

# Mountaineer

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July 16, 2004



Photo by Pfc. Stephen Kretsinger

## Clean up ...

Spc. Tracy Steinbrecher, cook, 52nd Engineer Battalion, walks Brat, left, and Hailey outside the veterinary treatment facility. Residents are reminded to clean up after their dogs daily. For a related story, see page 19.

## Troops prepare for deployment

by Pfc. Clint Stein  
Mountaineer staff

Soldiers in the 3rd Armored Cavalry Regiment were informed July 8 by their commander, Col. H.R. McMaster, they will be deploying back to the Middle East sometime in the spring in the continuation of the Global War on Terrorism.

McMaster, after getting the news of the deployment from the U.S. Central Command, called a regimental formation in order to address the 3rd ACR Soldiers personally and to let them know what they could expect in the months to come.

There were many things that McMaster told the Soldiers as they stood in the massive formation, but one thing he emphasized was time with family. Although many of the Soldiers spent a great deal of leave shortly after their return to Fort Carson from the last time they were in the Middle East, McMaster told the Soldiers to prepare for even

more time with family before this next deployment. McMaster said to the Soldiers they should start planning vacations and spending time with their families now. "We will balance our time between training and time with families," he said.

Even though leave time is important for the Soldiers in the 3rd ACR, McMaster said he also plans to have the regiment trained and ready to go when the time does come for them to go back.

During a press conference that followed his speech to the regiment, McMaster addressed several issues on training, experience from the first time the regiment was deployed to the Middle East and family hardships.

There was a lot the 3rd ACR learned from the first deployment, said McMaster. "The training will be a little different because of what we have learned, but the fundamentals will still be the same," he said. For the Soldiers

See Deployment, Page 13

## Carson wins award for recycling programs

by Pfc. Clint Stein  
Mountaineer staff

The Mountain Post received the Outstanding Government Program Recycling Award from Colorado Recycles July 5 for its educational and recycling programs.

Each year, Colorado Recycles, a nonprofit organization, selects a recycler of the year based on written nominations about why a certain company or organiza-

tion should receive a recycling award.

Anyone can submit a nomination on behalf of the particular organization they think deserves a recycling award. Although this was Fort Carson's first award from Colorado Recycles for a recycling program, it was also the first time it had even submitted a nomination. Carlos DeAguilar, Chief of Environmental Compliance, Restoration and Prevention, said Fort Carson has had an evolving recycling program for many years, but just

decided to submit a nomination this year.

Fort Carson has a comprehensive recycling program in place to capture as many recyclables as possible, generated from facility operations and post residents.

There are currently three highly effective drop-off recycling centers conveniently located across the

See Recycle, Page 17

## INSIDE THE MOUNTAINEER

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### Feature



Looking for an adventure? Fort Carson has a lot to offer.

See Pages 20 and 21.

### Happenings



Fort Carson rafters enjoy a whitewater half-day trip on the Arkansas River.

See Pages 23 and 24.

### Street breakfast

The 44th annual street breakfast will be Wednesday downtown at Pikes Peak and Tejon from 5:30 to 9 a.m. Soldiers will cook and serve pancakes, eggs and all the fixings. Tickets are \$5, \$4 for military members and children under 5 eat free.

Post Weather hotline:  
526-0096

# SOUND OFF!

What are your thoughts on the recent announcement that some Fort Carson units are headed back to Iraq?



"I feel bad leaving my family again, but we have a job to do. Two times is enough, though."

Sgt. Kirk Wilson  
S&T Troop, 3rd ACR



"I'm more surprised that I'm not going than anything."

Spc. William Riley  
3-29th FA, 3rd BCT



"I think it's a good thing, because we gotta do what we gotta do."

Spc. Desarae Romero  
59th MP Company



"I've been there three times. I'll go a fourth. Whatever it takes to keep my family safe."

Spc. Peter Musto  
66th MI Co., 3-3rd ACR



## 'Principles of War Essay Contest' to award \$35,000

by John Runyan  
Army News Service

WASHINGTON — An essay contest open to all interested individuals is asking applicants to reflect on the issues behind a "new kind of war."

The "Principles of War Essay Contest" will award \$15,000 to the writer who best answers the questions: "Have the principles of war changed? How are they changing? Or do they remain valid?"

