

# Mountaineer

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

May 27, 2004

## DA civilians augment Post MPs

by Sgt. Chris Smith  
Mountaineer Staff

Fort Carson military police are being augmented by Department of the Army civilians to assist with law enforcement on post.

According to 1st Lt. Michael Burgwald, Provost Marshal Office operations officer, the recent addition of DA civilians has been to help supplement the constantly deployed MPs on post.

"There are just two MP companies here," said Burgwald. "Since Sept. 11, at least one of them has been deployed."

The consistently deploying MPs have been forced to combine training while providing full law enforcement service to the post. According to Burgwald, the addition of more police will allow units to be able to focus more on deployment preparation when the time comes.

The new police will perform the same duties as the military police in everything from enforcing traffic violations to burglary, according to James Correu, chief of DA civilian police.

The new addition to Carson law

enforcement adds to the PMO's abilities. The DA civilians bring new capabilities since they all have plenty of experience. One civilian has 35 years of experience.

"We have an initiative for a bike patrol in housing and school areas," said Correu. "It places a personality in the community — they'll be able to see a police officer and talk to him."

According to Correu and Burgwald, having police on post who are more long term will help build relations within the community a relationship will help make the community feel safer and more involved by putting a face on police.

The new officers on post are excited about their job.

"It's the freedom of it," said William Vinelli, DA civilian officer. "You're out helping the public. I was a federal employee for 13 years (air marshal); this was a great opportunity."

According to Kentina Smith, DA civilian officer and a prior MP, the civilian cops will not have to worry about rank when pulling over drivers on post



Photo by Spc. Jon Wiley

**Don Kessler, Department of the Army civilian police, writes a parking ticket for a vehicle that is illegally parked on post.**

and will avoid difficulties encountered when a private first class has to give a ticket to a high-ranking officer.

Though there will be a difference in

uniforms, the new officers want the community to understand that they'll be performing the same law enforcement as regular MPs.

## Community fest week activities begin Tuesday



File photo

**A Fort Carson youth receives an up-close-and-personal view of a tracked vehicle at a past Kit Carson Community Festival.**

by Pfc. Stephen Kretsinger  
Mountaineer staff

Kit Carson Community Festival begins Tuesday at the Mountain Post. It is a week when the members of the Fort Carson community can put work aside and have fun with good-natured competition and community togetherness.

The purpose of the festival is to promote esprit de corps among the units of Fort Carson and strengthen the Army mission.

The festivities kick off at 6 a.m. Tuesday with an installation run that begins at Pershing Field. The day will continue with a plethora of competitive events as the Mountain Post units duke it out at events ranging from chess to flag football.

The competition continues Wednesday with archery at 8 a.m. Other events on Wednesday

include basketball, darts, golf, racquetball and much more.

Thursday brings a fishing derby at 6:30 a.m. and concludes with a talent search that will find the most talented individuals on the Mountain Post. Other events include billiards, sand volleyball, horseshoes and 3-on-3 basketball.

The week concludes Friday with an awards ceremony where the Commander's Cup will be awarded to the unit with the most wins throughout the week. The awards ceremony will be at Ironhorse Park from 1 to 4 p.m. and will feature food, music, beverages, a Velcro wall and bungee bull riding.

For more information on the events of the Kit Carson Community Festival, see the special insert in this week's issue.

### INSIDE THE MOUNTAINEER

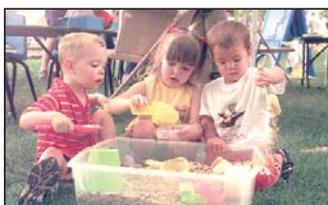
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### Feature



**Check the KCCF schedule for times and locations of events.**

See Insert.

### Happenings



**Flying W Ranch starts its summer season of chuck wagon suppers and show.**

See Pages 25 and 26.

### Countdown to the Army Ball

16 days until Fort Carson's Army Birthday Ball June 12. For ticket information, call your unit point of contact.

Post Weather hotline:  
**526-0096**

# Fort Carson to honor its fallen

Monday is Memorial Day. For many of us, this weekend marks the beginning of summer and vacation time. Families will gather together, picnic and celebrate the long weekend. It is also our nation's tradition to pause and commemorate the true meaning of this holiday — to remember our fallen comrades-in-arms.

As history has it, in a small town in the South, following the Civil War, a school teacher brought her student girls out in the fields to pick the spring wildflowers. The girls then took the flowers to the local cemetery where fathers, brother and even grandfathers lay to rest after having fought valiantly in the final days of war. In several small towns, boys barely old enough to hold a rifle or men too old or sick to go into battle remained to protect the towns people — women also had an important role.

The wife of one of the Union officers commanding the occupying forces saw and made the following comment. Even though she disagreed with the Confederacy cause, she was touched by the devotion of young women left behind. She asked her husband, a Union officer, to petition the president to set aside a day of memorial to remember all Soldiers who had given their lives in defense of the country and the ideals they stood for. On May 5, 1868, Gen. John A. Logan of the Grand Army of the Republic declared in General Order Number 11 that:

"The 30th of May, 1868, is designated for the purpose of strewing with flowers, or otherwise decorating the graves of comrades who died in defense of their country during the late rebellion, and whose bodies now lie in almost every city, village and hamlet churchyard in the land. In this observance no form of ceremony is prescribed, but posts and comrades will in their own way arrange such fitting services and testimonials of respect as circumstances may permit."

On the first celebration, Gen. James Garfield, who later became president of the United States, observed 5,000 participants decorate the graves of 20,000 Union and Confederate Soldiers which became Arlington National Cemetery. To this day, each grave at Arlington is adorned with an American flag on Memorial Day.

Over the past year, many American Soldiers, Marines, Airmen and Sailors have given their lives in Operation Iraqi Freedom and Enduring Freedom. Numerous others have been injured. The Mountain Post has lost 45 of its own. Their sacrifice enables fellow Americans to experience freedoms so many of us take for granted. I urge you all to take a few moments this weekend to remember our fallen comrades and to pray for their families and friends. Their sacrifice assures our future as we accept the responsibility of being ready to answer our nation's call.

Bayonet!

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

## Fort Carson casualties

Pfc. Jesse A. Givens, May 1, 2003, 2nd Battalion, 3rd Armored Cavalry Regiment.

Sgt. Richard P. Carl, May 9, 2003, 571st Medical Company, 3rd ACR  
Chief Warrant Officer Hans N.

Gukeisen, May 9, 2003, 571st Medical Company, 3rd ACR

Chief Warrant Officer 3 Brian K. Van Dusen, May 9, 2003, 571st Medical Company, 3rd ACR

Maj. Matthew E. Schram, of Sister Bay, Wis., May 26, 2003, Headquarters and Headquarters Troop, Support Squadron, 3rd ACR

Sgt. Keman L. Mitchell, May 26, 2003, Company C, 4th Engineer Battalion, 3rd Brigade Combat Team,

Sgt. Tomas F. Broomhead, May 27, 2003, 2nd Squadron, 3rd ACR

Staff Sgt. Michael B. Quinn, May 27, 2003, 2nd Squadron, 3rd ACR

Sgt. Michael E. Dooley, June 8, 2003,

1st Battalion, 3rd ACR  
Staff Sgt. Andrew R. Pokorny, June 13, 2003, 1st Squadron, 3rd ACR

Staff Sgt. William T. Latham, of Kingman, Ariz., June 18, 2003, 2nd Squadron, 3rd ACR

Sgt. Melissa Valles, July 9, 2003, 64th Forward Support Squadron, 3rd BCT  
Capt. Joshua T. Byers, July 23, 2003, F Troop, 2nd Squadron, 3rd ACR

Sgt. Taft V. Williams, Aug. 12, 2003, Maintenance Troop, Rear Support Squadron, 3rd ACR

Pfc. Vorn J. Mack, Aug. 23, 2003, Headquarters Troop, 1st Squadron, 3rd ACR

Spc. Stephen M. Scott, Aug. 23, 2003, Headquarters Troop, 2nd Squadron, 3rd ACR

Spc. Ronald D. Allen, Aug 25, 2003, 502nd Personnel Services Battalion, 43rd Area Support Group

Capt. Brian R. Faunce, Sept. 18, 2003, 1st Battalion, 12th Infantry Regiment, 3rd BCT

Staff Sgt. Frederick L. Miller Jr., Sept. 20, 2003, K Troop, 3rd Squadron, 3rd ACR

Spc. Tamarra J. Ramos, Oct. 1, 2003, Medical Troop, Rear Support Squadron, 3rd ACR

Pvt. Benjamin L. Freeman, Oct. 13, 2003, K Troop, 3rd Squadron, 3rd ACR  
Spc. Jose L. Mora, Oct. 24, 2003, Company C, 1st Battalion, 12th Infantry Regiment, 3rd BCT

Sgt. Ernest G. Bucklew, Nov. 2, 2003, Rear Support Squadron, 3rd ACR

Pfc. Darius T. Jennings, Nov. 2, 2003, 2nd Squadron, 3rd ACR

Staff Sgt. Daniel A. Bader, Nov. 2, 2003, Air Defense Artillery Battery, 1st Squadron, 3rd ACR

Spc. Brian H. Penisten, Nov. 2, 2003, Air Defense Artillery Battery, 1st Squadron, 3rd ACR

Spc. James R. Wolf, Nov. 6, 2003, Headquarters and Headquarters Company, 52nd Engineer Battalion

Staff Sgt. Dale A. Panchot, Nov. 17, 2003, B Company, 1st Battalion, 8th Infantry Regiment, 3rd BCT

Cpl. Gary B. Coleman, Nov. 21, 2003, Company B, 1st Battalion, 68th Armor, 3rd BCT

Spc. David J. Goldberg, Nov. 26, 2003, Company C, 52nd Engineer Battalion  
Staff Sgt. Stephen A. Bertolino, Nov.



