considered.

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

Because of legal restrictions, both in federal regu-

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

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

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News

First lady thanks Army spouses for sacrifices

by Mollie Miller and Emily Howard
Army News Service

FORT HOOD, Texas — The surprise was hard to hide on the faces of more than 200 military spouses March 5 as America's first lady, Laura Bush, stepped to the podium at Fort Hood's annual Women's Conference.

With thunderous applause ringing throughout Fort Hood's Comanche Chapel, Bush made a speech highlighting the military spouse and thanking those women present for their sacrifices in these times of war.

"Today, we celebrate the spirit of ... the elite special forces who don't wear uniforms or fly Black Hawks or carry weapons," Bush said. "(Today we celebrate) the sisters who support their loved ones and each other so that America remains a land of freedom."

Bush, whose surprise visit was kept a secret until nearly the hour of her arrival, said she came to Fort Hood to thank the women who help keep America free.

"I know about having your life turned upside down because the man you love wants to serve the country and I know that many of you make sacrifices to help your spouse fulfill his dreams," Bush said.

Bush's visit came as a complete shock to most attendees of the Women's Conference.

"I wasn't expecting her," said Amanda Roybol, who rushed to the gas station next to the Comanche Chapel to buy a disposable camera when she heard Bush would be speaking at the conference. "When she walked in, I just started shaking — I couldn't believe that she had come."

"She didn't even have to speak," one spouse of a deployed 4th Infantry Division Soldier said. "Just having her here and knowing she supported us and understood the sacrifices we are making was enough."

Bush also commended those Soldiers currently deployed and deploying in support of Operation Iraqi Freedom.

"Our troops are involved in the historic task of building democracies and in the true American spirit, they are building hope, one heart at a time," Bush said.

A testament to the purpose of the eight-year-old women's conference, Bush's remarks served to uplift, enlighten, motivate and strengthen the military spouses in attendance at the two-day event.

With her husband's 13 to 15 month deployment stretching out ahead of her, Gloria Elder, wife of Fort Hood's 13th Corps Support Command

Command Sgt. Maj. Daniel Elder, said that with support like this, the long days of waiting might be a little less difficult.

"All we ever say is that we'll take (the deployment) one day at a time," said Elder. "With support like this, though, it makes those days much easier — that's for sure."

Beth Philyaw, new to Fort Hood and a first-time conference attendee, said she was surprised to see Bush and proud to have been able to be part of the unique experience of this year's Women's Conference.

"Sometimes, the wives feel left behind with all the Soldiers are doing and it seems like no one notices the sacrifices we are making," said Philyaw. "(Bush's visit) here today tells us we are important and appreciated."

Bush concluded her speech by saying, "All of those who serve in our military deserve our utmost respect and so do those who serve well behind the front lines."

She remained at the chapel after her speech to express her gratitude personally by shaking hands, signing autographs and posing for pictures with Fort Hood's military spouses and Soldiers.

Editor's note: Mollie Miller and Emily Howard write for the Fort Hood Sentinel newspaper.

Walter Reed handling leishmaniasis cases

by Joan Malloy

Army News Service

WASHINGTON — Health-care providers at Walter Reed Army Medical Center have treated almost 400 patients infected with leishmaniasis since the beginning of Operation Iraqi Freedom last year.

Patients receiving, or who have received care at Walter Reed for leishmaniasis, have been treated as outpatients, without having to spend any nights in the hospital, according to medical center officials.

“Most receive antibiotics for 10 days and are then able to return to duty or go on leave,” said Maj. Gen. Kevin C. Kiley, commander of WRAMC and the North Atlantic Regional Medical Command. “This treatment keeps our staff busy, but has in no way overwhelmed us.

“We hope the number of leishmaniasis patients goes down, but if it should increase we feel that we’re ready to care for them,” Kiley added.

Leishmaniasis is a disease spread by the bite of a sand fly, occurring most frequently in tropical areas around the world such as in Iraq, Kuwait, Saudi Arabia, Afghanistan, Pakistan and other countries in Southwest Asia.

The peak season for the sand flies is March through October.

There are two kinds of leishmaniasis — cutaneous and visceral. There have been no cases of visceral leishmaniasis (the more serious infection of the two) detected among patients from Iraq being treated at Walter Reed.

People who get the cutaneous form of leishmaniasis have sores on their skin that may not heal for several weeks. The lesions form weeks after an infected sand fly bites the person. The sores initially appear as bumps on the skin, then form an open, flat, circular sore with raised edges. Sometimes there is a scab and tenderness. If left untreated, the skin sores can last for years and leave permanent scars, but are not life-threatening. Cutaneous leishmaniasis is not contagious.

Visceral leishmaniasis is much more serious, infecting the liver, spleen and other internal organs and may be fatal if not treated.

Since there is no vaccine to protect against leishmaniasis, servicemembers who deploy to areas where there’s a chance of contracting the disease are briefed about preventive measures to possibly avoid getting it, said Col. Dallas C. Hack, chief of the Walter Reed Preventive Medicine Service.

These measures include:

- Limiting outdoor activity at dusk and during the evening when sand flies are most active, especially dur-

ing warmer weather.

- Wearing protective clothing and insect repellent.
- Treating uniforms with permethrin.
- Using permethrin-treated bed netting.

While rare, some forms of leishmaniasis can be transmitted through blood transfusion, medical officials said. There have been no cases of the disease transmitted through blood transfusion in the United States and personnel deployed to Iraq have been deferred from donating blood for one year after departure from Iraq. The deferral, put in place by the Armed Services Blood Program Office, is a precautionary measure to ensure the safety of the blood supply.

People diagnosed with leishmaniasis are permanently deferred from donating blood.

In many cases, it takes two to six months for symptoms of leishmaniasis to show up. Servicemembers returning from Iraq may have been bitten by the sand fly that causes the disease and may theoretically have the parasite in the blood stream, but they may not know it.

If a lesion or other symptoms appear, seek medical attention.

Editor’s note: Joan Malloy works for the Walter Reed Army Medical Center Public Affairs Office and the U.S. Army Medical Command.

Military

571st Soldiers return to Fort Carson

by Pfc. Stephen Kretsinger
Mountaineer staff

Their job is to evacuate casualties from the battle zone and for the past year, they have done their job well.

Seventy Soldiers from the 571st Medical Detachment, Helicopter Ambulance returned home to friends, family and loved ones in a homecoming ceremony March 9 at the Special Events Center.

The Soldiers were greeted by cheering family members and loved ones. Banners were hung around the Special Events Center welcoming the troops home. One banner had special meaning as it was made by the widow of one Soldier killed in Iraq. Bridgette Van Dusen, wife to Chief Warrant Officer Brian K. Van Dusen, wrote upon a field of stars and stripes the words, "Freedom isn't Free. We'll never forget." The banner stood as a grim reminder of the losses the 571st Air Ambulance sustained in theater.

The 571st spent almost a year in Iraq in support of the War on Terror.

"We were gone 11 months and three weeks," said Capt. Mark Haines, platoon leader, Flight Platoon, 571st Medical Detachment, Helicopter Ambulance. "Almost gone for a full year."

"It's an outstanding feeling to see all the family and friends and it's just good to be back home," said Haines.

The homecoming was bittersweet for some as the 571st Air Ambulance experienced the death of seven comrades during its time in Iraq.

"I'm glad we're home," said Pfc. William Agnor, crew chief, 571st Medical Detachment, Helicopter Ambulance. "I'm proud of everybody in the 571st. We lost some good people and I'm just glad that everybody's home now. To everyone that is still in Iraq, come home soon."

The main body of the unit was based in Al Asad Air Base, Iraq and it had troops out at different locations at forward operating bases, said Haines.

"Basically, our primary job was medical evacuation missions for the 3rd (Armored Cavalry Regiment) and

82nd Airborne Divisions," said Haines. "We evacuated over 1,500 patients and flew over 40,500 hours."

There was more to their job than evacuations and flying missions though.

"Maintenance, maintenance, maintenance," joked Agnor. "That's all we did: sleep, maintenance, sleep, maintenance."

The Soldiers of the 571st Medical Detachment, Helicopter Ambulance, had some ways to take their minds off things while in Iraq. Al Asad Air Base had a theater, a post exchange and a stadium that provided Iraqi food and beverages that the Soldiers were able to sample.

"A lot of Soldiers participated in watching movies or playing cards," said Haines. "Some would do physical training on their own."