The 2nd- and 3rd-place finishers will also receive \$10,000 and \$5,000, respectively. All three top finishers will have their essays published in Proceedings. There will be five additional honorable-mention awards given out that will carry a \$1,000 prize.

All essays must be 3,500 words or less and turned in by Feb. 1. They should be sent to [principle-essay@navalinststitute.org](mailto:principle-essay@navalinststitute.org).

The contest is cosponsored by U.S. Naval Institute, Johns Hopkins University, and Royal United Services Institute working in partnership with National Defense University, Army War College, Air Force War College, Naval War College, Office of Force Transformation, and the Department of Defense.

See [www.usni.org/contests/contests.html#list](http://www.usni.org/contests/contests.html#list) for more information.

### LETTERS TO THE EDITOR

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

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

will be withheld upon request. Anonymous letters will not be considered.

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

Because of legal restrictions, both in federal regulations and AR 300-1, under which the *Mountaineer* is published, no letters concerning local or national political issues will be published. Publication of any letters will also conform to all appropriate Department of Defense and U.S. Army regulations.

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

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# News

## Warrant officers don branch insignia

by Joe Burlas and Gary Sheftick  
Army News Service

WASHINGTON — As warrant officers across the Army celebrated the 86th birthday of their Warrant Officer Corps July 9, they removed the distinctive “Rising Eagle” insignia from their collars and replaced it with the insignia of the branches they serve.

Top warrant officers also received a new chief warrant officer 5 rank to wear — a silver bar with a single black stripe in the middle. Army Vice Chief of Staff Gen. Richard A. Cody pinned the new rank onto five chief warrant officers July 9 in a Pentagon ceremony, and then eight warrants had their new branch insignia pinned on their collars. Four donned adjutant general insignia, three aviation and one the ordnance branch insignia.

“These are two significant changes in the warrant officer corps that has served us so well” throughout the Army’s history, Cody said. He explained that the changes are necessary as the Army moves toward a modular and more joint and expeditionary design and were recommended by a warrant officer leadership development study. The changes also bring the Army’s warrants more in line with the other military services, he said.

The old warrant officer insignia — a brass eagle standing on a bundle of arrows, enclosed in a wreath

— will still be worn by warrant officer candidates as a means to honor the lineage and heritage of the Warrant Officer Corps which was founded July 9, 1918, according to personnel officials.

Symbolism is important, said Lt. Gen. F.L. Hagenbeck, Army G1, so much so that changing the insignia warrants wear should reflect a better integration of warrant officers into the Army. Neither enlisted, nor officer — warrants are often perceived as strange animals to the rest of the Army, he said.

Better integration into the Army and with the branches warrants serve was one of 63 recommendations of the Army Training and Leadership Development survey for warrant officers conducted in late 2001 and early 2002.

The ATLDP recommendation to roll back the warrant grade structure has also been implemented, Eggerton said. The issue was too many higher-grade slots that were unevenly distributed, he said. The grade rollback allows for more consistent promotion opportunities across the warrant officer force.

On the issue of providing a single-source document that provides up-to-date career management and development information, Eggerton said Department of the Army Pamphlet 600-3 is currently undergoing its final edit and should be ready for publishing in the near future.

CW5s had been wearing master chief warrant officer rank insignia created in the late 1980s.

With an expanded Warrant Officer Corps supporting the Vietnam War, the Army first proposed the creation of CW5 and CW6 ranks in the early 1970s. While the proposal won Department of the Army staff approval, the force structure position changes for the new grades were not implemented at the time as the Army downsized immediately following the Vietnam War.

Selected CW4 were designated master chief warrant officers in 1988 and wore a new master chief warrant officer rank insignia. The CW5 grade was established in December 1991 with the master chief warrant officer insignia adopted as its rank insignia — four black squares with silver squares inside.

“Lots of times people called me a CW4,” said CW5 Christopher Dodd, executive officer to the G8 director of materiel at the Pentagon. The similarity between the two ranks sometimes “generated confusion,” Dodd said, adding that the new rank should “make a difference.”

Insignia for a CW6 rank was actually approved years ago — two stripes across a bar — even though promoting into that rank was never authorized by Congress, said CW5 Fred Hawn, assistant executive officer to the Army’s vice chief of staff.

