

# Mountaineer

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Visit the Fort Carson Web site at [www.carson.army.mil](http://www.carson.army.mil)

May 14, 2004

## 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 Saturday, 10 a.m. to 3 p.m. The event is to honor military members and families and is open to all. Colorado Springs Mayor Lionel Rivera will be present, and there will be live entertainment, an awards ceremony, demonstrations of military dog training teams, displays of military equipment, outdoor booths and concessions, local vendors and more.

## Army Birthday Ball

Maj. Gen. Robert Wilson and Lynn Wilson will host Fort Carson's Army Birthday Ball, the theme is "Defenders of Freedom," to celebrate the Army's 229th birthday. It is scheduled for June 12, from 5:30 p.m. to midnight, at the Phil Long Expo, 1515 Auto Mall Loop, Colorado Springs.

There will be a guest speaker and two dance bands. One dance band, an orchestra with a chorus line, will perform inside. The band performing outside is DELTA-88, and will play alternative music.

There will also be a monopoly money casino where participants can win prizes. Photographers will be available to take couples or group shots for a cost. Child-care is available through Community Youth Services. There will be a cash bar on site. Also, ticket holders can tour the Defenders of Freedom exhibit free of charge on the night of the ball.

Because of Front Range sponsorship and local business support, the cost of ball tickets was significantly reduced as a way of our community saying thank you for your service to the nation. Bus transportation will be provided from Fort Carson and World Arena; the cost per ticket is \$35.

For ticket information, call your unit point of contact.



Photo by Pfc. Clint Stein

## Always mission ready ...

Staff Sgt. Cary Monbarren demonstrates how to search a Prisoner of War on Pvt. Robert Ryan, while Sgt. Troy Brown and other trainees look on. Members of the 478th Personnel Services Battalion took a refresher course May 7 in preparation for a field training exercise this summer.



Photo by Pfc. Clint Stein

Debbie Ragone enjoys a free haircut from stylist Sarah Hutten during Military Spouse Appreciation Day.

# Military spouses get free day of pampering

by Pfc. Clint Stein  
Mountaineer staff

Tuesday was Military Spouse Appreciation Day for all military spouses at the Armed Services YMCA at Colorado Springs where spouses from the Air Force and Army were treated like royalty.

Fort Carson Army Community Services, Schreiber and Peterson Air Force Base Family Support Center as well as the ASYMCA partnered together to create this year's event once again.

Vendors from the local community as well as volunteers from surrounding military installations donated their products and services for the occasion. Everything was free, such as haircuts, make overs, massages, healthy cooking classes, fashion show, lunch and even free child-care. Spouses were also given a free gift bag at the door before they entered the gymnasium where vendors awaited their arrival.

Last year there were more than 500 spouses who attended this

event, said Noel Mitchell, Military Programs Director at the YMCA.

"We aren't expecting near that many this year, based on early registration," said Mitchell. "Last year most of the Soldiers were deployed and spouses were looking for community."

There were about 30 to 40 volunteers who helped with the function, same as last year, the only difference was, it ran much smoother this time around, said Mitchell.

See Spouses, Page 4

## INSIDE THE MOUNTAINEER

**Opinion/Editorial**  
May is Asian/Pacific Islander Month.  
Page 2

**Military**  
478th PSB prepares to head home.  
Page 5

**Community**  
Tips to avoid wildlife. Page 13

**Sports**  
Harlem Ambassadors visit post.  
Page 37

## Feature



Fort Carson's annual pet fair was held at Ironhorse park Saturday. See Page 24, 25.

## Happenings



JoyRides Family Fun Center celebrates by admitting Soldiers free through Sunday. See Page 31, 32.

## Countdown to the Army Ball

29 days until the Fort Carson's Army Birthday Ball June 12.

For ticket information, call your unit point of contact.

Post Weather hotline:

526-0096

# May marks Asian/Pacific Heritage Month

by Sgt. 1st Class Timothy J. Clausen  
43rd Area Support Group Equal  
Opportunity Advisor

*"I can tell you how much I appreciate the privilege of being able to show you just how much the United States thinks of what you have done ... You fought not only the enemy, but you fought prejudice and won."*

**President Harry S. Truman**

President Truman spoke these words as he pinned the final Presidential Citation to the colors of the 442nd Regimental Combat Team, mostly comprised of Japanese-American Soldiers, was the most highly decorated unit during World War II.

This unit, along with the 100th Battalion, was awarded 18,143 individual decorations for valor in less than two years. Before June 21, 2000, there were only nine Asian/Pacific Islanders who had received the Medal of Honor. On June 21, 2000, 21 Distinguished Service Crosses were upgraded to the Medal of Honor; 19 of these were from the 442nd. These and many other Asian/Pacific Islanders contributed significantly to the success of the

military.

Retired Maj. Gen. William Shao Chang Chen was the first Chinese-American major general in the Armed Forces. Due to the United States involvement in World War II, his American father relocated his family to Ohio. Chen was the program manager for engineering, production, testing and development of the Hercules surface to air missile, the SAM-D system and the Sergeant York.

Retired Maj. Gen. Vernon Chong commanded three Air Force medical centers and was the commander of the Texas Military Command, San Antonio. He also served as a surgeon/flight surgeon member of the Department of Defense launch site recover team for 15 space launches during the Apollo, Skylab and Apollo-Soyuz programs.

Retired Maj. Gen. John L. Fugh holds the honor of being the first Chinese — American promoted to brigadier general in military history. He was promoted in 1984. Fugh, born in Beijing, China, fled with his family to the United States after the victo-

ry of Mao Tse-tung in China. He served as the Army Judge Advocate General from 1991 to 1993. His work involved the publication of War Crimes Report, the first documentation of worldwide war crimes since World War II.

There are many other great people who are of Asian/Pacific Islander descent. To list them all would be impossible, here are a few from various categories.

**Business:** An engineer is the creator of Wang Laboratories, which makes computer monitors and calculators. Andrew Byongsoo Kim was named as a member of the All American Team for investment for 12 straight years. Named executive vice president of F. Eberstadt and company brokerage firm.

**Sports:** Michael Chang was the youngest tennis player in the world to win a grand slam tournament. Eugene Chung was the first Asian American drafted in the first round of the NFL.

**Literature and photojournalism:** Laurence Yep, author of Dragonwings and Dragon's Gate, two books named

Newberry Honor books, the highest recognition for children's literature. Huynh Chong Ut won a Pulitzer Prize for the photograph of a 9-year-old girl, Kim Phuc, running from her village after it was accidentally hit by napalm.

Have you ever wondered why May was chosen as Asian/Pacific Islanders month? May was chosen for two different reasons. The first is that the first Japanese immigrants arrived to the United States May 7, 1843.

The second reason is that the Transcontinental Railroad was completed May 10, 1869. Chinese immigrants made up more than 12,000 of the railroad workers connecting the East to the West.

Fort Carson will celebrate the Asian/Pacific Islander Ethnic Observance at the Elkhorn Conference Center Thursday, from 11:30 a.m. to 1:30 p.m. Command Sgt. Maj. Ronald Higashiyama, 478th Personnel Service Battalion, will be the guest speaker. There also will be dancers, music, a free food sampling and a fashion show.

# Wear of the IPFU must conform to regulations

Commentary by 1st Sgt. Bruce Davis  
324th Psychological Operations  
Fort Bragg, NC

Regs, regs, and more regs. It can be a rather confusing dilemma knowing what is current, where to find them, and what is applicable.

Specifically, I have noticed that the Army Physical Training uniform is often worn inappropriately and at inappropriate times and places.

Oftentimes, mobilizing units and units that use Fort Carson for training (Reserve and National Guard) are not aware of post regulations and policies and do not realize that they are required to comply. Additionally, active component Soldiers periodically become complacent, failing to review the regulations and stay abreast of changes.

The intent here is to provide some clarity to an issue that is confusing to units assigned, attached or deployed through Fort Carson, specifically, the wear and appearance of the Improved Physical Fitness Uniform and the different governing Fort Carson regulations and policies.

The IPFU is a military uniform and is subject to specific Army regulations regarding its wear and appearance. AR 670-

1 provides the basic guidelines. From that, post regulations, in this case Fort Carson Regulations, are issued to provide specific guidance while at Fort Carson. AR 670-1 also allows commanders latitude to supplement the guidelines in order to meet specific command requirements, via policy letter. At Fort Carson, it's the "Commanding General Policy File Number 1."

The IPFU will be worn in accordance with AR 670-1 with the following exceptions:

The CG Policy File Number 1 is specific regarding wear of the IPFU here. "The IPFU is a military uniform and as such will be only worn for individual or unit PT or examination at a medical clinic. The IPFU is authorized in dining facilities on PT mornings only during the breakfast meal. It may be worn to purchase gas on post immediately following PT." This should be a clear statement to all Soldiers that the IPFU is not appropriate wear in the post exchange, commissary, etc.

FC Reg 350-1, Sec. IV, para. 4-18 "Uniform," states that "The U.S. Army PT uniform will be the only PT uniform worn while conducting PT from 6:30 to 7:30 a.m." The uniform is prescribed in AR 670-1.

FC Reg 210-18, Chap. 4, para 4-3, "Dress and

Appearance," says, "While on duty, Soldiers will dress and appear in accordance with the standards of AR 670-1."

Per the CG Policy File Number 1, "No part of the IPFU is authorized with civilian attire on or off the installation." This includes the fitness facilities. "The Army and Fort Carson are judged, in part, by their outward appearances." This policy will be "applied to ensure Soldiers do not wear uniforms ... in such a way that would embarrass or reflect adversely on the U.S. Army."

AR 670-1, Chapter 14-6a, allows the mixing of IPFU parts "unless the commander has prescribed a particular combination for formation." FC 210-18, FC350-1, and the CG Policy File Number 1 are silent to the regulation, which leaves individual unit commanders to set the standard. As with other requirements of the military, uniformity is the operative word.

Wear of the IPFU on or off post, while conforming to the basic requirements of AR 670-1, has specific rules identified by local regulations and policy letters. If you are not sure what local policy may be, ask your chain of command. If you or your unit is mobilizing through or training at Fort Carson or any another Army post, request a copy of the applicable regulations and policy letters.



What is the biggest uniform violation you see on post?



"Sunglasses, the ones with the mirrored lenses."

Sgt. Donald Matthews  
HHT, 4th Sqdn.,  
3rd ACR



"I think if you have a combat patch you should wear it. People need to take pride in their work."

Spc. Kristian Furia,  
Co. C, 1st Bn., 44th ADA



"Females' hair being out of regulation."

Pfc. Chelsea Thompson  
59th Military Police Co.



"During PT no one is in the same uniform."

1st Lt. Jason Bowers  
Co. C, 1st Bn., 44th ADA

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# News

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## Army leaders condemn detainee abuse

by Joe Burlas  
Army News Service

**WASHINGTON** — The alleged detainee abuse by some 320th Military Police Battalion guards at the Abu Ghraib prison is not as widespread as some believe, according to initial findings of an investigation into that abuse, Army Chief of Staff Gen. Peter Schoomaker recently told congressmen.

Schoomaker and acting Secretary of the Army Les Brownlee joined Secretary of Defense Donald Rumsfeld and Chairman of the Joint Chiefs of Staff Gen. Richard Myers in discussing the alleged detainee abuse with members of the Senate and House Armed Services Committees during separate committee meetings Friday.

Referring to the investigation conducted in February by Maj. Gen. Antonio Taguba, deputy commanding general for Support, Coalition Forces Land Component Command, into the specifics of the alleged detainee abuse at Abu Ghraib — and to see if similar abuse may be occurring elsewhere in Iraq — Schoomaker said the Taguba Report praised three MP battalions in Iraq for doing the detainee job right with similar missions and under similar circumstances as the 320th MP Battalion.

Though not in the operational chain of command

of the MPs accused of detainee abuse, Schoomaker said he still took the incidents personally as he is responsible for providing combatant commanders trained and ready forces.

“There is no question that the potential consequences of this incident are huge, but we must not forget that they are not representative of the Army or that they are the acts of a few,” Schoomaker said.

He said the Army is taking the incident very seriously, but the system will work to punish those responsible, and the Army will learn and adapt from what it learns.

Asked if improper training of an Army Reserve unit led to the situation at Abu Ghraib, Schoomaker replied that the Army has only one standard for all units, whether they are Reserve, National Guard or active forces.

Brownlee told the committees that preliminary investigations show that the vast majority of Soldiers within U.S. Central Command are fully aware of their responsibilities to treat detainees humanely and live up to Army values.

“We will find how and why this happened, and will ensure those responsible for these shameful and illegal acts are held accountable,” Brownlee said.

The secretary listed some actions the Army has

already taken to ensure similar incidents do not occur:

- Refresher training on the Law of Land Warfare and the responsibilities of the Geneva and Hague Conventions with special emphasis on the handling of prisoners and other detainees has been given to all MP and military intelligence Soldiers who are involved with detainee operations in Iraq and Afghanistan.

- All deploying Army Reserve MI Soldiers are mobilized at Fort Huachuca, Ariz., so that they get the most current instruction on their responsibilities prior to deployment.

- Mobile MP training teams have been sent to all 10 combat training centers to ensure the detainee instruction is part of advanced individual training and other courses.

- Lessons learned from complete and ongoing investigations are being distributed to the Army's National Training Center, Fort Irwin, Calif., the Joint Readiness Training Center, Fort Polk, La., and the Combat Maneuver Training Center in Germany, so that appropriate detainee scenarios can test units in detainee operations prior to deployment.

The alleged abuse is in sharp contrast to the vast majority of Soldiers who are serving honorably and well in more than 120 countries across the globe, Brownlee said.

## Spouses

From Page 1

"The spouses are able to enjoy more of the different sections, because it's not near as crowded. This is much more relaxing."