"We would play sports like basketball, watch movies, play cards — lots of cards," said Agnor.

The camaraderie of the Soldiers



Photo by Pfc. Stephen Kretsinger
A young boy waves an American flag at a homecoming ceremony for the 571st Medical Detachment, Helicopter Ambulance, March 9. The homecoming was held at the Special Events Center and saw the return of 70 571st Soldiers.

Military Briefs

Misc.

U.S. Military Academy positions available — The U.S. Military Academy at West Point is looking for branch-qualified company grade officers and noncommissioned officers in the rank of sergeant first class interested in an assignment to the USMA. NCOs should have drill sergeant or platoon sergeant experience with 12 to 15 years of service to be assigned to the staff and faculty as instructors and company tactical NCOs. Selected officers will normally attend advanced civil schooling

for up to two years followed by a three-year tour at West Point. For application information, go to <http://www.usma.army.mil/adjutantgeneral> or write to Management Operations Branch, AG Division, West Point, N.Y. 10996-1926.

Warrant officer slots open — The Army is looking for highly motivated Soldiers to fill its warrant officer positions, open in all 45 specialties if you qualify. Soldiers with less than 12 years active federal service are encouraged to apply. For more information, contact the Warrant Officer Recruiting Team at www.usarec.army.mil/warrant or DSN 536-0484/0458/0488/0478/1860/0271.

OCS board — There will be a local OCS board April 8 and 9. This board is required for all applicants. All participants must report in Class A's. All packets must be turned in to the

Better Opportunities for Single Soldiers

BOSS Executive Council meets the first Wednesday of each month at 10 a.m. at the Special Events Center, building 1829. The post BOSS meeting, for BOSS representatives, meets the second Thursday of each month at Xtrems from 1 to 3 p.m. For information, call 524-BOSS.



478th PSB, Personnel Actions Section, building 1118, room 208, no later than April 1. For more information, call 526-1906.

Special Forces briefings — Special Forces briefings will be conducted weekly at the Grant Library. The briefing times are Wednesdays, 1:30 p.m. and Thursdays 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.

NCOA Job Fair

Are you looking for the perfect job? Do you want to meet recruiters for local and national companies? The United Associations Group will be sponsoring a "Today's NCOA Job Fair" at the Elkhorn Conference Center April 22 10 a.m. to 2 p.m. The event is open to all military, veterans, civilians and their family members. NCOA membership is not required. Attendees are encouraged to bring several copies of their personal resumes. For more information, check out the on-line job board at www.ncoavea.org, call (800) 622-2620 ext. 222.

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 Monday, Thursday 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 in 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. Turn around for 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 Training 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 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.

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. 19 to Mar. 27

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

A penny saved . . .

Investing hazard duty pay good idea

by 1st Lt. Theodore Stutz
4th Finance Battalion

Soldiers returning from a theater of operation that received Hazardous Duty Pay or Imminent Danger Pay and contributed money to the Savings Deposit Program should follow these guidelines, updated from last week's article, to request release of their funds.

If contributions were made by allotment, ensure the SDP allotment was stopped the day the Soldier left the eligible country. This should happen before you redeployed, if not, the allotment can be stopped at the DSRP site, or Finance Customer Service, building 1854.

Send a fax to Larry Robertson at DFAS-CL, (216) 522-6924 or DISN 580-6924, include the information below in the following format:

- a. Contributing Soldier's full name
- b. Social Security number
- c. Branch of service and component: Army- (Active/Reserve/NG)
- d. Reason for withdrawal: departed theater of eligibility
- e. Amount (full account balance or specific amount)
- f. Name of the bank that you want the funds deposited into

g. Account number, routing transit number and account type (checking or savings)

Remember

- Soldiers may leave funds in the Savings Deposit Program for 90 days after leaving theater in order to earn extra interest (2.5 percent).
- Soldiers can also elect to submit their request via e-mail to Larry Robertson larry.robertson@dfas.mil
- Funds should be deposited in Soldier's bank account within 10 working days after submitting request to DFAS-CL.
- Point of contact on Fort Carson is 1st Lt. Love or Sgt. Pettersson, Disbursing Office, building 1220. Phone number is 526-5151 or DISN 691-5151.

Deployment money burning a hole in your pocket?

Hopefully you came home to a well-earned chunk of money. If you feel like you should invest some or all of it for retirement, you are right. If you knew that taking \$3,000 of that money and investing it in a Roth Individual Retirement Account could easily leave you with more than \$45,000 in 35 years, would you still blow it on a new set of rims? Well now you know. The bottom line is that you must start investing, because the

amount of time money is invested is a much larger factor in ultimate wealth than how much we invest. For example, if you wait until you are 10 years from retirement to start investing, you would have to invest around \$22,000 to get the same \$45,000.

If you continue to invest \$3,000 a year (the current maximum Roth IRA yearly contribution) for 35 years you could easily have more than \$600,000 at retirement. These figures are based on an easily attainable 8 percent annual return, but are still estimated and are in no way a guarantee of future market performance.

You can either start investing through the Thrift Saving Program, a broker or you can do it yourself through an on-line trading company. The TSP has no cost but you can only contribute on a payroll deduction basis, not with a lump sum and therefore will not be discussed here. A broker will cost you money, but will make managing your investments easier. Simply look in the phone book and call some brokers or investment management companies. If you decide to do it yourself you will have to get smart on some investment lingo and strategies. Logon to any of the well-known and

See Greenback, Page 8

Environmentally safe products make landscaping Earth-friendly

by Susan Galentine-Ketchum
Directorate of Environmental
Compliance and Management

Spring is just a whisper away and so is the need to start planning for what you want to do with your crispy brown winter lawn. There are landscaping products available that suit the government's guidance on buying recycled content products at work that can also help you be a more earth-conscious consumer at home.

The Environmental Protection Agency provides recommendations for landscaping products to ensure they are environmentally preferable. Most of the product content recommendations are based on post-consumer material, which refers to what is recycled from our homes and offices as waste.

- Items such as 100 percent post consumer paper and wood can be used as mulch, that help retain water by reducing evaporation and has the added benefit of helping combat weed growth.

- Yard trimmings, leaves, grass clippings and certain food wastes

(fruit and vegetables) lend themselves as a nutritious type of compost for landscaping, seeding of grass and under trees and shrubs. This allows for not only recycling the material, but also avoids the use of potentially harmful fertilizers since they are natural and not chemically based.

- Look for recycled content plastic posts when buying landscaping supplies for fences.

- Recycled content hoses (60 to 65 percent post consumer) and soaker hoses (60 to 70 percent post consumer rubber or plastic) can be purchased for watering needs. The material for the hoses is often derived from used tires, discarded cable wires and old traffic cones.

With ongoing drought conditions, water will once again be at a premium and watering restrictions aren't likely to let up any time soon. Garden soaker hoses are useful in helping you conserve water.

These hoses "sweat" out regulated amounts of water to be slowly delivered to the grassroots and prevent water loss due to evaporation. They can also be used effectively

above ground for watering trees and shrubs.

For more information on EPA environmentally preferable landscaping guidance you can log on to EPA Web sites at

<http://www.epa.gov/epaoswer/non-hw/procure/pdf/lands-00.pdf>

and for water-efficient landscaping guidance at http://www.epa.gov/owm/water-efficiency/final_final.pdf.

For more information about using compost for landscaping log on to <http://www.epa.gov/epaoswer/non-hw/compost/erosion.pdf>. For local information on landscaping, you can log on to the Colorado Springs Utilities Web site at: <http://www.csu.org/residential/conservation/>.



Greenback

From Page 7

advertised online investment sites, and follow the instructions.

You will basically be opening a savings account with the brokerage company's bank. Then you can take the deposited money and buy stocks, bonds and mutual funds with it, hoping they will increase in value. You are not investing in a Roth IRA; you invest through a Roth IRA. Just simply putting money in these online investment accounts will not get you much in returns. The Roth IRA simply keeps the money from being taxed when you take it out for retirement. Deciding how to invest the money you accumulate in the account can be as simple or as complicated as you want to make it. To get started, I recommend buying into a mutual fund. Most mutual funds require \$1,000 of an initial investment.