# 46K Soldiers take eArmyU courses

by Courtney Hickson

WASHINGTON — More than 46,000 Soldiers have been able to continue their education by taking online classes through eArmyU, including many deployed in Iraq and Afghanistan.

Since its creation in July 2000, eArmyU has been part of the Army's e-learning program that allows eligible Soldiers to work toward a college degree or certificate anywhere. eArmyU was designed specifically for enlisted Soldiers, officials said.

Soldiers who have been deployed continue to be able to work on their degrees from Afghanistan and Iraq. Of the 6,984 eArmyU Soldiers deployed in those theaters, 2,098 are enrolled in eArmyU classes.

eArmyU is an opportunity for enlisted Soldiers to earn degrees online from one of 29 educational institutions. Soldiers can earn certificates, associate's, bachelor's or master's degrees in 149 degree and certificate programs. The courses are Web-based and allow Soldiers to take classes at any time, no matter the location. In addition Soldiers can get full tuition reimbursement as well as a laptop to use for classes. The laptop is theirs to keep at the end of the pro-

gram.

As of June 11 there have been 729 degrees conferred and 122,763 course enrollments. These numbers are up from January 2003 when there were more than 30,500 Soldiers taking classes around the world. The most popular eArmyU degrees are business followed by criminal justice, according to Director of eArmyU Dian Stoskopf. Currently 72 percent of those participating are enrolled in associate-level programs, 21.1 percent are signed up for bachelor's programs, 1.7 percent are signed up for master's programs and 5 percent are signed up for certificate programs.

One of the challenges Soldiers face when they are deployed is not knowing what kind of access they will have, said Gloria Kelsey a supervisory educational services specialist at Fort Benning, Ga.

"Also finding the time to study (as) they have long duty days with training," she said. Another challenge is "trying to pull from family time for study time," she said.

If a Soldier chooses to, he or she can go to a school above the semester hour price cap, like the

University of Maryland, and pay the difference. She also said the eArmyU is extremely beneficial for single parents because they can study at home and do not have to arrange and pay for a babysitter.

Kelsey also said Soldiers can take their laptops with them if they are transferred and with eArmyU, they can continue their educational experience.

"It really is anytime, anyplace," she said.

There are variations to eArmyU — for example the 2nd Infantry Division in Korea is piloting a no-laptop program.

Because of the limitations in location, the choices for Soldiers in Korea are not as expansive as other installations. The no-laptop program allows the Soldiers to still participate in eArmyU, but they must provide their own access to a computer to log onto the courses. Stoskopf said the Soldiers are provided with a boot camp tutorial, which informs them about the eArmyU program and how to configure their personal computers to access the eArmyU portal.

Fort Carson is one of 16 installations in the Army that offer the eArmyU program. Call 526-2605 for more information.

# Military

## Lang begins reign as 43rd ASG commander

by **Spc. Zach Mott**  
Mountaineer staff

Fort Carson welcomed the newest Provider in a sun-soaked ceremony on Pershing Field July 8. Col. Scott A. Lang replaced Col. Sharon R. Duffy as commander of the 43rd Area Support Group in one of the last of the seasonal changes of command.

Lang, a Boise, Idaho, native, last served as the special assistant to the Army Materiel Command's commanding general. While fulfilling this duty, Lang deployed in support of Operation Iraqi Freedom as the AMC Logistics Support Element commander.

"I'm thankful for the honor and privilege to command the 43rd Area Support Group — an integral part of the greatest Army on the face of the earth," Lang said.

In Duffy's farewell address to the Soldiers she has commanded since 2000, she thanked each of the unit commanders and command sergeants major who has helped the 43rd ASG achieve successes at Pinon Cañon Maneuver Site, the National Training Center, the Joint Readiness Training Center, Guantanamo Bay, Cuba, Afghanistan and Iraq.

"On this beautiful day, on this beautiful field, (I) have to give up the best job in the Army," she said. "I love my job. I mean, I *really* love my job."

In the unique structure of the 43rd ASG, Lang now commands four battalions — the 4th Finance

Battalion, 52nd Engineer Battalion (Combat Heavy), the 68th Corps Support Battalion and the 759th Military Police Battalion — the 10th Combat Support Hospital and seven separate detachments. All of which help maintain many of the day-to-day military needs of Mountain Post Soldiers.

