

Mountaineer

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Colorado's first lady pays visit to Mountain Post elementary school

by Pfc. Clint Stein
Mountaineer staff

Colorado's first lady Frances Owens came to Abrams Elementary School Tuesday to listen to fifth-graders give ideas on what design they think should be on the new Colorado quarter.

Owens is serving as chair of the Colorado Commemorative Quarter Advisory Commission and is visiting several cities throughout the state to promote the new quarter.

Owens was also accompanied by Colorado State Representative Mark Cloer to help promote the quarter in Colorado Springs.

"Anyone can submit their idea," Owens said, "and we would like to get different inputs."

Karen McKinney, an elementary teacher for 31 years, gave the challenge to her students to write the 100 word narrative on what they think should be on the back of the Colorado quarter the week before they went on Spring break.

McKinney's fifth grade class was selected as one of the destinations for Owens' statewide trip.

"The class was excited about the project," McKinney said, "and was looking forward to the visit."

The students learned a great deal about Colorado history and heritage during this assignment, said McKinney. This also gave them the opportunity to learn how to act socially and use manners in a different social setting, McKinney said.

Some students in McKinney's class got up and read their own submissions, while Owens listened.

"There have been about 600 to 700 submissions already, but if your idea ends up on the quarter, then you were a part of the design," Owens told the class.

Alyssa Mitchell, 11, suggested the history of Colorado should be represented on the coin. "The Pikes Peak, the Columbine flower and big horn sheep are all good



Photo by Spc. Zach Mott

Members of Karen McKinney's fifth-grade class share their ideas for the forthcoming Colorado state quarter with Colorado's first lady Frances Owens, far right, Tuesday at Abrams Elementary School.

See First lady, Page 3

Unleashed dogs on Fort Carson could mean fines

by Spc. Zach Mott
Mountaineer staff

Warmer weather is upon us. This also brings more freedom for Fido and the other four-legged pets of Fort Carson.

However, pet owners need to be aware of guidelines regarding how much freedom those pets are permitted on this installation.

"The best plan is that if pets are outside being walked by their owners — leashes (should be used)," said 1st Lt. Mike Burgwald, the operations officer from the post Provost Marshal's Office. "If you follow that, you should be good to go."

If your dog, cat or other family pet is

found wandering the streets of the Mountain Post, you, as the owner, could face stiff penalties.

"The owner will be given a (citation) similar to that of a motor vehicle citation," Burgwald said.

If the animal bites a person, the owner will be given another citation for dog bite or failure to control your pet, Burgwald said.

There are places where pets are permitted to run free, provided they are in an area that is deemed "controlled, and safe for not only itself, but for the members of Fort Carson."

See Leashes, Page 19



Photo by Spc. Zach Mott

Blast off . . .

A Multiple Launch Rocket System fires off a round during certification by the 1st Battalion, 157th Field Artillery, Colorado National Guard Wednesday at Fort Carson. See page 3 for story.

INSIDE THE MOUNTAINEER

Opinion/Editorial
Music in barracks. Page 2

Military
Special Forces. Page 5

Community
Thrift shop. Page 13

Sports
Bodybuilder in training. Page 27

Happenings



The Royal Gorge Route Railroad runs by the river at the bottom of the gorge. It's half-price in April. See Pages 35, 36.

Feature



Gate guards provide force protection to Mountain Post. See Pages 22, 23

What's new

Daylight-savings time begins the first Sunday in April. At 2 a.m. Sunday, set clocks forward one hour.

Post Weather hotline:
526-0096

A courtesy call ...

How loud is too loud to play music?

by Spc. Curt Cashour

14th Public Affairs Detachment

I don't own a stereo, so it's a good thing I live in the barracks. My residence there gives me the opportunity to listen to a variety of other people's music, all from the comfort of my own room.

It doesn't seem to matter what time it is. Day or night, one can always hear the sounds of the latest hip-hop, R&B, rock and contemporary Christian music free of charge.

In my building, the listening parties, as I like to call them, start around 7:30 a.m. and continue past 11 p.m. If you're lucky, sometimes they start earlier.

Last Sunday I was fortunate enough to catch a sneak preview of the new Lil' John record at 1:30 a.m. Never mind the fact that the music woke me up from a

deep sleep and dreams of a six-month TDY in Tahiti, I was too busy bobbing my head to care.

Much to my amazement, some folks who live in my building can't stand these "barracks deejays." I actually know people who call them rude, inconsiderate and selfish.

Please. The deejays are providing a valuable service to everyone within earshot of their speakers. Think about it. When you come home after a long day's work with a splitting Kevlar headache, the last thing you want to do is make complicated decisions about what music to play.

That's where the deejays take over, providing a steady supply of muffled beats and rhymes right through your walls and into your room. What's not to

like about that?

Deejay haters say that people should play their music at quieter volume levels, so as not to disturb others. Now I know "quieter" is a subjective term. To me it means, "loud enough to be heard seven, but not nine, rooms away." For others, however, the meaning may be different. So how loud is too loud?

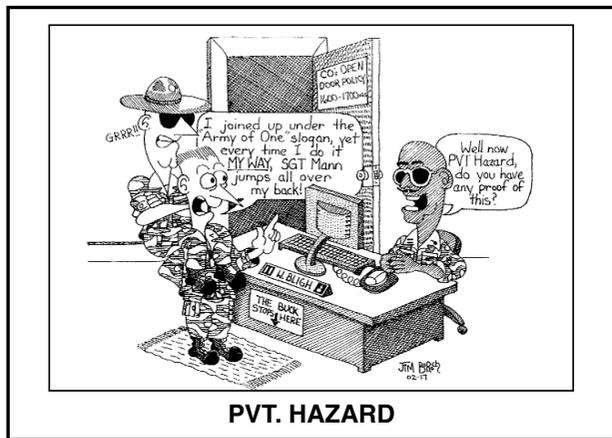
"If (the music) can be heard outside the room, its too loud," said Randy Waddle, administration chief for Fort Carson's Inspector General.

Because there is no current Carson policy that governs music in the barracks and rules for specific barracks vary, guidelines for playing music boil down to one thing: courtesy, Waddle said. "You've got to have courtesy for your neighbor."

Those who sense a breakdown in courtesy have a variety of options for getting the volume decreased. Informing the charge of quarters, or CQ, or the deejay's chain of command are both suitable courses of action, Waddle said.

Most residents rarely take this route, however, and I'm glad. Reporting a deejay to his chain of command or the CQ might force him to play his music at a respectable volume. The effects of this would be disastrous. Without the stereo on full power, no one on the other side of the building could hear the music.

Then again, if the deejays were to turn their stereos down, good consequences could arise. Barracks residents wouldn't have to listen to other people's music or the complaints that come with it. This might make everyone happy.



PVT. HAZARD



APRIL IS ALCOHOL AWARENESS MONTH

What are some ways you unwind and relax off duty?

"Have cookouts, eat hot wings and watch NASCAR races on television."
 Spc. Rick Leach
 1-8th Inf Co. C

"I go shopping and spend time with my family."
 Sgt. Deidra Mikell
 HHC, USAG

"... hang out with friends and go to the movies."
 Sgt. Larry S. Johnson
 HHC, USAG

"I throw the baseball around with my son."
 Cpl. Alban Karalash
 2nd Sqd., 3rd ACR

LETTERS TO THE EDITOR
 The *Mountaineer* invites readers to write letters to the editor in response to stories in the *Mountaineer* or events that affect the entire Mountain Post Team.
 Guidelines are set to ensure fairness to everyone. All letters must be signed and include an address or unit designation and daytime telephone number for verification. No address or telephone number will be published and name will be withheld upon request. Anonymous letters will not

be considered.
 Letters should be no longer than 200 words in length. The *Mountaineer* reserves the right to appropriately edit all letters. If a letter involves an on-post situation, the text of the letter will be forwarded to the appropriate person or directorate for comment. Obscene or pornographic language or materials will not be published.
 Because of legal restrictions, both in federal regulations and AR 360-1, under which the *Mountaineer* is pub-

lished, 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.
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News

Guardsmen certify status

by **Spc. Zach Mott**
Mountaineer staff

Soldiers from the 1st Battalion, 157th Field Artillery, Colorado National Guard conducted a successful live-fire exercise here Wednesday to certify their status as an Multiple Launched Rocket System battalion.

But, for these Soldiers this live-fire exercise took on an entirely different meaning than most live-fire missions. This exercise was the culmination of a year's worth of active duty training — the equivalent to nearly nine years of Guard service.

The battalion tasking to convert from a cannon battalion to an MLRS battalion, coupled with tackling the Mountain Post's increasing force protection mission, accounted for a jam-packed year for these National Guardsmen from across the state.

Since being activated in May, these Soldiers worked tirelessly to learn their new systems while still securing the installation during the deployment of many of the

Mountain Post troops for Operation Iraqi Freedom.

"It's been a challenge in that we're training in conjunction with the force protection mission," said 1st Sgt. Nathan Hubbard, the Battery first sergeant and Greeley native. "But, the Soldiers picked (the MLRS) up quickly which made it easier."

Compared to their previous vehicles — the M-109A6 Self-Propelled Howitzer — Hubbard said there are other challenges presented by the MLRS.

"The launchers are spread farther apart than before," he said. "Logistically it's a lot tougher because you have to travel further between launchers."

For the ammunition supply crews, their mission has become more automated. With the Paladins, each round had to be individually loaded and secured. The MLRS is able to load and unload its own ammunition.

"It's been an adjustment, but

you have to be flexible and adapt to the different conditions and environment," said Staff. Sgt. David Rotter, an ammunition section chief from Battery, 1st Bn., 157th FA.

MLRSs are designed to impact targets as far away as 45 kilometers. They also pack enough ammunition to destroy an entire grid square — equal to a 1,000 meter by 1,000 meter square.

Family members and friends were invited to witness the final live-fire exercise for the battalion Wednesday. Most sat with cameras at the ready, eagerly awaiting the next projectile to be hurled downrange. Between launches, the family members bombarded members of the battalion with questions about the specifications of the new systems.

After successfully completing the certification, these Soldiers now begin the downward slope toward deactivating and returning to their previous Guard assignments and duties.

First lady

From Page 1

— examples," said Mitchell.

Like most of the other students in the class, Anreah N. Machal, 10, agrees that Pikes Peak be the official backdrop on the quarter. "I was excited about writing my idea," Machal said.

When Owens, Cloer and other members of the advisory commission joined McKinney's fifth-grade class, Owens questioned the students about Colorado and the fifth graders are more than knowledgeable.

After the quick history lesson, Owens, the class and members of the advisory commission, met in the school's library for lunch with Lynn Wilson, the wife of Maj. Gen. Robert Wilson, 7th Infantry Division and Fort Carson commanding general.

Owens is scheduled for more visits throughout the state until the deadline of all submissions on May 10.

After the advisory commission has reviewed all the submissions, they will narrow them down to three to five to go before the United States Mint, said Owens.

There, the mint will create drawings from the final descriptions and send those to the Capitol for Gov. Bill Owens to select the final design, Owens added.

The new design is scheduled to be released and in circulation in 2006.

"This is such a good thing for the state of Colorado and the people to be involved in the history of their state," Owens said.



Photo by Sgt. David Davis

Women honored...