It can be very stressful during deployments and this event provides a type of therapy, said Mitchell. "This is really one mass therapy session."

It's great to be able to walk up to any of the booths and be catered to, said Debbie Ragone, whose husband was deployed to Iraq in February. "This is wonderful, two hours focused just on you, it's great."

Ragone put all three of her children in the child-care service while she enjoyed a new haircut and a massage. "I spent \$64 on a babysitter alone the other day, not including the cost of what I spent going out to brunch," said Ragone, "I feel like I'm on vacation here and everything is free."

"This was my first time coming to a Spouse Appreciation Day, and I would definitely come back if we weren't moving this summer," Ragone said.

Although Ragone has been a military spouse for nine years, she has yet to see a Spouse Appreciation Day as extravagant as this, she said. "Noel does so many good things for military families, it doesn't surprise me this is such a success."

Military Spouse Appreciation Day is celebrated at other military installations, but the one here is so much more involved, said Mitchell.

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***"This is just another way to recognize those spouses who work just as hard but in a different way."***

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Noel Mitchell,  
program director,  
Armed Services YMCA

After this past year with all the Soldiers deployed, this is such a great way for spouses to relax, said Kim Cosley, Director of Family Support Center, Peterson Air Force Base. "It can be stressful after the Soldier returns, too."

Spouses have to be strong for their significant other so they can get the mission accomplished while deployed. Once Soldiers finally come home, they need a way to relieve the tension and stress they have been holding in this whole time, said Cosley.

These spouses are an important part of the mission, if their Soldier or Airman can't focus on the mission at hand because they are worried about their spouse back home, the mission is jeopardized, Cosley said. "This is a time they (military spouses) can finally relax and enjoy themselves."

In 1984, President Ronald Reagan recognized the amount of pressure and sacrifices military spouses deal with and designated the Friday before Mother's Day as Military Spouse Appreciation Day to show his gratitude.

People don't understand how much the military has changed over the years with deployments and spouses trying to be supportive of the mission, said Mitchell. We always see or hear about the troops who are fighting a war, but we never hear about the spouses who are standing behind them, added Mitchell.

"This is just another way to recognize those spouses who work just as hard but in a different way."



Photo by Pfc. Clint Stein

**Heidi Jackson, massage therapist, treats Rachel Mosure to a free massage at the YMCA gymnasium Tuesday morning during Military Spouse Appreciation Day. The event was hosted by the Armed Services YMCA.**

# Military

## 478th PSB nears mission complete

by **Spc. Brian Trapp**

### 14th Public Affairs Detachment

After serving Fort Carson's 14,000 Soldiers for more than a year, the roughly 120 Reservists of the 478th Personnel Services Battalion are slated to return to their civilian lives in late June.

Headquartered in Salt Lake City, activated in February 2003 and brought together the unit's detachments from Aurora and Missoula, Mont., Soldiers from the 80th Division (Institutional Training) and 108th (Institutional Training) were cross leveled to the 478th to bring the unit up to mobilization strength. The unit picked up the 502nd PSB's job when they deployed in March 2003.

"It was shaky for a month or two in the beginning but the 502nd trained us pretty well," said Warrant Officer Candidate John Dorman, acting executive officer for detachment A, from Missoula Mont.

"We're streamlined really well now

... which is good too because with the redeployment it's really hammering us; on top of all that we do retirement ceremonies, parades, funeral detail and concerts."

Since picking up PSB duties, the 478th stays busy processing and updating hundreds of files every week.

"What we do takes the Soldier's mind off of pay problems or promotions," Dorman said. "We handle their paperwork, so they don't have to worry about it on the battlefield. It would've been difficult for the post to operate if we weren't here. Without us, the Soldiers on post (virtually) wouldn't have any personnel support and records updates."

The 478th may have 120 Soldiers total, but they're spread out supporting the personnel office, security office, dining facility, casualty office, SRP site and more. There may be about 60 Soldiers taking care of records for all



Photo by Spc. Brian Trapp

**Spc. Jared Steffen, right, promotions clerk with the 478th Personnel Services Battalion, re-evaluates the promotion points for Sgt. Jessica Zanetta, left, training noncommissioned officer with Company B, 64th Forward Support Battalion.**

**See 478th, Page 10**

## Military Briefs

### Misc.

**eArmyU** — eArmyU Soldier-students returning from deployments. The Mountain Post Training and Education Center's eArmyU team is ready to assist you in continuing your online education. Contact the eArmyU office at 526-3465, 526-3971, or 526-2605 for assistance in enrolling in courses, resolving administrative issues, and checking on your status in the program.

**Warrant officer recruiting** — A Warrant Officer Recruiting Team from Headquarters, U.S. Army Recruiting Command, Fort Knox, Ky., will brief all interested Soldiers on the qualifications and application procedures in becoming U.S. Army Warrant Officers at the Grant Library, building 1528 May 24 to 27 at 9:30 a.m. and 1:30 p.m.

For more information, call Sgt. 1st Class Joseph Osborn at (502) 626-0466 or DSN 536-0466, or e-mail at [Joseph.Osborn@usarec.army.mil](mailto:Joseph.Osborn@usarec.army.mil).

**U.S. Military Academy positions available** — The U.S. Military Academy at West Point is looking for branch-qualified company grade officers and non-commissioned 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



**Boss meeting** — The post BOSS meeting, for BOSS representatives, meets the third Thursday of each month at Xtremes from 1:30 to 3:30 p.m. For information, call 524-BOSS.

<http://www.usma.army.mil/adjutantgeneral> or write to Management Operations Branch, AG Division, West Point, N.Y. 10996-1926.

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

**Special Forces briefings** — Special Forces briefings will be conducted weekly at the Grant Library. The briefing times are Wednesdays at 1:30 p.m. and Thursdays at 1:30 and 3:30 p.m.

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

**DECAM dust suppression** — Starting Monday, for three days the Directorate of Environmental Control and Management will be spraying magnesium chloride on all of Fort Carson's dirt roads to help suppress the dust. The chemical is not harmful, but will collect on vehicles as a washable residue.

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

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

### Hours of operation

**Education Center hours of operation** — The Mountain Post Training and Education Center's hours for certain programs and services are as follows:

**Counselor Support Center** — Monday through Thursday, 7:30 a.m. to 4:30 p.m. and Friday, 11 a.m. to 4:30 p.m.

**Army Learning Center and Basic Skill Classes** — Monday through Thursday, 9 a.m. to noon and 1 to 4 p.m.

**Defense Activity for Non-Tradition Education Support and Advanced Personnel Testing** — Monday through Friday, 7:30 a.m. to 4:30 p.m.

**eArmyU Testing** — Monday through Thursday, 8 a.m. to 4:30 p.m. and Friday, 8 a.m. through 4:30 p.m.

**eArmyU Office** — Monday through Thursday 7:30 a.m. to 4:30 p.m. and Friday, 11 a.m. to 4:30 p.m.

**Military Occupational Specialty Library** — Monday through Friday, 7:30 a.m. to 11:45 a.m. and 12:45 to 4:30 p.m.

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

#### Personnel Claims hours:

Mandatory briefing: Mondays and Wednesdays from 10 a.m. to 2 p.m. Submit DD 1840/1840R

#### Receive documents for filing:

Submitting completed Tuesdays and Thursdays from 9 to 11:30 a.m. Claims: 1 to 4 p.m. Closed on Friday.

If there is an emergency personnel claims issue on Friday, call Tina Kolb at 526-1352 to see if it warrants an appointment.

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

## Dining Schedule

May 7 to May 13

### Weekday Dining Facilities

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

### Weekday Meal Hours

Breakfast 5:30 to 9 a.m. (All facilities)  
5:30 to 8:30 a.m. (Cheyenne Mtn. Inn)  
Lunch 11:30 a.m. to 1 p.m.  
Dinner 4:30 to 6:30 p.m.

### Exceptions

- Patton House is closed until further notice.
- Strikers and 43rd ASG are open Saturdays and Sundays.



### Saturday, Sunday and Training Holiday Dining Facilities

3rd ACR CAV House. (building 2461)  
43rd ASG (building 1040)  
Mountaineer Inn (building 1369)  
3rd BCT Strikers Cafe (building 2061)

### Saturday, Sunday and Training Holiday Meal Hours

Breakfast 7:30 to 9:30 a.m.  
Lunch 11:30 a.m. to 1 p.m.  
Dinner 4:30 to 6:30 p.m. 3 to 5 p.m. (Cheyenne Mtn. Inn)

# Fort Carson surgical team trains for war at Miami trauma training center

by 1st Lt. Nicholas Harding  
2nd Forward Surgical Team  
43rd Area Support Group

The 2nd Forward Surgical Team of the 10th Combat Support Hospital and the 43rd Area Support Group recently trained at the U. S. Army Trauma Training Center in Miami.

The 2nd FST participated in an intense 17-day program, designed to improve the clinical skills and team work of the Army's elite FST. The ATTC collocated with the Ryder Trauma Center, which is one of three stand alone trauma centers for the United States. This is one of the busiest trauma centers in the world, receiving more than 3,600 trauma cases a year. The Army Medical Department developed this program with the University of Miami Medical School and RTC more than two years ago and has trained 25 of the Army's Forward Surgical Teams.

The FST is a 20-man team, with four surgeons and support staff, which performs far forward resusci-



Photo by Maj. Brad West

Soldiers with the 2nd Forward Surgical Team transport an injured person to an emergency room as part of training they were receiving in Miami.

See Surgical team, Page 8

## Surgical team

From Page 7

tative surgery close to the frontlines that is essential to stabilize severely injured patients so that they may be evacuated to a Level III hospital such as the 10th CSH. The FST concept is vital to saving lives on the battlefield and has saved the lives of many Soldiers during Operation Iraqi Freedom.



Courtesy photo

**Paper certificates notify medical personnel of uncrossmatched blood, which is given to trauma victims because there is no time to type match in critical situations.**

The 2nd FST deployed in support of Operation Iraqi Freedom and now faces the possibility of returning. The ATTC and its' volume of real-life trauma cases is the one location in the Army that prepares FSTs for the realities of war.

The ATTC offers a real-world setting for trauma training providing a large concentration of penetrating and blunt trauma to include gunshot wounds, stab wounds, automobile accidents and burns.

Within the first two days of arrival at the ATTC, the 2nd FST was faced with a simulated mass-casualty exercise and were forced to work as a team with little time and few supplies to save the lives of several casualties. The 2nd FST Soldiers then rotated between the Trauma Resuscitation Unit, the emergency room and the operating room during the next 10 days, helping, under the direction of the ATTC faculty, save the lives of real-life casualties and improving their team skills. In addition, the 2nd FST received the latest instruction in the techniques of trauma care from the ATTC faculty and world-renowned members of the University of Miami Medical School faculty to include Basic Disaster Life Support certification from the American College of Surgeons.

The 17-day rotation culminated in a 48-hour exercise where the 2nd FST assumed operational control of the TRU and OR testing the team's ability to accomplish the mission under demanding conditions. When asked the value of this training experience for the team one team member replied

"This training has brought us closer together as a team and has prepared us to accomplish our mission."



Courtesy photo

**Maj. Joseph Cavell, head nurse, 2nd FST, prepares a syringe with medication for administration during training.**

# Greenback

## Finance answers special leave accrual questions

**by 1st Lt. Jill Clifford  
4th Finance Battalion**

In order to provide prompt and convenient service to the Soldiers of the Mountain Post, Detachment B, 4th Finance Battalion will add an additional finance office at building 1220 for the Soldiers of 7th Infantry Division, 3rd Armored Cavalry Regiment, 10th Special Forces Group, Salt Lake and Denver Recruiting Commands and 2nd Brigade, 91st Division.

The new finance office will open for customer support May 15. The hours of operation will be Monday from 9 a.m. to 4:30 p.m. and Tuesday through Thursday from 9 a.m. to 3 p.m. For more information, call Capt. Smith at 526-6259.

Detachment C, located in building 1854, will continue to provide finance support to the 3rd Brigade Combat Team, 43rd Area Support Group (excluding Headquarters and Headquarters Company, 43rd ASG, U.S. Northern Command, U.S. Space Command, Dental Activity, Medical Activity, and 62nd Ordnance.

The finance offices will have limited staffing during Kit Carson week, June 1 to 4.

### Special Leave Accrual

Special leave accrual authorizes Soldiers to carry forward up to 90 days of leave at the end of a fiscal year (60 days normal leave carried over plus 30 days

special leave accrual). Accrued SLA must be used before the end of the third fiscal year after the fiscal year in which the qualifying service ended. For example, if qualifying service terminated September 2000 (fiscal 00), Soldiers must use leave by the end of the fiscal 2003 (Sept. 30, 2003) or lose all accrued leave more than 60 days.

The first question you need to ask yourself is if you are even eligible for special leave accrual. This may not be as clear cut as you initially thought, so here are the guidelines for eligibility:

1) Special leave accrual is authorized to Soldiers who served in an area in which he or she was entitled to hostile fire or imminent danger pay for at least 120 continuous days.

2) If a Soldier meets the above requirement, an O5 or higher commander may submit the Special Leave Accrual request through the Soldier's PAC directly to Finance.

3) Soldiers who have not served in an area in which he or she was entitled to hostile fire or imminent danger pay for at least 120 continuous days but meet all the following conditions may also qualify for special leave accrual:

- Deployed for a lengthy period, normally 60 or more days.
- Deployed to meet a contingency operation of the United States.
- Deployed to enforce national policy or an international agreement based on a national security threat.
- Prevented from using leave through the end of the fiscal year because of deployment or mission requirements.