Lang was commissioned as a quartermaster officer following completion of ROTC at the University of Idaho in 1981. Since that time, he has served in Germany, Fort Hood, Texas, Korea, Fort Lee, Va., and Fort Carson.

He called this a welcome homecoming, noting that each of his children, daughter Christie and son John, were born here while he was a captain in the 4th Infantry Division.

Lang's achievements, both professionally and personally, are a testament to the quality of leadership he will bring to the 43rd ASG troops.

"We are extremely fortunate to have an officer with his experience and reputation succeeding Col. Duffy," said Maj. Gen. Robert Wilson, the 7th Infantry Division and Fort Carson commanding general who also presided over the ceremony.

Lang concluded with a tribute to the strength of the resolve of America's sons and daughters.

"In the months ahead, we may get the call at a critical time in a critical moment and we will be



Photo by Spc. Zach Mott

**Col. Scott A. Lang, commander of the 43rd Area Support Group, accepts the unit guidon from Maj. Gen. Robert Wilson, 7th Infantry Division and Fort Carson commanding general, during the 43rd ASG change of command July 8.**

**See Provider, Page 8**

# Military Briefs

## Misc.

**Enlistment bonus** — If you were deployed in Iraq, Kuwait or Afghanistan, you may be entitled to a lump sum reenlistment bonus of \$5,000. Effective April 13, the Army announced a retroactive bonus to qualified Soldiers that reenlisted from March 18, 2003, to Sept. 18, 2003.

Also effective May 18, the Army announced a new listing of Selective Reenlistment Bonus and Targeted SRB Program. Under this new message, qualified Soldiers may be eligible for a lump sum bonus of up to \$10,000.

To see if you were qualified, please see your local Career Counselor:

3rd ACR — 526-3417

3rd BCT — 526-4549

43rd ASG — 526-9366

Division troops — 526-3983.

### Officer Candidate School Board

— There will be an Officer Candidate School board Nov. 17 and 18. All participants must report in Class As. All packets must be turned in to the 502nd Personnel Support Battalion, building 1118, room 208, no later than Nov. 4. For more information, call Spc. Samantha Lamping at 526-6481.

**Warrant officer recruiting** — The U.S. Army is looking for highly motivated Soldiers, Marines, Sailors and Airman to fill its warrant officer ranks.

Positions are open in all 45 specialties if you qualify.

Applicants 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 call

(502) 626-0484.

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

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

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

**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.

## 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 depart-

ing servicemembers. The current ACAP policy is to register personnel ETSing one year out and retirees two years out. Briefings are held Mondays, Tuesdays, Thursdays and Fridays from 8:30 to 10 a.m.

Call 526-1002 or 526-0640 to schedule a briefing.

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

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

## Hours of operation

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

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

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

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

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

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

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

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

**Personnel Claims hours:**

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

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

If there is an emergency personnel claims issue on Friday, call Tina Kolb at 526-1352.

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



**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.

# Dining Schedule

July 9 to 15

## Saturday, Sunday and Training Holiday Dining Facilities

3rd ACR CAV House. (building 2461)  
James R. Wolf (building 1444)  
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. (James R. Wolf)

## Exceptions

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



## Weekday Dining Facilities

James R. Wolf (building 1444)  
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)  
7 to 9 a.m. (James R. Wolf)  
Lunch 11:30 a.m. to 1 p.m.  
Dinner 4:30 to 6:30 p.m.  
5 to 7 p.m. (James R. Wolf)

# 571st Med. Co. dedicates legacy memorial



Photo by Pfc. Stephen Kretsinger

**Joseph Van Dusen, 4, points out the name of his father, Chief Warrant Officer Brian K. Van Dusen, 571st Medical Company, on a memorial plaque after a dedication ceremony July 8 at Butts Army Airfield.**

**by Pfc. Stephen Kretsinger  
Mountaineer staff**

The 571st Medical Company (Air Ambulance) dedicated a memorial plaque to the memory of 14 comrades in a ceremony held July 8 at Butts Army Airfield.

The memorial plaque will hang in the 571st Operation Center at Butts Army Airfield and features the names of all 14 deceased Soldiers. The names range from Soldiers who died in the Vietnam War to those who lost their lives serving in support of Operation Iraqi Freedom.