Sgt. Major Julia Woodhouse, senior enlisted advisor for the staff judge advocate, Fort Carson and the 7th Infantry Division, spoke at the Women's History Month Observance at the Elkhorn Conference Center March 25. The event recognized the contributions women have made to the nation throughout its history.

Soldiers to receive new medals for War on Terror

by Pfc. Stephen Kretsinger
Mountaineer staff

The Army has introduced new medals that Soldiers can earn for duties performed in wartime and in peace.

The deputy chief of staff, G-1, announced the criteria and implementation instructions for the Global War on Terrorism Service Medal and the Global War on Terrorism Expeditionary Medal March 17.

The Global War on Terrorism Service Medal will be to all active duty and mobilized Reserve Component Soldiers activated on or after Sept. 11, 2001, and until a date to be determined. Reserve Soldiers must have served 30 consecutive days or 60 nonconsecutive days to receive the award.

Senior Army leadership has determined that all active duty Soldiers are serving in some way in support of the Global War on Terrorism and are therefore authorized the Global War on Terrorism Service Medal.

The Global War on Terrorism Expeditionary Medal will be awarded to Soldiers who deployed abroad for service in the Global War on Terrorism operations on or after Sept. 11, 2001, and until a date to be determined.

Also, the Korea Defense Service Medal will be awarded to Soldiers who have served on active duty in support of the Defense of the Republic of Korea from July 28, 1954, and until a date to be determined.

All Soldiers who received the Overseas Service Ribbon for service in Korea before Feb. 3 are not currently required to relinquish previous awards of their Overseas Service Ribbon. The Overseas Service Ribbon has no longer been awarded for completion of a normal overseas tour in Korea as of Feb. 3.

Only one award of the Korea Defense Service Medal is authorized for any individual. No appurtenances will be placed on the Korea Defense Service Medal to denote multiple awards.

Military

Special Forces tests Soldiers' mettle

by Pfc. Stephen Kretsinger
Mountaineer staff

Unconventional warfare, counter proliferation, information operations, foreign internal defense, direct action, special reconnaissance and combating terrorism; these are the seven core missions of the U.S. Special Forces.

Special Forces is a strategic, multi-purpose force capable of rapid responses to various contingencies around the world, according to the Special Forces Recruiting team. Sometimes known as "diplomatic warriors" or "global scouts," the U.S. Special Forces is there for Soldiers who are looking for a challenge.

"Special Forces is the top 2 percent of the Army; a highly deployable force that is trained in seven core missions," said Sgt. 1st Class Bill Roepe, recruiter, Special Forces recruiting team.

Those Soldiers thinking they may not have what it takes to go SF may be in for a surprise.

"You can apply for Special Forces regardless of MOS (Military Occupational Specialty)," said Roepe. "You do have to have a solid PT (Physical Training) score. We recommend 250 to 270 or above. There is no prerequisite

training that you have to accomplish prior to going to selection."

After passing a PT test and attending a couple routine medical physicals, prospective Special Forces recruits will head to Camp Mackall, outside of Fort Bragg, N.C., for their initial assessment.

The Special Forces Assessment and Selection Course is the first phase of training an applicant must go through before beginning Special Forces training. It is a 24-day course and Soldiers receive little to no feedback during their assessment.

"The assessors at Camp Mackall are actually assessing them and give very little feedback," said Roepe.

That is the one of the things that Sgt. Robert M. Wilhelm, infantryman, Company A, 1st Battalion, 8th Infantry Regiment, 3rd Brigade Combat Team, is looking forward to the least as he prepares to head off to the SFAS course.

"You have no idea if you are succeeding or failing," said Wilhelm. "You just keep going."

The course begins with the usual in processing, but it's not long before the assessors put the applicants to the test.

"Applicants go on TDY (temporary duty assignment) and return status from

here to Fort Bragg, N.C., they will in process for about a day, and then they'll get right into a PT test," said Roepe. "They'll go through some run assessments. They won't know what the length of that run is."

There are many times at Camp Mackall that the Soldiers are kept in the dark to what the standard of their mission is. The applicants are told to just go and it's up to them when they stop, said Roepe.

"They'll also go on rucksack marches and once again, they won't know the length of that," said Roepe.

"Once they're done with the assessment, they get straight into what they call the 'Nasty Nick,'" said Roepe. "It's essentially an obstacle course; probably one of the most intense obstacle courses in the United States Army."



Courtesy photo

Special Forces Soldiers emerge from water in a training mission using self-contained underwater breathing apparatus gear and tactics.

Nasty Nick is named after Col. Nick Rowe. Rowe, a Special Forces officer, was a prisoner of war for five years in Vietnam. He was killed by terrorists in the Philippines in April 1989.

"Once they finish with the obstacle course, they move straight into land navigation training where they'll go through about four days of practical exercises,"

See Special Forces, Page 20

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/adjutant-general> 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 Thursday and April 9. This board is required for all applicants. All participants must report in

Class A's. All packets must be turned in to the 478th PSB, Personnel Actions Section, building 1118, room 208, no later than April 1. For more information, call 526-1906.

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 Force 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 McMahan Theater.

Hours of operation

The Mountain Post Training and Education Center's hours for certain programs and services will change Monday.

Hours are:

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

Army Learning Center and basic skills classes, Monday through Thursday, 9 a.m. to 4 p.m.

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

Claims Division hours — The Claims Division office hours are 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.

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 Xtremes from 1 to 3 p.m. For information, call 524-BOSS.



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.

April 2 to April 10

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)

Residency required for state driver's license

by 1st Lt. Kira Dawkins
Provost Marshal's Office

Anyone who has a valid driver's license from another state and plans to get a Colorado driver's license will not have to take a written test to receive a valid Colorado license. A second primary form of identification is required to obtain your Colorado driver's license, such as a birth certificate, military identification card, valid passport or immigration document. However, the license from the other state must not have been expired for more than one year. A vision screening test is required.

If you are not a Colorado resident you will not be issued a Colorado driver's license or a Colorado identification card. A resident is defined as a citizen who has lived in Colorado for 90 continuous days or anyone who is employed in the state of Colorado, with the exception of military members.

Military members and their family members who are residents of Colorado are entitled to one three-year extension on their driver's license if they are stationed outside the state of Colorado. This extension is free.

Minors who want their instruction permit may apply when they turn 15 years and six months. Minors interested in obtaining their instruction permit must submit an "Affidavit of Liability and Guardianship" signed by one of their parents or a legal guardian. This affidavit may be obtained at any motor vehicle driver's license office. In addition to the signed affidavit, the minor must also pass a written test and a vision screening. If the minor cannot

wait until they are 15 years and six months, they can apply for their instruction permit at 15 years of age if they are enrolled in an approved Driver Education Course. However, the back of the "Affidavit of Liability and Guardianship" must be completed by the driver education instructor and signed by the parent or guardian. The minor may only drive with the driver education instructor or the parent(s) or guardian(s) that signed the front of the "Affidavit of Liability and Guardianship." Once the minor reaches 15 years and six months, the driver may be accompanied by any driver over the age of 21 who has a valid driver's license.

You may want to add a motorcycle endorsement to your Colorado driver's license. All you have to do is pass the written test at a driver's license office, purchase a motorcycle instruction permit, pass a drive test at a driver's license office and pay the fee to add the endorsement to your license. Driver's license offices are located in the Chapel Hills Mall and at 115 Fontaine Boulevard in Widefield. The offices are open from 8 a.m. to 4:30 p.m. Call the Chapel Hills location at 531-5436 or the Widefield location at 390-0794 for more information.

Another option to get the motorcycle endorsement is to complete a Motorcycle Safety Foundation Training course and present your certification card to the driver's license office. (Free motorcycle safety courses are offered on Fort Carson by the Safety Office. Call 536-2123 for details.) The written and driving tests are waived if you complete the MSF course. You may con-

tact the MSF through the Colorado Department of Transportation, (303) 757-9466.

Vehicle Registration Clearing Procedures

Soldiers are required to be in uniform when they are clearing the Vehicle Registration Office. The only exceptions are if they are retiring or separating under chapter 8 of Army Regulation 635-200. If the Soldier does not have access to his Battle Dress Uniforms or Desert Camouflage Uniforms, there are two options. They can clear in their class B uniform or bring a Memorandum for Record signed by their commander or designated representative authorizing them to clear in civilian clothing.

Traffic roll up for March 11 to 24

In this time period, there were 218 total citations:

- 132 for speeding
- 15 for running a stop sign or red traffic light
- 2 for having expired plates
- 7 for not having on a seatbelt.
- 13 for improper parking
- 6 for careless driving
- 43 for other violations (e.g.: malfunctioning equipment, passing on shoulder, lack of insurance or registration, improper vehicle operation, etc.)

Most of the speeding tickets are given on Magrath Avenue. The speed limit on Magrath is 20 miles per hour 6 a.m. to 6 p.m.

Greenback

Doing too much with not enough

by 1st Lt. Theodore Stutz
4th Finance Battalion

Today we are bombarded with so much temptation to live like royalty, or at least appear that we are. I invite you to take a minute to read over the following warnings to start a financial self-assessment. Your self-assessment should then guide your major decisions. Remember, the responsible goal is a lifetime of financial security for you and your family.

Too much car

Almost half of the new cars you see on the road today are bought with less than their owners owe the bank for them. This is called being "upside-down." What it means is that if you try to trade in or sell the car before you pay it off, you will lose a lot of money.

If you are thinking about a long-term loan (more than five years) you had better plan on paying the car all the way off. Because of the length of the loan, the vehicle is losing value with age at a faster rate than you can cover with the smaller payments. When you try to trade or sell it early, you will not be caught up, and the extra money needed to pay off the old loan will have to be added to the new loan. You will then be upside-down on the new car before you drive it home.

The best cure for this dangerous cycle is prevention:

- Don't trade in a car until you've paid it off.

- Don't buy a car you can't pay off in four or five years.

- Plan on driving each car for seven to 10 years.

Not enough emergency cash

Almost one-half of Americans could not come up with \$1,000 in cash in an emergency situation. These "paycheck-to-paycheck" families are incredibly vulnerable to a lost job, a car breakdown or any unexpectedly large bill. Many of these households use their credit cards as a substitute for an emergency fund, but that works only until they've maxed out their cards or fallen behind on their payments. Then credit card issuers jack up their interest rates and charge penalties, making the balances even harder to pay off. Some even lower credit limits, increasing the odds that customers will rack up over-limit fees.

These days, it only takes one late payment or maxed out card to wind up with higher interest rates on all your cards. That's because issuers scan their customers' credit reports, looking for evidence of financial trouble. A high balance or delinquency on one card is enough to induce the other credit card issuers to boost their rates.

Start building an emergency fund now, at a comfortable pace. Set up an allotment or automatic transfer to a savings account. Deposit any bonuses or tax refunds into the account until the balance reaches \$1,000. Try to do this while continuing to pay off any

credit card debt. Once you have reached \$1,000, you should stop contributing and use this money to speed up the paying off of any other debt such as car loans and credit cards by increasing your monthly payment beyond the minimum.

Family planning

When deciding whether or not to bring a child into this world you must consider the increase in expenses that you will face. Married couples with children are more than twice as likely to file for bankruptcy as their childless counterparts. And experts say that having a child is now the single biggest predictor that a woman will end up in financial collapse.