You can search the Internet for advice on which fund to buy into. It may be a good idea to invest in funds that are recommended by online brokers. Look at the risk rating of funds, higher risk usually mean higher returns, but if you are within 10 to 20 years of retirement high risk, may not pay off. The best thing to do if buying investments by yourself is to take some time, learn all you can and then put money into a mutual fund or funds and leave it alone.

BOSS program ...

Single Soldiers' concerns addressed

by Pfc. Stephen Kretsinger
Mountaineer staff

The Army has a plethora of programs to support the military family, because the family unit is a strong and important part of the Army community. About 40 percent of the Soldiers assigned to the Mountain Post are single and sometimes they may feel left behind in the abundance of programs aimed at married Soldiers. But there is an Army program that is just for them.

Better Opportunities for Single Soldiers is a program established in 1989 to support the overall quality of single Soldiers lives. BOSS identifies real well-being issues and concerns by recommending improvements through the chain of command, according to the Fort Carson BOSS Web site.

"There are three core components to the BOSS program," said Spc. Carmen Ross, installation BOSS president. "Quality of life, recreation and leisure and community service."

Well-being for single Soldiers deals primarily with those things that the single Soldiers can directly or indirectly influence to enhance their morale, living environment, or personal growth and development. BOSS deals with issues concerning barracks living, dining facilities, Army

and Air Force Exchange Service, and barracks phone services, just to name a few.

Recreation and leisure activities may be planned solely by the BOSS council or in conjunction with other Morale, Welfare and Recreation activities. A free white water rafting trip down the Arkansas River is currently being planned for single Soldiers this summer.

BOSS often participate in community programs or projects which make a difference in the lives of others, the community and, ultimately, themselves. BOSS has participated in Make a Difference Day and the Care and Share program.

"The Army took a look at the many great programs for families and thought, 'Where is the voice of the single

Soldier in all these programs?'" said Ann Edinger, MWR BOSS advisor. "What better way than programs by and for the single Soldiers with help from MWR to fund the program and make it an official program?"

BOSS holds monthly meetings at Xtremes and all single Soldiers are welcome and encouraged to attend. Participants discuss single Soldier quality of life issues that BOSS representatives will take to the chain of command. Guest speakers are also

invited to attend the BOSS meetings to address those issues.

"We try to have anywhere from three to four speakers," said Ross. "Last meeting we had ACS (Army Community Service) talk briefly about their education program. There is some good information that single Soldiers might not know about."

BOSS is currently looking for single Soldiers who want to help improve the lives of other single Soldiers and have fun by volunteering to assist in the program. For more information on the BOSS program or to volunteer, call Ross at 524-BOSS (2677) or e-mail her at carmen.ross@carson.army.mil.

2004 BOSS meetings*

- April 15
- May 20
- June 17
- July 15
- August 19
- September 16
- October 21
- November 18
- December 16

* All BOSS meetings are held at Xtremes from 1 to 3 p.m.

"There are three core components to the BOSS program — quality of life, recreation and leisure and community service."

Spc. Carmen Ross
Installation BOSS president



A firing squad lobbed three volleys in tribute to the two men during the Tuesday memorial at Butts Army Airfield.

Post pays final tribute to 3rd ACR aviators

by Spc. Zach Mott
Mountaineer staff

Members of the 4th Squadron, 3rd Armored Cavalry Regiment, paid tribute to two aviators who died while supporting Operation Iraqi Freedom Feb. 25.

Chief Warrant Officers Matthew Laskowski and Stephen Wells were OH-58D Kiowa Warrior pilots assigned to Outlaw Troop and were based out of Al Asad Air Base, Iraq.

"He was a loving father," Douglas Laskowski said about his younger brother. "All he could talk about when he was in Iraq was, 'How are my girls.'"

To remember them, Laskowski brought a talking picture frame with a snapshot of his daughter Isabel and her recorded voice.

Both men were described by their fellow Soldiers as hardworking perfectionists.

"Stephen was the type of guy to complete a task to perfection then ask, 'How can I do that better,'" said Capt. Matthew Junko, Outlaw Troop commander. Junko's words were reread from a February memorial ceremony in Iraq.

"You could always count on Matt to get the job done and done right," Junko said. "He was the big brother of the troop. He

was always looking out for the troop."

Big is a word often used to describe Laskowski. While in Iraq, Laskowski won a weightlifting competition. Other pilots related stories of wonderment about if they would fit in the cockpit with him.

Wells was described as a family man. Chief Warrant Officer Cassey Bussett said they often talked about their families.

"The only thing (Wells) liked more than flying were his boys," Bussett said.

Wells was also a quick friend to many. Bussett said, "If he met you, you were his friend."

Chief Warrant Officer Nathan Noyes said the deaths were, "like losing a brother." He also said he'd miss the camaraderie and laughter these two men brought to the troop.

The ceremony was punctuated by a Kiowa Warrior flyby that was a last tribute for the Soldiers from the one aircraft they loved to fly.

Laskowski is survived by his wife Jennifer, daughters Isabel and Aniela, father Norbert and brother Douglas.

Wells is survived by his wife Tasha, sons Stephen, Xavier and Alexander, parents John and Elizabeth, brothers Robert and John and sister Elizabeth.



Photos by Spc. Zach Mott

Fellow members of the 3rd Armored Cavalry Regiment paid their respects at the M-16, helmet, boots and identification tag memorial that was set up at Butts Army Airfield.



Alexander Wells, the 6-year-old son of Chief Warrant Officer Stephen Wells, admires the helmet like the one worn by his father in his two years of being an Army aviator. Naval Petty Officer, Damage Control 1, John Wells, Stephen's brother, is behind his nephew Alexander.

571st

From Page 5

within the unit was very important to their general well-being, so much so that they became each other's surrogate family, said Haines.

"Just being together as one big family, because our families were left back here, that helped a lot," said Haines.

Iraq wasn't exactly what the Soldiers expected when they were first told they were heading over for Operation Iraqi Freedom.

"It wasn't that bad," said Agnor. "I thought it was going to be a total third-world country, but it wasn't. There were some cool people there."

When many people think of Iraq, they imagine hot, dry and sandy, but one might be surprised.

"The environment was a little bit different than I expected," said

Haines. "I didn't realize we would actually get rain there. There were quite a few torrential rain storms and downpours."

The locals were not always friendly, said Haines, but there was positive response to the troops in a majority of cases.

"Some people were hostile toward us, but many were very respectful to the United States, so that was good to see," said Haines.

When all was said and done, these Soldiers were just glad to be home and ready to return a normal life in the States.

"I'm looking forward to relaxing and getting used to civilian life again," said Haines. "It will be good to see family and friends and those we have missed for the past year."

"I'm looking forward to doing some partying," said Agnor.



Photo by Pfc. Stephen Kretsinger

This banner, made by Bridgette Van Dusan, widow of Chief Warrant Officer Brian K. Van Dusan, hangs in the Special Events Center at a welcome home ceremony for the Soldiers of the 571st Medical Detachment, Helicopter Ambulance.

Community

Family of heroes ...

Veteran welcomes home grandson

by Spc. Aimee J. Felix
Mountaineer staff

Fully decorated in his Class A uniform, a retired command sergeant major, now on the receiving end of a homecoming ceremony, waited anxiously for his grandson after an 11-month deployment to Iraq.

Retired Command Sgt. Maj. Eliseo Garcia embraced his grandson Sgt. Roger Jaramillo proudly at the end of a homecoming ceremony March 15. Garcia came here for the ceremony with Jaramillo's mother and uncle and stayed at the Corley house on Specker Avenue.

"He's my role model," said Jaramillo of his grandfather. Knowing all he went through and overcame motivated Jaramillo. "My grandfather told me of a time he got shot in the leg and walked from the combat site all the way back to his company," said Jaramillo. "So when I crushed my hand in combat and broke most of its bones,

I turned down the opportunity to go to the hospital in Germany, and stayed with my unit. I mean, he had it worse than me."

Garcia joined the Army at the age of 14 just as his father had done during World War I. "It was a lot easier to get away with that back then," said Garcia. He had looked forward to joining the Army early on especially with his father as an example. "I liked the uniform, and once I got in, I knew the Army would be my life."

Garcia was in the Army for 23 years during which time he fought in every major battle of the Korean and Vietnam Wars. During his time in service, he received three Silver Stars, four Bronze Stars, four Purple Hearts, a Distinguished Service Cross, and he was recommended for the Medal of Honor four times. He went to the Army language school to learn Korean. Soon



Photo by Spc. Aimee J. Felix

Retired Command Sgt. Maj. Eliseo Garcia embraces his grandson Sgt. Roger Jaramillo, a tanker for the 3rd Armored Cavalry Regiment, after a homecoming ceremony March 15. The ceremony celebrated the return of about 300 3rd ACR Soldiers from Operation Iraqi Freedom.