Those listed are:

Warrant Officer Gary W. Doolittle, who died in the Republic of Vietnam Oct. 18, 1968;

Spc. Thomas R. Weiss, died in the Republic of Vietnam Oct. 20, 1970;

Spc. 5 Russell G. Ahrens, died in the Republic of Vietnam March 18, 1971;

Maj. Richard C. Bulliner, who died in Colorado Sept. 4, 1982;

Capt. William S. Inklebarger, who died in Colorado Sept. 4, 1982;

Staff Sgt. Gregg A. Penn, who died in Colorado Sept. 4, 1982;

Pvt. Mark R. Welch, who died in Colorado Sept. 4, 1982;

Chief Warrant Officer Brian K. Van Dusen, who died serving in support of Operation Iraqi Freedom May 9, 2003;

Chief Warrant Officer Hans N. Gukeisen, who died serving in support of Operation Iraqi Freedom May 9, 2003;

Sgt. Richard P. Carl, who died serving in support of Operation Iraqi Freedom May 9, 2003

Chief Warrant Officer Philip A. Johnson, who died serving in support of Operation Iraqi Freedom Jan. 8;

Chief Warrant Officer Ian D. Manuel, who died serving in support of Operation Iraqi Freedom Jan. 8;

Sgt. Michael A. Diraimondo, who died serving in support of Operation Iraqi Freedom Jan. 8;

Sgt. Christopher A. Golby, who died serving in support of Operation Iraqi Freedom Jan. 8.

The ceremony featured an invocation by Chap. (Capt.) Lawrence Hamrick, who deployed with the 571st Med. Co. to Iraq, and guest speakers featured were retired Lt. Col. Vincent Cedola, the first commander of the 571st Med. Co., and Maj. William P. LaChance, commander, 571st Med. Co.

The unveiling and dedication of the memorial plaque followed the speakers. Retired members of the 571st and family members of the deceased joined Cedola and LaChance in unveiling the plaque.

Following the formal dedication, the "Dustoff Legacy" was read. Dustoff is the name of the 571st and its legacy tells of the unit's dedication to putting aside fear and saving lives under any conditions in order to bring its Soldiers home safe and sound.

During the ceremony, Fort Carson's Harmony in Motion sang the national anthem and "America the Beautiful."

The ceremony ended with a benediction by Hamrick. Guests were invited to speak with the special guests and peruse the memorial plaque.

## Provider

From Page 5

ready," he said. "The civilized world will win the Global War Against Terror because they have America's best — its sons and daughters. As the duty to defend freedom calls, we will answer that call with courage and professionalism in the true spirit of today's modern American Army."

Duffy departs the Mountain Post to assume duties as the deputy commander of the 3rd Corps Support Command in Germany.

"I can speak for the entire division, installation staff and the Colorado Springs community when I say thank you, you will be missed," Wilson said.

He also said he encouraged her to accept a joint billet assignment, but Duffy chose another option.

"She insisted on another field assignment," Wilson said. "Her Soldiers will be the beneficiary of her great leadership."

Before Duffy gave Lang parting words of encouragement, she enticed the crowd to offer one final salute to the 43rd ASG Soldiers.

"I wanted to do something for every Soldier in the group to recognize their dedicated service, but normal Army methods are too cumbersome," Duffy said. Her choice? The wave.

"We owe it to them to show our appreciation," she said.

Duffy offered the following words of encouragement to Lang as he begins his tenure in command.

"The 43rd deserves a commander of your talent and dedication. You won't need any luck, you just need to get ready for a fast ride," she said.



Photo by Spc. Zach Mott

**Sgt. Rodney Myers from the Fort Carson Mounted Color Guard, riding 1st Sgt. Houdini, charges across Pershing Field at the conclusion of the 43rd Area Support Group change of command.**

# Community



## Lightning safety

by Spc. Zach Mott  
Mountaineer staff

One hundred people die each year from lightning strikes in the United States. This seems like a low number when compared to the vast population of the nation — but what if one of those 100 was your mother? Your father? Your son? Your daughter?

If recent local storms are any indication, a lightning strike can wreak havoc on a community. A storm does not have to be over a community to do damage either. All it takes is one strike to knock out power or to injure or kill someone.