The U.S. Department of Agriculture estimated that a child born in 2002 would cost the following to raise to age 18:

- \$127,080 for two-parent families with incomes under \$39,700
- \$173,880 for similar families with income of \$39,700 to \$66,900
- \$254,400 for families with incomes over \$66,900

These amounts, which were in 2002 dollars, did not include paying for four years of college, which

Participating in politics: do's and don'ts

Courtesy of Federal Voting Assistance Program

During an election year, many active duty military members may wish to get involved in campaigning for their favorite candidate. What are the limits to their participation? Department of Defense Directive 1344.10, which covers political activities by members of the Armed Forces on active duty states that an active duty member of the Armed Forces:

- May register, vote and express his personal opinion on political candidates and issues, but not as a representative of the Armed Forces.

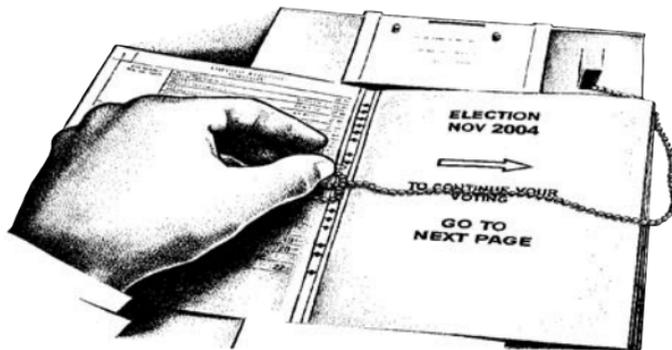
- May promote and encourage other military members to exercise their voting franchise, if such promotion does not constitute an attempt to influence or interfere with the outcome of an election.

- May join a political club and attend its meetings when not in uniform.

- May serve as an election official if such service is not as a representative of a partisan political party, does not interfere with military duties, is performed while not in uniform and with prior approval of the secretary concerned.

- May sign a petition for specific legislative action or a petition to place a candidate's name on an official election ballot, if the signing does not obligate the member to engage in partisan political activity and is done as a private citizen and not as a representative of the Armed Forces.

- May write a letter to the editor of a newspaper expressing the member's personal views on public



issues or political candidates, if such action is not part of an organized letter-writing campaign or concerted solicitation of votes for or against a political party or partisan cause or candidate.

- May make monetary contributions to a political organization, party, or committee favoring a particular candidate or slate of candidates.

- May display a political sticker on the member's private vehicle.

The same Defense Directive 1344.10 says that active duty members of the Armed Forces may not engage in certain activities.

Members of the Armed Forces:

- May not use official authority or influence to interfere with an election, affect the course or outcome of an election, solicit votes for a particular can-

didate or issue or require or solicit political contributions from others.

- May not be a candidate for civil office in Federal, State or local government, or engage in public or organized soliciting of others to become partisan candidates for nomination or election to civil office.

- May not participate in partisan political management or campaigns, or make public speeches in the course thereof.

- May not solicit or receive a campaign contribution from another member of the Armed Forces or from a civilian officer or employee of the United States for promoting a political objective or cause.

Community

Fort Carson Community Thrift Shop ...

Recycles excess goods to thrifty shoppers

by Nel Lampe
Mountaineer staff

Thrift shops are important fixtures on Army posts — nearly every post has one. It's a great place to find decorating items when you're moving into that first apartment after a permanent change of station. If your on-post quarters have odd-shaped windows, a good bet for finding curtains that fit would be the thrift shop. What is one family's castoffs may become another family's treasure.

"The (Fort Carson Community) Thrift Shop is a place for military families and civilian employees to get rid of things no longer needed or to shop for clothes, toys and other things at a great saving," said Gail Olson, manager of the thrift shop.

Located on Wetzel Avenue, north of Manhart Field and near the new barracks on O'Connell Boulevard, the Fort Carson Community Thrift Shop is in building 1008.

The thrift shop has lots of clothing, including military items, for sale. It's a great place to find next-to-new baby clothing items. In many cases, receiving blankets and other items are new, still in original wrapping. A large selection of car and baby seats is on hand as well as other items for a nursery.

Another room has shelves filled with stacks of dishes, casseroles, pots and pans as well as decorative items and knickknacks. Vases, glasses, cookie jars and coffee cups are on the shelves. Nearby are lamps, bookcases, coffee tables, kitchen stools, rugs, ironing boards, vacuum cleaners and plants. The linens area has lots of sheets, blankets, bedspreads and comforters.

A separate room is filled with toys.

The sports room has barely used exercise equipment, a set of golf clubs, roller blades, ski boots and bicycles, all at reasonable prices.

Costume jewelry, kitchen-knife sets and other collectables are in showcases near the cashier. There are movies on videotape or digital video disc.

In addition, the thrift shop has a bargain room, filled with items that didn't sell or were donated. These items are marked with rock-bottom clearance prices, and range from lamps, dishes and other household items to linens and clothes. On occasion, the thrift shop holds a bag sale or 10 cents per item sale to clear the bargain room.

Anyone can shop at the thrift shop, but only military ID card holders, to include Department of Army employees, can consign items to be sold at the thrift shop.

Consignments are taken only from opening to noon, Tuesdays and Wednesdays, and the first Thursday of the month, from 4:30 to 7 p.m. People may bring only 18 consignment items at a time.

Consigned items must be in working condition, complete with bulbs or batteries if needed. Clothing must be clean and in good repair. A volunteer will check your ID, create a contract and help price your items. Items may be displayed in the thrift shop for two months, except large items such as furniture, which may be displayed one month.

When an item is sold, 20 percent of the selling price goes to the thrift shop as its consignment fee. A 5 percent fee is charged when consignors remove unsold items at the end of the 30- or 60-day period.

Many people donate unsold items to the thrift shop and others bring boxes of items left over from garage sales or PCS moves. Such donations can be deducted on income tax returns by obtaining a receipt available at the thrift shop.

The thrift shop is glad to have donations, and makes good use of them. For instance, Olson said thrift shop-owned military clothing goes to inner city ROTC programs in Chicago and Denver. Thrift store shoes are worn by Afghan children.

"We help whenever we can," Gail said.

Another way the thrift shop helps the community is through the distribution of funds left after operating expenses are covered. The thrift shop is nonprofit and is run mostly by volunteers. The thrift shop has a voluntary board of directors or governors, composed of spouses of active duty or retired military members. The commanding general's wife Lynn Wilson is the honorary chairman and she appointed Cathy Terry as advisor. The thrift shop has three paid employees: the manager, bookkeeper and cashier.

"About \$7,000 was distributed at the end of 2003 from thrift shop funds," Olson said.

Continuing education grants of \$250 each were distributed to several family members. Funds were given to Army Community Service for the Army Family Team Building program, to Catholic Women of the Chapel for a bereavement program, for the St. Nick's Tea, and to the Protestant Women of the Chapel for a Christmas party for homeless, mentally challenged people.

Other funds were donated to a youth program at the chapel, food lockers, Boy Scouts, Young Marines and Joe Gentry's Tract Troupe.

The thrift shop always needs volunteers, and will pay for child-care if needed, while the parent volunteer works at the thrift shop.

In addition to being the place a Reservist can find a bargain-price iron and ironing board, or a barracks resident can find a plant, pillow, linens, decorative basket or compact disk holder, there are treasures to be had.

Sounding a little like an Antiques Road Show episode, long-time customers tell about their thrift shop finds. Hilda Huber found a valuable Botero painting for which she paid \$25. She also bought Chagall lithographs and a Mendoza watercolor at the thrift shop.

Tammy Coppock paid \$5



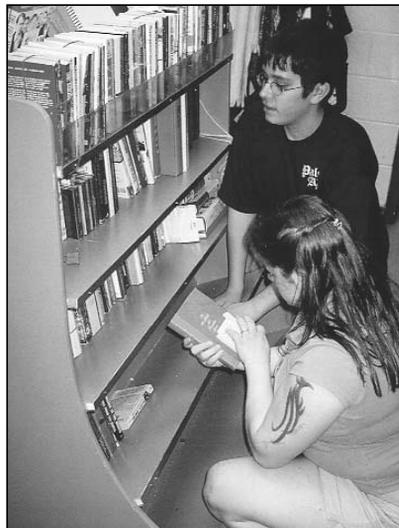
Photos by Nel Lampe

Michele Stafford, family member, shops for baby items at the thrift shop.

for a Kosta Boda glass vase, which was worth about \$300. She bought a Van Briggles vase for \$10 and paid a couple of dollars for a gold ring with a topaz setting. One person's junk indeed is another person's treasure.

The thrift shop is open Tuesdays, Wednesdays and Thursdays, from 10 a.m. until 2:30 p.m. It is also open the first Thursday of the month, from 4:30 to 7 p.m. Call the thrift shop at 526-5966.

The thrift shop does not have a layaway program. Items can be held for a few hours by request, to enable the shopper to go get money or to arrange for hauling.



Tiffany Martinez, a reservist and thrift shop volunteer, sorts through books. Peter Gallus, right, a youth volunteer, assists.



Spc. Jimmy Williams, 52nd Engineer Battalion, purchases pillows at the thrift shop. Tammy Coppock, right, checks the price.

DOD temporarily extends TRICARE eligibility following active duty service to 180 days

Courtesy of TRICARE

Under the National Defense Authorization Act and the Emergency Supplemental Appropriations Act for fiscal 2004, TRICARE eligibility for some active duty and Reserve members separating from active duty service is temporarily extended under the Department of Defense Transitional Assistance Management Program from 60 or 120 days to 180 days.

The enhanced TRICARE provision, which began Nov. 6 and ends Dec. 31, is the first of three temporary programs the TRICARE program is implementing this spring under its "Temporary Reserve Health Benefit Program," to enhance access to care for active and Reserve sponsors separating from active military service and their family members. The only change to TAMP is the temporary extension for the eligibility period.

"We are pleased to implement these new benefits for separating servicemembers and their families in order to assist the transition to civilian life," said Dr. William Winkenwerder Jr., assistant secretary of defense for health affairs. "TRICARE and contractor staff are working to make this temporary benefit work as smoothly as possible," he said.

Eligible sponsors and family members must be enrolled in the Defense Enrollment Eligibility Reporting System. Former active duty sponsors and family members eligible for the transitional program may enroll in TRICARE Prime in locations where TRICARE Prime is available, or they may use the

TRICARE Extra or TRICARE Standard benefits. Under TAMP, active duty sponsors and family members are not eligible for TRICARE Prime Remote.

Former active duty and Reserve members who are eligible for transitional benefits may receive dental care at military dental treatment facilities on a space-available basis only. Family members are not eligible for dental care at these facilities. Civilian dental care is not a covered benefit for sponsors or family members under the transitional program. Certain members of the Reserves and their family members may, however, receive dental care by enrolling in the TRICARE Dental Program. To determine eligibility and get additional information, contact the TDP administrator, United Concordia Companies, Inc. at (800) 866-8499 or at www.ucci.com.

All claims submitted to TRICARE for sponsors and family members eligible for transitional benefits are processed by the TRICARE claims processor at the TRICARE Standard or TRICARE Extra active duty family member rate. To apply for TRICARE reimbursement, sponsors or family members must submit a TRICARE claim form, a copy of the itemized bill, and an explanation of benefits and receipts (if available) to their regional managed care support contractor for processing.