Keep in mind that the local finance office isn't the approval authority for granting special leave accrual for the different circumstances. The U.S. Personal Command commanding general, is the approval authority for requests for special leave accrual for Soldiers who have not

served in an area in which he or she was entitled to hostile fire or imminent danger pay for at least 120 continuous days.

Requests cannot be submitted until the receipt of the October Leave and Earnings Statement. The number of SLA requested will be the "Lost Leave" block on the October LES. The Soldier's October LES must be attached to the request sent to PERSCOM. If you need the format for the request for SLA, contact 1st Lt. Jill Clifford at 526-6781.

### Hours of operation at new finance office

The new finance office will open for customer support May 15. The hours of operation will be Monday from 9 a.m. to 4:30 p.m. and Tuesday through Thursday from 9 a.m. to 3 p.m.



Photo by Pfc. Clint Stein

## Gas, gas, gas ...

Sgt. Wyatt Rockwood, personnel noncommissioned officer, dons his protective mask during chemical and biological training class May 7. The class was part of training for the 478th Personnel Services Battalion.

## 478th

From Page 5

of Fort Carson's Soldiers, said Command Sgt. Maj. Ronald Higashiyama, 478th PSB command sergeant major.

"It's a strain and it gets busy," Higashiyama said. "The (478th) Soldiers have to do the brunt of the work. They've done an excellent job for the Soldiers here. They really stepped up to the plate, and are the tip of the spear to ensure exceptional customer service to every Soldier who comes into the Personnel Management Center."

On top of their workload and deployment extension the 478th has faced some major challenges when they were starting their mission.

"Most people didn't think we'd be out for a year," said Sgt. Benjamin Sularz, Detachment B promotions noncommissioned officer in charge and a certified nurses assistant in his civilian life. "We thought we'd be home by October 2003, but here we are. I'm excited to start my life back up again and go back to school and get a regular career going again."

After switching gears to active duty, the PSB worked through some problems that seemed to come out of left field for the unit.

"About a month after being here we ran out of paper, and due to budget problems we had to make due without paper for about a week, but it seemed like a month," Dorman said.

*The (478th) Soldiers have to do the brunt of the work. They've done an excellent job for the Soldiers here. They really stepped up to the plate, and are the tip of the spear to ensure exceptional customer service to every Soldier who comes into the Personnel Management Center*

Command Sgt. Maj. Ronald Higashiyama, 478th PSB command sergeant major.

"We brought enough paper to support just ourselves, but when we got here we found out the 502nd took their supplies with them," said Higashiyama. "We didn't bring enough to support the whole mission but we worked at it and it was just a matter of getting our needs up the chain."

When they first arrived at Fort Carson they were sleeping head-to-toe on cots in a hallway and moved at least four times since then Dorman said, "Getting moved around like that is just something a Reserve unit faces when they deploy to an active duty post."

After more than a year away from their civilian lives, the 478th is eagerly waiting to return home.

"I'm glad we came and did a good job and helped the Soldiers," Sularz said.

# Community

## Tips to avoid dangerous wildlife encounters around Fort Carson

by Directorate of Environmental Compliance and Management

With warmer weather approaching, so is the concern about wildlife encounters. All wildlife species on Fort Carson are protected, however, many species may be legally hunted during state-approved seasons with proper licensing, permitting and by proper means.

Most of the wildlife species on the installation are rather harmless, but the best policy is to never approach any wildlife.

The following is information about specific species that sometimes come on the installation and might prove dangerous under certain circumstances.

### Black bears

Bears should be viewed from a distance and should never be approached. Food and trash around buildings and homes should be cleaned up daily. Pet food and pets should be brought inside at night. People should learn more about bears, their behavior and how to protect themselves to stay safe.

**Size** — Adults will reach 400 to 500 pounds and a standing height of 6 feet.

**Coloration** — May be black, brown, cinnamon or a variation of those colors.

**Habitat** — Prefer wooded and open natural areas.

**Diet** — Prefer to eat nuts, berries, tubers, insects, small mammals and meat (often dead animals).

**Disposition** — Normally found alone (although sows and cubs are often together) and reclusive, but can become very aggressive.

**Problems associated** — Bears are being displaced from their natural environment, due to encroachment of people and construction. As a result, bears attempt to find food sources that require little effort. Residential areas and areas frequented by humans then become a viable opportunity. This process results in bear/human interactions and a potential for conflict.

### Mountain lions

Lions should be viewed from a distance and never approached. Pets and pet food should be brought indoors at night. It is in the best interest of everyone to learn more about lions because of how potentially dangerous an encounter with one can be.

**Size** — Adults will reach a body length of up to 5 feet, with a 3-foot tail, and will weigh up to 200 pounds.

**Coloration** — Tan to brownish.

**Habitat** — In or near mountains and forests.

**Diet** — Feeds on live animals (wild or domestic).

**Disposition** — Very secretive, reclusive and rarely seen.

**Problems associated** — Mountain lions may become problematic concerning domestic animals (such as cattle and pets). May also become a threat to humans.

### Coyotes

Coyotes are a remarkable species and experts at adaptability. They are easily viewed from a distance, but should never be approached. Coyotes may become aggressive, especially when in packs. There



Courtesy photo

Mountain lions, along with all other wildlife, should never be approached. See the related story for tips on dealing with the local wildlife.

have been cases of adults and children getting mauled by coyotes — sometimes resulting in death.

**Size** — Adults will range up to about 3 feet in body length with an 18-inch tail and weigh about 50 pounds.

**Coloration** — Mottled grayish fur in winter and mottled brownish fur in summer.

**Habitat** — Prairies, grasslands, wooded areas and brush — covered areas.

**Diet** — Feeds on small mammals and will kill larger animals when the opportunity is present. Coyotes also will feed on a variety of meat or vegetable sources.

**Disposition** — Shy and elusive for the most part, however, may become bold as it acclimates to human surroundings.

**Problems associated** — Coyotes are displaced by human encroachment and adapt quickly to new surroundings. As a result, they frequent residential areas and may become problematic over pets, pet food and trash. Coyotes should not be trusted and may become aggressive when provoked.

### Raccoons

Residential areas must be kept clean and free from trash or waste food. Trash container lids need to be locked or kept inside so that raccoons cannot get inside. Due to their potential to transmit disease, no one should attempt to feed or get near raccoons.

**Size** — Adults will reach about 30 inches of body size with a 12-inch tail and may weigh up to 40 pounds.

**Coloration** — Mixed black and white/gray overall color, with a black mask over eyes and a striped tail.

**Habitat** — Streams, wooded areas and some-

times in residential areas.

**Diet** — Omnivorous feeders, which means they will eat about anything.

**Disposition** — Usually seclusive and nocturnal. Raccoons will become very aggressive when provoked or frightened.

**Problems associated** — Raccoons often are found living in attics, etc. and can become problematic with trash containers. Raccoons sometimes carry disease such as rabies and can transmit the disease through a bite or scratch.

### Prairie rattlesnakes

Rattlesnakes should be considered allies because they prey on rodents and small mammals that could cause humans disease. However, they deserve a great deal of respect because of their ability to transfer poison into a bite that can potentially lead to death. People should learn more about snakes in general and how to protect themselves and stay safe.

**Size** — Adults will reach 5 feet in length.

**Coloration** — Greenish/brownish background color with dark brown or black — blotched bands across back.

**Habitat** — Prefers brushy, grassy open areas, rocky ground or rock outcroppings.

**Diet** — Small mammals

**Disposition** — Elusive and secretive. May become very aggressive when encroached upon or provoked.

**Problems associated** — Venom injected into bites may lead to death if not treated properly and speedily. Rattlesnakes are often hard to see and may strike without warning.

One of the main things to remember is never feed wildlife. Feeding the rabbits and foxes commonly found on Fort Carson can draw larger, more dangerous animals to the area that feed on these smaller prey.

Call the Fort Carson Wildlife Office at 576-8074 for more information.

# Drug paraphernalia illegal on post

## *Both Soldiers, civilians subject to punishment*

by Pfc. Clint Stein  
Mountaineer staff

What are they thinking?

Civilians as well as Soldiers are being caught with drug paraphernalia at Fort Carson.

The majority of people being caught with drug paraphernalia are civilians, said investigator Christopher Kellenberger noncommissioned officer in charge of the Drug Suppressive Team, Criminal Investigations Division.

"Most of the civilians being caught aren't government employees," said Kellenberger, "but the friends or family members of a Soldier stationed here."

Most cases of paraphernalia or contraband are taking place at the gates of Fort Carson, said Kellenberger. "They're either not thinking or don't care when they come to the gates and end up having something illegal on them when their vehicle is searched."

Without proper identification or a post permit, any vehicle is subject to inspection.

If a civilian is caught with drug paraphernalia in his vehicle, the gate guards will lock down the vehicle and notify either the military police or the military police investigators. Once the MPIs arrive, the vehicle becomes a crime scene. If there are no drugs found on the civilian or in his vehicle, the person is issued a ticket for possession of paraphernalia and let go, said Kellenberger.

The ticket is sent to Texas where a court date will be arranged for the individual in Colorado Springs, added Kellenberger.

If the person caught with drug paraphernalia is a Soldier, the consequences could be worse.

The first time a Soldier is caught with paraphernalia it's a normal field grade Article 15. After the first time, the punishment can range from a field grade Article 15 to a court martial,

said Kellenberger.

Each company handles punishments differently, but the CID always notifies the Soldier's commander of the incident.

The Soldier may not be singled out for a urinalysis, but the commander could decide on a companywide urinalysis in order to find any drug users.

If Soldiers are wondering where it states in the Uniform Code of Military Justice they may not possess drug paraphernalia, it's under article 92, failure to obey general order. Drug paraphernalia is considered contraband, said Kellenberger.

Although the majority of drug paraphernalia is being found at the gates of Fort Carson, military police are also finding it during routine traffic stops.

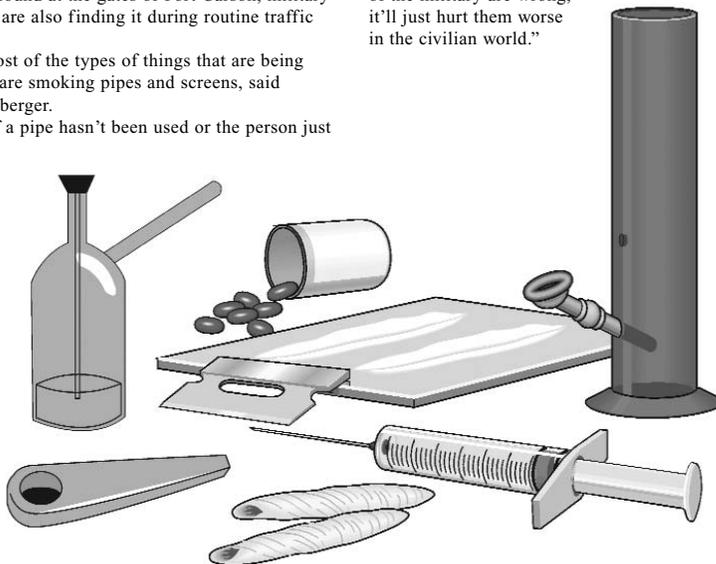
Most of the types of things that are being found are smoking pipes and screens, said Kellenberger.

"If a pipe hasn't been used or the person just

has rolling papers, that isn't considered contraband. If the pipe has been used and it looks like a pipe used for marijuana, then that is considered paraphernalia." Marijuana pipes are different than tobacco pipes, they're usually made of glass, said Kellenberger.

The MPs will confiscate all paraphernalia they find and turn it over to the CID. If a CID case is opened on an individual for investigation and drugs are found, it will remain on his record for at least 40 years, said Kellenberger. This will make things very difficult to get a job once out of the military, added Kellenberger.

"Soldiers that think drugs are a good way out of the military are wrong, it'll just hurt them worse in the civilian world."



# Community Briefs

## Miscellaneous

**Bulk trash pickup change** — In order to help maintain a refreshing curb appeal, we are dropping bulk pickup to one time per week. As of May 7, bulk pickup is scheduled every Friday only. Please place items to be picked up at the curb in front of your home first thing Friday morning. Bulk pickup begins at 7 a.m., and continues until all items are picked up. In order to help us keep the curb looking sharp, please help us by not storing items outside, other than Friday morning for bulk pick up. We thank you in advance for helping make our community a better place to call home.

**CID seeking information** — The CID office is seeking information leading to the apprehension and conviction of the person responsible for the wrongful damage of private property and larceny of private property.

Between April 21 and 22, unknown persons broke into a 2001 Honda Civic, and stole the stereo system and several hundred compact music discs. The vehicle was located in the parking lot adjacent to building 1954 on Fort Carson.

If anyone has any information about the larceny, contact Special Agent Jason Dailey at 524-1086 or the military police at 526-2333. Reference: case number 0169-04-CID056-76127

**Voting information** — For voting information or voting materials, see your unit's Voting Assistance Officer or contact the Fort Carson Voting Assistance Officer at 526-8419. You can also find voting information by going to the Federal Voting Web site at [www.fvap.gov](http://www.fvap.gov) or the Fort Carson Web site at [www.carson.army.mil](http://www.carson.army.mil), click on links.

**NSPS briefings** — Briefings on the new National Security Personnel System will be held at Fort Carson from Monday to Friday. NSPS is scheduled to replace the current Department of Defense personnel management system and will change how civilian employees are hired, assigned, rewarded, advanced and removed.

A town hall meeting, open to all civilian employees, will be held Wednesday 11 a.m. to 1 p.m. at the Elkhorn Conference Center.

For more information on times and locations, call the local American Federation of Government Employees office at 526-0776.

**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.

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.

**Commissary news** — A commissary customer newsletter is now being delivered through e-mail. Shoppers can sign up for it now at [www.commissaries.com](http://www.commissaries.com). The newsletter will keep customers informed about sales and promotional offers — even offering links to manufacturer and vendor sites where they can enter shopping sprees and contests.