**Wilson**

29, 2003 AVIM, Rear Support Squadron, 3rd ACR

Spc. Rian C. Ferguson, Dec. 14, 2003 S&T Troop, Rear Support Squadron, 3rd ACR

Spc. Nathan W. Nakis, Dec. 16, 52nd Engineer Battalion

Spc. Justin W. Pollard, Dec. 30, 2003, 2nd Squadron, 3rd ACR

Capt. Eric T. Paliwoda, Jan. 2, 2004 4th Engineer Battalion, 3rd BCT

Spc. Michael A. Diraimondo, Jan. 8, 2004, 571st Medical Company, 3rd ACR

Spc. Christopher A. Golby, Jan. 8, 2004, 571st Medical Company, 3rd ACR

Chief Warrant Officer Ian D. Manuel, Jan. 8, 2004, 571st Medical Company, 4th Squadron, 3rd ACR

Chief Warrant Officer Philip A. Johnson Jr., Jan. 8, 2004, 571st Medical Company, 3rd ACR

Master Sgt. Kelly L. Hornbeck, Jan. 19, 2004 (3rd Battalion, 10th Special Forces Group

Pfc. Armando Soriano, Feb. 1, 2004, Howitzer Battery, 3rd Battalion, 3rd ACR

Chief Warrant Officer Stephen M. Wells, of Egremont, Mass., Feb. 25, 2004, Outlaw Troop, 4th Squadron, 3rd ACR

Chief Warrant Officer Matthew C. Laskowski, Feb. 25, 2004, Outlaw Troop, 4th Squadron, 3rd ACR

1st Lt. Michael R. Adams, March 16, 2004, Apache Troop, 1st Squadron, 3rd ACR

Master Sgt. Richard L. Ferguson, March 30, 2003, 10th Special Forces Group

## LETTERS TO THE EDITOR

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

All letters must be signed and include an address or unit designation and daytime telephone number for verification. No address or telephone number will be published and name will be withheld upon request. Anonymous letters will not be considered.

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

# Word of the month: Assimilation

**Master Sgt. Sandra Daniels-Hill**  
3rd Armored Cavalry Regiment  
EOA

The word of the month for May is "assimilation;" Webster's definition of assimilation is to conform or adjust to the customs, attitudes, etc., of a dominant cultural group.

To many, this word has only nega-

tive connotations. Past immigrants and ethnic minorities were forced to assimilate by giving up their cultural identity, history and language in order to be accepted by mainstream American society.

Depending on the situation, assimilation can be positive. Soldiers go through a form of assimilation

when they join the military. The U.S. Army is one of the most diverse organizations in the world. We have Soldiers from all walks of life, ethnic, and racial backgrounds. Regardless of socialization or economic status, we learn to work together as a team; and uphold Army values, attitudes and beliefs.

## MOUNTAINEER

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# News

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## Promotion board will convene early

### Senior NCOs will start pinning on new rank early next year

by Sgt. 1st Class Marcia Triggs  
Army News Service

WASHINGTON — The sergeant first class promotion board will be held three months earlier than scheduled, and selected noncommissioned officers will start pinning on rank in February, officials said.

The promotion board was first scheduled for February, but was changed to November. The master sergeant promotion board will be held one month earlier in September instead of the originally scheduled start of October.

Convening the boards ahead of schedule ensures the Army has the right number of Soldiers in these ranks as it fights the Global War on Terrorism, said officials from the Deputy Chief of Staff for Personnel, G-1.

The fiscal year 2003 sergeant first class board selected enough NCOs to meet the promotion needs for a 19-month period.

“However, the current list will be exhausted earlier than anticipated, and if we don’t react it will cause a drop in readiness,” said Sgt. Maj. Gerald Purcell, the Directorate Military Personnel Policy, G-1 sergeant major.

Soldiers should go to the Human Resources Command Web site at [www.hrc.army.mil](http://www.hrc.army.mil) to make sure their official military file is accurate, said Master Sgt. Fred Liggett, the G-1 personnel policy integrator.

“Soldiers shouldn’t wait for the military personnel message to come out,” Liggett said. “Most Soldiers know that they are in the zone. They can go online and check photos, awards and evaluation reports.”

The deadline to update information for noncommissioned officers who are in the zone for promotion to master sergeant is Aug. 20. The deadline for those eligible for promotion to sergeant first class will be announced in a MILPER message tentatively scheduled for release in July.

The Enlisted Record and Evaluation Center will notify all Soldiers eligible for promotion consideration through their Army Knowledge Online e-mail account.

Current Army policy requires Soldiers being considered for either master sergeant or sergeant

first class be graduates of the Advanced Noncommissioned Officer Course or the Basic Noncommissioned Officer Course respectively. However, Headquarters Department of the Army waivers will be given for those who are unable to complete the requisite course because HRC has not scheduled them to attend school or because of a deployment, officials said.

“This is the right thing to do,” Purcell said. “This takes care of any Soldier, who because of Army requirements, and through no fault of his own, is unable to get to school. We will make sure that they are not denied promotion opportunities that they are entitled to.”

The waivers will be issued from HRC, Purcell said, and Soldiers don’t need to take any action.

Purcell emphasized the waivers allow Soldiers to be considered for promotion, but does not waive attendance at Noncommissioned Officer Education System schools. The requirement to complete and graduate from the course is still there, he said.

“It will catch up with them eventually if they don’t get it (NCOES) done,” Purcell said. “All Soldiers need to do their best to get scheduled into their NCOES course as soon as it’s practical and that it’s for their own benefit in terms of professional development.”

# 101 days of summer safety begins Friday

by Pfc. Clint Stein  
Mountaineer staff

Summer is upon us, and that means grilling, camping, swimming and other activities with the potential for accidents.

The 101 days of summer begins Memorial Day weekend and ends with Labor Day, and during this time hospitals around the nation usually experience an increase in the number of patients due to injuries from summer activities and heat-related illnesses.

During Kit Carson week and the summer weeks following, there are several safety tips to help prevent summer accidents.

This summer many Soldiers and their families will participate in several outdoor sporting events. Bicycling, basketball, football, baseball and soccer are the leading causes of spring and summer sports injuries, according to the American Academy of Orthopedic Surgeons.

"Not wearing the proper safety equipment or exceeding one's capabilities are usually the reason people get injured," said Jenny James, Fort Carson safety specialist. It is also a good idea to warm up and

stretch properly before exerting yourself, added James.

While outside enjoying the summer sun, it may be wise to protect against it.

An important tip to remember is to drink plenty of water and take frequent rest breaks during strenuous activities or while working.

Although direct sunlight can cause sunburn, a cloudy day will cause sunburn as well, said James. With Colorado being at a higher altitude, people are susceptible to sunburn more rapidly than at a lower altitude.

During the summer, many people may take a vacation to a lower altitude region, like the beach. When traveling, it may be a good idea to plan out the trip and let a neighbor or relative know the travel plans. Take breaks from driving about every 100 miles or every two hours, added James, some people have car accidents as a result of fatigue.

Always wear safety belts, said James, and never drink and drive.

Not only is driving a car under the influence of alcohol a dangerous decision, but driving a boat under the influence can prove dangerous as well.

Boating is a favorite form of recreation for many people during the summer season, unfortunately thousands of boating accidents are reported every year. If you own a boat, it's a good idea to take a safe boating course, said James. Some things to prevent boating accidents are to have plenty of life jackets available for everyone on board the craft. Another preventive measure is to check the weather forecast before embarking on a boating trip.

"It's a good idea to have a written plan detailing the trip to leave behind for a person ashore in case of emergencies," said James.

Although some people at Fort Carson do their boating at Lake Pueblo State Park, many will be utilizing the pools at Fort Carson for their swimming activities. Both pools at Fort Carson are staffed with certified lifeguards, said James, and the aquatic center offers swimming lessons for those who need them.

Whether a person is a strong swimmer or not, it wouldn't do much good against a rip tide. In rivers and lakes are currents of water that may not be visible

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See Summer safety, Page 8

# Military

## Post earns Arbor Day Foundation award

by Susan Galentine-Ketchum  
Directorate of Environmental Compliance and  
Management

A small dedicated group of men in coveralls is making Fort Carson a greener more appealing place to live. They plant trees to offset the often windy and barren nature of the local landscape and to reap additional conservation benefits.

These workers work for the Directorate of Environmental Compliance and Management Agronomy Section. Due to their commitment and hard work, Fort Carson was recently honored with the National Arbor Day Foundation Growth Award for the second year. Their efforts also netted the installation its 17th consecutive year designation as Tree City U.S.A. — not bad for an area more known for prickly yucca plants and tumbleweeds.

The agronomy section staff consists of two full-time technicians, a handful of contractors and a couple of Soldiers detailed to assist with the monumental effort of sustaining trees on the installation. Dan Gray, forestry technician with the Agronomy Section, said the primary mission of this group is to maintain the urban forest in most of the cantonment area.

This is no small feat in a climate where trees were not intended to grow and only arrived on the scene when planted here in the 1850s.

“We are in an environment that has never had trees

before,” said Gray. “We have to be more involved for them to survive.”

The staff fertilizes, plants, waters and prunes trees at the high-profile gate areas and those that line the streets by the barracks and facilities. Additionally, the agronomy section is involved with producing planting guides, reviewing landscaping projects and developing guidance for the installation xeriscaping plan where native plants and shrubs, rocks and bark are used in landscaping to reduce the amount of grasses planted and to reduce the demand for irrigation water.

Trees can easily blend into the background scenery of everyday life, but there are many benefits that don't obviously stand out. Gray explained trees are important to improving the quality of the atmosphere by “catching” pollutant particles and aiding in oxygen production. Trees also provide financial benefits, such as increasing property values by a minimum of 5 percent, reducing cooling expenses by creating shade in the summer, decreasing heating expenses by buffering cold winds in the winter and providing noise barriers.

Gray said trees have also been attributed with making people feel better when they are around them — case in point, the number of people drawn to parks on a nice day.