The sponsor's service branch determines whether the sponsor and family members are eligible for transitional benefits. Active duty and Reserve sponsors who are separating from active

duty and need to verify eligibility for transitional TRICARE benefits for themselves and family members are encouraged to contact their nearest service personnel office for assistance. DEERS eligibility may be verified by contacting the Defense Manpower Data Center Support Office toll free at (800) 538-9552.

On Jan. 1, 2005, TRICARE eligibility under the transitional program for active and Reserve sponsors who separate from active duty and have fewer than six years of total active federal service and their family members returns to 60 days upon the sponsor's separation. TRICARE eligibility for active and Reserve sponsors who separate from active duty and have six years or more of total active federal service and their family members returns to 120 days upon separation of the sponsor.

Sponsors and family members who need help understanding their TRICARE benefits or processing TRICARE claims, may contact their regional TRICARE beneficiary counseling and assistance coordinator for assistance. A list of BCAC names and telephone numbers for assistance is available at www.tricare.osd.mil/bcacdirectory.cfm. Additional information on TRICARE and the Temporary Reserve Health Benefit Program is available on the TRICARE Web site at www.tricare.osd.mil and the Reserve Web site at www.defenselink.mil/ra. A list of frequently asked questions is available at www.tricare.osd.mil/faqs by typing in keywords TAMP or Reserve.

Miscellaneous

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 obtain a welfare request application, contact Barbara McConnaughay, FCOSC Welfare Chairperson, at 310-7693 or e-mail at ftcarson_officersspousesclub@yahoo.com. All applications must be submitted and postmarked by Sunday for distribution of funds by mid-April 2004.

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

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

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.

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 and Dave Benett, Department of

Defense civilians who work at Fort Carson, are 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.

Yard Sale — The annual Fort Carson Mayor's yard sales are scheduled to begin Saturday. Yard sales are twice a month on the first and third Saturday of the month between 8 a.m. and 3 p.m.; Saturday and April 17, May 1 and 15, June 5 and 9, July 3 and 17, Aug. 7 and 21, Sept. 4 and 18, Oct. 2 and 16, Nov. 6 and 20 and Dec. 4 and 18.

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 conducting 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 — 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.

Bike Rally — There will be a pace and race bike rally at Ironhorse Park May 1. All Fort Carson military, retirees and civilians welcome. Registration starts at 8 a.m. An adult six-kilometer race (18-years and older) starts at 10 a.m., a family members and friends leisure six-kilometer ride starts at 10:30 a.m. and a children's mini-race starts at 11:15 a.m. Other attractions include raffles, food, vendor displays and promotions and commemorative T-shirts for sale. For more information, call 526-1867/5601.

Tae kwon do Championship Tournament — SKIES Unlimited is sponsoring a Tae kwon do tournament Saturday at the Fort Carson Youth Center 10 a.m. to 3 p.m. This is a good opportunity to view Fort Carson students compete against students from six other schools. The tournament will consist of sparring, breaking boards, forms and demonstrations. A gold, silver and bronze award will be given to the top three performers in each category. For more information, contact the SKIES Unlimited Program at 524-2896.

Armed Forces Day Celebration — The Rotary Club of Colorado Springs Interquest is sponsoring "Join-R-Forces Day," a celebration of Armed Forces Day at Memorial Park in Colorado Springs May 15, 10 a.m. to 3 p.m. The event is to honor military members and families in the community and is open to all. Mayor Lionel Rivera will be present, and there will be live entertain-



**Army Community Service
Family Readiness Center**
719-526-4590
FORT CARSON

2004 YARD SALES

1st & 3rd Saturday of Every Month

**Saturday
3 & 17 April
8am to 3pm**

Yard sales are conducted twice a month from April to December. For more information on yard sales, contact your village Mayor/Deputy Mayor or the Mayoral Program Coordinator at 526-4590/1082.

**Homebuying
Workshop**

**Saturday, 10 April
9am-3pm**

**Family Readiness Center, Bldg. 1526
Aspen Room**

**Licensed Realtor 9am-Noon
Lunch Noon-1pm
Mortgage Lender 1-3pm**

Advance registration required. Call 526-1070.

ment, an awards ceremony, demonstrations of military dog training teams, displays of military equipment, outdoor booths and concessions, local vendors and more. Come out and support this great local event.

School Information

Summer School — If you are interested in extending your child's learning opportunities, the Fountain-Fort Carson School District is once again offering summer school for kindergarten through 11th grade.

The elementary program will be offered at Aragon and Patriot Elementary schools June 7 to July 15, Mondays to Thursdays 8 a.m. to noon. The middle school and high school program will be held at Fountain-Fort Carson High School June 7 to July 15, Mondays to Thursdays 8 a.m. to noon.

A variety of challenging and stimulating classes are being offered as choices that will engage your child in the learning process.

Whether your child needs to review, enrichment or course credit, our programs will provide for your child's needs.

To enroll, stop by one of our schools for the registration packet for that school's level or the administration building.

Kindergarten Registration — School district Eight will be having early kindergarten registration May 4 to 6. Please contact your neighborhood elementary school for registration times. To register, parents need to bring a birth certificate, current immunization records and all updated emergency contact information. Your child must be 5 years old by Sept. 15 in order to qualify for kindergarten.

Claims against the estate

Claims against the estate — With deepest regrets to the family of 1st Lt. Michael Adams, deceased. Anyone having claims against or indebtedness to his estate should contact 2nd Lt. Brady Adams at 526-9660.

Chaplain's Corner

Passover tradition transcends Judaism

**Commentary by Chap. (Lt. Col.) John Powledge
Reserve and Mobilization Support Chaplain**

The story of Passover is found in Exodus 12. It is the story of God's redemption of the people of Israel from Egyptian slavery. God commanded Moses to order the people of Israel to do several specific things in preparation for their departure from Egypt.

First, each household was to take a 1-year-old, unblemished male lamb to live with the family from the 10th day of the month of Nissan until the 14th day of the same month. Then on the 14th day the head of the household was to kill the lamb in the presence of the members of his family. Second, the head of each household was to take the blood of the lamb and, using hyssop, place the blood onto the two side posts and the upper-door post of his house. Third, the lamb was to be roasted and eaten in its entirety that night. Nothing was to be left by morning. Fourth, the meal also was to include unleavened bread and bitter herbs. No leaven was to be present in any household. Finally, the meal was to be eaten in haste. Each person was to be dressed and ready to leave at a moment's notice.

For the Lord said, "For I will pass through the land of Egypt this night, and will smite all the firstborn in the land of Egypt, both man and beast; and against all the gods of Egypt I will execute judgment: I am the Lord. And the blood shall be to you for a token upon the houses where ye are: and when I see the blood, I will 'pass' (Hebrew transliteration, 'u-pesakhti') over you, and the plague shall not be upon you to destroy

you, when I smite the land of Egypt. And this day shall be unto you for a memorial; and ye shall keep it a feast to the Lord throughout your generations; ye shall keep it a feast by an ordinance forever." (Exodus 12:12-14)

God's redemptive work for Israel and the nations is the red thread that is seen throughout the Bible, both Old and New Testaments. The sacrificial lamb is seen from the book of Genesis through the end of Revelation. This is not an accident or a coincidence. Isaiah prophesied the coming of the Messiah and described him as follows:

He is despised and rejected of men, a man of sorrows, and acquainted with grief; and we hid as it were our faces from him: he was despised and we esteemed him not. Surely he hath borne our griefs, and carried our sorrows: yet we did esteem him stricken, smitten of God and afflicted. But he was wounded for our transgressions, he was bruised for our iniquities: the chastisement of our peace was upon him; and with his stripes we are healed. All we like sheep have gone astray; we have turned every one to his own way; and the Lord hath laid on him the iniquity of us all. He was oppressed, and he was afflicted, yet he opened not his mouth: he is brought as a lamb to the slaughter..." (Isaiah 53:3-7)

Jesus our Messiah, Yeshua (his Hebrew name meaning "salvation"), himself celebrated the Feast of Passover. He had come to Jerusalem to celebrate Passover with his disciples. He rode into Jerusalem on a donkey at the same time the Passover lambs were being

driven into Jerusalem. It was customary for rabbis to celebrate Passover with their closest disciples the day before the feast officially began. Jesus celebrated Passover with his 12 closest disciples. At the appropriate time during the Seder meal Jesus took bread (matzah, unleavened bread) and blessed it with the traditional blessing. He then broke it, gave it to his disciples and said: "Take, eat; this is my body." Jesus then took the cup of wine, gave the traditional thanks to God and gave it to his disciples. He said: "Drink ye all of it; for this is my blood of the new covenant, which is shed for many for the remission of sins." (Matthew 26:26-28). Jesus instituted Communion for His followers during the Passover Seder which Christians to this day partake of regularly.

Jesus is our Passover Lamb. By the shedding of his blood, we are set free from the slavery of sin and death. "Worthy is the Lamb that was slain to receive power, and riches, and wisdom, and strength, and honor, and glory, and blessing ..., Blessing and honor and glory and power, be unto him that sits up the throne, and unto the Lamb forever and ever." (Revelation 5:12, 13, KJV).

This Passover season the Prussman Gospel Service and the Command Chaplain's Office will be sponsoring a Christ in the Passover celebration for Maundy Thursday, beginning at 6 p.m. and lasting until 9 p.m. Included will be a full Seder meal and Passover celebration. Come and learn what the "Passion" of the Christ is all about! For information, seating and to volunteer to help please call Annette Powledge at 331-9182.

Chapel

Protestant (postwide events)

Maundy Thursday (Holy Thursday), — will be at Soldiers' Memorial Chapel 6 to 9 p.m. There will be a Jewish-Christian Seder dinner in the tradition of Jesus and his disciples. Learn what the feast teaches about prophesy and the future. Seating is limited. For more information and reservations, contact Annette Powledge at 331-9182.

Good Friday — service for Protestants will be combined with the Catholic service as an ecumenical event at 3 p.m. at Soldiers' Memorial Chapel.

Easter Sunrise — service is an ecumenical event at 6:30 a.m. Soldiers' Memorial Chapel. All other regular services will be held.

Healer Chapel at Evans Army Community Hospital

Palm Sunday and Easter — Regular Sunday worship times.

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

Good Friday — Protestant service at 10 a.m.; Mass is at noon.

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

Day	Time	Service
M-W-F	noon	Mass
Tues., Wed., Thurs.	noon	Mass
Saturday	5 p.m.	Mass
Sunday	8 a.m.	Mass
Sunday	9:30 a.m.	Mass
Sunday	10:45 a.m.	CRE
Sunday	11 a.m.	Mass
Sunday	12:15 p.m.	Provider
Tuesday	6:30 p.m.	RCIA
Saturday	4 p.m.	Reconciliation
PROTESTANT		
Sunday	9 a.m.	Protestant
Sunday	9 a.m.	Protestant
Sunday	11 a.m.	Protestant
Sunday	11 a.m.	Prot.Gospel
Sunday	9:30 a.m.	Sun. School
Sunday	9:30 a.m.	Sun. School
Tuesday	9 a.m.	PWOC
Sunday	11 a.m.	Contemporary
Sunday	6 p.m.	PYOC
Friday	noon	Prayer
Sunday	10:45 a.m.	Lutheran

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

Monday 6:30 p.m.