According to a U.S. Army Center for Health Promotion and Preventive Medicine press release, lightning can strike five to 10 miles from the center of the storm. To determine your distance from the center of the storm, count the time between the flash of lightning and the clap of thunder and then divide by five. The result is the approximate distance you are from the center of the storm. If you can hear thunder, you are in the lightning-strike zone and should seek cover.

Capt. Steven Conner, training officer, Fort Carson Fire and Emergency Services, reminds anyone who will be outside for any period of time to consult an updated weather forecast.

“Colorado is the state with the second most lightning strikes,” he said. “Everyone needs to be careful because a lot of times you can’t see the clouds until they come over the mountains.”

Fort Carson had one lightning fatality in 2001. Overall, there have been eight Army lightning strike fatalities in the past 15 years.

Conner said there is one location on post that is more dangerous than others, when it comes to lightning strikes. He said the golf course has the highest possibility of a strike because of the number of people holding metal objects.

Fort Carson has a system currently operating to inform residents of the onset of inclement weather. The “Big Voice” became operational in late May and has already been used to announce approaching severe weather systems. The broadcast messages from the Big Voice can be heard throughout much of the cantonment area to as far away as Range 115.

If you find yourself caught in a lightning storm, there are options available.

The CHPPM release states that finding shelter is the first priority. The best choice is a building, but if one is not available, find a low-lying area without water.

When outside, the ideal position during a lightning storm is to have the least amount of contact

with the ground as possible by squatting low to the ground with your head between your knees and your hands on your knees.

The release also recommends that you stay away from tall objects and structures as well as anything metal. Metal objects include metal buildings and structures, golf clubs, bats, fishing rods or umbrellas.

If indoors, stay away from windows and doors and do not use the telephone, shower, bath or wash dishes because water, electrical wires and metal pipes conduct electricity.

Waiting 30 minutes after the last clap of thunder is also recommended by the release.

If you are with someone who is struck by lightning, immediate medical attention is required. Cardio-pulmonary resuscitation may be required to sustain his life.

The LSESSI, or Lightning Strike and Electric Shock Survivors International, is an organization that helps survivors, families and health care providers. Its Web site is <http://www.lightning-strike.org>

*Editor’s note: Information from a press release by Lisa Young from the U.S. Army Center for Health Promotion and Preventive Medicine in Aberdeen Proving Ground, Md. was used in this article.*

# LB&B announces striping, closure plan

**Special to the Mountaineer**

LB&B Associates Inc. will re-stripe parking lots in the industrial area and the "Banana Belt" through Sept. 30.

LB&B will post signs at parking lot entrances and on building exits prior to beginning work. LB&B will then coordinate the re-painting with building managers and unit first sergeants the day before work is to begin

and close off the parking lots. Mark Saldana is the LB&B point of contact. He can be reached at 526-5569 or 526-5389. Building parking lots will be opened immediately after striping operations are completed.

Buildings	Posted	Closed	Striping
1041,1049,1150,1140	July 12	July 16	July 19 to 23
1130,1129,1045,1030	July 12	July 23	July 26 to 30
1350,1351,1352,1354	July 19	July 30	Aug. 2 to 6
1345 (Pershing Field), 1650,1659,1230	July 26	Aug. 6	Aug. 9 to 13
1231,1452,1551, 2077	Aug. 2	Aug. 13	Aug. 16 to 20
8200, 8101, 8932, 8930	Aug. 9	Aug. 20	Aug. 23 to 27
8001, 8002, 8008, 1161	Aug. 16	Aug. 27	Aug. 30 to Sept. 3
1160, 1364, 1365, 1360, 1363, 1368	Aug. 23	Sept. 3	Sept. 6 to 10
10th SFG(A)	Aug. 30	Sept. 10	Sept. 13 to 17
1366, 1367, 1370, 1660, 1664, 1665	Sept. 6	Sept. 17	Sept. 20 to 24
1662, 1663, 1668, 1666, 1667, 1670, 1850	Sept. 13	Sept. 24	Sept. 27 to 30

# Community Briefs

## Miscellaneous

**Guam Liberation** — Families and friends of the Island of Guam will celebrate the annual Guam Liberation July 17, at the John Metcalfe Park in Fountain at Fountain Mesa Road and East Ohio, at 11 a.m. This year's event will mark the 60th anniversary of the island's liberation. For more information on the event, contact Chris or Sheila Escalona at 322-0288 or 237-4700 or 237-4701, or e-mail at [chrisge@adelphia.net](mailto:chrisge@adelphia.net).