Also, the Fort Carson Commissary will be closed May 31 in observance of Memorial Day. Regular hours will resume June 1.

**40 Days of Purpose Campaign** — The Protestant Service at Soldiers' Memorial Chapel will host a spiritual campaign through 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.

**Soldier Readiness Processing site** — The Fort Carson Soldier Readiness Processing site will close at 12:30 p.m. May 21. The Identification Card/Defense Eligibility Enrollment Reporting System will also be closed. In case of an emergency, Peterson Air Force Base will issue identification cards. For more information, contact Mary Foster at 524-3704.

**Yard Sale** — The annual Fort Carson Mayors' yard sales are twice a month on the first and third Saturday of the month between 8 a.m. and 3 p.m.; dates are Saturday, 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 own 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 or 526-1049.

**Federal Employee Health Benefits** — The next Federal Employee Health Benefits Service Day will be held Wednesday, 8 to 9:30 a.m. in classroom B of the Directorate of Information Management Building. Representatives from Blue Cross/Shield, Mail Handlers, Kaiser and GEHA will be there to meet with employees already enrolled in the FEHB program to answer questions. It is not open season; this is just an opportunity to ask questions of representatives. For more information, contact Michele Magrini at 526-8334.

**Saluting veterans** — Colorado will celebrate the long-awaited formal dedication of the World War II Memorial in Washington D.C. May 29 from 9 to 10 a.m. at the Colorado Veteran's Monument at Lincoln and Colfax in Denver. Afterward, Denver will hold its annual Memorial Day Parade, and then there will be a tribute to veterans from 11 a.m. to 1:30 p.m. The event is free and open to everyone.

**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 Saturday, 10 a.m. to 3 p.m. The event is to honor military members and families and is open to all. Colorado Springs Mayor Lionel Rivera will be present, and there will be live entertainment, an awards ceremony, demonstrations of military dog training teams, displays of military equipment, outdoor booths and concessions, local vendors and more.

## 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,



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

63 YEARS OF HELPING THE  
ARMY TAKE CARE OF ITS OWN...

ARMY EMERGENCY RELIEF (AER)

# CAMPAIGN

Over the past year, Fort Carson has provided an estimated \$400,000 of aid to it's Soldiers, Retirees and Family Members.



## Support AER

Call CPT Lobrecht at  
526-0450 or contact your  
unit representative.

SHOW YOUR SUPPORT!

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.

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

**Enhanced 911 Survey** — The Directorate of Information Management will be conducting building-by-building telephone survey starting the week of June 1 in support of the E-911 implementation. The Fort Carson E-911 system will use government administrative telephones, identified by prefixes 524 and 526, to provide emergency response coordinated through the fire department.

Several survey teams will visit buildings to verify telephone numbers, unit identification, room, floor, building and address. Team members will be wearing hats and vests identifying them as 911 survey team members. Facility managers and telephone control officers will be contacted for assistance in this survey process. For information on E-911 service on non-government telephones, contact the service provider (i.e. Sprint, Qwest, Nextel).

## Claims against the estate

**Claims against the estate** — With deepest regrets to the family of Chief Warrant Officer William Howell, deceased. Anyone having claims against or indebtedness to his estate should contact Chief Warrant Officer David Bishop at 524-1569.

**Claims against the estate** — With deepest regrets to the family of Master Sgt. Richard L. Ferguson, deceased. Anyone having claims or indebtedness of his estate should contact Chief Warrant Officer John Dowling at 524-3277.

**Claims against the estate** — With deepest regrets to the family of Pvt. Nicholas James Parisi, deceased. Anyone having claims or indebtedness of his estate should contact 2nd Lt. Bradley Rudy at 526-6960 or (845) 216-3026.

## Chaplain's Corner

# Vacation Bible School open to all

## Summer program not only for children of chapel-goers

**Commentary by Dennis R. Scheck**  
**Director of Religious Education**

You won't want to miss Vacation Bible School 2004.

The Fort Carson religious support mission has a diversity of expressions for family readiness and spiritual growth. Chaplains and chapel congregations offer a wide range of opportunities for Soldiers and their families. Each summer the chapel community mobilizes to offer a wonderful program called Vacation Bible School for the children of Fort Carson.

Some families have never experienced Vacation Bible School. You may even have wondered if your child would feel welcome at the chapel Vacation Bible School. Common questions are: What really does happen on those five mornings? Is there a chance my child might be embarrassed? Who else is involved in the program? Isn't Vacation Bible School only for "chapel folks?" Why would I want to send my children to Vacation Bible School? What does it cost?

To be sure, not all Army Vacation Bible School programs are alike. The Fort Carson Vacation Bible School may be different than you have experienced on other installations. Chaplains have conducted a summer Vacation

Bible School throughout the history of Fort Carson. For the past 25 years, the program has been sponsored by the Fort Carson Protestant and Catholic chapel families. Any child on Fort Carson who would like to attend is invited. There are some age and space limitations, unfortunately, and registration may be cut off when limits are met.

Vacation Bible School is a Christian program, but any child may attend. Vacation Bible School is an active and fun exploration into the messages and stories of the Bible. The children participate in songs, games, crafts, drama and Bible stories presented in many media.

There is no charge to attend Vacation Bible School, but children must be properly pre-registered and parents must have a detailed plan for picking up the children at the end of each morning. Parents are always welcome to attend and see what the children are doing. Many opportunities for adults to volunteer are also offered.

Predominantly, volunteers lead Vacation Bible School. All volunteers are supervised by paid, professional religious educators. Adult and high school youth participate as group leaders. For the past seven years children have been arranged in mixed age groups led by a high school youth or

adults. These groups rotate through adult led learning centers. Preschoolers have a separate program designed just for them.

Every effort is made to make your child feel comfortable and part of the group. It is meant to be a fun experience. Almost all children who have attended school fit immediately into the active Vacation Bible School process. Occasionally, a child will find the newness or pace of the program too much for them. In that case, parents are called, and asked to help us determine if the child should stay for the entire week. The goal is simply to share the love of Jesus with the children of Fort Carson.

Your summer is going to be filled with fun activities for your children. Vacation Bible School is an opportunity to give your children an experience with the Bible that they will be talking about all year long.

Vacation Bible School 2004 — Lava Lava Island will be conducted June 14 to 18 at Soldiers' Memorial Chapel, 9 a.m. to noon. Registration is on going at Soldiers' Memorial Chapel, building 1500. Registrations are not accepted by telephone or e-mail. Please direct your questions to the Fort Carson Directors of Religious Education at 526-5626 or 524-2458.

### Chapel briefs

**Native American service** — The He Ska Akicita Inipi, is located on Fort Carson. All native and non-native people, military personnel, family members, and Department of Defense personnel are welcome. Anyone interested in attending and praying in this manner can contact Michael Dunning at 382-5331, 330-

9537, or e-mail at [michael.dunning@carson.army.mil](mailto:michael.dunning@carson.army.mil), or Charles Erwin at 382-8177, e-mail at [erwin106@juno.com](mailto:erwin106@juno.com), or Zoe Goodblanket at 442-0929 for more information and directions.

**Youth of the Chapel** — Activities for Protestant and Catholic Middle School and High School

youth take place each Tuesday evenings at 6:30 p.m. at Soldiers' Memorial Chapel. Protestant High School activities include Bible Studies Sundays at 9:30 a.m. and Tuesdays at 6:30 p.m. at Soldiers' Memorial Chapel. Catholic youth classes meet at 10:45 a.m. Sundays at Soldiers' Memorial Chapel.



## Chapel

## Fort Carson National Prayer Breakfast

— May 26 from 7 to 8 a.m. at the Sheraton Hotel, 2886 S. Circle Drive. Tickets are available through your unit command sergeant major beginning in May.

**Vacation Bible School** — Registration will begin May for the Fort Carson Summer Vacation Bible School, Lava Lava Island, which will be conducted June 14 to 18, 9 a.m. to noon daily at Soldiers' Memorial Chapel. Registration may be completed at Soldiers' Memorial Chapel during normal duty hours and on Sunday mornings. Spaces are limited so register early.

**Youth of the Chapel** — Activities for Protestant and Catholic Middle School and High School Youth take place each Tuesday evenings at 6:30 p.m. at Soldiers' Memorial Chapel. Protestant High School activities include Bible studies on Sunday, 9:30 a.m. and Tuesday 6:30 p.m. at Soldiers' Memorial Chapel. Catholic youth classes meet at 10:45 a.m. on Sunday, Soldiers' Memorial Chapel.

**Employment opportunity** — The Fort Carson Command Chaplain's Office is seeking a musician (pianist) for the Ethnic Protestant (Gospel) Service at Prussman Chapel, 11 a.m., Sundays. This is a temporary bidding one-year contract that for fiscal year 2004 will end Sept. 30 and will rebid for the new fiscal year 2005. Point of contact for more information is Margaret Wright, Fort Carson Director of Contracting at 526-3841.

Chapel Schedule					
ROMAN CATHOLIC					
Day	Time	Service	Chapel	Location	Contact Person
M-W-F	noon	Mass	Healer	Evans Army Hospital	Fr. Battiato/649-5260
Tues., Wed., Thurs.	noon	Mass	Soldiers'	Nelson & Martinez	Chap. Patton/526-5769
Saturday	5 p.m.	Mass	Soldiers'	Nelson & Martinez	Chap. Patton/526-5769
Sunday	8 a.m.	Mass	Prussman	Barkeley & Prussman	Chap. Patton/526-5769
Sunday	9:30 a.m.	Mass	Soldiers'	Nelson & Martinez	Chap. Patton/526-5769
Sunday	10:45 a.m.	CRE	Soldiers'	Nelson & Martinez	Pat Treacy/526-5744
Sunday	11 a.m.	Mass	Healer	Evans Army Hospital	Fr. Battiato/649-5260
Sunday	12:15 p.m.	Mass	Provider	Barkeley & Ellis	Chap. Patton/526-5769
Tuesday	6:30 p.m.	RCIA	Soldiers'	Nelson & Martinez	Pat Treacy/526-5744
Saturday	4 p.m.	Reconciliation	Soldiers'	Nelson & Martinez	Chap. Patton/526-5769
PROTESTANT					
Sunday	9 a.m.	Protestant	Healer	Evans Army Hospital	Chap. Kincaid/526-7387
Sunday	9 a.m.	Protestant	Provider	Barkeley & Ellis	Chap. Borden/526-3711
Sunday	11 a.m.	Protestant	Soldiers'	Nelson & Martinez	Chap. Kennedy/526-8011
Sunday	11 a.m.	Prot./Gospel	Prussman	Barkeley & Prussman	Chap. Byrd/526-2811
Sunday	9:30 a.m.	Sun. School	Prussman	Barkeley & Prussman	Chap. Byrd/526-2811
Sunday	9:30 a.m.	Sun. School	Soldiers'	Nelson & Martinez	Dr. Scheck/526-5626
Tuesday	9 a.m.	PWOC	Soldiers'	Nelson & Martinez	Chap. Kennedy/526-8011
Sunday	11 a.m.	Contemporary	Veterans'	Magrath & Titus	Chap. Ellison/526-8890
Sunday	6 p.m.	PYOC	Soldiers'	Nelson & Martinez	Chap. Kennedy/526-8011
Friday	noon	Prayer	Soldiers'	Nelson & Martinez	Ms. Scheck/524-1166
LITURGICAL					
Sunday	10:45 a.m.	Lutheran	Provider	Barkeley & Ellis	Chap. Lloyd/526-3888
JEWISH					
For information and a schedule of Jewish Sabbath services, call the U.S. Air Force Academy Cadet Chapel at 333-2636.					
WICCA					
Monday	6:30 p.m.		Family University	Building 1161	Melissa Dalugdug/330-7873
MORMON					
Sunday	2 p.m.	LDS	Provider	Barkeley & Ellis	Chap. Jones/526-3718
NATIVE AMERICAN SWEATLODGE					
Native American Sweatlodge ceremonies (He Ska Akicita Inipi) are offered to military 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 133 & John 1-2

**Saturday** — Psalms 134 & John 3-4

**Sunday** — Psalms 135 & John 5-6

**Monday** — Psalms 136 & John 7-8

**Tuesday** — Psalms 137 & John 9-10

**Wednesday** — Psalms 138 & John 11-12

**Thursday** — Psalms 139 & John 13-14

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 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 Army National Guard 116th Cavalry Brigade, a Separate Enhanced Brigade, headquartered in Boise, Idaho, mobilized in support of Operation Iraqi Freedom.

Army: For the physicians serving in the Medical Corps and their ongoing work in medical research and care for the health needs of soldiers and family members around the

world.

State: For the soldiers and families from the U.S. Virgin Islands. Pray also for Gov. Charles Wesley Turnbull, the legislators and municipal officials.

Nation: For the Secretary of Agriculture, the Honorable Ann Veneman. Pray for this agency as it works to enhance the quality of life for the American people and in its support of agriculture and our nation's farming industry.

Religious: For all Soldiers and families from The American Muslim Council. Pray also for all chaplains endorsed to serve on behalf of 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](http://www.usarmychaplain.com).

# Evans Army Community Hospital salutes nurses

by **Spc. Jon Wiley**  
**Mountaineer staff**

Fort Carson's Evans Army Community Hospital saluted nurses, nurses assistants and Soldier medics this week in celebration of National Nurses Week, which began May 6 and ended Wednesday.

National Nurses Week is an annual event organized to honor the 2.7 million nurses who work in the United States and to raise the awareness of the role they play in meeting the health needs of the American people.