Although multiple program areas were noted in the National Arbor Foundation Growth Award Fort Carson received, the two areas which have the most long-term

and visible results are the education and outreach program and the extensive work done to care for the trees and shrubs on the installation, including offsetting the damaging effects of the drought.

The gem of the Fort Carson Agronomy Program is the education and outreach efforts to school children. Earth/Arbor Day events have captured the minds of elementary and middle school students by taking them out of the classroom and getting their hands in the dirt to help plant trees.

Participation in Earth/Arbor Day has grown each year through the efforts of Gray, who has spearheaded the growing Earth/Arbor Day education program on the installation during the last three years. In 2003, children planted approximately 125 trees and shrubs during Earth/Arbor Day events, and in 2004 more than 650 school children had the opportunity to attend the Earth/Arbor Day Educational Fair in April or took part in planting trees and seedlings in May.

The other visible program area noted in the Growth Award was the proactive care of Fort Carson trees. Agronomy staff saved existing trees and saved the installation money. In 2003, 132 trees that would have been destroyed by construction projects, etc., were transplanted. If these trees were replaced with new trees, the installation would have realized a cost of

# Military Briefs

## Misc.

### Officer Candidate School Board

There will be an Officer Candidate School board on Aug. 5 and 6. All participants must report in Class A's. All packets must be turned in to the 478th Personnel Support Battalion, building 1118, Room 208, no later than July 27. For more information, call Spc. Samantha Lamping at 526-1906.

### 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 Sunday through Thursday 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 noncommissioned officers in the rank of sergeant first class interested in an assignment to the USMA. NCOs should have drill sergeant or platoon sergeant experience with 12 to 15 years of service to be assigned to the staff and faculty as instructors and company tactical NCOs.

Selected officers will normally attend advanced civil schooling for up to two years followed by a three-year tour at West Point.

For application information, go to <http://www.usma.army.mil/adjutantgener>.



**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.

al 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 ET/Single 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, 7:30 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.

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

# Dining Schedule

May 27 to June 4

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)

## Exceptions

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



## 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.



**Danny Gray, forestry technician, gives Addie Preisser's 8th grade science students at Carson Middle School instructions on how to plant a new tree.**

## Arbor Day award

From Page 5

approximately \$36,000, instead of just the labor of the staff.

Large-scale tree drought-proofing was another accomplishment of the program. During droughts,



Photos by Pfc. Clint Stein

**Students from Carson Middle School, Brandon Parks, right, and Michael Singleton, plant a blue spruce seedling Friday in celebration of Arbor Day.**

trees require a great deal of monitoring and care. Opportunistic pests can weaken trees when they are vulnerable and drought stricken-trees can dry out to the point where they become easy fire fuel. In 2003, approximately 639 trees were drought-proofed, which required the construction of larger than average tree saucers. Saucers, said Gray, are earthen rings dug around the bottom of the trees to hold mulch and keep out weeds. These saucers were also tilled and re-mulched to provide maximum moisture and nutrients to the root systems.

Despite the drought, Gray said "Our trees look better now than ever."

Gray has big plans for next year, which includes the 35th Anniversary of Earth Day. He hopes to expand Earth/Arbor Day activities to schools outside Fort Carson including every grade level. "I think it is time that Fort Carson leads the effort in this community to bring a new and more earnest understanding of what Earth Day really is and what actions we should be taking."

He also has plans for the cantonment area of Fort Carson. "With staff, time and funding, I would like to see the urban forest in the Banana Belt doubled in size. It is entirely too sparse around many of the barracks areas."



Photo by Sgt. Chris Smith

## Fore ...

A golfer swings at the Colorado Springs Building Operators Association tournament at the Fort Carson Golf Club Friday. The Association donated \$5,000 of the tournament's proceeds to the Army Emergency Relief fund.

## Summer safety

From Page 4

from the bank sides. "Some currents could catch you and pull you under the water," James said, "and you can drown."

Several families may view wildlife while camping this summer.

During a camping trip, insects can prove to make a good night around a campfire a miserable stay zipped up in a tent. Colorado is one of the leading states for the West Nile Virus, said James. "Always make sure you have plenty of insect repellent, especially at night."

Most of the time when camping people are cooking outdoors, and this could attract wildlife. To help avoid unwanted company at a camp site, food should be stored away and sealed in storage containers. It's also important to extinguish any campfires after using them or leaving the area.

Not everyone goes camping to cook outdoors, especially during the summer season. There are several precautions a backyard cook can take to help avoid certain accidents. If a person has a gas grill the hoses and connectors should be checked for leaks or brittle areas before use. The grill should also be moved away from struc-

tures such as houses or fences.

"Last year there was a fire that burned most of an apartment building on post because a charcoal grill was placed too close to the house," said James. It's important to remember that even after a charcoal grill is finished being used it takes several hours before the heat is actually gone. Another tip for using charcoal grills is to only use starter fluid to get the fire started, and use a limited amount.

Although there are several accidents occurring every day throughout the summer, the Fort Carson safety office wants everyone to take the proper safety precautions to help avoid the preventable accidents and enjoy the summer.



# Community

## Celebrating Asian-Pacific contributions

by Spc. Zach Mott  
Mountaineer staff

A celebration of the lives and cultures of the Asian Pacific nations filled the Elkhorn Conference Center May 20. Displays from Guam, Micronesia, Fiji and several other nations covered each corner of the room.

Attendees were introduced to the Chumoran culture by the people of Guam, a children's game from Korea and the people Fiji.

Command Sgt. Maj. Ronald M. Higashiyama, the 478th Personnel Services Battalion command sergeant major, was the guest speaker and spoke about the problems and triumphs faced by his family. Higashiyama, who is of Japanese descent, talked about what it was like for Japanese-Americans to be placed in internment camps during World War II. Higashiyama then spoke about the successes of the all-volunteer Japanese-American battalions that were some of the most decorated of the war.

"The original plan called for a total of 3,000 volunteers from the mainland and 1,500 from Hawaii," he said.

"Nearly 10,000 Hawaii 'Nisei,' which is second-generation Japanese, volunteered and more than 2,600 were accepted (for the first battalions.)"

This overwhelming show of patriotism is evident in the proud history of Asian-Pacific Americans in the building of the nation.

"For over 150 years, this nation has reaped the benefits of the many contributions and sacrifices of the people of Asian-Pacific heritage," Higashiyama said. "With their many diverse talents (they) have contributed to the growth of our nation."

Performers then entertained the crowd with traditional dances from Guam and Hawaii. Dances from Guam included the Spanish Waltz, the Stick Dance and dances using coconuts and



Photos by Spc. Zach Mott

**During a dance where the virgins of the island are introduced, members of the audience who are from the Asian-Pacific islands were invited to the dance floor. One of those invited to the dance floor shares his island spirit with the crowd.**

celebrating fishermen. Hawaiian dances included the traditional Hula as well as a dance celebrating tourism in Waikiki.

Soldiers then modeled the traditional island clothing from American and Western Samoa, Tahiti and Tonga. This fashion show culminated in an island dance that introduces the virgins of the island. As island-natives were summoned to the dance floor, yelps, claps and grunts erupted from the invited participants.

After the entertainment, the crowd was invited to taste some of the foods native to the Asian-Pacific region. Foods from Korea, China and Guam were available for everyone to sample.



**Attendees at the Asian-Pacific Islander Heritage Celebration at the Elkhorn Conference Center enjoy the abundance of food native to the region May 20.**



**Two of the youngest performers leave the dance floor following a dance performance from the island of Guam.**

# Remembering Soldiers' sacrifices

**Commentary by Chap. (Lt. Col.) Greg Borden  
U.S. Army Garrison**

As all of you may know, Memorial Day is a day for remembering. It's a day filled with the spirit of freedom, patriotism and devotion.

Millions of Americans will be flocking to the beaches, picnicking, fishing, motoring, visiting friends and relatives.

But there is more to this special day than recreation and fun. Americans need to remember that many rights our nation provides came at immense sacrifice in the lives of our military as they served in "harm's way."

From Bunker Hill, Gettysburg, Manila Bay,

Coblentz, Pearl Harbor, Inchon, Saigon, Grenada, Iraq and Afghanistan, we have had dedicated Americans

serving to bring and assure freedom to others. It took sacrifice to accomplish such undertakings.

Centenarian Bob Hope, the great comedian of the last century recently died, but he left a legacy of bringing cheer and optimism. His trips to far away duty stations and his corny jokes encouraged others across the world as he reached out to our servicemembers in remote corners of the globe.

Bob Hope's theme music for each of

his shows was, "Thanks for the memories..."

Throughout the scriptures we are instructed to remember. "Remember your days are numbered. Remember the lord your God in the midst of you is mighty. Remember God's blessings."

Many have served our country well. At the cost of their lives, many have given their all. Today and throughout the year we remember them. God has blessed America with great people. Let's remember and give thanks for the memories.

Serving with a grateful heart,  
Chaplain B.



## Chapel

**Vacation Bible School** — Registration is ongoing 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 at 6:30 p.m. at Soldiers' Memorial Chapel. Protestant high school activities include Bible studies Sunday at 9:30 a.m. and Tuesday at 6:30 p.m. at Soldiers' Memorial Chapel. Catholic youth classes meet at 10:45 a.m. Sunday at 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 for fiscal 2004 will end Sept. 30; will rebid for the fiscal year 2005.

Point of contact for more information is Margaret Wright, Fort Carson Director of Contracting at 526-3841.

**Volunteer opportunities** — Come join in the Lava Lava Island VBS fun by volunteering as a Island Crew Leader. Each Island Crew Leader will be mentor and guide to five children as they navigate the learning stations of Lava Lava Island. For information, contact Kathy Wallace at 392-4788.