See Veteran, Page 14

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@afes.com, for more information.

Welfare requests — The Fort Carson Officers' Spouses' Club is now accepting welfare request applications for spring 2004. Each year the FCOSC distributes funds obtained from the welfare projects of the club. These profits are distributed through the community in the form of secondary education scholarships and community welfare requests. To request a welfare request application, contact Barbara McConaughay, FCOSC Welfare Chairperson, at 310-7693 or e-mail at fcarson_officersspousesclub@yahoo.com. All applications must be submitted and postmarked by 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 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 call you to remind you of the meeting three to five days in advance. Family members are encouraged to attend with the patient.

Past topics include 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 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.

Pharmacy Hours Change

Effective May 7, the Evans Army Community Hospital Outpatient Pharmacy, located in building 7500, will close at 5 p.m. on Fridays.

Leave Donation Request

Ronald Casados, a Department of Defense civilian who works at Fort Carson, is ill and on sick leave. They are out of leave and would greatly appreciate a donation of leave from those moved to do so. For more information on donating leave to either of them, contact Tilicia Rose at 526-1841.

Thrift Shop

The Fort Carson Thrift Shop is having a "10 cents Sale" 10 a.m. to 1 p.m. March 31. All clothing marked "TSP" will be sold for 10 cents a piece. All sales are final.

Yard Sale

The annual Fort Carson Mayor's yard sales are scheduled to begin April 13. Yard sales are twice a month, April to October, on the first and third Saturday of the month between 8 a.m. and 3 p.m. In case of inclement weather, a makeup day will be scheduled the following Saturday.

Both on- and off-post residents can participate. Housing residents can set up yard sales in front of their houses; barracks and off-post residents can set up in the Beacon Elementary School parking lot.

All residents and sellers must comply with the following guidelines:

- Each resident is responsible for the conduction of their yard sale.
- Individual occupants are responsible for trash control and removal, which must be completed by 5 p.m. the day of the sale or citations will be issued.
- Commercial organizations and individuals will comply with all regulations related to commercial solicitation.
- All sellers are prohibited from offering for sale items such as drugs, guns, food or anything that does not conform to the rules and regulations of Fort Carson or the state of Colorado.

For more information, contact your village mayor or the mayor program coordinator at 526-1082/1049.

Bowling for Children

crimination as a youngster in New Mexico, and it took one of those incidents to finally convince his father to let him join.

Garcia was taking a Spanish class with other students who, unlike him, didn't speak the language fluently. Those students were being graded more leniently. He asked his teacher why this was, and she explained that she held him to a different standard because the others were just learning the language.

"Nobody gave me special treatment when I was first learning English," he said. This remark got him sent to the principal's office. "You people are always causing trouble," were the first words out of the principle's mouth.

"I'm only one person," said Garcia. He was livid and knew his father would be too. "I told him this was my chance to prove my 'American-hood', and that convinced him to let me join the Army," said Garcia.



Army Community Service
Family Readiness Center
719-526-4590

Adult English Class: Beginner & Intermediate Level

ENGLISH AS A SECOND LANGUAGE

Monday-Thursday

Level determines the day you will attend.

9-Noon

FAMILY READINESS CENTER, BLDG. 1526

(NEXT TO THE COMMISSARY)

Registration and testing required before initial class attendance. Free childcare available; prior registration required. For details, contact the Relocation Readiness Program at (719) 526-4590.



The Big Brothers and Big Sisters Pikes Peak is hosting its 22nd Annual Bowl for Kids Sake Event May 1 at the Peak Bowling Center. This is an opportunity to have fun with friends, while supporting a very worthwhile and highly respected organization. Bowlers will be organized into teams of four, and each bowler is expected to collect a minimum of \$75 in pledges. Each bowler will receive a free T-shirt, Old Chicago Pizza and a soft drink. The bowler who collects the most money will win a round-trip ticket for two to anywhere in the continental United States. For more information, contact 633-2443 ext. 201.

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 Chief Warrant Officer 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 Chief Warrant Officer Ver-Gina Smith-Kundinger at 526-9512 or 338-1420.

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

Veteran

From Page 13

after he had learned a total of seven languages: English, Spanish, French, German, Italian, Korean and Persian.

With that knowledge he was able to work various intelligence jobs while in the military.

"I always led my men even though I was younger than them," said Garcia. He was sent to the Advanced

Noncommissioned Officer Course early in his military career. There he met his wife. She was his server at the cafeteria. "I asked her out, we got to know each other, and I asked her to marry me," said Garcia. They've been married for 49 years, and they have five children together.

"I grew up in the Army," said Garcia. Since he was so young when he decided to join he had to first convince his father. Garcia underwent some dis-

*Local community***Carson honors its good neighbors**

by **Spc. Jon Wiley**
Mountaineer staff

Fort Carson acknowledged outstanding members of the local community who contribute to the quality of life of Soldiers here with a Good Neighbor Luncheon and awards ceremony at the Elkhorn Conference Center March 4.

Many of Fort Carson's leading civilian supporters attended and witnessed Maj. Gen. Robert Wilson, 7th Infantry Division and Fort Carson commanding general, present the Good Neighbor award to Russell Wolfe for 2002 and to Tsai Friedberg for 2003.

Friedberg, owner of the All in One dry cleaning and sew shop, won the award for her financial support of Fort Carson activities, her initiative in setting up programs that benefit Soldiers and for disseminating information about Soldiers' needs to sergeant majors and other key players in the chain of command.

Col. Sharon Duffy, commander of the 43rd Area Support Group, said Friedberg's generosity when it comes to Soldiers knows no bounds.

"She donates thousands of dollars in goods and services every year,"

Duffy said.

She said last year Friedberg organized care package distribution to deployed Soldiers, sewed on patches for free and set up a free transportation service for Soldiers training here.

"Every day, I am reminded of the sacrifices Soldiers make for our country, a country that has been very good to my family and me. I'm thankful in a small way I can help them," Friedberg said.

Wolfe, the owner of the Flying W Ranch since 1953, also expressed his gratitude for the opportunity to thank Fort Carson Soldiers for the jobs they do and to be part of the Mountain Post Team.

"When I think of the military, being an old Navy man, I put up with Fort Carson because I have to," Wolfe quipped before adding on a more serious note, "Right now they're fighting a war, one that's going to be tough, and we pray for them, we thank them and we're going to do everything we can for them."

Since moving here in 1948 after a stint in the Navy during World War II, Wolfe has been involved with several community organizations and has used



Photo by Gene Arbuckle, Training Support Team

Maj. Gen. Robert Wilson, 7th Infantry Division and Fort Carson commanding general, commends Tsai Friedberg after presenting her the Good Neighbor award for 2003 at a luncheon and awards ceremony at the Elkhorn Conference Center March 4. Friedberg has contributed to the quality of life for Fort Carson Soldiers and their families for 12 years.

his influence to improve the quality of life for Fort Carson Soldiers and their families.

Pictures of both Wolfe and Friedberg will be permanently displayed in a glass case in the lobby of

the post headquarters' building in recognition of their status as good neighbors alongside past recipients of the award.

The Fort Carson Good Neighbor program was established in 1978.

DECAM helps units comply with EPA

by Susan Galentine-Ketchum
Directorate of Environmental Compliance and Management

Soldier readiness relies heavily on equipment readiness. To keep the Army in top condition requires the use of large quantities of potentially hazardous products that keep military machinery and equipment running well and in good condition. Unfortunately these products can also be a big liability if mishandled.

The Directorate of Environmental Compliance and Management can help units and directorates maneuver through environmental regulations and requirements that can potentially hamper mission accomplishment if an inspection goes wrong.

All Fort Carson units and activities can be inspected by federal, state, local regulators and other Department of Defense agencies, said Don Sullivan, a member of the directorate's Environmental Compliance and Assistance Team.

The ECAT helps units prepare for these inspections by performing informal and formal site assistance visits. After the visits, the ECAT provides follow-up assessments and assistance.