Nurses here at Fort Carson provide a wide range of vital services, from caring for newborn infants and the elderly, to tending to the needs of Soldiers who have returned from combat in Iraq. In terms of the Army's values, nurses stand out as exemplary models of selfless service.

2nd Lt. Cara Beattie, a registered nurse who works at EACH and also the youngest commissioned officer on staff, said she became an Army nurse to fulfill a strong desire to serve others.

"Army nursing is rewarding for me because not only do I get to help humanity, I get to serve my country at the same time," she said.

For Beattie, being a nurse is much more than a career.

"When you're a nurse, every

patient touches you in some way. At night, when I go to bed, I'm not thinking about my kids, I'm not thinking about my husband, I'm worried about that little old woman in ICU, or I'm worried about that child, or that lab result and how it came back," she said.

Some nurses have patients who impact them for the rest of their lives.

Kelly Kinoff, a licensed practitioner nurse at EACH, said he will never forget a man he took care of in Oklahoma who turned down a lung for a transplant operation even though he had a terminal lung disease.

"He was older, and he felt the healthy lung would do someone younger more good, so he turned it down even though he knew his decision would kill him," Kinoff said.

As nurses often are, he was the one who had to help ease the pain of the patient's family.

As emotionally draining as the role of comforter can be, Beattie said that the desire to play it is what drives nurses — and for nurses in the Army, it's the desire to play it for Soldiers who fall in combat, she said.

"I think every nurse in the Army to a certain extent, wants to be on that line (in combat), wants to help the Soldier, wants to release some sort of pain, be it emotional or physical, wants to help



Photo by Spc. Jon Wiley

**Deborah Barnett, a registered nurse at Fort Carson's Evans Army Community Hospital, takes a patient's blood pressure.**

those people who are fighting," said Beattie.

1st Lt. DeAnn Minica, a RN at EACH, served on that line for seven months. She deployed to Iraq March 31, 2003, with the 10th Combat Support Hospital and worked with them and the 28th CASH until returning to the states Oct. 31.

As an Army nurse, she was perhaps the closest a woman can get to combat. What she brought to the war zone was a

touch of compassion and sanity.

"When Soldiers came in hurt or just crazy, we provided stability — we let them know they're being cared for and they would be ok," she said.

While Minica took care of Soldiers in combat, Sharon Nanney looked after family members back home, as she has done for more than 30 years as a nurse in EACH's maternity ward.

# Protect your skin from sun's harmful rays

## Courtesy Evans Army Community Hospital

The American Cancer Society recommends a monthly skin self-exam. Your routine health exam should include a skin examination for cancer.

### How to examine your skin

Get familiar with your skin and your own pattern of moles, freckles, blemishes and birthmarks. Check your skin monthly, and be alert to changes in the number, size, shape or color of spots on your skin or sores that do not heal. The best time to do this simple exam is after a bath or shower.

Use a full-length and a hand mirror so you can check your skin from head to toe, noting anything new. Face the mirror: Check your face, ears, neck, chest and belly. Check both sides of your arms and the tops and palms of your hands. Sit down: Check the front of your thighs, shins, tops of your feet and in between your toes. Now look at the bottom of your feet, your calves and the backs of your thighs — first one leg, then the other. (You will need a hand mirror for the backs of your thighs.) Stand Up: Use the hand mirror to check the buttocks, lower back, upper back and the back of the neck. (It may be helpful to look at your back in a wall mirror by using a hand mirror.) If you do the exam regularly, you will know what is normal for you and can feel confident.

Remember the warning signs and check with your health care professional or dermatologist if you find something. The most common skin cancers — basal cell and squamous cell — often take the form of a pale,

wax-like, pearly nodule, a red scaly, sharply outlined patch, or a sore that does not heal. Another form of skin cancer — melanoma — often starts as a small, mole-like growth.

### Rule for early detection of melanoma

Almost everyone has moles. The vast majority of moles are perfectly harmless. A change in a mole's appearance is a sign that you should see your doctor. Here's the simple ABCD rule to help you remember the important signs of melanoma and other skin cancers: A is for asymmetry: One-half of a mole or birthmark does not match the other. B is for border: The edges are irregular, ragged, notched or blurred. C is for color: The color is not the same all over, but may have differing shades of brown or black, sometimes with patches of red, white or blue. D is for diameter: The area is larger than 6 millimeters (about one-fourth inch — the size of a pencil eraser) or is growing larger. Other important signs of melanoma include changes in size, shape or color of a mole or the appearance of a new spot. Some melanomas do not fit the ABCD rule described above, so it is particularly important for you to be aware of changes in skin lesions or a new skin lesion.

Other warning signs are: a sore that does not heal; a new growth; spread of pigment from the border of a spot to surrounding skin; redness or a new swelling beyond the border; change in sensation — itchiness, tenderness, or pain; change in the surface of a mole — scalliness, oozing, bleeding or the appearance of a bump or nodule.

# Security remains priority on Carson

## By Spc. Zach Mott Mountaineer staff

"Security is everyone's business," said Jim Maline, Fort Carson information security officer.

In an age of instant information, protecting sensitive material has become increasingly more important. Whether it's through computers, personal contact or documents, sensitive information in the wrong hands can be a costly error for the enemy.

Recent public disclosure of sensitive information has caused the Department of the Army's G-2 to issue a security awareness alert. Soldiers and other Army-affiliated personnel will adhere to previously established Army policy for the dissemination, transmission and release of classified information, according to the Office of the Deputy Chief of Staff, G-2.

"If they have a question they should always go to their security manager or their chain of command and they can report it," Maline said.

Army personnel are reminded that if they discuss sensitive information to use the proper channels for that information.

"It's an issue, it's something

we all need to be aware of all the time," Maline said. "Make sure we always use the proper channels to send whatever level of information that we're sending over the computer. If it's for official use only we need to make sure we mark it accordingly."

In addition to computer security, those who handle classified material need to ensure they process the information correctly.

"If it's classified information it needs to be safeguarded at all times or else locked in a GSA-approved security container," Maline said. "It has to be stored properly; it has to be destroyed properly. If you download things onto a CD or onto a floppy or any other electronic media, there are ways to properly destroy that information."

He said the Installation Security Office has the means to destroy those items.

When it comes to sensitive information, discretion is always the better part of valor.

"Make sure you pay attention to (security); practice good (Operational Security)," Maline said. "It's to your advantage. It could save your buddy's life or those in your unit."

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# Students 'DARE' to say no to drugs

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by Pfc. Clint Stein  
Mountaineer staff

The fifth-grade class at Fort Carson's Abrams Elementary School graduated from the Drug Abuse Resistance Education program May 7.

The DARE program is an educational program to help children learn how to say "no" to drugs and violence, said Sgt. Heather Clawson, 148th Military Police Detachment and DARE officer. The children completed 17 weeks of DARE lessons ranging from the consequences of using drugs, to the dangers of being involved in gangs.

"This program does more than teach kids to say 'no,' it helps them to identify sources of peer pressure leading to drugs, alcohol, violence and gangs and how to say 'yes' to the rest of their

lives," Clawson said.

These fifth graders will be attending middle school next year, and the peer pressure to be cool and act older is high there, added Clawson.

Each DARE lesson was taught once a week on Mondays and for the final lesson the students made a promise. The children were instructed to write an essay making a promise to say no to drugs.

In the essay, the fifth graders wrote about how to keep a good support system, pick good friends, make good decisions and most importantly how they will keep their promise, said Clawson.

Afterward, one student from each of the three fifth-grade classes was chosen by DARE officers based on their essay and promise. Each class also had a run-

ner up as well as a student DARE officers thought motivated the class the most during the lessons.

The winner of the essay contest in Karen McKinney's class was Zach Robison.

"Zach gives everything his all, but this meant a lot to him," said Pam Robison, Zach's mother.

Even though there doesn't seem to be a drug problem at Fort Carson middle schools, that's about the age children start feeling the peer pressure to fit in and try new things, said Robison.

"This is such an important program before junior high; education helps build confidence."

After the winners read their essays and the students graduated, they were able to enjoy refreshments and cake with

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*"The best way to combat drugs and violence is to stop it before it starts and that's the DARE mission."*

Sgt. Heather Clawson, 148th  
Military Police Detachment and DARE  
officer

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DARE officers in the school cafeteria.

These children joined about 36 million others in 50 states and 54 countries who will also graduate from DARE this year, said Clawson.

"The best way to combat drugs and violence is to stop it before it starts," she said, "and that's the DARE mission."

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*Reunion blues ...*

# ACS offers families helpful alternatives

by **Spc. Zach Mott**  
Mountaineer staff

Thousands of Fort Carson Soldiers are back in the friendly surroundings of the Rocky Mountains. Many have returned to families, friends and loved ones and as the excitement of being home begins to wear off, the reality of day-to-day life begins to set in.

Army Community Service offers many classes and services to help Soldiers and their families ease back into life together.

"We're exposing the Soldiers and their spouses to (different) types of ideas, then if they want to come to other classes later, they can," said Jeanne Koss, Soldier Family Readiness Program manager.

Both the 3rd Brigade Combat Team and 3rd Armored Cavalry Regiment have set up training programs through ACS to inform Soldiers about pitfalls that they may encounter.

"(Fort) a lot of families it's just tough being apart," Koss said. "There are things that cause stress with a couple, and what we say to those couples is to hang in there and try and get some help."

Included in this training is an abbreviated prevention, relationship enhancement program. Koss explained that the class is a way for couples to talk about the different styles of communication that men and women use. Couples also learn effective strategies to communicate.

Although this is a shortened session, Koss said

she believes this is still an effective introduction to Soldiers and their family members.

"What they're trying to do is to cover the whole gamut of issues that Soldiers and families may be needing a little booster shot with," she said.

Couples in need of more services will be referred to Social Work Services at Evans Army Community Hospital for counseling. However, if they are booked at Social Work Services, Koss said the Army One Source, available at [armyone-source.com](http://armyone-source.com), is also an option.

In addition to marriage guidance, ACS also instructs troops about financial responsibility, new parenting and many other redeployment issues.

"We've been trying to encourage any of these Soldiers (who) return (who) had babies while they were gone, or babies (who) were born just before they left and they haven't seen them for a year to come to our boot camp for new dads," Koss said.

This course is offered three consecutive Wednesdays during the lunch hour. ACS provides the meal and the instruction is free.

"We are more than happy to do a personalized boot camp for any unit that wants to do it, for any battalion that wants to do it," Koss said. "We make it OK to be nurturing dads and for them to be able to laugh at each other about learning how to adjust to being a dad."

Following the scheduled block leave for return-

## ACS classes, service

- Stress Management — offered through the Fort Carson Wellness Center
- Money Matters
- Prevention, Relationship Enhancement Program
- Boot Camp for Dads
- New Parent Home Visit
- Army Family Team Building
- Respite care
- Counseling

To sign up or for more information about these classes, call 526-4727.

ing Soldiers, those left at home might feel the strain of taking care of the children all day. ACS offers a new parent support home visit to ease that stress.

"This is to take the place of what an extended family would be if you lived in your hometown," Koss said.

If there are other classes not offered by ACS, the staff will make every effort to accommodate a Soldier.

"If they want a class, or if they have questions about what might be available, they can call us and we can see what we can customize for them," Koss said.



Photo by Spc. Jon Wiley

## Day of Prayer ...

**Chief Warrant Officer Dwight Wimper, Headquarters and Headquarters Company, 7th Infantry Division, delivers a prayer at Soldiers' Memorial Chapel May 6. The prayer was one of several given by Fort Carson community members in observance of the National Day of Prayer.**

## Nurses

From Page 18

Since joining EACH's staff in 1970, Nanney has cared for thousands of the tiniest members of Fort Carson's community.

Oftentimes, Nanney has to play the role of nurse and surrogate mother to the young women in her care, some of whom deliver babies thousands of miles away from their own mothers and hus-

bands who are deployed.

"It's challenging teaching young moms how to be moms and how to take care of themselves," she said.

For nurses though, the challenges are rewarding.

"If you don't want to help people, you don't become a nurse," Kinoff said.

When it comes to caring for others, tending to the sick and being an advocate for patients, nurses serve on the front line.

# DPW offers advice on work requests for self-help, troop construction procedures

## Courtesy Directorate of Public Works

In accordance with Army Regulations 420-70 (buildings and structures), the Directorate of Public Works is responsible for all maintenance, repair and improvements to facilities on Fort Carson.

It is imperative that prior to commencement of work (self-help, troop construction or contract) an approved project is on file at DPW. Approval is given by DPW to allow activities to expend funds to perform maintenance, repair, and improvements to facilities within the statutory limitations. A DPW Customer Service Representative will review the specifications, drawings and other related documentation to ensure all construction codes, life-safety codes and environmental laws are met.

Any DPW comments or recommended changes must be rectified prior to final approval. Requests for approvals for design, construction or self-help projects will be forwarded to customer service for processing. All requests for approval must be submitted to DPW on a Facilities Engineering Work Request (DA Form 4283). Prior to a customer forwarding a project to

Directorate of Contracting for acquisition, the DPW must provide approval. In addition to the approval, the DPW may impose limitation or revised specifications for construction and inspection, which will be stated as part of approval stipulation. The DA 4283 should be accompanied by a complete description of work, justification and proposed method of accomplishment (self-help, troop, contracts, etc.). A project requesting approval must include copies of all drawings, specifications, catalog cuts, and any other documentation unique to the project.

For self-help and troop construction projects after approval has been granted, DPW must be notified of the construction start date. This will enable inspection of the project to be accomplished. The turnaround will not exceed seven working days from the time the request is received until a copy of the approval/disapproval is sent back to the requester. Your DPW customer service representative will assist in project development and status. Call or e-mail Angela Lynch, 524-1427 or [angela.lynch@carson.army.mil](mailto:angela.lynch@carson.army.mil) for more information.