### Chapel Schedule ROMAN CATHOLIC

Day	Time	Service	Chapel	Location	Contact Person
M-Wed, Tues., Wed., Thurs.	noon	Mass	Healer	Evans Army Hospital	Fr. Battiato/649-5260
Saturday	noon	Mass	Soldiers'	Nelson & Martinez	Chap. Patton/526-5769
Sunday	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
<b>PROTESTANT</b>					
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
Sunday	10:45 a.m.	Lutheran	Provider	Barkeley & Ellis	Chap. Lloyd/526-3888

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

### LITURGICAL

Barkeley & Ellis

### JEWISH

Building 1161

### WICCA

Building 1161

### MORMON

Barkeley & Ellis

### NATIVE AMERICAN SWEATLOGGE

Barkeley & Ellis

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 147 & Acts 7-8

**Saturday** — Psalms 148 & Acts 9-10

**Sunday** — Psalms 149 & Acts 11-12

**Monday** — 1 Samuel 2:1-10 & Acts 13-14

**Tuesday** — Isaiah 12:1-6 & Acts 15-16

**Wednesday** — Psalms 150 & Acts 17-18

**Thursday** — Psalms 1 & Acts 19-20

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 U.S. Army Reserve 89th Reserve Readiness Command, headquartered in Wichita, Kan.

Army: For the Soldiers, noncommissioned officers, and officers of the Veterinary Corps. Pray for them in their mission of promoting public health and food

safety for the entire Department of Defense.

State: For the soldiers and families from the State of Missouri. Pray also for Gov. Bob Holden, the state legislators and municipal officials of the Show-me State.

Nation: For Memorial Day, may our nation always remember and honor the many heroic Americans who died while defending our nation and its values.

Religious: For the Christian celebration of Pentecost, at which the Holy Spirit manifested himself among the disciples of Jesus and empowered the church to go into the world.

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).

# Community Briefs

## Miscellaneous

**MOAA breakfast** — The Military Officers Association of America will present retired Col. George B. Calhoun to discuss the Mission to Afghanistan. The breakfast is Thursday at 8 a.m. in the Embassy Suites Hotel at 7290 Commerce Center Drive. Call Irene Merrill at 633-8878 no later than Tuesday for reservations.

**Health and Safety Office closing** — The American Red Cross Health and Safety Education Office in room 1801 at Evans Army Community Hospital will be closed for two months. The Health and Safety program is part of the Pikes Peak Chapter in Colorado Springs which is currently undergoing a transition.

If you are a military unit or family member interested in a community CPR/first aid or other health and safety education classes, call the chapter at 632-3563. The new address is: 1040 South 8th Street in Colorado Springs, across from Motor City.

**Youth sponsorship training** — Army life means having to leave your home, school and friends to move to a new installation. Youth sponsorship offers you the opportunity to make new friends and help someone adjust to their new home.

Classes are offered one Saturday per month at the Family Connection Center in building 1354 from 2 to 4 p.m. Upcoming classes are June 19, July 17, Aug. 21, Sept. 18 and Oct. 16. For more information on youth sponsorship, call 526-1070.

**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 pickup. We thank you in advance for helping make our community a better place to call home.

**CID seeking information** — The Criminal Investigation Command 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.

**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 Monday in observance of Memorial Day. Regular hours will resume Tuesday.

**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. today. 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 June 5 and 19, 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.

**Saluting veterans** — Colorado will celebrate the long-awaited formal dedication of the World War II Memorial in Washington, D.C. Saturday 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.

## School Information

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

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

A variety of challenging and stimulating classes



Army Community Service  
Family Readiness Center  
719-526-4590

## Father's Day Celebration



**Thursday,  
June 17 • 3P.M.-6P.M.  
Iron Horse Park**



Hayrides/Ponyrides,  
Crafts, Jump Castle,  
Face Painting, Bubbles  
& Balloons, Father's  
Day Cards and  
Much More!  
For details, call  
(719) 526-4590.

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 nongovernment 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 to 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 to his estate should contact 2nd Lt. Bradley Rudy at 526-6960 or (845) 216-3026.

## Article 139 ...

# Don't get mad, get even

by Spc. Jon Wiley  
Mountaineer staff

Picture this, you're sitting in your barracks room late Saturday night, and you happen to look out your window just in time to see your ex-girlfriend smash out your car's windshield and redesign the front hood with a crowbar.

Other than slashing her car's tires or filing a claim against her in civil court that could take months to resolve, you may wonder if you have any way of settling the matter with her. If she's in the military, you do. It's called Article 139.

"Article 139 of the Uniform Code of Military Justice provides a means of redress to any person, military or civilian, who believes that his property has been willfully damaged or wrongfully taken by a member of the Armed Forces," said Staff Sgt. Richard Barnett, claims noncommissioned officer, Office of the Staff Judge Advocate, Fort Carson.

Here's how an Article 139 claim works.

"You don't need any proof whatsoever to start a claim. All we need is the name of the person (who is responsible for the theft or vandalism of your property) and the dollar amount (of the loss)," said Barnett.

You can submit a claim to any commissioned officer of the Armed Forces or directly to the OSJA.

A claim can be oral at first, but it must be put in writing within 10

days.

Once the OSJA receives a claim, it is submitted to a special court martial community authority, who is usually the first 0-6 in the chain of the command of the Soldier whom the claim is being filed against, Barnett said. The 0-6 then appoints an investigating officer, who is an impartial commissioned officer, to conduct an investigation.

"The IO will talk to witnesses, the accused Soldier, the Soldier who made the claim and obtain any relevant police reports," Barnett said.

Based upon his findings, the IO will then submit his findings as to whether the claim is valid or not.

"The standard of proof for an Article 139 claim is lower than it is for civil court claims," Barnett said. For a Article 139 claim to be found valid, the IO must find that a preponderance of evidence supports the claim, "which means that it's more likely for theft or vandalism to have occurred than not to have occurred," Barnett said.

In a civil courts claim, the plaintiff must prove his case beyond reasonable doubt, which means that the overwhelming majority of the evidence supports the claim, Barnett said.

After an Article 139 claim is found to be good, the wages of the service member who is at fault will be garnished in the amount of the claim.

"The cool part of the 139s is that once they're approved we can contact the finance office, and the dollar amount is directly deducted from the Soldier's pay," Barnett said.

"Depending on the amount of the claim, (the money will be taken in one lump sum or in partial payments over a series of pay periods)."

The maximum dollar amount an 0-6 can reward in a Article 139 claim is \$5,000, but there is no fixed dollar amount for claims.

Claims exceeding \$5,000 must be approved by a general, and claims exceeding \$10,000 go to the U.S. Army Claims Service, the judge advocate general or to the assistant judge advocate general for approval.

There is also no minimum dollar amount for Article 139s. Barnett said he once did a claim for \$20.

It's important to note that Article 139s are not the same as civil court's claims, Barnett said. Article 139s only cover cases where there is willful intent to damage or steal property.

Barnett gave the following example as a case where Article 139 does not apply.

"Last week I had a Soldier who tried to file a claim against his buddy who borrowed his vehicle. The vehicle was parked somewhere, and someone else backed into the car.

"The buddy said he would pay for the damage, but he decided not to. There's nothing we can do about

that. We have to prove that the damage is willful. We can't file claims for negligence."

Besides negligence, Article 139s also do not apply to contracts, as in the above example where there is a possible breach of an oral contract. Cases involving contracts are matters for a civil claims court.

So whom can you file Article 139 claims against?

"Only servicemembers," Barnett said.

"If a person is going to get kicked out of the Army, and he has an Article 139 claim against him, we have to move on that because once he's out of the military pay system we can't touch him."

Article 139 claims also do not apply to Department of Defense civilians or family members.

And who can file an Article claim?

"Anyone, military or civilian, can file an Article 139 claim against a servicemember," Barnett said.

Claims should be filed within 90 days of the incident that gave rise to it. An exception can be made if good cause for a delay can be shown.

For more information about Article 139 or to file a claim, you can contact the claims division of Fort Carson's OSJA at 526-1353, or you can go to the directly to claims division office in building 6285, Room 102, across from the Elkhorn Conference Center.

# Saying welcome home with billboard

by Spc. Jon Wiley  
Mountaineer staff

If anyone knows about big responsibilities, big commitments and big sacrifices, it's an Army wife. But when it came time for one Fort Carson Soldier's wife, Pam Vicari, to express a big sigh of relief that her husband returned home safely after being deployed for a year in support of Operation Iraqi Freedom, she was at a loss.

"I started thinking about welcome-home banners and signs almost as soon as he left," Pam said, "but I didn't get serious about it until November (2003)."

For five months, Pam searched for a fitting way to welcome her husband home.

"I thought about putting a notice in the newspaper, or putting his picture on the side of city buses or getting a sign made, which I did end up doing, but it just wasn't big enough," she said.

After months of consideration, she decided the best way to welcome her husband home was a 10-by-36 feet billboard in Colorado Springs with their 17-month-old son's picture on it and the words "Welcome Home, Daddy."

Pam's husband, Sgt. Charles Vicari, 1st Battalion, 8th Infantry Regiment, 3rd Brigade Combat Team, said he couldn't put into words how he felt when he first saw it. Hours after he returned to Fort Carson on March 26, his wife took him to see it.

"After we got released and I got my bags and everything, we got into the car, and she told me to put my head down and not look. Coming back from Iraq, it was hard for me to do, to not pay attention to what was going on ahead of me," Charles said.

Pam stopped the car and told Charles to look up.

"I was thinking 'what's going on here?' Everyone was driving by, honking and taking pictures," he said.

The giant picture of their son Devin was a welcome sight. Devin was only three months old when Charles deployed, and Charles said he regrets missing his son's first year.

"I wanted to be there through his pains — teething, growing pains, keeping my wife's stress level down. I missed out on all that, and that crushed me more than anything else," he said.

For Pam, the hardest part of her husband's deployment was the uncertainty. However, she said she learned a



Photo by Spc. Jon Wiley

**Sgt. Charles Vicari sits with his wife Pam and son Devin. Pam used a 10-by-36 feet billboard to welcome Charles home from his deployment in Iraq.**

lot from the experience.