**Colorado Division of Wildlife offers active duty special elk hunt** — The Colorado Division of Wildlife has provided Fort Carson with 17 additional late season rifle cow elk licenses. This special hunting opportunity is being afforded to Fort Carson assigned active-duty military members only. Interested hunters must complete the necessary application and provide it to the Directorate of Environmental Compliance and Management Wildlife Office no later than Monday. The application selection for the licenses will be done by random drawing July 21.

To obtain an application, log on to the U.S. Fish and Wildlife Web site at <http://mountain-prairie.fws.gov/gmu591/> or stop by the DECAM Wildlife Office. To get to the DECAM Wildlife Office, follow Specker Avenue to Butts Road, drive south 4.4 miles on Butts Road to Route 4, then drive west 3.6 miles on Route 4. At the intersection just after the Olympic Shooting Center and before Womack Reservoir, turn right and drive north to the Wildlife Office, which is open Monday through Friday, from 6:30 a.m. to 3:30 p.m.

**Self-help weed control program** — Army Regulation 200-5, Pest Management, requires pesticide applicators on military installations to be certified. The Directorate of Environmental Compliance and Management has developed a self-help program that allows military members, after they receive the necessary training, to be issued a pre-mixed Round-Up herbicide to treat weeds in rocky areas around their barracks, service and administrative areas and motor pools.

In order to meet strict regulatory requirements for application of these products, units who wish to participate in the Self-Help Weed Control Program must have their military members trained in the proper handling, transport and application of herbicides. Once an individual has received the required training, the DECAM can issue them pre-mixed herbicides in sprayers or Weed-N-Feed with spreaders for their use.

Training sessions are held every Tuesday from 10 to 11 a.m. through the end of October at building 3711. Each unit may send up to five people for training unless pre-approved for more through the unit commander and

DECAM. Sprayers and/or spreaders can be picked up and returned to building 3708 Monday through Friday between the hours of 9 a.m. and noon only.

To find out more about the Self-Help Weed Control Program, call the Pest Control Facility at 526-5141. The Fort Carson housing contractor is responsible for the application of herbicides for weed control in family housing areas. For more information on housing weed control, call the housing contractor at 579-1606.

**Camp and sports physicals** — Evans Army Community Hospital has set aside additional physical slots to meet the high demand. Call soon to get a time that works for you.

School physicals are not a requirement for entry into any local school.

Immunizations will need to be updated for children entering kindergarten and children 11 to 12 years of age. Peds Immunization Clinic Hours: 7:30 to 11:30 a.m. and 1 to 3:30 p.m. Monday to Friday. Closed after 11:30 a.m. the second Thursday of the month.

- Immunizations are done on a walk-in basis
- Call 264-5000 to make an appointment for a physical.

**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 S. 8th Street in Colorado Springs, across from Motor City.

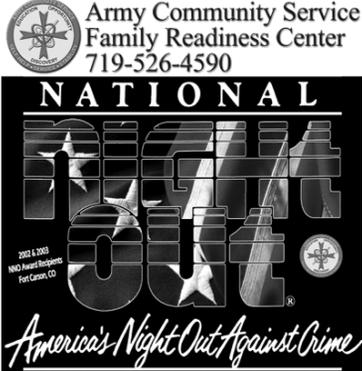
**Youth sponsorship training** — Army life means having to leave your home, school and friends to move to a new installation. Youth sponsorship offers you the opportunity to make new friends and help someone adjust to their new home.

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

**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.

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



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

**NATIONAL NIGHT OUT**  
America's Night Out Against Crime

Your Fort Carson ACS Mayoral Program Presents  
National Night Out (NNO)  
**Tuesday, 3 August**  
**4:30 P.M.-8 P.M., Iron Horse Park**

- Family Activities & Community Information
- K9 Obedience Training Demonstration
- Self Defense Demonstrations
- Food, Fun & Entertainment
- Crime Awareness
- Kids Fingerprinting

Brought to you by Army Community Service, GMH & the Directorate of Community Activities

MWR GMH  
No federal endorsement of sponsor intended.