Family Unity Building 1161

Melissa Dalugdug/330-7873

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 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 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 114 & Romans 4-6

Saturday — Psalms 115 & Romans 7-9

Sunday — Psalms 116 & Romans 10-13

Monday — Psalms 117 & Romans 14-16

Tuesday — Psalms 118 & 1 Cor. 1-3

Wednesday — Psalms 119:1-8 & 1 Cor. 4-6

Thursday — Psalms 119:9-16 & 1 Cor. 7-9

Chapel Schedule
ROMAN CATHOLIC

Chapel	Location
Healer	Evans Army Hospital
Soldiers'	Nelson & Martinez
Soldiers'	Nelson & Martinez
Prussman	Barkeley & Prussman
Soldiers'	Nelson & Martinez
Soldiers'	Nelson & Martinez
Healer	Evans Army Hospital
Provider	Barkeley & Ellis
Soldiers'	Nelson & Martinez
Soldiers'	Nelson & Martinez

Contact Person
Fr. Battiato/649-5260
Chap. Patton/526-5769
Chap. Patton/526-5769
Chap. Patton/526-5769
Chap. Patton/526-5769
Pat Treacy/526-5744
Fr. Battiato/649-5260
Chap. Patton/526-5769
Pat Treacy/526-5744
Chap. Patton/526-5769

PROTESTANT

Chapel	Location
Healer	Evans Army Hospital
Provider	Barkeley & Ellis
Soldiers'	Nelson & Martinez
Prussman	Barkeley & Prussman
Prussman	Barkeley & Prussman
Soldiers'	Nelson & Martinez
Soldiers'	Nelson & Martinez
Veterans'	Magrath & Titus
Soldiers'	Nelson & Martinez
Soldiers'	Nelson & Martinez

Contact Person
Chap. Kincaid/526-7387
Chap. Borden/526-3711
Chap. Kennedy/526-8011
Chap. Byrd/526-2811
Chap. Byrd/526-2811
Dr. Scheck/526-5626
Chap. Kennedy/526-8011
Chap. Ellison/526-8890
Chap. Kennedy/526-8011
Ms. Scheck/524-1166

LITURGICAL

Provider	Barkeley & Ellis
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Chap. Lloyd/526-3888

JEWISH

WICCA

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

MORMON

Family Unity Building 1161

Melissa Dalugdug/330-7873

MORMON

Provider Barkeley & Ellis

Chap. Jones/526-3718

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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 77th Reserve Support Command, located in Flushing, N.Y.

Army: For the citizen Soldiers, non-commissioned officers and officers of the United States Army Reserve. May these servants of our nation always feel the touch of God's deepest blessing upon them and their families.

State: For all Soldiers and families from the state of New York. Pray also for Gov.

George Pataki, the state legislators and municipal officials of the Empire State, especially as they continue to recover from the attacks upon the World Trade Center.

Nation: For the companies that make up the New York Stock Exchange and the National Association of Securities Dealers Automated Quotation (system) Pray that these companies would lead our nation's economic recovery and create productive jobs for our people.

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

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

TRICARE only covers necessary ultrasounds

Courtesy of TriWest Healthcare Alliance

TRICARE covers ultrasounds (sometimes called sonograms) related to pregnancy when the procedure is medically necessary. According to TRICARE, ultrasounds are medically necessary when they are for "diagnosis and management of conditions that constitute a high-risk or which present a reasonable probability of neonatal complications."

In other words, the ultrasound must be considered necessary to deal with conditions that could seriously complicate the pregnancy or present a danger to the child or the mother.

Obstetric ultrasounds are not covered by TRICARE when performed for purposes of "screening" or routine evaluations (i.e., something that may not improve the outcome for the child or mother) or to determine the gender of the unborn baby.

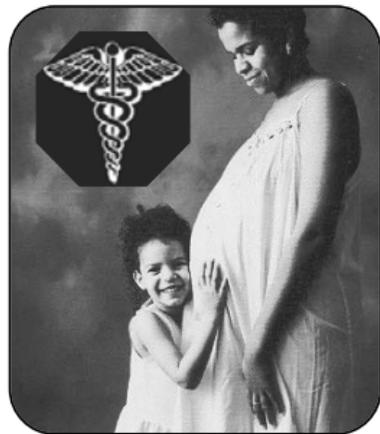
TriWest approves OB ultrasounds when the provider diagnoses high-risk pregnancy and documents it with the appropriate diagnosis codes. The definition of high-risk pregnancy includes, but is not limited to, these conditions:

- multiple fetuses
- intrauterine growth retardation
- insulin-dependent diabetes mellitus
- history of two or more spontaneous abortions
- oligohydramnios (a shortage of amniotic fluid during the third trimester)
- polyhydramnios (an excess of amniotic fluid)
- perceived reduction in fetal motion
- pregnancy-induced hypertension
- history of fetal anomalies or potential familial genetic disorders
- advanced maternal age (over 35)
- ectopic pregnancy (outside the uterine cavity)
- hemorrhage in early pregnancy
- prolonged pregnancy
- malposition or malpresentation of fetus
- fetal infections
- congenital malformations
- chromosomal anomalies
- fetus affected by maternal conditions unrelated to pregnancy
- slow fetal growth and fetal malnutrition
- short gestation and low birth weight

- long gestation and high birth weight
- prior cesarean section.

If the medical need for the OB ultrasound is not readily apparent, TriWest's claims subcontractor, PGBA, LLC, will defer the claims and submit them to medical review for a determination of medical necessity.

If you are unsure whether your OB ultrasound meets the above requirements, please call 1-888-TRIWEST (874-9378) for assistance. If you are in near a Military Treatment Facility, you may also call that MTF to see if the OB ultrasound is available there.



Earth Day provides opportunities for teaching good conservation habits

by Susan Galentine-Ketchum
Directorate of Environmental
Compliance and Maintenance

Earth Day, celebrated April 22, provides an opportunity for adults and children alike to learn about protecting our environment through everyday activities. Children will inherit our actions or inactions of today in the form of what the Earth will be like in the future.

Fort Carson is planning several Earth Day activities for on-post school children this year:

- Recycled grocery bag drawing contest (Grades 1-8).
- Essay Contest (Grades 1-8).
- Earth /Arbor Day Reading program of Dr. Seuss "The Lorax."
- Earth/Arbor Day School Fair.

You can teach your children basic things they can do to help the planet and invest in its future beyond what they learn during the annual Earth Day observance.

They can take care of land by recycling in order to prevent trash from being dumped into landfills. Items that can be collected for recycling include paper, aluminum, cardboard, plastic and glass.

Fort Carson has three recycle drop off locations that are open 24-hours a

day. The Recycle Center, 155, located off of Wickersham Boulevard., near Gate 3; a drop off is located at the southeast corner of the Fort Carson Post Exchange on Sheridan Avenue.; and there is a new recycle drop off located at the southwest corner of Barkeley and Specker Avenues.

Children can also be taught to use both sides of paper at school and at home, plant trees and pick up litter and throw it in the trash, which is particularly important when camping in order to keep animal habitats clean.

By practicing the following habits, you can also teach children to be energy aware:

- always turning off the TV when finished watching.
- turning off lights when leaving a room.
- closing windows when the heater or air conditioning is on.
- quickly shutting the refrigerator door once you have gotten what you want.

You can also teach children good water conservation by encouraging them not to let the water run while doing the dishes in the sink, to turn off water while brushing teeth until rinsing, and to look for faucet and toilet leaks. A dripping

sound indicates there is a toilet leak. A few drops of food dye in the toilet tank will also show if there is a leak.

Sound environmental habits also include learning about wildlife and how to be safe around animals.

Never feed or try to get too close to wildlife. State and federal laws protect almost all Fort Carson wildlife, plus it can be dangerous to get close to wildlife.

Put away garbage and pet food and keep small pets indoors to avoid wildlife encounters. Animals usually stay away from people and people should stay away from wild animals.

Don't camp near eagle, hawk or owl nests. Adult birds stay away from their nests once it is disturbed. Their eggs and hatchlings can die if the parents do not return.

Respect animals — even the scary ones. Snakes and other reptiles have their place, and their lives should be respected — all are protected by state law. Bats and spiders, including tarantulas, are common and important members of the wildlife community.

For information on Earth Day activities, log on to the U.S. Army Environmental Center Web site at <http://aec.army.mil/usae/publicaffairs/earthday04.html>.

Leashes

From Page 1

Pets may be without a leash in most backyards.

There are a few places in Palmer Park that you can take your pet to allow them to run unleashed, said Sgt. Philip Lebeau from the Colorado Springs Police Department.

According to the family housing guide given to all residents of Fort Carson Family Housing, "Pets observed running loose in housing areas will be picked up by the military police and impounded at the Veterinary Treatment Facility."

But, scourwald said the MPs won't scour the streets looking for lawbreakers.

"We're going to give them a heads up to let them know they need to get that pet on a leash," he said.

Pets on post are required to be microchipped for easier identification at the VTF. If your pet has not been microchipped, contact the VTF at 526-3803 to set up an appointment.

Burgwald cautions residents to notify the MPs at 526-2333 or 526-2335 if you see a stray animal walking through your neighborhood.

"As a blanket rule you should always call the MP station, and we'll handle it," Burgwald said.

Special Forces

From Page 5

said Roepke. "It is some of the best land-navigation training that you could ever receive. Once they are done with land navigation training, they'll move on to what is called a 'star course,' which is about four days in duration."

The star course is a land-navigation course. "You could have a point that is about a mile away or five or six miles away," said Roepke. "It's done both at night and day."

"Once they're done with the land navigation course, they will be assembled into teams and go on what they call long-range team movement or LRTM," said Roepke. "They'll be, as a team, moving across country anywhere from 30 to 40 miles and they have to be back in 48 hours."

The next step is to out process and head home, said Roepke. It's not until the end of the SFAS course that the Soldier will know if they have what it takes to move on to the Special Forces Qualification Course.

The SFQC consists of five phases and is a 48 to 89 week course depending on MOS. The phases are the Individual Skill Phase, the MOS Training Phase, the Collective Training Phase, Language Training Phase and the Survival, Evasion, Resistance and Escape Phase.

At the end of all this training, the Soldier will receive his green beret, Special Forces tab. The tab identifies the Soldiers as a member of an organization with a highly decorated legacy of service to the United States, according to the Special Forces Recruiting team.

The training will test Soldiers physical and mental limits, but those willing to push forward will find themselves among the ranks of the most elite force in the United States Army.

Vote

From Page 5

- May not speak before a partisan political gathering of any kind for promoting a partisan political party or candidate.
- May not use contemptuous words against officeholders described in 10 USC 888.
- May not perform clerical or other duties for a partisan political committee during a campaign or on an election day.
- May not solicit or otherwise engage in fundraising activities in federal offices or facilities, including military reservations, for a partisan political cause or candidate.
- May not sell tickets for, or otherwise actively promote, political dinners and similar fundraising events.
- May not allow or cause to be published partisan political articles signed or written by the member that

Greenback

From Page 8

would add \$40,000 to \$120,000. You can use calculators like the one at Babycenter.com to estimate how much you're likely to spend on your child.

Too much house

Rising real estate prices, and more user-friendly loans, are tempting people to take bigger mortgages, but the fact that foreclosures and payment delinquencies are at or near record highs is showing that we are biting off more than we can chew.