"The whole philosophy of being an Army wife — being extremely dependent, playing the mom and the dad and providing support for my husband — that set in," she said.

"To say I was berserk is probably an understatement — I was a complete stress ball, just a stress ball," she

added.

Thinking of ways to welcome her husband home was a stress reliever. And after months of consideration, she found one — a big one. Is a 10 foot by 36 foot billboard big enough to capture the love and support an Army wife gives her husband? Probably not, but then what is?

# Boot camp trains expectant dads

by Spc. Zach Mott  
Mountaineer staff

Preparation is the key to success. Everyone from the local high school football coach to the commander-in-chief has said it, yet that phrase has rarely been applied to fatherhood.

There are plenty of classes for expectant mothers: Lamaze, breastfeeding instruction, baby nutrition, prenatal exercises, etc. But, Fort Carson is home to a three-hour instructional program for expectant dads and taught by dads.

"Babies don't come with an owner's manual or instructions," said Nathaniel Nugin, a troop-adult education coordinator from the Soldier and Family Readiness Program.

Nugin, who has helped raise six children of his own, also instructs the Boot Camp for Dads course at the Family University in building 1161. Nugin's children range in age from 15 to 31.

"I think many men probably come into fatherhood thinking they know what to do or assuming things will just work out," he said. "But, the better trained we are, the better we're able to do anything. It's kind of like forearmed is forewarned."

Attendees learn basic fatherhood philosophies, talk about the roles of

dads and receive hands-on practice burping, feeding and holding. The final part of the class talks about how to take care of mom.

"A lot of these guys are coming back, many of them are going to be dads for the first time and some may have children," Nugin said about the Soldiers returning from Operation Iraqi Freedom. "But, again, this might be the first time that they've had any sort of structured or formal education or training in regards to the roles of fathers."

One of the biggest challenges new parents face is learning to recognize why a baby is crying. Nugin said this could be a frustrating experience for most.

"They learn to understand that when babies cry, it's nothing personal, that it's something they need, it's (a baby's) only way to communicate," he said.

Traditionally, it has been a mother's role to soothe and nurture a baby. But, Nugin said, he hopes his class will help change that practice

"We kind of debunk the myth that the only truly nurturing parent is the mom," he said. "Dads can in fact nurture and nurture well. In fact, we need



Photo by Spc. Zach Mott

Sgt. Omar Boynes, Battery C, 3rd Battalion, 29th Field Artillery, demonstrates how he would feed a child during the Boot Camp for Dads class at the Family University May 21.

## Boot camp

From Page 16

dads to be more involved in the actual nurturing of children to get past some of the stereotypical roles — that of the provider, of the protector, of the primary disciplinarian and some of those kinds of things.”

Nugin has been teaching this class since 2000 and sees it as a way for him to learn more about being a dad.

“I enjoy doing boot camp because without a doubt, every time I meet with a group of expectant dads I learn something new,” he said. “I think that’s what it’s all about. There isn’t a dad out there who has all the answers.”

Although the class is typically given during the lunch hour on Wednesdays, Nugin recently instructed expectant fathers from the 3rd Battalion, 29th Field Artillery.

“For small groups, obviously we want people to call and to register in advance,” he said, citing that interested, expectant dads can call 526-4590 to sign up. “If there’s another unit with a lot of expectant dads, they can call 526-4590 and have them come in contact with me and we’ll try to repeat this format.”

Nugin said he’s excited to teach this class and

enjoys the opportunity to reach as many expectant dads as possible.

“I think the chain of command that supports an

initiative like this is making a huge, huge investment in the lives of not only Soldiers, but children as well,” he said.

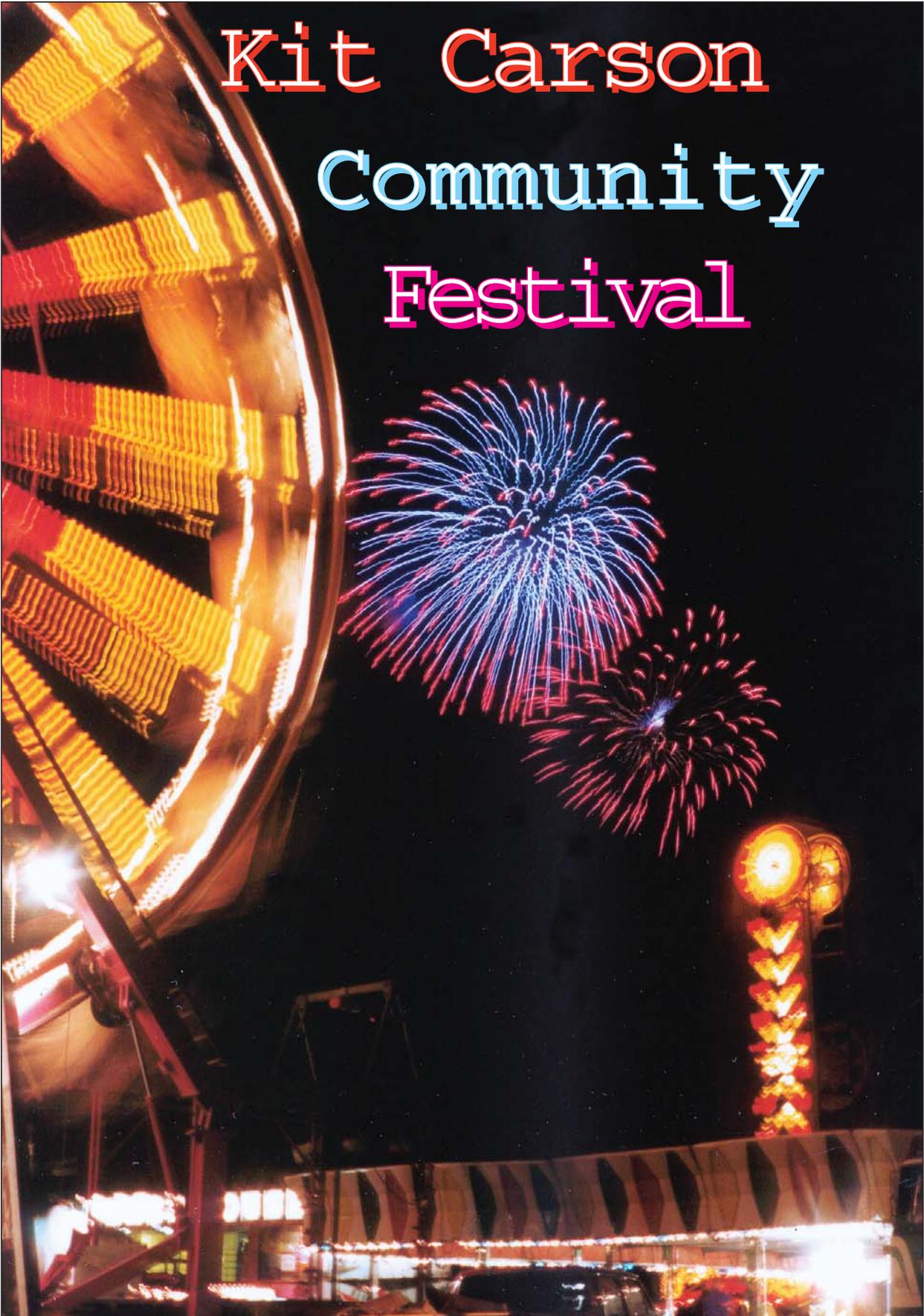


Photo by Spc. Zach Mott

**Nathaniel Nugin, Boot Camp for Dads instructor, talks to Soldiers from the 3rd Battalion, 29th Field Artillery about what it's like to be a father.**



# Kit Carson Community Festival



# KCCF schedule of events

## Tuesday

Event:	Location:	Time:
Installation Run	Pershing Field	6 a.m.
Basketball	McKibben and Garcia PFCs	10 a.m.
Billiards	Xtremes	10 a.m.
Bowling	Post Bowling Center	10 a.m.
Boxing	Special Events Center	10 a.m.
Flag Football	Pershing Field	10 a.m.
Racquetball	Forest & Garcia PFCs	10 a.m.
Soccer	Sports Complex	10 a.m.
Volleyball	Waller	10 a.m.
Checkers	Grant Library	10 a.m.
Chess	Grant Library	10 a.m.
Talent Search	Community Theater	1 p.m.

## Wednesday

Event:	Location:	Time:
Archery	Archery Range	8 a.m.
Basketball	McKibben and Garcia PFCs	8 a.m.
Billiards	Xtremes	8 a.m.
Bowling	Post Bowling Center	8 a.m.
Darts	Xtremes	8 a.m.
Boxing	Specials Events Center	8 a.m.
Flag Football	Pershing Field	8 a.m.
Golf	Golf Course	7 a.m.
Racquetball	Forest & Garcia PFCs	8 a.m.
Sand Volleyball	Ironhorse Park	8 a.m.
Soccer	Sports Complex	8 a.m.
Volleyball	Waller	8 a.m.
Climb the Wall	Alpine Tower	9 a.m.
Horseshoes	Ironhorse Park	9 a.m.
Checkers	Grant Library	9 a.m.
Chess	Grant Library	9 a.m.
Talent Search	Community Theater	1 p.m.

3 on 3 Basketball Ironhorse Park 9 a.m.

## Thursday:

Event:	Location:	Time:
Fishing Derby	Womak Reservoir	6:30 a.m.
Basketball	McKibben & Garcia PFCs	8 a.m.
Billiards	Xtremes	8 a.m.
Bowling	Post Bowling Center	8 a.m.
Darts	Xtremes	8 a.m.
Flag Football	Pershing Field	11 a.m.
Racquetball	Forest and Garcia PFCs	8 a.m.
Sand Volleyball	Ironhorse Park	9 a.m.
Soccer	Sports Complex	8 a.m.
Softball	Sports Complex	8 a.m.
Volleyball	Waller	8 a.m.
Chess	Grant Library	9 a.m.
Checkers	Grant Library	9 a.m.
Horseshoes	Ironhorse Park	9 a.m.
3 on 3 Basketball	Ironhorse Park	1 p.m.
Tug O' War	Ironhorse Park	1 p.m.
10k Run	Special Events Center	7 a.m.
Talent Search	Community Theater	1 p.m.