Caitlyn Martin, 3, pets a baby goat at the Morning Star Miniatures petting zoo.

# Fort Carson

Story and photos by Spe. Jon Wiley  
Mountaineer staff

Ponies and dragons and goats — oh my. All those creatures and more showed up at Fort Carson's Pet Fair Saturday at Ironhorse Park accompanied by their human companions.

The fair, an annual event sponsored by Fort Carson's Veterinary Treatment Facility, was a good way for military members and their families to get out and have a good time without spending money, said Capt. Kevin Hinton, a veterinarian at the VTF.

"We do this every year during National Pet Week to give the community something fun to do," Hinton said.

National Pet Week, which was May 2 to Saturday, is designed to raise awareness of the important part pets play in enhancing the quality of life for their owners.

"Pets give unconditional support and love," Hinton said. "They're especially important to

military families because they provide kids stability as they move around from place to place. Wherever they go, they know they're going to have a friend."

At the fair, children as young as 12-months-old and up got a chance to handle chickens, rabbits, baby goats and Gus the donkey at a petting zoo set up by Morning Star Miniatures, a local petting zoo and pony ride company. The company also treated children to free pony rides.

Volunteers from the Humane Society of the Pikes Peak Region were there as well with cats and dogs available for adoption.

Pet owners also had the opportunity to enter their pets into contests. It didn't matter if they were big or small, pretty or ugly — there was something for every kind of pet. First, second, third and honorable mention prizes were awarded for the following categories: prettiest pet, ugliest pet, smallest pet, biggest pet, owner and pet look-alike and best trick.

After the contests, members of the 21st Security Forces Squadron, a canine unit at Peterson Air Force Base, put on a demonstration of their drug and bomb dogs' skills for fair-goers. Chalky, a 3-year-old German shepherd wasted no time chasing down and apprehending Air Force Staff Sgts. Levi Wilson and Michael Gilliland as spectators clapped and cheered him on.

The unit boasts the second largest dog kennel in the Department of Defense and is also credited with the single largest marijuana find cases in DOD history. One of their dogs found more than 9,000 pounds of marijuana packed into an 18-wheel truck attempting to cross the Mexico-United States border while the unit was training in El Paso, Texas.

After the demonstration, the fair was officially over, but many stuck around and spent some quality time with their pets at the park.

# Pet Fair



Top dog Sakima, a 3-year-old Malamute mix, won first prize in the biggest pet category at the pet fair at Ironhorse park.



Jaeger Jarrett, 9, feeds his bearded dragon, Spike, a dandelion. Unlike most reptiles, bearded dragons like human touch.



Anthony Dunn, 3, rides a pony during a free pony ride at the pet fair.



Chalky, a 3-year-old military working dog with the 21st Security Squadron at Peterson Air Force Base, shows off his jaw grip on Air Force Staff Sgt. Michael Gilliland's arm during a demonstration at the pet fair.



Gus the donkey shares a moment with 4-year-old Keremith Boria at the petting zoo.



# Out & About

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Summer Reading Program designed to encourage recreational reading in all readers: beginning to experienced.

For all children entering grades 1 through 6.

Summer Reading Program registration will begin on Monday, June 7.  
Readers need to turn in their reading logs by July 23 to earn a certificate and incentive prizes.

Every Wednesday morning at 10:00 from June 9 to July 14  
at the Ft. Carson Grant Library (Bldg 1528).

For more information, contact children's librarian Bill Todd at 526-2350.



# Beating chronic fatigue syndrome

by Lisa Young

U.S. Army Center for Health Promotion and Preventive Medicine

Are you too tired to do the things you enjoy? Do you always seem to have a sore throat and a headache? Does your lack of concentration impair your ability to complete tasks?

A study in Occupational and Environmental Medicine reported that about 20 percent of the working population report symptoms of fatigue. When are these symptoms the signs of overwork, stress and ordinary fatigue? When are they symptoms of a condition that dates back to the 19th century and is now recognized as a real illness?

What is chronic fatigue syndrome or CFS?

Chronic fatigue syndrome is an illness of no proven cause, characterized by extreme, disabling fatigue of at least six months duration, accompanied by several other symptoms. It is unlikely to be caused by a single agent, and findings suggest both physiological and psychological factors work together to predispose a person to the illness.

The patient often has a feeling of an immense tiredness that is overwhelming and is frequently accompanied by significant impairment in learning and memory to the extent that quality of life is affected. A study in the *Journal of Psychosocial Nursing and Mental Health Services* described patients as "being held hostage to the illness" since they felt they missed out on so much of life.

How is CFS diagnosed? The diagnosis is based on the occurrence of symptoms that result in significant functional impairment. The Centers for Disease

Control and Prevention revised its working case definition of CFS in 1993. The definition now consists of two conditions that must be met for a diagnosis of CFS to be made. The conditions are:

- Clinically evaluated, unexplained persistent or relapsing chronic fatigue that is of new or definite onset; is not the result of ongoing exertion; is not substantially alleviated by rest; results in substantial reduction of occupational, educational, social or personal activities compared with previous levels.

- The concurrent occurrence of four or more of the following symptoms: substantial impairment in short-term memory or concentration; sore throat; tender lymph nodes; muscle pain; multi-joint pain without swelling or redness; headache of a new type, pattern or severity; unrefreshing sleep; and post-exertional malaise lasting more than 24 hours. These symptoms must have persisted or recurred during six or more consecutive months of illness and must have predated the fatigue.

What treatment is there for CFS? There are few known effective therapies for treating CFS. Treatment is symptom—based and can include pharmacological and behavioral strategies. Treatment should be multidimensional and tailored to the needs of the individual patient.

A review of studies found that mental-health interventions might be helpful. There is some evidence that cognitive behavioral interventions and behavioral therapy are effective in treating CFS. Cognitive behavioral therapy addresses the thoughts, feelings and behavior of the individual with the principle that if one component is altered, the other two

will also change.

Graded exercise, the gentle buildup of modest amounts of exercise, has also shown promise as an effective treatment. Clinicians who explained their symptoms and designed exercise programs for their CFS patients so as to encourage patients to start gradual exercise found that these patients felt better than those that only received standard care. The exercises began with a few stretching exercises, gradually adding more before moving to strengthening exercises.

A study reported in *Clinical Psychiatry News* in March 2003 stated that some subgroups responded to an antidepressant with improvements in headaches and muscle aches. Other groups benefited from yoga with a significant improvement in fatigue, and others demonstrated a placebo effect if they believed their fatigue had a psychological component.

Evidence suggests that 65 percent of CFS patients also experience depression. Psychotropic medication has been given when depression unequivocally accompanies CFS or when severe muscle pain or sleep disturbance is experienced. However, the evidence that antidepressants improve symptoms in CFS is inconsistent.

How does CFS affect individuals in the workplace? Occupational health concerns arise from the adverse consequences attributed to fatigue in workers. These concerns include bad performance, impaired quality of services, dropout of personnel, accidents, increased risk of depression and absen-

## Fatigue

From Page 28

teism.

The Agency for Healthcare Research and Quality did a study to evaluate disability in persons with CFS. The agency found that depression was the only symptom of CFS consistently associated with disability and negative work outcomes. No specific interventions proved effective in restoring the patient's ability to work, and no specific patient characteristics could predict a positive employment outcome on a patient diagnosed with CFS. The Agency recommended more studies to better evaluate the disability of patients with CFS.

Existing studies on prevalence of the illness suggest that it may be as common as 200 to 400 cases per 100,000 of the general population. It is more common in women and in people 20 to 40 years old. A recent study found CFS affected all socioeconomic and ethnic groups.

What advice is there for health—care providers who deal with CFS patients?

- Patients need to be diagnosed earlier, especially now that there are reasonably clear diag-

nostic criteria.

- More research on all aspects of CFS is needed.
- Health—care professionals of all disciplines need better education and training in CFS.
- Patients value a relationship with their health—care provider based in trust and the ability to talk through feelings and to be believed when describing their symptoms.
- Referral to an unsympathetic consultant may be harmful to the patient.
- The nurse can serve as an advocate to provide up-to-date information on how best to cope with symptoms and what services are available to the patient.

- Patients should be made to feel involved and should be allowed to play a part in determining their therapy.

- Patients severely affected by CFS, so that they are housebound, should have their needs met through appropriate domiciliary services.

- Psychological treatment may be beneficial.

- Healthcare providers need to recognize that they can help CFS patients.

*Editor's note: A U.S. Army Center for Health Promotion and Preventive Medicine release*

# VA expands operations on 136 Army posts

by Joe Burlas  
Army News Service

WASHINGTON — The Department of Veterans Affairs has expanded its liaison offices to now support 136 military installations to assist with Soldier transition from active duty and it is working to make it easier for disabled Soldiers to get the help they need, according to the VA's top official.

Veterans Affairs Secretary Anthoni Principi spoke with the press during a media briefing on the Disabled Soldier Support System April 30.

"I don't believe in red tape," said Principi, a Naval Academy graduate and Vietnam War veteran. "If a disabled Soldier on active duty comes to us, we are going to take care of (him)."

Part of the expanded VA service on military installations is ensuring a VA counselor talks to wounded veterans in military hospitals before those veterans are discharged from the military service. Those hospitals include Walter Reed Medical Center, Washington, D.C.; Eisenhower Army Medical Center, Fort Gordon, Ga.; Brooke Army Medical Center, Fort Sam Houston, Texas; and Madigan Army Medical Center at Western Regional Medical Command, Tacoma, Wash.

The VA is also making a dedicated effort to reach out to the latest generation of combat

veterans. Principi is sending out a personal letter to more than 150,000 veterans of Operations Enduring Freedom and Iraqi Freedom. That letter thanks the veterans for their service and reminds them of VA benefits they may be entitled to.

The letter explaining benefits is in addition to the VA briefings given to approximately 200,000 servicemembers annual as those individuals outprocess from military service.

"VA has learned many lessons since the Gulf War in 1991 and other conflicts, which will ensure this newest generation of war veterans receives the healthcare and assistance they deserve when they return to civilian life," Principi said.

In Operation Iraqi Freedom 4,579 Soldiers have been wounded in combat and another 10,387 suffered other injuries or illness through May 7. In Operation Enduring Freedom 210 Soldiers have been wounded in combat and 2,105 suffered other injuries or illness through the same period.

The second largest federal department — Department of Defense being the largest — Veterans Affairs is responsible for operating nationwide programs for veteran health care, financial assistance and burial benefits. There are currently about 26 million U.S. veterans alive today.

# JoyRides Family Fun Center

## All ages enjoy east-side amusement park

Story and photos  
by Nel Lampe  
Mountaineer staff

There are no roller coasters, no water park. But parking is free and there are enough rides, golf, games and diversions to keep visitors occupied for several hours or most of a day.

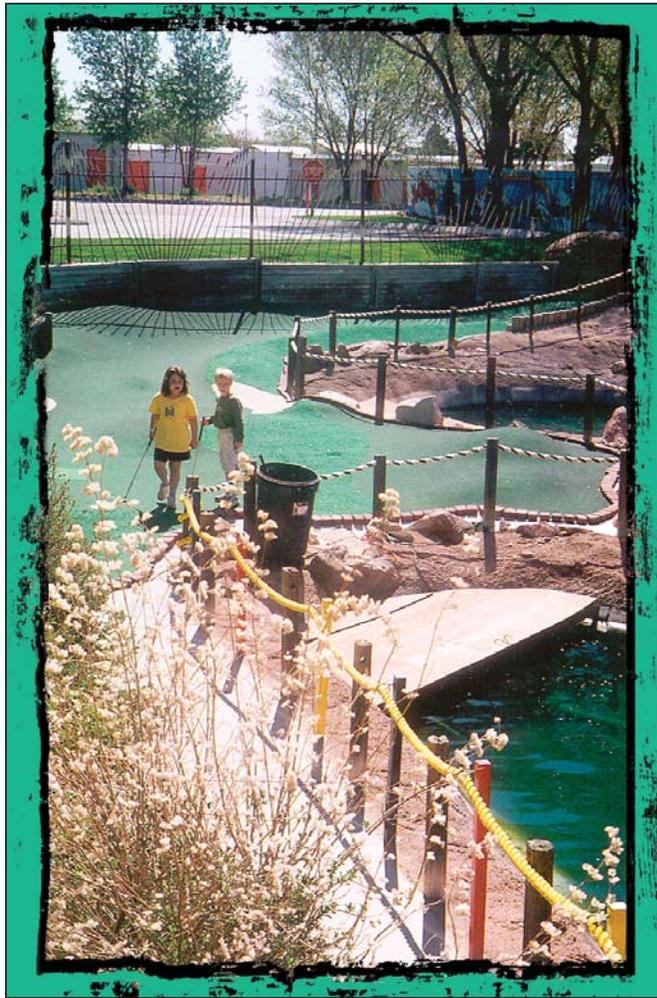
Located off East Platte Avenue between Academy and Powers boulevards, JoyRides Family Fun Center has a look of fun about it. There are huge trees, man-made mountains, waterfalls and a pond. A medieval-looking castle draws attention. Bright primary colors are everywhere — green grass, red, yellow and orange go-karts, kiddy-cars and a train. The Frog-hopper ride has a green frog, the Tornado is painted in red and yellow, as is the giant slide, Big Thrill.

Joyrides Family Fun Center is designed with the family in mind.

JoyRides celebrates Armed Forces week by admitting military with identification free through Sunday. Family members can purchase an all-day pass for 50 percent off.

Years ago the park was known as McNulty's Boardwalk and was visited mostly by a teenage crowd. The park closed and was abandoned for a few years. Current owners, Annie and Gary Haglund, bought the park and wanted to create a place for wholesome family fun. The bumper boat pond got a new filter system; golf courses were restored. A Kiddie Park for children ages 2 to 6 was added, with a collection of 1940s-era pedal cars.