Houses are an excellent investment, but don't get carried away. More expensive houses come with other unexpected expenses such as higher property

solicit votes for or against a partisan political party or candidate.

- May not serve in any official capacity or sponsor a partisan political club.
 - May not participate in any media or group discussions as a partisan advocate.
 - May not conduct a political opinion survey.
 - May not march or ride in a partisan political parade.
 - May not display a large political sign, banner, or poster on a private vehicle (bumper stickers are allowed).
 - May not participate in any partisan effort to provide voters with transportation to the polls.
 - May not attend partisan political events as an official representative of the Armed Forces or while in uniform.
- If you have any questions about voting, contact your unit voting assisting officer or the installation voting officer at 526-8419.

taxes, larger insurance premiums, bigger utility bills and more maintenance costs

Your monthly mortgage bill (including taxes and insurance) should not consume more than 25 percent of your family's before-tax income. Most lenders will allow you to borrow 31 percent to 33 percent, but the bigger the mortgage bite; the more likely you are to run into trouble.

People will tell you the interest you pay on a mortgage is tax deductible, so your mortgage is actually 15 to 35 percent (25 percent for most of us) lower when end of year taxes are figured. This is true, but those savings are not really seen until the end of the year in your return, bottom line: you still have to make the full payment each month.

Gate Guards Protecting MountainPost community

Story and photos by Cpl. Matt Millham
14th Public Affairs Detachment

On any weekday morning at any gate coming into Fort Carson, cars spill slowly onto post in a procession that doesn't end for hours. From 6 to 9 a.m. the slow, wheeled march onto Carson stretches the patience of motorists as the queues stretch away in undulating streams across the Front Range.

The gate is a sort of an emotional finish line and those manning it are sounding boards for motorists' discontent with their morning commute. All too often, the gate guards contend, the frustration of an unpleasant commute is brought to bear on those ensuring the safety of all those on Fort Carson.

"Some people get really moody and impatient, and you've got to put up with a lot," said Spc. Henry Armstrong of the Colorado National Guard's Battery B, 1st Battalion, 157th Field Artillery. Throughout the motorists' condemnation, the

guards are stone faced if not outright pleasant.

On one shift during a slow day, said Staff Sgt. Tom Rees of the 157th, a gentleman driving an unregistered vehicle drove into the registered vehicle lane and was asked to pull forward and back into the inspection lane. The driver was incensed and pulled forward abruptly, shifted into reverse and backed straight into one of the concrete piers at Gate 1, smashing the entire rear end of his car.

"We have all kinds of crazy stories about people who come through here angry at us and the way we do things," said Spc. Matthew Peterson.

"This is basically a public relations job," said Armstrong, acknowledging that as a gate guard he is sort of the impromptu face of Fort Carson.

For about a year, the 157th has provided manpower to the gates of Fort Carson to guarantee security for its residents and employees.

At nine hours per shift, the hours are longer than those for the average Soldier on Fort Carson.

But despite the long hours, "It's a very easy job," said Spc. Brian Keszler, also of the 157th.

Once a shift starts, the Soldiers stay at their post until relieved by the next shift. Lunch, which generally consists of either a Meal Ready to Eat or a so-called bubble meal, which is an assortment of packaged foods, is taken on the fly. The morning shift gets two meals while on duty; the next two shifts get only one each. To break the routine of the plastic-wrapped cuisine, pizza and other fast-food deliveries often supplement the guards' diets.

The lone meal provided the night shift is a high point, but it provides only a small break from the late-night monotony when traffic is almost nonexistent. Entertainment in the new guard houses is sparse and consists mainly of sweeping and mopping. Until dawn and the next day's commuter rush, there is an appreciated calm.



Spc. Henry Armstrong, 1st Battalion, 157th Field Artillery, checks the interior of a taxi Tuesday night.

Layout and Graphics by Justin Pospisil-Marciano



Spc. Matthew Peterson checks the identification card of a Soldier coming onto Fort Carson Wednesday afternoon.



Spc. Henry Armstrong checks the identification and registration information of a food delivery person coming onto Fort Carson after dusk Tuesday.



Spc. Henry Armstrong inspects the engine compartment of a taxi coming onto post. All taxis coming onto post are subjected to a full search.



Out & About

Apr. 2 - 9, 2004

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

Fort Carson's "Hatching New Ideas"

Information Fair

April 10, 2004

10:00 am - 2:00 pm

at the Special Events Center
Building 1829 Specker Ave.

Come Join The Egg Hunt
and Find Your Special Egg
Pictures with the Bunny, Prizes and Entertainment



information
526-4494



Fort Carson's
Spring Fling

Dinner & Dance
Friday, 16 April 2004
at the Elkhorn
6 pm - 11 pm

\$18.00 per person
(Includes food, gratuity,
entertainment, and fun)

Don't sit on the bench,
make your reservations
TODAY!

576-6646

RSVP by Wednesday, 14 April
EVERYONE IS INVITED TO ATTEND THIS FUN EVENT

Gospel Concert

IN CELEBRATION OF THE MILITARY

featuring Choirs from the Colorado Community

APRIL 24, 2004

FORT CARSON
McMAHON THEATRE
4:00 PM - 7:00 PM

FREE SHOW

MORE INFORMATION, CALL:
DCA COMMUNITY EVENTS

Thrills and Chills!

The 3rd Annual
Joining Forces Event at
Six Flags Elitch Gardens.
Saturday, April 17, 2004

Be the first to
experience Six
Flags Elitch
Gardens in 2004!
Park will be closed
to the public!

Tickets ONLY \$17.00 and
INCLUDES a meal!

*BBQ Park Sandwich, hotdogs, chips and a Coca-Cola.

Park Open Noon- 6pm
Regular Gate Price is \$36.99
Children 3 and under are FREE

Please contact your ITR office for
tickets and information.

NATIONAL LIBRARY WEEK

visit grant post library **april 19 - 23** and help celebrate **National Library Week**.
there will be cookies at lunchtime each day and an opportunity to enter a
drawing for gift certificates at a local bookstore.

get a life...get a library card!

Sports & Leisure

Military Fitness

Teamwork helps Soldier prepare for meet

by **Walt Johnson**
Mountaineer staff

This is the second of a two-part article on a Soldier preparing for the 2004 Southern Colorado bodybuilding/fitness competition April 17 at Doherty High School in Colorado Springs.

Marcus Dungen knew he wanted to get into weight training because of the fitness level he could achieve. That would have been all the reward he needed because he felt it would have made him the best Soldier he could possibly be.

Like any competitor though, once he achieved the objective of being a fit Soldier he looked for another challenge and found it in competition.

"I always wanted to compete in bodybuilding events, but I just never did it. I was at Fort Drum (N.Y.) working out and people would ask me if I was about to compete in a show. I would tell them no, I'm just doing this for myself, to maintain my fitness because I am in the military. In 2001 my New Year's resolution was to do a show and three months' hard training later, I competed," Dungen said.

Dungen felt he needed to have another edge going into the competition so he began to educate himself on the best way to compete. Utilizing modern technology, he hit the Internet and came up with the perfect training tool.

"I wanted to make sure I was prepared for a competition so I went on the Internet looking for things that would let me know what types of poses to do, how to tan my body, what kind of oils to use and things like that. I ran across this tape called 'perfect posing' which is a three-series tape that talks about posing, routine and nutrition. I used that tape before the contest and I felt the tape was good because it can prepare anyone mentally and physically to do your best," Dungen said.

Proof of how well the tape worked for Dungen was seen by

the reaction to his performance by the judges and other competitors. He won the lightweight novice and open championships, the best poser award and also won the best overall lightweight title.

"When I got out on the stage I just remembered everything from the tapes and after the first prejudging, people were saying 'you look like you've been doing this for years.' I said, 'No, this is the first time.' The competitors said, 'First time, where have you been? You should have been doing this,'" Dungen said. Dungen went on to win the Mideastern States lightweight, best poser and overall titles in 2001.

Dungen knew after his success in 2001 that he found "my niche" and continues today because "I can take this to the next level." Taking it to the next level is easier when you have someone to push you in the right direction. Dungen has the best possible partner to help him achieve success, his wife Danielle, who is a certified personal trainer.

"Marcus actually helped me get started in personal training. When he started competing I would be there to make sure he was doing things like posing right. I help keep him on track by reminding him when he has to do his cardio or weight training, and I monitor his nutrition. I like being his coach and seeing that he does what he has to do," Danielle said with a smile.

"I'm trying to show people that even at the age of 40, and as I get older, I see myself staying in shape with this lifestyle because it is something I like to do; it's fun and it's healthy. I will continue to do this and I want it to take me to the place where I can inspire other people to look at their health and wellness and get them on the right track to a healthy lifestyle," Dungen said.



Photos by Walt Johnson

Marcus Dungen works on his arms as he trains for the upcoming Armed Forces Bodybuilding Championships.



Marcus Dungen, left, gets help from his wife Danielle Dungen, during a heavy weight training session.



Danielle Dungen, left, coaches her husband, Marcus Dungen, as he poses as he prepares for the Armed Forces competition.

Post championship ...

Mountain takes title

by **Walt Johnson**
Mountaineer staff

During the current intramural basketball season, both the 59th Quartermasters and Cheyenne Mountain basketball teams lost one game — to each other.

Each team's season came down to one game at the Special Events Center Tuesday and in the end it was the Cheyenne Mountain team that claimed supremacy as it won the 2003-04 post intramural championship 52-46.

If ever there was a game matching the immovable object against the irresistible force, this was it. Cheyenne Mountain brought a team loaded with big bruising players and some skilled guards, while the Quartermasters brought a talented shooting team to the game. The final result in most observers' eyes would be decided by which team could effectively impose its will on the other.

Before the game there was no visible sign of nervousness on either team or the coaches. The teams gradually went through its warm-up process with both coaches confident their team was

ready to play.

"The team is really loose today. We have been getting a lot of support from our chain of command all day and the team is fired up, and ready to play. I'm pretty fired up too. We know they have a big team, and we want to try to beat them with speed tonight," 59th Quartermaster coach Terry Donnell said.

Cheyenne Mountain coach Robert Nieto was equally confident his team was ready as he watched them go through their warm-ups.

"My guys have the right attitude right now. They know that in order for us to win this game we are going to have to do it the way we have done it all year, with teamwork," Nieto said.

Cheyenne Mountain lost to the Quartermasters in one of the final regular season games of the season for both teams. Still smarting from that loss, the Cheyenne Mountain returned the favor by beating the 59th Quartermasters 60-51 in the third round of this year's playoffs, forcing



Photo by Walt Johnson

Sean Anderson, 59th Quartermaster center, scores two points over the defensive efforts of 7th Infantry Division players Monday at Waller Physical Fitness Center.