## Friday:

Event:	Location:	Time:
Finals in all events	Various locations	
Auto Show	Ironhorse Park	8 a.m.
Awards		2 p.m.
Roller Hockey	Ironhorse Park	12 p.m.

## Saturday

The City of Colorado Springs will host a welcome home ticker tape parade for our troops. The parade will start at 10 a.m. on the corner of Tejon Street and St. Vrain Avenue.





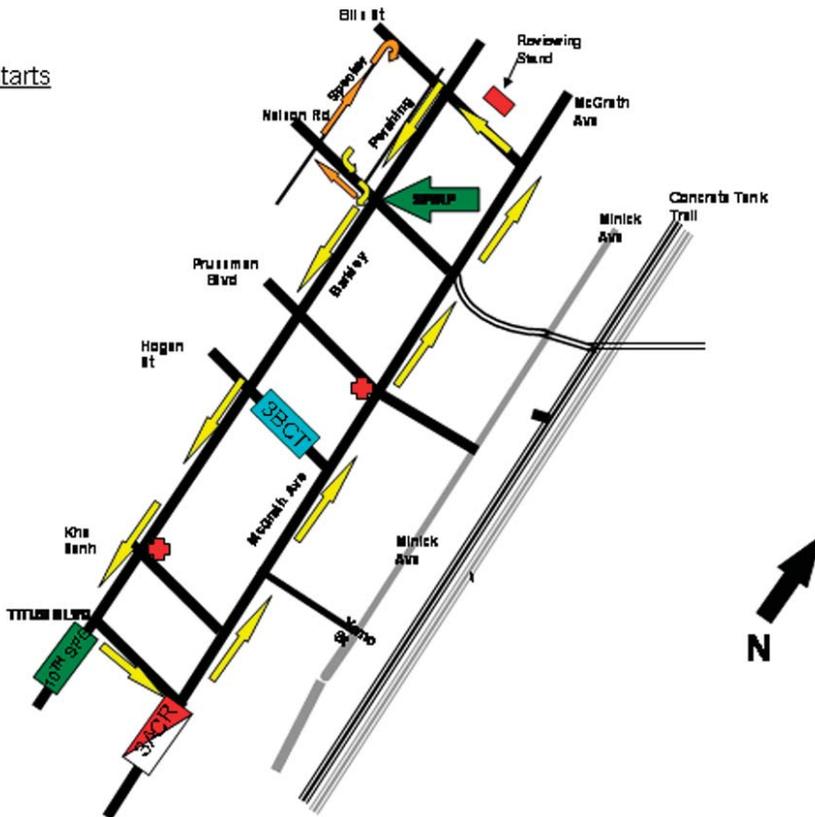
File photos

Kit Carson Community Festival activities will kick-off Tuesday with an installation run. The week is full of activities for the Mountain Post community. Soldiers will participate in a number of events, both individual and unit level. See the list included in this insert for times and locations.

## Installation Run Route

### Pershing Field Starts

- HHC, 71D
- USAG
- 307<sup>TH</sup> QM
- 1<sup>ST</sup> MOB
- 478<sup>TH</sup> PSB
- 43<sup>RD</sup> ASG
- MEDDAC
- DENTAC
- 13<sup>TH</sup> ASOS
- SJA





# Kit Carson Community Festival





# Out & About

May 28 - Jun 4, 2004

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



10 K Run, Archery, Auto Show, Basketball, Billiards, Boxing, Chess & Checkers, Climbing Wall, Darts, Fishing Derby, Flag Football, Golf, Horseshoes, Racquet ball, Sand Volleyball, Soccer, Talent Search, 3-on-3 Basketball, Tug-O-War, Volleyball and Roller Hockey

## KCCF - Award Ceremony Commanders Cup / Team Trophies

Iron Horse Park  
June 4, 2004  
1 pm - 5 pm

Competition Awards Ceremony at 2 pm  
FREE Entertainment  
FREE Activities  
Food & Beverages available for purchase  
for more information call: 526-4494



# TENNIS CLINIC & BRUNCH

June 19, 2004  
8:00 am - 12:00 pm

Mountain Post Sports Complex  
Tennis Courts

Instruction, Ball Machine, Tennis Equipment, Brunch

*Get In The Swing and Join The Fun!*

\$2.00 per person  
(sign ups available day of event)



For sign up and more information,  
please call 719-524-1388



Army Night June 15  
FREE TICKETS AVAILABLE AT ITR

Rain Out Date, June 18  
Gates Open at 6 pm  
Pregame Starts at 6:30 pm

Sky Sox vs Oklahoma Redhawks

Enter to Win an opportunity to watch the game from a Hot Tub, with 8 friends!  
Enter to WIN at the Fort Carson Commissary and ITR (Must be 21 or older)

For more information please call 719-526-4494



## PEN TURNING CLASS

Friday, May 28

3 pm - 6 pm

Smith Woodshop

\$10.00 (pre-register fee)

For info, 526-3487

# Discover New Trails @ Your Library

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.



# Flying W Ranch

## Greenhorns are mighty welcome

Story and photos  
by Nel Lampe  
Mountaineer staff

Some people say the Flying W Ranch is one of the best tourist attractions in the area. It surely is a fun place to go.

And there's a touch of the Old West in the visit.

Short of spending a few days at a dude ranch, the Flying W Ranch is the best way to get greenhorns (people not from the West) in a western hat and cowboy boots by convincing them western dress is appropriate. But 10-gallon hats aren't required (but suitable) and blue jeans and casual shirts are the clothes of choice by many visitors, along with comfortable shoes. Guests at the Flying W learn a little about the Old West by attending one of the chuck wagon suppers held nightly, starting Friday. The popular suppers are served through September.

The Flying W Ranch is truly a working ranch. This is the 52nd year people have been having chuck wagon suppers at the ranch. It all started when a few guests were riding horses at the ranch and were invited to stay for supper. When word got around, more and more people asked to have supper at the ranch. First there were a few dozen supper guests, then a few hundred and now the ranch hands serve 1,400 guests every night. The Old-West inspired supper is served in traditional style to locals and tourists alike. Diners line up for a serving of barbecue beef or chicken, along with baked potatoes, beans and homemade biscuits on tin plates. Tin cups hold lemonade, iced tea or



A covered wagon, a tepee and an old wagon wheel set the tone at the Flying W Ranch. The ranch chapel, back, is being decorated for a wedding.

coffee. Old-fashioned spice cake is served for dessert.

Ranch hands have years of experience in feeding crowds, and do it efficiently. Crowds are moved along with good-natured, Western-flavor humor. Supper is served outside unless weather dictates moving indoors. There's enough room under cover for the large crowd.

And the show goes on, rain or shine.

Pay attention to those cowboys dishing up the grub. You'll see them again later when the Flying W Wranglers take the stage for an hour-long show of old standard cowboy songs, such as "Happy Trails," "Orange Blossom Special" or "Ghost Riders in the Sky." The Flying W Wranglers are one of the oldest cowboy singing groups in the nation, coming in second only to the "Sons of the Pioneers." The wranglers have recorded several compact discs which can be purchased at the ranch, have played with local orchestras and will perform in Carnegie Hall in June.

Although the dinner bell rings at 7:15 p.m. and supper is served at 7:30 p.m., plan to arrive early. There's more to the evening than just supper.

Not only is the Flying W a working ranch, guests eat a western-style meal, visit a



The Flying W Wranglers present an hour of pickin' and singin' old cowboy songs following the meal at the Flying W Ranch.

blacksmith shop, a general store and are entertained by traditional cowboy music. And don't forget the camera — there are opportunities for souvenir photographs.

The Flying W Ranch has its own Western town. Fourteen buildings compose a typical western town. There's a general store, barber shop, school house, ice cream parlor, drugstore and general store. Some of the buildings have antiques on display, others are gift shops, but they're all open to visitors beginning at 4:30 p.m. A blacksmith demonstrates how to shoe a horse, beginning at 6 p.m. in the blacksmith shop. A Navajo Indian demonstrates rug making.

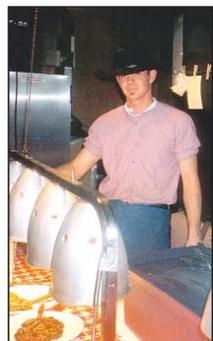
There's a chapel that's available for weddings. There are several walking paths to catch the ranch's scenic views. There are trees, large standing rocks, covered wagons, a chuck wagon and a tepee.

A small train takes children for rides past Christmas Rock and through a mine tunnel.



A group from Wisconsin arrives for a taste of the Old West at Flying W Winter Steak House.

# Happens



Places to see in the Pikes Peak area.

May 27, 2004

Ranch

From Page 25

Most of the buildings at the Flying W are authentic and were relocated to the ranch piece by piece. One such building is the 1929 Ute Theater which was in downtown Colorado Springs for about 40 years. When the theater was scheduled for demolition in the late '60s, the owners of the Flying W bought it, dismantled it, and moved it to the ranch. It now serves as the Winter Steakhouse and for private parties.

Flying W Ranch chuck-wagon style suppers are quite popular and reservations are necessary. Call the ranch at 598-4000.

The price for the chuck wagon supper is \$17.50 for adults and \$8.50 for children 8 years old or under. The meal, stage show and western town are all included in the price. The Flying W serves chuck wagon suppers seven days a week; served outside in good weather and under cover when it rains.

The chuck wagon closes at the end of September, reopening about Memorial Day.