Regulators from such agencies as the Colorado Department of Public Health and Environment and the U.S. Environmental Protection Agency have full legal authority to conduct inspections of Fort Carson, Piñon Canyon Maneuver Site and supporting facilities, in order to evaluate or monitor how well personnel and Fort Carson's operations are in compliance with permits and regulations, said Sullivan.

“Federal agency employees, military and civilians alike, are subject to statutes (of environmental laws) and applicable criminal sancations (for being out of compliance).”

Don Sullivan
Member of Environmental Compliance Team,
DECAM

agency employees, military and civilians alike, are subject to statutes and applicable criminal sanctions,” explained Sullivan.

During a SAV explained Sullivan, the ECAT assesses all areas of environmental management including, environmental regulations, documents and records identified for maintenance by the Fort Carson Regulation 200-1 (Headquarters 7th

Infantry Division and Fort Carson Environmental Protection and Enhancement) to include:

- hazardous waste management,
- material management,
- cultural resource protection and preservation,
- energy conservation,
- natural resource conservation and protection,
- storage tank management and
- pest management.

The three-member ECAT schedules site assistance visits of motorpools on a monthly basis, supply areas quarterly and administrative areas, including barracks, semi-annually. The ECAT also offers Environmental Awareness Training to all units.

One of the more prominent roles the ECAT has played in was last year's mass deployment of troops and equipment to Iraq. During that deployment, they cleared 834 facilities, which consisted of identifying and removing hazardous materials/waste, assisting in transporting recyclable items and providing technical information on environmental issues for soldiers.

Units and activities can rely on DECAM to assist them in maintaining compliance will laws and regulations. When in doubt about an environmental issue just call for help. It's always better to do it right than to face an expensive clean up or pay fines later, offered Sullivan.

For more information on site assistance visits provided by the ECAT, call 526-0979.

Chaplain's Corner

Relying on others . . .

God's people share burdens in difficult times

**Commentary by Chap. (Capt.) Terry E. Romine
2nd Battalion, 10th Special Forces Group**

Galatians 6:2, "Carry each other's burdens, and in this way you will fulfill the law of Christ."

Many of us are bound and determined to always, no matter what, carry our own rucksack. We want to focus on Galatians 6:5, "for each one should carry his own load."

While carrying our own load is very commendable, there could be times, and indeed are times, when we must have some help with the load we are under. When is the right time for us to help someone carry his or her load, or permit someone else to help carry our load? There are those times.

One of the times we need to let someone else carry our own load may be when we have gotten our rucksack too full. We put just one more item in the load, just one more Meals Ready to Eat, just one more pair of gloves or some other nice to have item. While it may be nice to have this entire load, when you have to carry it alone, it may be too much.

Different people on a mission may divide up parts of the load in order to get it all there. There may be medical supplies, communication equipment or weapons or ammunition that must be divided up and shared in order to get it all there. One member does not have to carry the load alone.

In terms of everyday activities and responsibilities, we might like to do it all ourselves, but the best course of action for the mission just might be to share the workload with other members of the team. One more tasking comes your way. One more job needs done. One more good idea is about to blossom. It might be the time to share the workload. Share the work; share the honor.

Another time to share the load may be when you are not at the peak of your performance. Sometimes we are weakened by some problem within ourselves. For the rucksack, it may be a sprained ankle, a sore muscle or some other injury that makes carrying the full load alone impractical. At those times it only makes sense to share the load. Most of us would be quick to offer a hand to a friend who, through no fault of their own, needed a hand with their load.

During the mission one member gets injured. In order to complete the mission and take care of our fellow member, we share the load, sometimes even carrying an extra rucksack and the team member too.

For our spiritual rucksack, it may be that this is the time when we are spiritually weak and need our spiritual team members to carry our load for us. They may even need to carry the team member as well. We would never leave our team member in the field, on the battlefield or in a spiritual battleground

without trying everything in our power to help. We must not leave a comrade behind.

Yet one other time when we might need to share someone's load may be when one member is just so taken with himself that he overloads himself. He may be so confident or arrogant that he simply will not accept help, will not slow down, will take yet one more project to do, will fill his rucksack so full that it is much bigger than his swelled head. Sometimes this member does everything the hard way. Sometimes a person seems to go out of the way to get into some kind of difficult circumstance. On occasion, this arrogant member will simply do what everyone knows is the wrong thing. This might be the one we would like to let suffer.

However, when we find a member overtaken in this kind of difficult, that is the time that we must come alongside, assist with the load and show them how to get out of trouble, and how to avoid such difficult circumstances in the future.

One very important reason we need to be sure to help others with their load for any reason they may need that help is that we may very well need help with our load. The process of serving God and others is a process we are not in alone. Even though we know God is always there, we need to know we can depend on each other, God's people, as well.

Chapel

Catholic Events for Lent, which began Ash Wednesday.

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

Wednesdays of Lent 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.

Good Friday — "The Liturgy of the Lord's Passion" will be celebrated at 3 p.m., the hour Christ died, at Solider's Memorial Chapel. This consists of the long passion narrative from the Gospel of St. John, followed by formal and solemn intercessions, followed by veneration of the cross. Reception of Holy Communion from the Reserved Sacrament will be available for those Catholics who wish it in the Blessed Sacrament chapel at the conclusion of this liturgy. All are welcome to attend the Liturgy of the Lord's Passion.

Holy Saturday — The Easter Vigil Mass will be celebrated at Soldiers' Memorial Chapel beginning at 8 p.m. It lasts two to three hours.

Easter Sunday — Easter Sunday Masses are at 9:30 a.m. at Soldiers' Memorial Chapel and at 12:15 p.m. at Provider Chapel.

Editor's note: More chapel events, such as the Protestant Easter service schedule, will appear in upcoming editions of the Mountaineer.

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. Kennedy/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. Kennedy/526-8011
Sunday	11 a.m.	Contemporary	Veterans'	Magrath & Titus	Chap. Ellison/526-8890
Sunday	6 p.m.	PYOC	Soldiers'	Nelson & Martinez	Nelson & Martinez
Friday	noon	Prayer	Soldiers'	Nelson & Martinez	Ms. Scheck/524-1166
LITURGICAL					
Sunday	10:45 a.m.	Lutheran	Provider	Barkeley & Ellis	Chap. Lloyd/526-3888
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 Dalugdag/330-7873
MORMON					
Sunday	2 p.m.	LDS	Provider	Barkeley & Ellis	Chap. Jones/526-3718
NATIVE AMERICAN SWEATLODGE					
Native American Sweatlodge ceremonies (He Ska Akicita Inipi) are offered to military personnel, dependents and Department of Defense personnel for traditional prayer and purification. Fasting before the ceremony is recommended and refreshments are offered following the ceremony. Please call the following for ceremonial information and directions. Michael Dunning 382-5331 or 330-9537, or Zoe Goodblanket 442-0929.					

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 102 & Luke 1

Saturday — Psalms 103 & Luke 2-3

Sunday — Psalms 104 & Luke 4-5

Monday — Psalms 105 & Luke 6-7

Tuesday — Psalms 106 & Luke 8-9

Wednesday — Psalms 107 & Luke 10-11

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 2nd Infantry Division ("Second to None"), headquartered in Seoul, South Korea.

Army: For the Soldiers, noncommissioned officers and officers of the Aviation Branch. Ask God to safely keep the pilots, crews and support personnel in their mission of flying close air support for Army Soldiers.

State: For all Soldiers and families

from the state of Alabama. Pray also for Gov. Robert Riley, the state legislators and municipal officials of the Yellowhammer State.

Nation: For the Secretary of State, Colin Powell. Ask God to lead him in his deliberations with representatives of foreign governments, that peace might reign through diplomacy.

Religious: For the Soldiers and families from the Churches of Christ. Pray also for the chaplains endorsed to military service by this community of faith.

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



Two participants of the Pregnancy and Postpartum Physical Training program exercise in the Fort Carson indoor swimming pool. The Pregnancy and Postpartum Physical Training program meets Wednesdays for water aerobics.



Sgt. Laurie Freeman, fitness technician, gets in an early morning workout in the weight room of the Mountain Post Wellness Center.



Retired Sgt. 1st Class Dennis Schnell works on his upper-arm muscles with the assistance of the FitLinxx system. Schnell is a veteran of the Korean and Vietnam Wars.



Sgt. Brad Winch, fitness technician, assists Joan Issac-Villanueva during her cardiovascular workout in the Mountain Post Wellness Center.