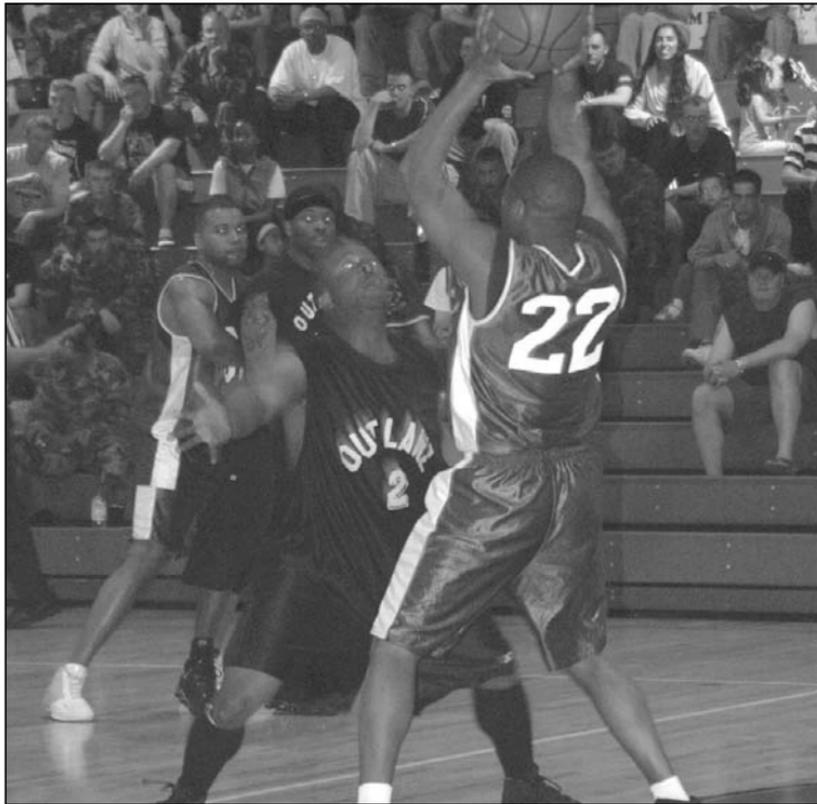


Photo by Walt Johnson

Cheyenne Mountain's Antonio Mitchell looks to pass the ball as he is closely defended by 59th Quartermaster guard Rasool Wright.

Title

From Page 28

the previously undefeated Quartermaster team into the losers' bracket and putting the Quartermasters in a position they had not experienced all year, playing from behind.

The Quartermaster next opponent would be the team it knocked into the losers' bracket, the 7th Infantry Division, in the losers' bracket championship game. In a closer game than anyone imagined, the Quartermasters snuck past the 7th ID 55-47 to earn their trip to the championship game.

Early in the title game it appeared the Quartermaster team would avenge its earlier loss to the Mountain team and force an "if necessary" game to decide the title. The Quartermasters raced

out to an 8-2 lead on some sharpshooting and appeared to be in control of the momentum.

Slowly, but with a purpose, the Mountain team came back and built a three-point half-time lead. As the second half began, the teams traded points for a seven-minute stretch and then the Quartermaster team went on a five-point run to take a 29-28 lead. That turned out to be the last time the Quartermaster team would lead in the game.

Cheyenne Mountain answered the Quartermaster challenge by scoring on a three-point play to take a 31-29 lead with just over 10 minutes left in the game. The Mountain team went on a 21-17 run to end the game and claim the post intramural title.

Soldier brings lessons from Iraq to youth services

by **Walt Johnson**
Mountaineer staff

A little more than 11 months ago Kevin Brown was with the 2nd Squadron, 3rd Armored Cavalry Regiment in the desert in Iraq fighting for our county. He was a long way from the wins and losses associated with youth basketball, but a short time away from learning a bigger lesson about the wins and losses in life.

No sooner than Brown and his unit hit the ground in Kuwait, he got his first, but not most memorable, taste of life in a combat zone.

"We went to Camp Wolf in Kuwait when we left here. When we got there and as we were taxiing into the post, I heard a boom. We found out it was our Explosive Ordnance Division exploding munitions. But it gave me the thought that this is real," Brown said.

Hearing an explosion is one thing, being up close and personal when munitions go off is another. It would be only days later when Brown would encounter a life and

death experience that was nothing like the battles he was used to at the youth center. At the youth center he had a focused and understandable mission.

"My love for coaching comes from the realization it helps so many kids. Anything and everything I can do for the kids, not just my kids, anyone's kids, is something I really want to do. Every day I can help someone's child is a blessing for me," Brown said.

That was Brown the coach. As he crossed the Kuwait-Iraq border, Brown found out the coach and the soldier had more in common than even he knew.

"I'll never forget as we crossed the Kuwait-Iraq border. My driver and I, (Spc.) Darryl Fair, saw kids the same age as our kids and it was shocking to see them in this environment. They were so far away from civilization and they only had the bare minimum. The first thing I remember coming out my mouth was 'God bless these kids.'"

Days later Brown would again



Photo by Walt Johnson

Kevin Brown, left, coach for the youth center Sixers, addresses the players after a great game at the center.

See Coach, Page 31

Coach

From Page 30

be in a position to ask God to bless children, but this time it was the Soldiers in his command.

"When we got to Fallujah we knew we were in a hot spot. We did our first mission on April 30 and the first mission went well. As we went past the regular Iraqi people on our first mission they were glad to see us and happy we were there to help liberate them. We got back to our base and things started to heat up in the surrounding area. About four hours after we got back 1st Lt. (now Capt.) Chris Haggard told me we had another mission that probably wouldn't take place until 9 p.m.," Brown said.

"We actually left on our mission about 10:15 p.m. and we got back to the compound with no problem. My 'Humvee' was the last vehicle in the compound. When we arrived (1st) Lt. Haggard advised me we had a meeting to attend, which we did. After the meeting, I told my guys to bunk down. Some of my Soldiers tried to get close to the Humvee I was in, but I told them no, for security reasons I need you closer to the wall," Brown said.

That decision would prove to be a life saver for his Soldiers, but it would put Brown in a very vulnerable position just moments later.

"Just before midnight, I was lying on my Humvee, which was about five feet or so feet from the gate. The enemy threw two grenades over the wall. The first grenade came over and

hit by the gate and shrapnel was flying everywhere. I was able to get off my vehicle and I yelled to my men to get down before the second grenade came in. When I turned around something hit me in the chest. I didn't know what it was but I swung at it to get it away from me. It turned out it was a grenade that exploded and knocked me back into the Humvee. As I tried to get up my legs gave out on me. (Brown had six shrapnel wounds, two on the left and four on the right on his body.) I didn't realize it was a grenade that hit me until my other guys told me 15 minutes later," Brown said.

Badly injured, Brown could only think about his children and the many other children he may never have the chance to help grow into adults.

"Tears just rolled down my eyes when I realized it was a grenade. I was four years old when my dad passed away and at the time of the attack my son was four years old. I was thinking I will never see my kids again. There is a big difference in how you feel when you have a nose bleed versus blood coming out of your wounds," Brown said.

After coming back to the Mountain Post to recover from the wounds he fought off as long as he could in Iraq, Brown had mixed emotions. On one hand he was happy to be around the children again, though it took some time for him to get back into coaching. On the other, he would look at the children and it was a reminder to him of all today's youth have to fight.

"Since I returned from Iraq I feel like I have



Photo by Walt Johnson

Kevin Brown coaches his team recently at the post youth center.

been blessed to be able to work with the youth sports program again. But I also remember on Christmas Eve my wife was looking for me and I was sitting outside in the car port. When she came out she saw that I was crying and she asked me what I was crying about. When I saw those kids in Iraq, who through no fault of their own, were in the situation they were in, I thought about how we in America sometimes take for granted the things we can do for our children," Brown said.

Some may take it for granted, but Brown, by his example, may help people take another look at an opportunity to contribute to the youth of tomorrow as they remember his courage both on the battlefield and the basketball court.

On the Bench

Ladies Golf Association holds season opening coffee Tuesday

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.

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

The coffee will be held at the golf course snack bar where there will be free refreshments. All women — military, family member or civilian — are encouraged to come out and sign up for a year of fun and excitement, according to Nancy Pittman, Ladies Golf Association president. For more information on the event, call Pittman at 597-5574 or Sharon Tracer at 527-1034.

Any unit interested in fielding a team in this year's post intramural softball league should attend the coaches meeting April 13 at 1 p.m. at the post Special Events Center. The clinic is a requirement for all head and assistant coaches for post teams.

The 2004 National Physique Committee's Southern Colorado Natural and Armed Forces bodybuilding/fitness championships will be held April 17.

The championships will be at Doherty High School, 4515 Barnes Road, in Colorado Springs. Many members of the Mountain Post, Colorado Springs and Denver military community will compete in this year's competition. The guest poser for the event is Will Owens, a captain in the United States Air Force assigned to Schreiver Air Force Base. Owens was the 2003 NPC Nationals third place winner.

Prejudging for the event will begin at 10 a.m. with the finals set for 6 p.m. Tickets for the event are \$10 for prejudging and \$15, \$20 and \$25 for the finals.

For ticket or other information go to www.jefftaylor.com or www.customized-physiques.com.

Saturday, the 2004 Northern Colorado fitness and bodybuilding competition will take place in Boulder, at the Boulder Theater, 2032 14th Street.

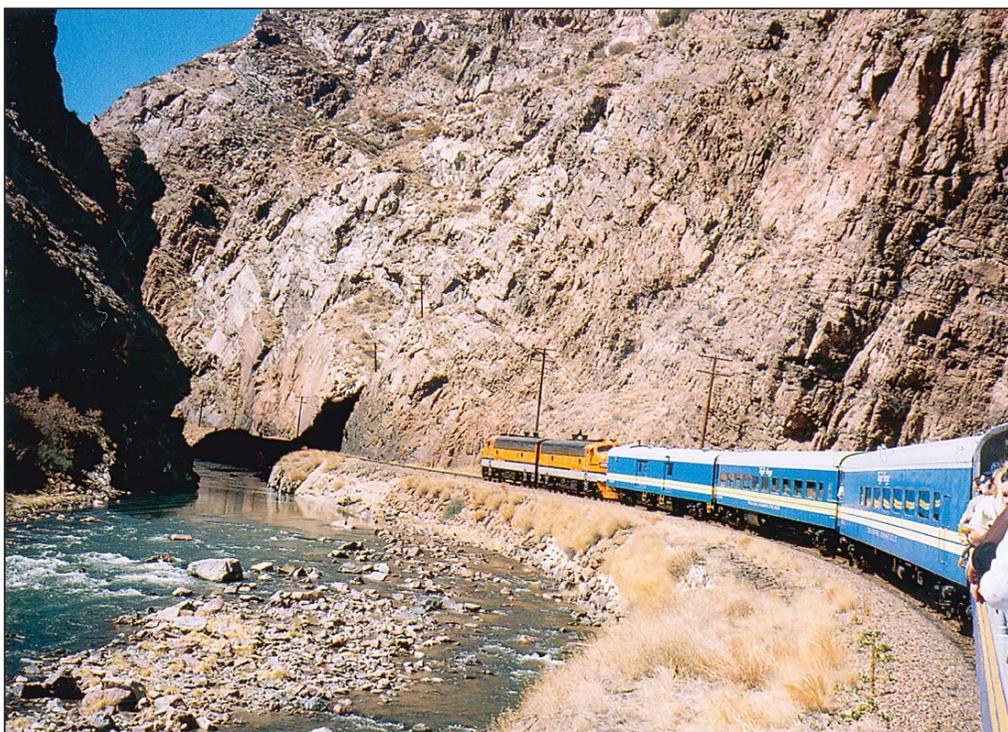
"This is just the inspiration people need to get motivated to get in shape this spring. This is a fun event and I guarantee that our guest pro, Jay Cutler, and all the fitness, figure and bodybuilding competitors will provide plenty of entertainment and motivation," said Jeff Taylor, NPC Colorado promoter.