In the off season, guests can visit the Winter Steak House Friday and Saturday nights — except in January and February — and still enjoy a Western-style dinner and show. Guests have a choice of steak, fish, ribs or chicken, cooked over an open wood fire and served with salad, baked potatoes, beans, biscuits, coffee, lemonade or iced tea. Dinner and show at the steakhouse is \$25.

The Picketwire Bar is open in winter. Once again, cowboys serve as waiters and perform an hour-long stage show after the meal.

Dinner reservations are required for either the 5 p.m. or 8 p.m. seating. The western town isn't open in winter, so the gates open just for dinner arrival.

The Flying W is available for private parties year-round — except in January and February. Groups of 60 to 200 can be set up in the Steakhouse, or 250 to 1,300 set up for picnics. The ranch has softball fields and volleyball courts for use of groups.

The Web site for the ranch is [www.flyingw.com](http://www.flyingw.com).



Diners enjoy a dinner cooked over an open-flame at the Winter Steak House at the Flying W Ranch. The steak house occupies the former Ute Theater which was relocated to the ranch.

Flying W Ranch is located at 3330 Chuckwagon Road, just off 30th Street near the Garden of the Gods. Take Interstate 25 north to the Garden of the Gods Road exit, then go west for about two miles. Follow the signs for Flying W Ranch. The ranch used to be more rural, but is now adjacent to a housing area. Watch for the sign and the pasture gate.



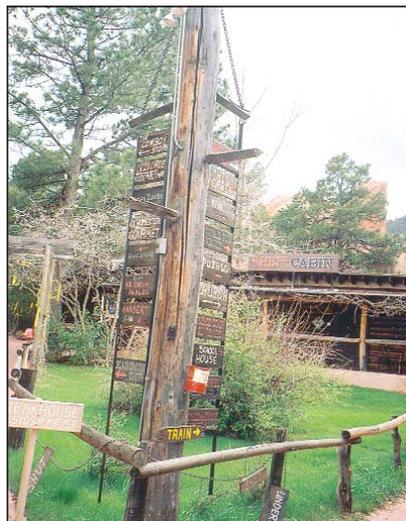
Wes English, a Flying W Wrangler, waits on tables at the Flying W. Later, he'll be pickin', singin' and yodelin' during the live show.

**Just the Facts**

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



Diners walk a pathway in the Flying W Western town before supper. The trees are decorated with yellow ribbons with Fort Carson Soldiers' names inscribed.



A rustic signpost helps visitors at the Flying W Ranch find all the attractions.

## Get Out!

### Musicals

**“Joseph and the Amazing Technicolor Dreamcoat,”** a student production, is at 7 p.m. today, Saturday and Sunday at the Air Force Academy’s Arnold Hall theater. Tickets are \$15, call 333-4497.

### Community says thanks

A **community carnival** in Fountain Creek Regional Park Sunday honors servicemembers and families, from 10 a.m. to 4 p.m. Starting with a worship service at 10.30 a.m., followed by a lunch and other refreshments. Games, races, music, face painting, a clown and other activities follow. Fountain Creek Regional Park is on Highway 85/87, near Gate 20. Take the Highway 16 exit, and go south on Highway 85/87.

### Upcoming fests

**Old Colorado City holds its annual Territory Days** Saturday, Sunday and Monday. There are arts, crafts, entertainment, vendors and food, starting at 10 a.m. each day. The fest is between 24th and 27th streets on West Colorado Avenue.

**Springspre**, 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.

### Melodramas

**“The Thief of Frisco”** is presented by the Cripple Creek Players in the Butte Theater in Cripple Creek, starting June 19 through 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. Tickets are \$24 for dinner and a show, and \$18 for the show only. Call 685-5104 for reservations. The Iron Springs Chateau is at 444 Ruxton Ave.

### Stage productions

**Star Bar Players present “Dinner with Friends”** at the Lon Chaney Theater in the City Auditorium, at the Corner of Kiowa and Weber streets. Tickets start at \$12, call 573-7411. Shows are Fridays and Saturdays through June 5 at 8 p.m.

**“How the Other Half Loves”** is in the Fine Arts Center Theater, 30 W. Dale St. June 4 and 5 at 8 p.m., June 6 at 7 p.m., June 12 at 8 p.m. and June 13 at 7 p.m. Tickets in advance are \$18, call 5583 for reservations.

### Welcome home parade

A **ticker-tape parade in downtown Colorado Springs** honors military members who’ve returned from service in Operation Iraqi Freedom. The parade, along Tejon and Cascade streets, includes more than 5,000 marching troops, five “Humvees,” fire trucks and the Fort

Carson Mounted Color Guard.

### Colorado Renaissance Festival

**The Colorado Renaissance Festival** at Larkspur Exit 173, near Castle Rock, is June 12 through Aug. 1— Saturdays and Sundays, 10 a.m. to 6:30 p.m., rain or shine. Admission is \$15.95 for adults and \$8 for children.

### Royal Gorge military discount ends

**The special \$7.50 per person entry fee for military families** with identification at Royal Gorge Bridge and Park ends Monday.

### North Pole

**Santa’s Workshop at the North Pole** is open for the season. Military families get a special entrance rate of \$7.50 per person all summer; show current identification. North Pole is open 10 a.m. to 5 p.m. Starting June 1, it’s open 9:30 a.m. to 6 p.m. daily.

### Bluegrass fest

**Bluegrass on the River** is at Pueblo’s Greenway and Nature Center, by the Arkansas River, 5200 Nature Center Road, off Pueblo Boulevard. Tickets are from \$6 to \$25. The event includes Black Rose and Fireweed and begins at 7 p.m. June 4. June 5 and 6 events start at 10 a.m. Call (719) 549-2414 for information.

### Lipizzaner Stallions

**The world famous dancing white Lipizzaner Stallions** will be in two performances at the World Arena June 19 at 2 and 7:30 p.m. Tickets are \$19.50 for adults and children’s tickets are \$17.50; call 576-2626.



Photo by Nel Lampe

## *A Day in the Life ...*

An exhibit from the book, "A Day in the Life of the United States Armed Forces" is on display at the Peterson Air Force Base Museum through June 5. The pictures were selected from more than 300 photographs made Oct. 22, 2002, all over the world. The exhibit is free; the museum is open Tuesdays through Saturdays, 10 a.m. to 4:30 p.m.



Program Schedule for Fort Carson cable Channel 10, today to June 4.

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

Navy/Marine Corps News: stories on Joint Project Optic Window, Marine soccer in Iraq and 20th anniversary of Navy News. Airt 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). Airt at 8:30 a.m., 1:30 p.m., 8:30 p.m. and 1:30 a.m.

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

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

Foreign language programming, courtesy of SCOLA, is on Channel 9, unless there is a training videotape showing. To show a training video, please contact the Training Support Team at 526-5111. SCOLA programming schedule can be found at <http://www.scola.org>.

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 e-mail to the above address, send a clean, typewritten copy of the information to the Public Affairs Office, room 2180, 6151 Specker Ave., Fort Carson, CO 80913 or fax information to 526-1021 no later than the Friday before the desired airing time.

# Sports & Leisure

## Soccer champions

# Infantry unit wins takes crown



Photos by Walt Johnson

1st Battalion, 8th Infantry fans Cristina Ibarra, left, and Della Burns, who attended each of the unit's games this season, cheer on their team.

by Walt Johnson  
Mountaineer staff

The 1st Battalion, 8th Infantry soccer team finished off an undefeated season with a 3-0 victory over the 2nd Forward Surgical Team to win the post intramural soccer championship May 20 at the Mountain Post Sports Complex.

The 1st Bn., 8th Inf. team dominated during the season, clearly outplaying the opposition with fancy foot work and relentless offensive pressure.

The 2nd Forward Surgical Team, a 20-man unit, fought long odds to earn a spot in the championship game. The unit is small in numbers, but it has many excellent players who give the team a chance to win each time out.

"We're a pretty tight team that plays well together, and we come out and have fun," David Fazekas, Surgical Team coach said. "We knew we were going to be short-handed tonight; we are missing three of our best players, but we are here because we think we can win, why else would we show up?" Fazekas said.

As game as the surgical team was, it turned out to be not nearly

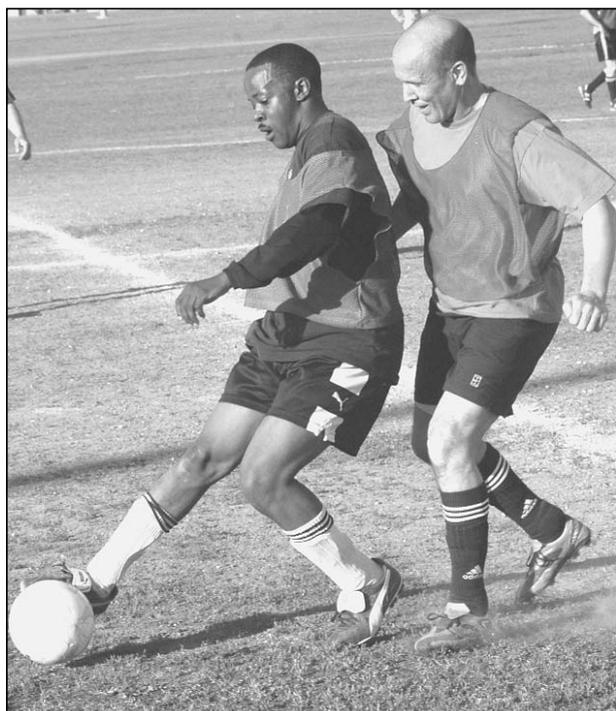
enough to hold off the infantry team. Alexis Rincon got the 1st Bn., 8th Inf. team on the scoreboard five minutes into the game and in effect sewed up the championship. The 1st Bn., 8th Inf., team not only has a strong offense, it also possesses a pressing defense that suffocates opponents. After the first goal, the 1st Bn., 8th Inf., defense was so good that for most of the rest of the game the teams played on the surgical team side of the field.