Mind BODY Spirit

Wellness center offers total fitness

Story and photos by Pfc. Stephen Kretsinger
Mountaineer staff

Be it mind, body or spirit, the Mountain Post has a one-stop shop that can help its community members get healthy.

The Mountain Post Wellness Center is located in the Family Readiness Center and has a large variety of programs to help the Soldiers and civilians of Fort Carson live healthier lifestyles.

"The purpose of the wellness center is to identify health risks in individuals and improve health behavior," said Bridget S. Minihane, director, Mountain Post Wellness Center.

The wellness center has several programs, all of which are free to all adult beneficiaries with a military identification card. There is the Tobacco Cessation Program, Pregnancy and Postpartum Physical Training, the Civilian Wellness Program for civilian employees and the Health Risk Screening that all Soldiers receive at the Fort Carson Welcome Center.

Before the first appointment at the wellness center, an applicant will be asked to fill out a form with questions concerning health, lifestyle and other information that relates to his overall wellness. The form is run through a computer and the computer determines a personal wellness profile for him.

"It's a health snapshot basically," said Minihane. "It shows overall health, not just mind, body or spirit separately, but everything."

At the first appointment the applicant will receive a full

wellness screening. The first appointment takes about an hour. Aside from creating the applicant's personal wellness profile, a wellness center professional will check the applicant's blood pressure, cholesterol, flexibility, body fat and many other things that relate to a person's overall health.

The second meeting tests the applicant's fitness. Applicant's will be asked to do a series of exercises to their best ability so that the fitness technicians can assess his overall fitness and come up with a program that is best for the applicant.

The wellness center, as well as many of the other fitness centers on post, has a high-tech workout room fitted with FitLinxx.

"What's nice about it, is that it's instant feedback," said Minihane. "You sit down at the machine, put your code in and FitLinxx shows you what you need to do."

FitLinxx shows the person how many repetitions to do on each machine, how fast to do each repetition, the person's range of motion and other useful information.

"You can even go online and see where you are fitness-wise," said Minihane.

The Pregnancy and Postpartum Physical Training program helps pregnant Soldiers have a safe pregnancy and delivery, and lets them get back in shape so they are ready to continue the Army mission.

"We do an overall, comprehensive program for the pregnant Soldiers," said Maj. Karen Brassfield, deputy director, Mountain

Post Wellness Center. "We do aerobics with them, take them to the pool on Wednesday. They are going to lose some physical fitness during pregnancy, but to counteract that by staying active, they can have an easier pregnancy and delivery, not to mention and easier recovery time during post-partum."

The wellness center also holds classes on labor and delivery, car seat safety, nutrition and a plethora of other pregnancy and child related subjects.

"We teach pregnant women that they are really eating for two," said Brassfield. "So you don't need to gain 50 pounds and then have to try to lose it after the birth."

If it's weight or cholesterol that is a concern, the wellness center has programs to assist in healthier eating.

"We have a healthy eating and exercise class," said Brassfield. "It explains what healthy eating is and how to make better choices."

As a registered dietitian, Brassfield is qualified to work with all sorts of diets, including vegetarian and vegan diets.

For those who are culinary challenged, the wellness center offers a healthy cooking class. The class offers tips to those who are experts in the kitchen as well as others who could burn water. Recipes range from full meals to healthy desserts and can support vegetarian and vegan diets.

The wellness center also has a relaxation room for those who just need to take a few minutes get away from it all. The relax-

ation room has a massage chair, prayer bench, stereo for relaxing music and a peaceful mural painted on the wall.

"We tell everyone to leave your stress outside the door," said Minihane. "Leave all of that outside of that room, all your worries and burdens."

Walk in that room, sit in the massage chair, turn on some relaxing music and just zone out for five or 10 minutes. You just aren't allowed to sit and think about what's bothering you that day, said Minihane.

The wellness center also has some new programs. There is the new shoe clinic that helps individuals select the right kind of running shoe for their needs.

"If you're a runner or you have to do active-duty PT, you need to know if you need a stability shoe, if you need a cushion shoe, if you need a motion-control shoe," said Minihane. "Which category feels best to you? We can identify that for you and give you a list of several different brands of shoes that fall into that category."

The wellness center added HEAR 3.0 to the initial screening Soldiers receive at the welcome center that is an automated health risk screening.

"What's really neat about that is right there, on the spot, we can give you the most up-to-date health information and health links," said Minihane. "Not only can we give you what research is showing, but Web sites you can go to on your own, if you like.

Everything is automatically put on your medical record and sent to your primary health provider."

Also new to the wellness center is the Choices Program, which is a military sexual integrity program, said Minihane.

"In laymen's terms, it's about the choices we make specifically when it comes to sexual choices," said Minihane. "Whether you're married and you're choosing to be monogamous or whether you are single and looking for that special someone. The program is designed to get you to really think twice about your choices and to make sure you make good choices early on."

The Mountain Post Wellness Center has recently been selected to take part in a study of 16 military installations. The wellness center will receive additional resources to help reduce the amount of tobacco use in the Mountain Post community as part of the study.

That is not the only honor bestowed upon the Mountain Post Wellness Center. The wellness center has also been elected to help standardize the Pregnancy and Postpartum Program and the Choices Program for military-wide use. The post wellness center will receive \$75,000 to help in this effort, said Minihane.

"The vision for this center is to be the role model center for all Army installations that have a wellness center," said Minihane.

Whether you want to shed those extra pounds or just get your mind off of things for a few moments, the Mountain Post Wellness Center is here for you.

Sports & Leisure

Trojans fall

An open letter to 'Trojan nation'

by Walt Johnson
Mountaineer staff

Editor's note: This article is an open letter to the Trojan community expressing thanks for a great season.

Dear Fountain Fort-Carson Trojans basketball family members:

Thank you very much for the ride we experienced with you this year. There is no chance we could be any more proud of you even if you had won the state 4A title Saturday in Denver.

Although the score will always say you fell five points short of the state championship, you will always be champions in our hearts and minds.

You should look at your season as the success your many fans at Fort Carson and around the Fountain community see it. There were only two 4A teams playing basketball in the state of Colorado Saturday, and you were one of them. That alone makes this a successful season.

But, there was more to this season that showed what a true champion this team really was. From the very beginning, this team was committed to winning and winning with class and dignity.

No one in his wildest dreams thought this team would roll up 26 consecutive victories, but you did. Along the way you thrilled us with

great athletic talent and heart-stopping wins.

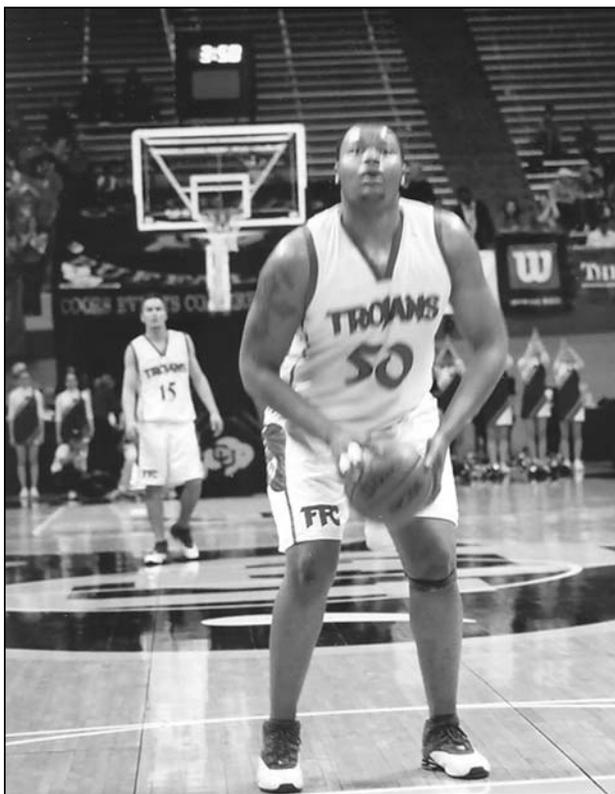
Who in this community will ever forget the two games played with the Harrison Panthers this year? The first one that went into overtime before you won it and the second that was won on the last shot of the game?

It seemed all year that the injustice of the football season would be made up with a state championship in basketball. Clearly, you were the best team heading into the game with the Broomfield Eagles.