Photo by Walt Johnson

Serving one up ...

Women's post softball team hopeful Lahoma Randolph tosses batting practice Saturday. Both the post men's and women's softball teams' players will be selected in the coming days as the teams continue practice sessions. The teams are preparing for the upcoming softball season. Next week, the *Mountaineer* will publish names and early season schedules for both teams.



The Royal Gorge Route orange and blue train heads for Parkdale on its two-hour ride through the Royal Gorge near Cañon City. Soldiers, their families and El Paso County residents can ride the train for half price through April.

Ride the rails

The Royal Gorge Route Railroad

Story and photos
by Nel Lampe

Mountaineer staff

The Royal Gorge Route is one of the most scenic historic train rides in the United States. About 40 miles from Fort Carson, this is a great time to ride the train as tickets are half price for Soldiers, their families and El Paso County residents through April 30.

Spring is an ideal time to ride the train. The lower altitude of Cañon City brings an early spring. Fruit trees are already in bloom, trees and lawns are turning green, enhancing the view, while pleasant daytime temperatures make the excursion open car more comfortable for 360 degree views.

Trains were very important in the development of the West. Following the Civil War, railroads were opening up the West to commerce and travel. Several railroads companies began building rails across the great plains.

Trains played a large part in the growth of the Pikes Peak area and Colorado Springs in particular.

Gen. William Palmer, employed by the Kansas Pacific Railroad, came to



The Royal Gorge Route Railroad leaves the historic Santa Fe station in Cañon City.

Colorado while scouting a route for that railroad. He first saw Pikes Peak in 1869 and became enamored with the area. He later bought thousands of acres of land, established a town in 1871, which he originally called Fountain Colony. The first stake in the new town was driven at what is now Pikes Peak and Cascade Avenues, five years before Colorado became a state.

Palmer later started his own railroad, the Denver and Rio Grande, which ran from Denver to Colorado Springs. He planned to run the railroad south to Mexico. When gold, silver and other ores were discovered in Colorado, Palmer ran additional D&RG lines to connect with Colorado's gold and silver mines.

The D&RG already had a line near Cañon City and Palmer decided to extend the rail westward to reach Leadville, 100 miles away.



The Theodore Roosevelt dining car is luxurious with details, such as oak and brass, similar to train cars from the early days of railroads.



Places to see in the Pikes Peak area.

April 2, 2004

See Royal Gorge Route, Page 36

Royal Gorge Route

From Page 35

But, the Santa Fe Railroad had the same idea. Santa Fe tracks were in Pueblo. The Santa Fe construction crews hastened to the Royal Gorge area in April 1878. Within hours the D&RG crews arrived — too late. The Santa Fe crews blocked the narrow canyon.

The route to the western Colorado was financially important to both companies — the railroad that reached the mines would carry supplies, equipment, miners and settlers, and return with ore.

The two railway companies were at an impasse at the Royal Gorge. In what became known as the “Royal Gorge War,” a two-year struggle ensued. Construction crews harassed each other, fired shots and sabotaged each other’s work. Fights broke out between workers from the two companies. Rock fortresses were built along the walls of the gorge where competing railroad workers took refuge while firing shots at their competitors.

The case was taken to court and after two years, the Royal Gorge War ended. The two railroads signed a treaty March 27, 1880, which gave the D&RG the rights to build tracks through the Royal Gorge. Those tracks are the ones used by the Royal Gorge Route today.

As airline and automobile travel became more popular, passenger train service was cut back and finally ended through the Royal Gorge in 1967. But, in 1999, passenger trains again began to roll through the Royal Gorge. Using 12 miles of track from Cañon City to Parkdale, the Royal Gorge Route again takes passengers through the scenic gorge.

With the traditional “all aboard!” call from the conductor, passengers line up, eager to start the two-hour ride. They board one of the blue and yellow passenger cars.

Two bright orange engines pull the train up a 2 percent grade at speeds of 12 to 20 miles per hour.

Comfortable, upholstered passenger seats in the coach cars are configured in groups of four: two passengers facing two. Each car seats 60

passengers. The winter trains usually have 200 passengers, 500 passengers ride during summer. There are two open observation cars to accommodate standing passengers.

The train ride is smoother than anticipated; passengers marvel at views of the steep canyon, the Arkansas River and a bottoms up view of the world’s highest suspended bridge. People crossing the bridge look like ants; they lean over the bridge rail to watch the train pass beneath them.

The train rolls over the “hanging bridge,” an engineering marvel. On the return trip the train stops so passengers can appreciate the engineering feat of the hanging bridge, built at the one point the floor of the gorge isn’t wide enough to accommodate the river and the rails. To solve the problem, engineers from the D&RG devised the hanging bridge. Made of steel, the bridge clings to the steep granite walls, suspending the railbed over the edge of the river. The bridge cost less than \$12,000 to build nearly 120 years ago and still does its job.

The train has a dining car offering soft drinks, bottled water and a variety of snacks.

Food is also available at a snack bar in the train station, before or after the ride.

The regular price for coach seats on the Royal Gorge Route is \$26.95 for adults and \$16.50 for children ages 3 to 12. Children under 2 years of age are free when sitting on a parent’s lap.

But a special rate is now in effect for Soldiers, their families and El Paso County residents:

through April, the fare is half-price for the train ride. Reservations are suggested and passengers should arrive at the depot about an hour before departure to pick up their tickets. At present, the train departs at 12:30 p.m. Saturdays and Sundays.

Call (888) 724-5748 or (888) RAILS-4-U to inquire. Trains begin running several times daily in late May.

Two first-class dining cars have been added to the Royal Gorge Route. Decorated in maroon velvet and oak paneling, the William Palmer car is used for first class passengers in winter, who are served appetizers along with a complimentary glass of sparkling cider or champagne. Patrons may also book a Sunday gourmet lunch train ride. First class seating and lunch is \$59.95 for adults and \$39.95 for children ages 3 to 12.

Another luxurious dining car, the Theodore Roosevelt, is finished in rich oak, has a tin ceiling and maroon velvet. A four-course gourmet dinner of salmon or prime rib is prepared in the train’s kitchen car. The dinner train costs \$79.95 for



Passengers line up to board the Royal Gorge Route Railroad at the historic Santa Fe Depot in Cañon City.

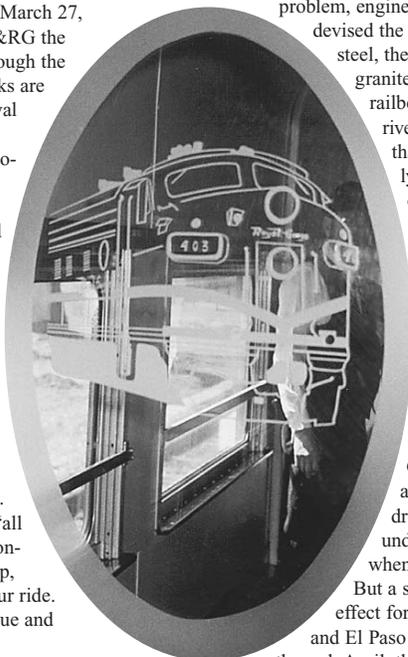


Doni Lacey punches the train ticket for passenger Elizabeth Roberts.

adults. Dinner trains run a varied schedule throughout the year. Call for dates or check the schedule online, www.royalgorgeroad.com/dinner-train.htm.

The depot’s gift shop has train-related gifts, souvenirs and books. Post cards, posters and calendars with a train theme are sold, as are Christmas ornaments, cups and T-shirts. Striped train engineer hats are in stock.

To reach Cañon City from Fort Carson, take Highway 115 south to Penrose. Just beyond Penrose take Highway 50 west to Cañon City just beyond Penrose. The Santa Fe Train Depot is located at 401 Water St. Turn left on 3rd Street. The depot is near the Dinosaur Depot. There’s ample parking near the train depot.



Coach cars on the Royal Gorge Route Railroad offer seating comfort and good views, although most passengers choose to ride in the open excursion cars.

Just the Facts

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

Get Out!

Academy theater

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

New exhibit at museum

The Denver Museum of Nature and Science has opened a new exhibit, "**Machu Picchu: Unveiling the Mystery of the Incas.**" 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.

Denver concerts

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 for a schedule.

Musicals

"**Riverdance**" is April 7 to 10, at 8 p.m. at Pikes Peak Center; call 520-SHOW for tickets.

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, 520-9090 for tickets starting at \$34.

Museum Discovery Days

The Fine Arts Center hosts a **family program, Museum Discovery Days** every Saturday at 10 a.m., 11 a.m. and noon, the program is recommended for children ages 6 to 10, but all ages are welcome. The 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, 9 a.m. to 5 p.m.

Concert

The Colorado Springs Chorale presents: **Franz Joseph Haydn's "The Creation,"** April 16 at 8 p.m. and April 17 at 2:30 p.m. Tickets are \$12 to \$30, with military discounts, call 520-7469. The concert is in the Pikes Peak Center.

Sesame Street

Sesame Street Live is at the Pikes Peak Center April 30 through May 2. Tickets begin at

\$12. There are some daytime performances. Call the box office at 520-SHOW or Ticketmaster, 520-9090. For more information, go online at www.sesamestreetlive.com.

Travel films

The World Horizons Travel Film Series in the Fine Arts Center theater is "**Maltese Welcome**," April 18 and 19. The film is at 2 p.m. and \$8 tickets are available at the door.

Country Western dance

Learn to dance country dances at The Carriage Stop, 2700 W. Robinson St., 7:30 to 9:30 p.m. April 10. Admission is \$3; call 598-8624 or 637-0769 for information.

Big Bear Day

Bear Creek Nature Center presents "**Big Bear Day**," April 24, from 9 a.m. to 1 p.m. People of all ages can enjoy interactive presentations about bears and hike the Bear Trail. Children participate in crafts, face-painting and stories. Cost is \$3 per person. The Bear Creek Nature Center is near 21st Street, call 520-6387.

Concert

The Colorado Springs Philharmonic presents a concert Saturday at 8 p.m. and Sunday at 2:30 p.m. at the Pikes Peak Center. Call 520-SHOW for tickets or information.

Family Festival Day

Kennedy Center Imagination Celebration presents "**Peter and the Wolf**" at the Pikes Peak Center, April 18 at 2:30 p.m. The event is free.



Courtesy photo

“Old Ironsides” ...

The USS Constitution's crew provides a glimpse of what sea life was like more than 200 years ago at Colorado Springs Pioneers Museum, 215 S. Tejon, Saturday from 10 a.m. to 5 p.m. The program will also be presented from 1 p.m. to 5 p.m. Sunday, and the museum will also be open that day. Sailors present hourly demonstrations of the gun deck, teach knot tying and discuss life aboard a 1797 ship. The event is free and reservations are not required.



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

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 Military Sealift Command, cancer research and the USS Croommelin. 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 (repeat). Airt at 8:30 a.m., 1:30 p.m., 8:30 p.m. and 1:30 a.m.

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

Army Healthwatch: stories on ephedra, whooping cough and echi-

nacea (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, type-written 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.