After going into the second half with a 1-0 lead, the 1st Bn., 8th Inf., team added goals by Joseph Klausner and Maynor Palacios to build the three goal lead that would prove to be the final score.

"We had the same game plan that we've had for most of the season," 1st Bn., 8th Inf., coach Maynor Palacios said. "We wanted to come out aggressive, not be flat-footed and keep the pressure on them. We are blessed to have a lot of all-star caliber players on this team. Fortunately, we just gelled together as a team from the beginning of the season, and it made it easy for us to play as a team," Palacios said.



Infantry player Joseph Klausner, left, is congratulated by his coach Maynor Palacios, center, after scoring his team's second goal.



Slick ball handling by a 1st Battalion, 8th Infantry player, left, was one of the keys to success for the post champions.

## **On the Bench**

# Lady Mountaineers take a victory in their second game

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.*

**The Fort Carson Lady Mountaineers' varsity softball team defeated Joe's Bar 8-6 May 19 to earn its first victory of the season at the Skyview Sports Complex in Colorado Springs May 19.**

The game started slowly for both teams as neither could push across a run in the first inning. In the second inning Joe's Bar scored two runs and then held the Lady Mountaineers scoreless to lead 2-0 after two innings.

After getting Joe's Bar out in the third inning behind some great fielding and a strike out by Kelly Berreman, the Lady Mountaineers' bats came alive. The team scored three runs in the bottom of the third inning to take a 3-2 lead.

After holding Joe's Bar scoreless in the fourth and fifth innings, the Lady Mountaineers came to bat and continued its offensive assault, scoring two

runs in the fourth inning and three more in the fifth to take a comfortable 8-2 lead after four innings. In the fifth inning the team's scoring came from base hits by Rebecca Zimmerman, La Homa Randolph, Liz Talarico, Emily Hvizdos, Maylen Gaspar and Donna Wright.

The comfortable lead for the Lady Mountaineers slowly eroded in the sixth inning as timely hitting by Joe's Bar and some fielding miscues got Joe's Bar back into the game. Joe's Bar scored three runs in the top of the sixth to pull within 8-5 and it could have been worse had it not been for some outstanding infield plays by shortstop Dawn McCarty and second baseman Amber Spencer.

Holding on to a slim three-run, the Lady Mountaineers began the seventh inning three outs away from its first victory. Joe's Bar was able to push across one run to cut the Mountaineers' lead to 8-6 but after scoring the run, Joe's Bar was shut down by pitcher La Homa Randolph who struck out a batter and a great catch by rightfielder



Photo by Walt Johnson

## ***Mile High champion ...***

**Fort Carson's Marcus Dungen added the title Mile High Drug Free for Life Champion to his collection Saturday during the Mile High Natural Body Building, Figure and State High School Championships Saturday in Denver.**

**See Bench, Page 30**



Photo by Walt Johnson

## *Safe at third ...*

Aces player Anthony Moore, right, slides into third base ahead of the throw during action Sunday at Adam Guitterez Memorial Softball Classic in Colorado Springs.

## Bench

From Page 31

Donna Wright who made a running catch of a long fly ball to end the game.

"Although we really did not hit the ball the way I know the ladies can, and we had some fielding errors, which we will work on in practice, overall the ladies have really come together as a team and that makes a huge difference. We are beginning to think we have something special going here," Lady Mountaineer coach Cathy Satow said.

The Lady Mountaineers play each Wednesday night at Skyview Sports Complex in Colorado Springs.

The Fort Carson Aces, the post men's varsity softball team, finished second in the Adam Guitterez Memorial Softball tournament Sunday in Colorado Springs.

The Aces were the defending champions coming into the tournament, but after early results Sunday it didn't look like the team would be in a position to defend its title.

The Aces lost its first game Sunday and faced the task of

winning three straight contests in order to play for the championship.

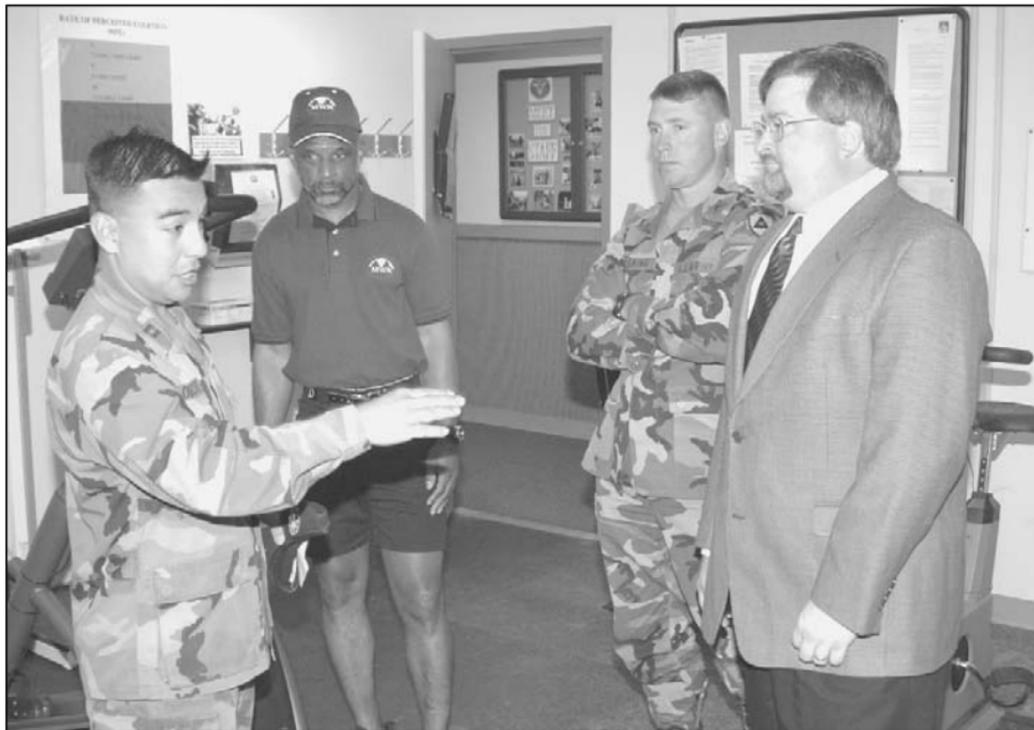
The Aces put on its hitting shoes for the next three games, winning by comfortable double-digit margins, to earn a spot in the championship contest.

"Unfortunately, we just ran out of gas and lost the championship game. We think as long as we keep getting into the top three of each tournament we play, one day we are going to start winning these things," Aces coach Bryant Rushing said.

**Fort Carson's Marcus Dungen added six more titles to his collection Saturday at the Mile High Natural Bodybuilding, Figure and State High School Championships in Denver.**

Dungen, coming off an impressive performance at the military competition in April, was selected the winner in the following categories: Men's masters, 35 to 40 years old; Men's lightweight open, Mile High Men's Drug Free for Life, Mile High Natural Men's Bodybuilding Champion; Men's Drug Free for Life lightweight champion and men's masters overall champion.

# *Mountaineer Sports Spotlight*



## *Post receives donation ...*

Fort Carson's Army Emergency Relief Campaign Officer Capt. Raj Lobrecht, left, discusses health and wellness center activities with Tony Gaines, right, Independent Softball Association regional director, as Lamont Spencer, second from left, post intramural sports director, and Maj. Bryant Rushing, post men's softball team coach, look on. Gaines was on post May 19 to present a check for the Army Emergency Relief fund to the post. The money was raised during the ISA softball tournament played on post earlier this month.



Photo by Walt Johnson

**Danielle Dungen works out at Forrest Fitness Center. Dungen's success at weight loss began when she made a lifestyle change, and began working out along with watching her diet.**

## Lifestyle change key to good physical fitness for one Carson member

by **Walt Johnson**  
Mountaineer staff

*Editor's note: This is the second of a two-part article on a health program that paid off for one member of the Mountaineer Post family.*

When Danielle Dungen started to put on some extra pounds, she knew that she wasn't the same person that she was as a 110-pound high school senior.

In fact, she had put on enough weight that she was "disgusted with myself."

Then Dungen decided she had two options, accept what she had become overweight and out of shape, or take the time to get back to a place that would make her feel good about herself. She chose to feel good about herself.

"I brought a step machine and was using it for a year at home but I didn't go down one size doing the aerobics by itself," Dungen said.

"I got discouraged because I wasn't seeing the results I wanted. One day I was talking to someone at work and she

suggested that I try a workout tape from Germany that combines weight and aerobic training. Then I started working out with weights in addition to the aerobics training, changed my eating habits (she stayed away from cheese and mayonnaise especially) and the weight just started to come off. I was amazed at the way the weight was coming off and it allowed me to build up the confidence that I could take more weight off," Dungen said.

Dungen knew she wanted to be the person who took off the weight and started feeling good about herself again. She got her weight to the level she wanted and is now training others to do the same.

"I tell my clients to write down a goal. I didn't write down a goal when I started to lose weight. I didn't have a goal to be a size zero but I knew that this was the lifestyle for me. I realized that going on diets wasn't what I needed, I needed to make a lifestyle change. I watched my diet and now here I am, I'm happy with myself," Dungen said.

## *Mountaineer* Leisure Feature



Photo by Walt Johnson

### *Curtain call ...*

Hope "Ms. Hope" Griffin, the former Wednesday night karaoke jockey at Xtremes Entertainment and Sports Bar on post, hosted her last event May 19. Griffin has been the club's KJ for the past few months and is moving on to a new assignment for the Army. "Hope was very positive as far as getting the Soldiers and patrons to participate in karaoke. She was very good at making people feel at home when they came to sing. She was great at orchestrating the music and had an excellent voice when she sang the songs. She will be missed by the post karaoke community," said Thelma Bell, an Xtremes patron.