But the sun didn't shine on your team Saturday. Who can explain how the things that worked all year would somehow be ineffective during the biggest game of the year? Sure, we had a game unlike any we played all year. But the one thing that was similar in all 27 games this year was the class and dignity you showed representing us.

Former University of California at Los Angeles head coach John Wooden once said, "Things turn out the best for those who make the best of the way things turn out."

I get the feeling you will make the best of this situation and will be much stronger and wiser in the future for having been down this road. Thanks, champs for a great season.



Photos by Walt Johnson

Fountain Fort-Carson center Phil Loadholt prepares to shoot a free throw in the second half.



Fountain Fort-Carson's Bucky Poirier, left, looks to make a move around the defensive efforts of Broomfield's Arin Dunn.



Fountain Fort-Carson's Ronald Thomas, right, kept defensive pressure on Broomfield ball handlers all night.

On the Bench

Family member shows team spirit extends to those at home

by Walt Johnson
Mountaineer staff

For all the Soldiers that are or have returned from overseas duty, thank you for what you did, what you do and what you continue to do for your country.

Just over a year ago, a family member here decided she could do something to help the family members of Soldiers left behind as they fulfilled their duties overseas.

Carolyn Kievenaar, the spouse of a deployed American hero, began a volunteer spinning class for members of the Family Readiness Group. The post community activities director, MacDonald Kemp, and his staff, said thank you to the hero's wife by presenting her with a plaque on Feb. 10 thanking her for her time and efforts.

The goal of the volunteer spinning class was to promote unity and camaraderie among the spouses of those left behind. The goal was achieved and then some over the next 12 months as people who are members of the FRG and those who have no connection to the FRG started taking advantage of the spinning class. It has grown to be one of the most attended classes at Forrest Fitness Center.

"Ms. Kievenaar has just been wonderful and selfless in giving her time to our Wednesday morning spinning class. We are so proud of what she has accomplished with the class and the positive impact it has had on our program," Rick Garcia, Forrest Fitness Center manager said.

"As a community we are so proud of people like Carolyn Kievenaar because she reflects the true meaning of the team spirit we have at Fort Carson and the military community all over the world. For her to take the time to offer this volunteer class and give so much of herself is something we are truly proud of," Kemp said as he presented Kievenaar with her plaque.

"This is my way to give something to the community and I am proud to do it. There is no way I could charge people for this and I am glad it is of benefit to so many people," Kievenaar said.

Wednesday, the post intramural program will host a soccer clinic, which is a requirement for all unit head and assistant coaches.

There will also be a volleyball clinic held Thursday, a requirement for all unit head coaches and players.



Photo by Walt Johnson

Let's get ready to spin ...

Forrest Fitness Center volunteer spinning class instructor Carolyn Kievenaar, right, helps a student get ready for a spinning class Feb. 10 at the center.



Photo by Walt Johnson

Playoff basketball ...

The 59th Quartermasters Outlaws basketball team is still undefeated as it won its first round playoff game Feb. 8 at Waller Physical Fitness center. The post intramural play-offs heat up next week at Waller PFC as teams look to avoid elimination and make it to the post championship game March 30 at the Special Events Center.

Bench

From Page 26

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

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

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 is the kickoff for the ladies golf season that begins in April and runs through October.

The league offers many chances to get together and have fun with play of the day events and a match play event each second or third Monday of each month.

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.

There are few things I know, but one thing I know for a fact, the men's basketball players at Fountain Fort-Carson high School are in great hands.

I was in the locker room Saturday in Denver and I watched Trojan's head basketball coach Anthony Ribaud explain to children why something didn't go their way.

Ribaud handled this challenge by talking to the guys about life, not about a basketball game. He reminded them of why its important to be a champion in life. He could tell them because he is a champion himself. This team was a reflection of its coach, class under any and all situations.

Mountaineer Intramurals

Varsity softball players take the field...

Candidates for the Fort Carson women's varsity softball team go over assignments prior to a practice session Saturday at the field adjacent to Forrest Fitness Center. The women's team will hold tryouts the next two Saturdays from 10 a.m. to noon. The men's team will hold tryouts from noon to 2 p.m. at the same place also during the next two weeks.



Photo by Walt Johnson

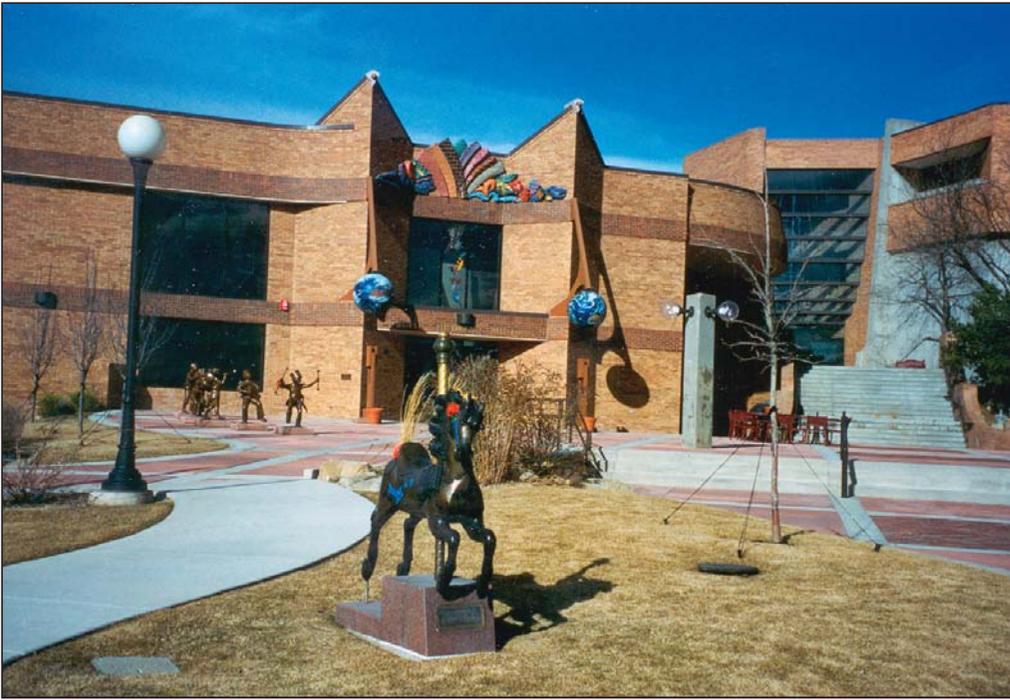


Photo by Nel Lampe

The Buell Children's Museum has a playful look about it, with child-size statues and wide, curving walkways.

Buell Children's Museum is first class

by Nel Lampe
Mountaineer staff

Children like to visit the Buell Children's Museum in Pueblo, and it's easy to see why. The inviting terrace leading to the entrance is multi-level, made of large pink rectangles with gray borders. Fountains, giant globes, plants, rocks and child-size sculptures seem to welcome the children.

A three-dimensional brick sculpture, painted in pastels, is over the entrance. Located adjacent to the Sangre de Cristo Arts Center in downtown Pueblo, the museum opened almost four years ago.

Large windows provide lots of light in the 12,000-square-foot building. The museum has already been recognized as one of the top children's art museums in the United States.

Named for a Denver philanthropist, Temple Hoynes Buell, whose foundation

gave \$1 million to the project, construction took a year and cost about \$3 million.

The museum has state of the art technology, including hands-on activities and interactive exhibits.

Visitors should stop at the admission desk where they will learn about ongoing activities and exhibits. Exhibits usually focus on science, art and history, and are designed for children ages 3 to 13. However, parents and grandparents usually enjoy watching children participate, sometimes getting into the act by



Photo courtesy Buell Children's Museum

A visitor learns about cartooning by watching a zoetrope at the Buell Children's Museum.

assisting with craft projects or using interactive computers.

Buell Children's Museum was chosen by the Crayola Company to use its Crayola Dream-Makers curriculum. The museum is adding to the reading experience in the exhibit, "Dreaming Beyond the Book: The Arts and Literacy." It is in place through May 29.

An exhibit designed to help children create, experiment and think includes a zoetrope, which helps children learn how cartoons are made.

Children can build their own barn without the benefit of cranes or other heavy equipment in the barn-raising exhibit, using "builder boards."