A tree-lined go-kart race track is used exclusively by children ages 6 to 12. This small version of go-kart race cars are gasoline powered but don't go very fast.



Guests at JoyRides Family Fun Center enjoy a game of miniature golf.

After a year of work and \$1.5 million invested, the park reopened as JoyRides Family Fun Center.

Both adults and children hop the colorful train making circles through the center of the park. There's a Red Baron airplane ride and the Frog-hopper.

There are two miniature

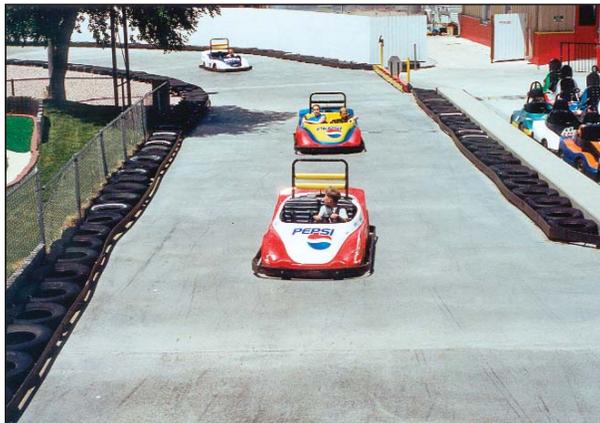
golf courses, bumper boats, bumper cars and an arcade.

But, without a doubt, the most popular attraction in the park is the fast-track. Riders who are 58 inches or taller can drive the fast-track go-karts, alone or with a passenger. These go-

See JoyRides, Page 32



Three friends take a ride on the Big Thrill slide at JoyRides Family Fun Center.



Young race drivers make a turn at JoyRides Family Fun Center fast track.

# Happening's



Places to see in the Pikes Peak area.

May 14, 2004

## JoyRides

From Page 31

karts look more like race cars than the usual pipe and engine open cars at many go-kart tracks. Cars have numbers, racing stripes and sponsors' names. They almost look like the real thing.

Lines are usually long as wannabe racers impatiently wait their turn. Ten miniature race cars zoom around the track for the five-minute ride. Much too soon, the ride is over. Some people quickly get back in line; others head for the big slide, the golf course, bumper boats or the air-conditioned arcade and JoyRides Café.

The arcade has cartoony looking car and truck rides for younger children. Trucks, cars, skating and basketball games test skills. There's Donkey-Kong, foos ball and dance, dance revolution. The arcade is bright, clean, smoke-free



New this year at JoyRides is the climbing wall in the arcade.

and filled with the sounds of horns, bells and engines. The arcade operates on a token basis — four tokens for a \$1. There are usually special deals on tokens. As in most arcades, players collect strips of tickets to redeem for prizes.

New this year is a bright red climbing wall, included in the price of timed wrist-bands.

The Joyrides Café is in the arcade building, with a service window to the deck.

Menu items include hotdog meals for \$4.50, pizza and a drink for \$5.50 and chicken nuggets, fries and a drink for \$5.50. Soft drinks are \$1.75 and \$2.25. Snacks include pretzels, funnel cakes, nachos and ice cream treats. Tables and chairs are inside the arcade and on the deck.

Visitors are not allowed to bring outside food or coolers into the fun center.

There are several entrance packages available at JoyRides. One ticket for one ride is \$5 for anyone older than 12. A three-hour wristband is \$18 and an all-day wristband is \$25. For visitors 11 years old or younger, one ticket is \$3, a three-hour wristband is \$15 and an all-day wristband is \$20.

JoyRides Family Fun Center celebrates Armed Forces Weekend today through Sunday, admitting all servicemembers with military identification for free. Accompanying family members can buy the wristband for half-price.

Armed Forces weekend will be celebrated three more times this summer: June 4 through 6, July 9 through 12 and Aug. 5 through 8. At each celebration Soldiers get a free wristband and family members get 50 percent discount.

There's also Military Mondays, beginning May 24, when families with military identification get a three-hour wristband for \$7 each. Bring five or more people and the price goes down to \$5 each. A family meal deal is usually available in the JoyRide Café on Mondays.



Children wait for rides on the bumper boats while others ride the Frog-hopper and the Red Baron airplane ride.

Information, Tickets and Registration expects to have discounted tickets available for purchase later in the season.

Birthday parties for groups of six or more can be arranged at JoyRides. The party room is in a building next to the fast track. A jump-house obstacle course is available for use by party guests.

Private parties on the grounds can be arranged for companies or units, up to 3,000. d.

Special events are held at JoyRides, such as a haunted trail, haunted house and a corn maze in the fall. Other holiday events are held as announced, such as Easter, Mothers' Day and Fathers' Day.

JoyRides Family Fun Center has reduced hours during winter. Winter weekday hours are 3 to 7 p.m., Saturdays are 11 a.m. to 10 p.m. and Sundays hours are noon to 6 p.m.

Beginning May 21, summer hours are Mondays through Thursdays from 11 a.m. to 9 p.m., Saturdays 11 a.m. to midnight and Sundays 10 a.m. to 10 p.m.

JoyRides Family Fun Center is at 5150 Edison Avenue, which is the frontage road next to Platte Avenue (East Highway 24), between Powers and Murray. It is opposite the Flea Market. To ask directions or for more information, call 573-5500.



Visitors like to ride the colorful bumper boats in a pond near the golf course. Bumper cars are

### Just the Facts

- **Travel time** 20 minutes
- **For ages** families
- **Type** family fun center
- **Fun factor** ★★★★★ (Out of 5 stars)
- **Wallet damage \$\$** (Armed Forces weekend) plus food

\$ = Less than \$20

\$\$ = \$21 to \$40

\$\$\$ = \$41 to \$60

\$\$\$\$ = \$61 to \$80

(Based on a family of four)

## Get Out!

### Musical

"Miss Saigon" is in the Pikes Peak Center, through Sunday. Tickets start at \$34, call 520-SHOW.

### Money Museum

The first U.S. silver dollar ever made, struck in 1794, is presently displayed at The Money Museum, 818 N. Cascade Ave. The museum is free.

### Magic show

Stars of Magic is today at 7 p.m. at Peterson Air Force Base auditorium. Tickets are on sale for \$6 for adults and \$4 for children 3 to 12; call 554-3522 or 554-3178.

### Free rides for military

JoyRides Family Fun Center hosts Armed Forces Weekend through Sunday. All military with identification get a free all-day wristband. Family members of military get a 50 percent discount on all-day wristbands. JoyRides is at 5150 Edison Ave., east of Academy Boulevard off Platte Avenue.

### Armed Forces Day Celebration

The Rotary Club is sponsoring "Join-R-Forces Day," Saturday 10 a.m. to 3 p.m. in Memorial Park in Colorado Springs. The event honors military members and their families and is open to the public. There is live entertainment, military displays, food vendors and

more. The celebration is on the west side of Memorial Park, off Hancock and Pikes Peak avenues.

### Concert

The Colorado Springs Philharmonic presents a pops concert featuring the "Sons of the San Joaquin," 8 p.m. May 21, at the Pikes Peak Center, 190 S. Cascade. Tickets start at \$12; call 520-SHOW.

### Musicals

"Hot Mikado," a revised version of the Gilbert and Sullivan "Mikado," is the Repertory Theater's production in the Fine Arts Center theater, 30 W. Dale St., Fridays and Saturdays through May 30 at 8 p.m.; Sunday matinees are at 2 p.m. Tickets are \$23 in advance or \$25 at the door; call 634-5583.

"Joseph and the Amazing Technicolor Dreamcoat," is at 7 p.m. May 27, 19 and 30, at the Air Force Academy's Arnold Hall. Tickets are \$15, call 333-4497. It's a student production.

### Denver concerts

Tim McGraw performs at the Coors amphitheatre at in Denver July 14, tickets start at \$31.75. Call Ticketmaster, 520-9090.

Prince has added another show Aug 28, 8 p.m. at the Pepsi Center in Denver; call 520-9090.

### Melodramas

"The Thief of Frisco" is presented by the Cripple Creek Players. in the Butte Theater in Cripple Creek June 19 throughout the summer. Shows are Wednesday to Saturday at 8 p.m. There are 2 p.m. shows on some days. Call (719) 689-2513 for reservations and matinee times. Ticket prices start at \$6.50.

"Run to the Roundhouse, Nellie" is at the Iron Springs Chateau through Sept. 30, Tuesdays, Wednesdays and weekends. Dinner is \$24 for dinner and a show, and \$18 for the show only. 685-5104 for reservations. The Iron Springs Chateau is at 444 Ruxton Ave.

### Fests

Old Colorado City holds its annual Territory Days May 29 to 31. There's arts, crafts, entertainment, vendors and food. 10 a.m. daily, until 7 p.m. Saturday and Sunday and 6 p.m. Monday.

Springspree, a downtown annual street festival is June 19, from 9 a.m. to 7 p.m., no admission fee. There's entertainment, music, dance, crafts and food. For information call 533-1216.

### Buffalo Bill

Buffalo Bill Western Heritage Day and Burial Commemoration is June 6, noon to 4 p.m. The Buffalo Bill Museum marks the anniversary of the burial of William F. Cody with music and the release of 87 white doves. Entertainment follows the event including the viewing of the film "The Life of Buffalo Bill in 3 Reels." The 25-minute silent movie was produced and directed by Buffalo Bill and will be shown at 1:30 and 3 p.m. Cost is \$3 for adults and \$1 for children ages 6 to 15. For more information call (303) 526-0744.

### Colorado State Fair

It's almost fair time. Concerts for the Colorado State Fair concert series go on sale Saturday at 10 a.m. at the State Fair Box Office and Ticketmaster locations (520-9090). Artists signed so far include Stacie Orrico, Chris Cagle, Chris LeDoux, ZZ Top, Dierks Bentley, Trick Pony, Brad Paisley, REO Speedwagon, Olivia Newton John and Clay Aiken. Tickets range from \$13 to \$33. The State Fair is Aug. 21 to Sept. 5.

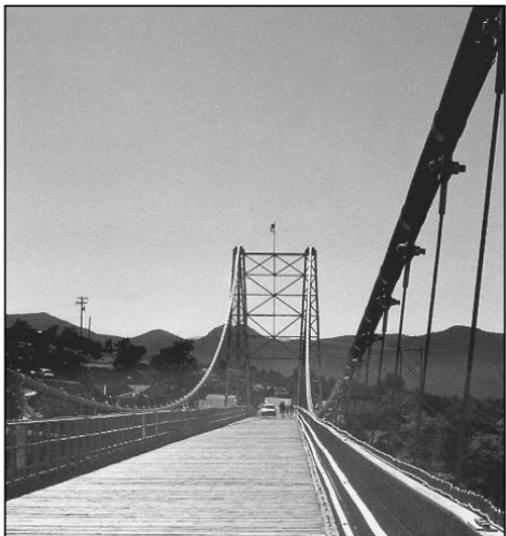


Photo by Nel Lampe

## Royal Gorge ...

Military members and their families may visit the Royal Gorge Bridge during May for \$7.50 per person, which includes the bridge, incline railway, aerial tramway, miniature train, mountain encampment and petting zoo. Royal Gorge Bridge and Park is about 12 miles west of Cañon City. Follow Highway 50 and watch for signs.



Program Schedule for Fort Carson cable Channel 10, today to May 21.

Army Newswatch: stories on up-armored Humvee doors, launch of the Pentagon Channel and Army recruiters partner with bull riders. Airs at 7:30 a.m., 12:30 p.m., 7:30 p.m. and 12:30 a.m.

Navy/Marine Corps News: stories on the Marine Corps Exposition, the Sea Shadow and sea rescues (repeat). Airs at 8 a.m., 1 p.m., 8 p.m. and 1 a.m.

Air Force News: stories on an anti-terrorism course, the Marine war-fighting laboratory and ship-board fire fighting gear (repeat). Airs at 8:30 a.m., 1:30 p.m., 8:30 p.m. and 1:30 a.m.

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

Information on West Nile Virus at 7 a.m., 10:30 a.m., and 7 p.m.

Currently, Channel 9 is broadcasting SCOLA, the foreign language broadcast channel. For information on their programming, consult the SCOLA Web site. If a unit or organization wishes to show a training videotape over the Fort Carson cable, please contact the Training Support Team at 526-5111.

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](mailto:CommandInfo@carson.army.mil).

Program times will be published in the *Mountaineer* provided coordination is made one week prior to publication. For additions to the Community Calendar, please submit an email to the above address, send a clean, typewritten copy of the information to the Public Affairs Office, room 2180, 6151 Specker Ave., Fort Carson, CO 80913 or fax information to 526-1021 no later than the Friday before the desired airing time.