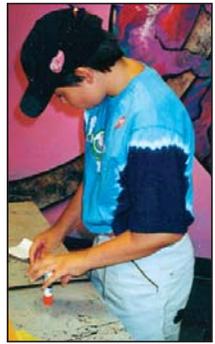
The Artrageous exhibit is interactive. Children create their own book, cover it with paper and take it home.

Children who like to read will want



Photo courtesy Buell Children's Museum

Children in the Buell Children's Museum make tall hats to celebrate Dr. Seuss's 100th birthday.



Places to see in the Pikes Peak area.

March 19, 2004

Buell Museum

From Page 31

to visit the Lizard Lounge on the first floor. Brightly-colored silky lizard pillows provide comfortable seating while children reread their favorite Dr. Seuss book in honor of Dr. Seuss' 100th birthday. Nearby, children can make their own tall hat.

Interactive computers allow children to play Dr. Seuss-related games.

Sensations is a walk-through exhibit that changes to fit the current theme. Based on the book, "Riddle Me This," the Sensations experience includes mirrors, optical illusions, wacky sounds and more surprises. Visitors push buttons and are asked riddles.

A 10-foot kinetic sculpture created by Jeffrey Zachmann is on the first floor. Colorful balls channel through the sculpture to the base, before starting over again. Visitors of all ages like to watch the balls go through their paces.

Ask at the admissions desk for the schedule of activities for the El Pomar Magic Carpet Theater and try to work some of the activities into your visit. The theater seats an audience of 75, and sometimes has a children's video or live entertainment on stage. Children can dress up for Cinderella's ball, take a pretend ride in the pumpkin coach or participate in a one-act play, "The Mouse and the Cheese."

A magic show will be presented in the Magic Carpet Theater during the week of Spring Break, Tuesday through March 27. "The Talented Mr. E," who has appeared in the Magic Theater before, is a professional magician. He will present shows at noon and 2 p.m. There is no extra charge for the magic show.

The special place for younger children — those under age 4 — is the Buell Baby Barn. Located in the front of the building on the second floor, the barnyard setting is a treat for children. With its own "tree" and farmyard animals galore, children have fun and play, while parents interact or just watch from the curved bench.

Next door to the baby barn is a nursery where parents of infants can retreat if need be to tend or change the baby. The nursery even has its own rocking chair.

On the first floor near the entrance is Kid Rock Café. It's open from 11 a.m. to 2 p.m. each day the museum is open. The menu consists of light-lunch items, snacks and desserts, as well as soft drinks. A peanut butter and jelly sandwich



Photo courtesy Buell Children's Museum

Young visitors make sculptures with "magic noodles" at the Buell Children's Museum.

costs about \$1.50. There are also tacos, burritos and a taco salad at reasonable prices. The sandwich of the week meal deal is about \$6.

While in the café, look for "Sir Gregory," a suit of armor dating from the 17th century. The knight watches over the café from his lofty perch. The Gothic-style armor, made by hand and weighing about 40 pounds, was donated to the arts center by the Buell Foundation.

Don't forget to stop by the gift shop near the admission desk for a souvenir before leaving. Wares include toys, yoyos, pens and T-shirts.

If time permits, your entrance fee also entitles you to see the exhibits in the White gallery next door in the Sangre de Cristo Arts Center. The featured exhibit is "Borderlands."

Try to spend several hours at the Buell Children's Museum. Children can use lots of time enjoying the exhibits, crafts and interactive computers as well as shows in the theater.

Hours at the Buell Children's Museum are Tuesday through Saturday, from 11 a.m. to 4 p.m. Adults are admitted for \$4; children are charged \$3.

The museum is adjacent to the Sangre de Cristo Arts Center, at 210 N. Santa Fe Ave. Take Interstate 25 heading south, to Pueblo, taking exit 98b. It's about 45 miles.

Parking is available in the parking lot just south of the arts center.



Photo by Nel Lampe

Children choose a costume to play dress-up or a role on stage at the children's museum.



Photo by Nel Lampe

A family enjoys the Baby Barn play area in Pueblo's Buell Children's Museum.

Just the Facts

- **Travel time** about 45 minutes
 - **For ages** children, families
 - **Type** museum
 - **Fun factor** ★★★★★ (Out of 5 stars)
 - **Wallet damage** \$
 - \$ = Less than \$20
 - \$\$ = \$21 to \$40
 - \$\$\$ = \$41 to \$60
 - \$\$\$\$ = \$61 to 80
- (Based on a family of four)

Get Out!

Academy theater

Bob Berkly, mime and clown, is in the Air Force Academy's Arnold Hall Theater April 17. Performances are at 3 and 7:30. Call 333-4497 for tickets.

Disney on ice

Disney on Ice is runs through Sunday at the Colorado Springs World Arena, featuring characters from Tarzan, The Jungle Book and The Lion King. There are daytime and evening performances, ask about the military discount. Call 576-2626 for ticket information.

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.

Dance theater

"**The Tweaksters**," an eccentric blend of dance, dexterity and flying objects, present 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.

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, 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.

Riverdance

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

Next in the Broadway series in the Pikes Peak Center is "**Miss Saigon**," May 13 to 16. Tickets start at \$34, call 520-SHOW or 520-9090.

Ice skating

The John Hancock "Champions on Ice", featuring Michelle Kwan, Sasha Cohen and Tim Goebel, is in the Pepsi Center April 21 in Denver. Call Ticketmaster for tickets starting at \$34; call 520-9090.

"Old Ironsides" Legacy

The USS Constitution, known as "Old Ironsides" is an icon of American ingenuity, courage and patriotism. The ship was built more than 200 years ago and is moored in Boston's Charlestown Navy Yard. The Constitution's crew and the Boston museum staff are providing a glimpse of sea life 200 years ago with its only Colorado stop at the Pioneers Museum. The pro-

gram is called "'Old Ironsides' Across the Nation."

An illustrated commentary presentation is at the museum April 1 at 7 p.m. and April 3 at 2 p.m. The presentation, of more interest to older children and adults, requires reservations. Call 385-5990.

Free activities for the family are April 3 and 4, when sailors assigned to the USS Constitution present hourly demonstrations of the gun deck from 10 a.m. to 5 p.m. The sailors will discuss their time aboard a 1797 ship, teach knot tying and reading signal flags. The event is free.

Half-price Royal Gorge Train

The Royal Gorge Train on rails through the Royal Gorge is half-price for Soldiers, families and other El Paso County residents. The half-price special is for coach class and is available through April 30. For \$13.50 per adult and \$8.40 per child, ride one of the Saturday or Sunday departures at 12:30 p.m. Reservations are recommended for the two and-a-half-hour ride; call RAILS-4-U.

Museum Discovery Days

The Fine Arts Center hosts a new family program called Museum Discovery Days every Saturday at 10 a.m., 11 a.m. and noon, the program is recommended for children ages 6 through 10, but all ages are welcome. The Museum Discovery program is included in regular admission of \$5 for adults and \$2 for children ages 6 to 16 and free for children under 6. The center is open Saturdays from 9 a.m. to 5 p.m.

Bike show

The Easyriders Bike Show Tour 2004 is in Denver March 27, at the convention center, noon to 11 p.m. Tickets are \$7 and up; children 5 and under admitted free; go to www.easyridersevents.com for information.

Professional bull riders

Professional bull riders are in the World Arena April 16 and 17; tickets at 574-2626.



Courtesy photo

Tweaksters ...

“The Tweaksters,” who blend dance along with flying objects, are in the Sangre de Cristo Arts Center theater, 210 N. Santa Fe in Pueblo, Saturday at 11 a.m. and 2 p.m. Call (719) 295-7222 for tickets, which are \$6.

ch10

Program Schedule for Fort Carson cable Channel 10, today to March 25.

Army Newswatch: stories on the Comanche program, Senate Armed Services Committee testimony and the Stryker brigade 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 training for Operation Iraqi Freedom, hospital corpsmen and 5th Fleet chaplains in Iraq. Airt at 8 a.m., 1 p.m., 8 p.m. and 1 a.m.

Air Force News: stories on Anderson Air Force Base on Guam, “legal” drugs that are off-limits and the U.S. Air Force Academy. Airt at 8:30 a.m., 1:30 p.m., 8:30 p.m. and 1:30 a.m.

The Mountain Post Community Town Meeting airt at 9 a.m. and 5:30 p.m.

Army Healthwatch: stories on ephedra,

whooping cough and Echinacea (repeat). Airt at 11 a.m. and 11 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 Training Support Team 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.