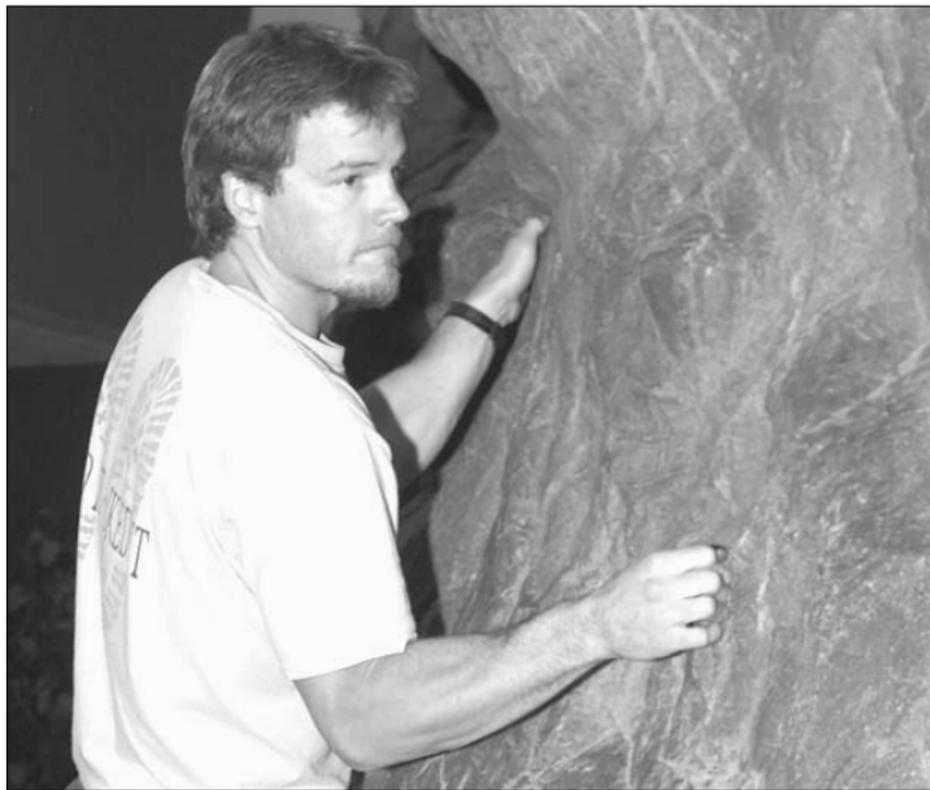


Photo by Spc. Jon Wiley

## *Going up? . . .*

Scott Edwards, climbing instructor for Outdoor Recreation's Adventure Program and Education, demonstrates proper climbing technique on the indoor climbing wall at the Outdoor Recreation Center. The indoor wall is open year-round, and APE instructors give climbing lessons on knots, belaying techniques and climbing communication every other Thursday from 5:30 to 8:30 p.m. at the center. After completion of this class, climbers are certified to climb on the wall at the center. The cost is \$15. The wall is open to certified climbers Monday through Friday from 10 a.m. to 5:30 p.m., and costs \$1.50 an hour to use. APE also offers classes to advanced climbers and maintains Alpine Tower, an outdoor climbing facility that is open during the summer. Edwards said if the weather cooperates, he will open the tower for next Thursday's climbing class. Units can also reserve the tower for team-building exercises. For more information, call Edwards at 526-3907.

# Sports & Leisure

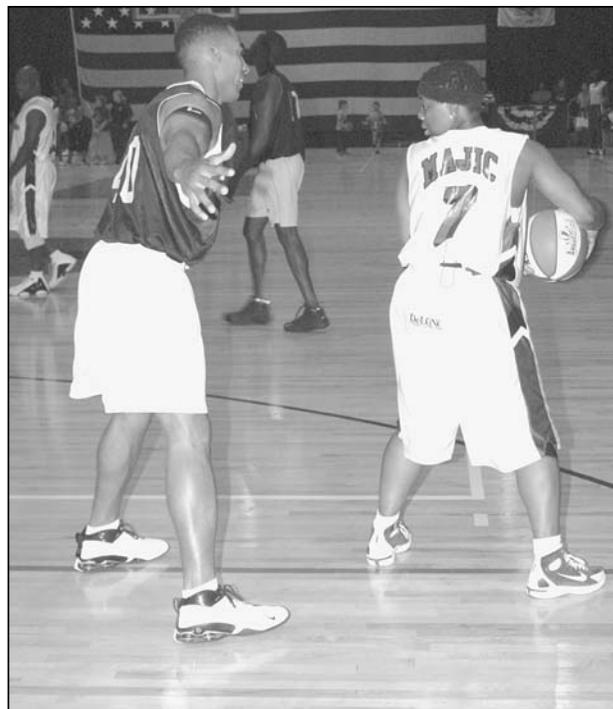
## Harlem Ambassadors

### Ambassadors entertain post community



Photo by Walt Johnson

Harlem Ambassador player-coach Lady Majic, left on top, tussles with a Fort Carson Bayonet player for a loose ball.



Harlem Ambassador player-coach Lady Majic, right, looks to make a move around Fort Carson's Corey Stewart.

by Walt Johnson  
Mountaineer staff

The Special Events Center on post was filled with fun and laughter Tuesday as the Harlem Ambassadors brought their version of "fun-and-gun" to the Fort Carson community.

Fans attending the game were treated to an outstanding show, and a little bit of basketball skills as a Fort Carson all-star team coached by Command Sgt. Major Terrance McWilliams tried in vain to prevent the Ambassadors from showing off its slick ball handling, point producing, sensational shooting form.

From the start of the evening McWilliams knew what his team was up against.

"I told them in the pre-game to get ready to play and pull your drawstring on your shorts tight so they will stay up if they try to pull them down," he said with a laugh.

The beginning of the game was no laughing matter for the post team as the ambassadors raced out to a double digit lead that it would keep for the entire game. After building a lead the Ambassadors got around to doing what they do even better than play basketball and that was entertaining the crowd. The crowd was led by the antics of Lady Majic, who was in the stands getting up close and personal with several people. Just before the game, Lady

Majic brought Matt Camp, 60th Ordnance out to the court to shake his groove thing, and Camp, by his own admission was less agile than Fred Astaire.

"I was surprised when she came and pulled me out of the stands in front of all these people because I have no rhythm whatsoever," Camp said with a laugh.

Diana Johnson brought her mother, daughter and son to the game so her son could see the action and she ended up enjoying it just as much as he did.

"I love the way it is a show with music and basketball. I like the interaction and the jokes. I was expecting a regular basketball game but this is so much fun," Johnson said.

Reginald Shoats was seeing the Ambassadors for the second time and he was just as impressed this time as he was last time.

"I got tickets for my mom and my sister and I'm enjoying the show. I especially like the halftime show and the music," Shoats said.

Col. Michael Resty, garrison commander said this event was good for the Fort Carson community.

"This is a great thing for the Fort Carson community. It gives us some entertainment, allows the athletes to show their skills and just brings the community together."



Harlem Ambassador player-coach Lady Majic, left, and other team members congratulate Kalah Ann Marie Harrington, center, after she won the musical chairs competition.

## On the Bench

# Fountain welcomes home heroes Saturday

by Walt Johnson  
Mountaineer staff

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

There will be a "Welcome Home to our Heroes" street dance May 15 in Fountain.

"It's going to be an awesome time for everyone. We have so many military families in our community that we just felt like it would be a good way to kick off all the military appreciation events planned for this area and Colorado Springs. We just feel like these are our people and this is something we need to do for them," event coordinator Debbie Nichols said.

"There will be a number of things we are going to do to say thank you to the Soldiers. One of the things we are really excited about is the Cheyland dealers in Colorado Springs will be giving away a car during military appreciation weekend (May 21 to 23) at Sky Sox Stadium," she added.

The car will be given out to the person who achieves the objectives of the "try your hand at a baseball toss."

The free event is designed to honor the men and women of the military for their efforts in the past year. The dance will feature the live band "Nuttin' Fancy" and will take place at 116 Main St. in Fountain. For more information, call Nichols at 382-7718.

**Sports and the reality of life will meet head on May 22 and 23 when the 11th annual Aaron Gutierrez Memorial softball tournament in Widefield takes place.**

What makes this tournament different from others is the proceeds not only go to youth sports programs in the Widefield area, they are used to sponsor all youth activities (such as arts, computer training, etc.) in the Widefield area.

The tournament will be played in a double elimination format with men's D, E and league divisions. Awards for the tournament will be based on the level of team participation and will be announced at a later date.

See Bench, Page 39



Photo by Walt Johnson

## Getting her kicks ...

Fountain-Fort Carson's Rebecca Drennan, who has scored 23 of her team's 49 goals this season, races toward the goal during a practice session Thursday at the high school sports stadium.



Photo by Walt Johnson

## All Army Souvenirs ...

Germaine Jackson, left, and Laquita Jackson (no relation), right, hold their children Jania Jackson and Darius Jackson respectively as they enjoy getting a souvenir basketball from the all-Army team during action May 6 at the Special Events Center.

## Bench

From Page 38

Teams wishing to compete in any of the above divisions can register by getting or bringing a registration form to the Widefield Community Center, 705 Aspen Drive, Colorado Springs, CO 80911. The entry fee for the tournament is \$185. For more information on the tournament and the memorial fund, contact Mark Dolan at 392-5968 or the Colorado Independent Softball Association at 573-1250.

**About 150 children and 100 adults took part in the fishing derby hosted by Directorate of Community Activities and Department of Wildlife.** Volunteers from the Rising Stars, Boy Scouts and 1st Battalion, 8th Infantry Regiment. All the Children received a participation medal and all attendees received lunches.

Age categories winners received camping chairs, and rod and reels as prizes.

Category winners were:

**6 years old and under**  
Most Fish Caught — Andreas Westman (3 years old), 18 fish

Longest Fish Caught — Casey Conelly (6 years old), 17 inch fish

**7 and 8 year olds**  
Most fish caught: Dominick Kieselstein (7 years old), 18 fish

Longest fish caught: Jennifer Westman (7 years old), 17 and a half inch fish

**9 and 10 year olds**  
Most Fish Caught — Zeb Fieldgrove (9 years old), 22 fish.

Longest Fish Caught: Forest Harris (10 years old), 12 inch

**11 and 12 years old**  
Most Fish Caught — Briar Stephens (11 years old), 15 fish

Longest Fish Caught — Lee Orange (12 years old), 14 3/4 inch

13 and 14 years old  
Most Fish Caught — Brad Vaillon (14 years old), 14 fish

Longest Fish Caught: K.J. Harris (13 years old), 17 inch

**15 and 16 years old**  
Most Fish Caught: Kent Washington (15 years old), 26 fish

Longest Fish Caught: Payton Turner (16 years old), 21 inch fish

**Specialty awards**  
Smallest Trout Caught — Zeb Fieldgrove (9 years old), 6 and a half inch

Longest Fish Caught  
Overall — Payton Turner (16 years old), 21 inch.

# *Mountaineer Sports Spotlight*



Photo by Walt Johnson

## *Season begins ...*

Fort Carson Lady Mountaineers coach Cathy Satow, right, hits practice balls Monday at the post practice fields. The Lady Mountaineers began regular season play Wednesday at the Skyview Sports Complex in Colorado Springs. The team will play all its regular season games there every Wednesday until July 7. The Lady Mountaineers' next game is Wednesday at 7 p.m. against Joe's Bar.

## Mountaineer Event of the Week

# All-Army team missing a key ingredient for success

by **Walt Johnson**  
**Mountaineer staff**

All-Army head basketball coach Babe Kwasniak goes through the process of preparing his team for interservice competition like a surgeon performs an operation — slowly, consistently and paying attention to detail.

Kwasniak would seem to be a man with few worries. He has a talented group of athletes who will attempt to bring home the gold medal for the Army at the end of the month at the interservice competition in South Carolina. His players respect him and play hard for him. He respects his players and works hard for them. On the surface everything seems to be in place for a successful run at a gold medal. Beneath the surface lies another story.

Kwasniak has been involved with the all-Army basketball program for the past four years. His first two years the team won the gold medal. Last year's team won the silver medal. This year Kwasniak said "I want to do everything I can to bring the gold medal back to the Army where it belongs."

If the team is successful in bringing back the gold medal, Kwasniak knows the elation of winning the gold medal will be tempered by the reality of what is currently happening in the Middle East and one of his favorite people that it affects.

"When we win the gold medal, it will be sweet but it won't be the same without my assistant coach Dominick Bullock, who is currently serving in Iraq. I have never done this without him. I would love to be able to put his gold medal in a care box and send it to him, Kwasniak said.

"He (Bullock) has been my soul mate. As good as winning is, I think another aspect of this experience is the friendships you make along the way. This is the closest thing I have had to a command in the past three years and having him (Bullock) with me has been very special. I never realized how much I relied on him until now. He was my and the team's backbone, and I love him like a brother. It would mean a lot to be able to do this for the Army and him," Kwasniak said.

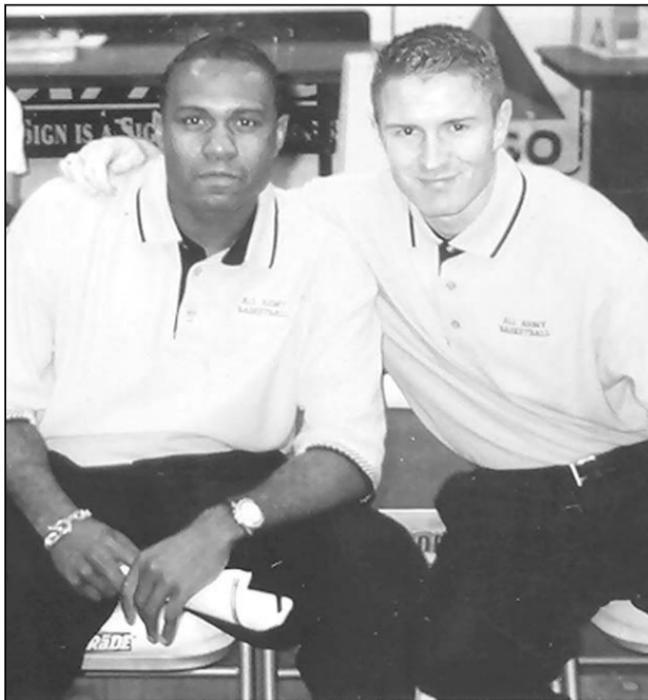


Photo by Walt Johnson

**Babe Kwasniak, right, all-Army head basketball coach, sits on the bench with his assistant coach David "Dominick" Bullock during last year's interservice championships.**