[WWW.NATIONALNIGHTOUT.ORG](http://WWW.NATIONALNIGHTOUT.ORG)

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:

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

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

## Deployment

From Page 1

who have not yet been overseas, they can also benefit from the experience of those who have seen action in the Middle East, McMaster continued.

For Pfc. Shane Stucker, a cavalry scout in the regiment, this will be the first time for him to put his training to the test. "In a way I'm looking forward to it, this is the job I signed up to do," said Stucker. "They (3rd ACR veterans of Iraq) tell us 'hope for the best, train for the worst' if you get any better than that it's great."

The Soldiers from the 3rd ACR won't be the only ones preparing for a return trip, but their equipment is being readied as well. Much of the equipment took quite a beating over the course of

last year's deployment, but is undergoing extensive repair and rebuilding, McMaster said. Like the Brave Rifles, the equipment will be ready to go whenever the regiment gets the word of the exact deployment date, he said.

Despite concerns that the 3rd ACR Soldiers may not be ready to go back to the Middle East after what seems like just weeks since their return, McMaster said the troops he knows in the regiment are willing and proud to serve.

"I think it's a great thing the orders came this soon, we can now stop thinking about it and put the plan together," said McMaster. During the regimental formation McMaster asked the Soldiers to raise their hand if they enlisted in the Army after Sept. 11, 2001, and roughly half of them raised their hands.

"The morale is extraordinarily

high," said McMaster, "what you don't see is the strength, the cohesiveness of the small units."

Out of the 5,200 Soldiers in the 3rd ACR, a little more than half of them will be going to the Middle East for the second time since the Global War on Terrorism started, added McMaster. These Soldiers build an indescribable bond after going through missions like these and want to stick together when it's time to do it again, he said. Many Soldiers want to stay in the 3rd ACR and have re-enlisted to do so. They grow together like a family and you want to be with your family and support them during the hard times, said McMaster.

The cohesion between military spouses and their family is also surprising during these wartime missions, said McMaster. "The vast majority of fami-

lies understand the mission and the importance."

The Colorado Springs community has also been very supportive to the families and Soldiers when the regiment was sent last year to serve their country in a foreign land. The Family Readiness Center has helped so much in the past, and they too will be better prepared for the next time the Soldiers deploy.

Although this deployment mission will be different than the last in that the 3rd ACR isn't going in as a seek and destroy regiment, but more of a security and suppressive action. We will be partnered with Iraqis to suppress coalition forces and we're confident we'll win back Iraqi freedom.

"When this regiment is called we will be ready," said McMaster, "We have to be ready."

# Making marriage work

by Pfc. Stephen Kretsinger  
Mountaineer staff

*Editor's note: This is part two of a two-part story about marriage in the military. Last week's article covered some of the difficulties found in military marriage. This week's article will focus on divorce, the benefits of military marriage and Fort Carson programs offered to strengthen or enhance Soldiers' marriages.*

The military doesn't keep the best statistics on marriage, but Jill Nugin, coordinator, Family Advocacy Program, Army Community Service, seems to think that divorce may not be as common in the military as in the civilian sector.

"The most recent military statistics say that the military divorce rate fluctuates, but the civilian divorce rate remains steady at 45 to 50 percent," said Jill. "Military divorce fluctuates, depending on war time, like after Vietnam then after Bosnia, then I'm sure after Iraq there will be that sort of stuff going on. I would venture to say that based on our experience, the military is not (as high as) 45 to 50 percent."

Often there are reports of domestic abuse, suicide and divorce rates being higher in the military, said Jill. A closer look may show these reports are not necessarily accurate.

"The military defines things differently than the civilian world," said Jill. "We look at a report of someone hitting someone as a report of domestic violence, where in the civilian community they look at arrest rates. Our threshold for such things is lower. We are more proactive."

"We have higher visibility because of the nature of the military. If something happens in the military it's under the microscope," said Nate Nugin, troop and adult education coordinator, Soldier and Family Readiness Program, Army Community Service.

The military is not all gloom when it comes to marriage. The benefits of being married to a Soldier can often be life changing, said Col. Lowell Moore, command chaplain, Fort Carson.

"My daughter has seen the Queen of England and the Emperor of Japan," said Moore. "My daughter has been places that make up the geography books they study in school. She knows firsthand about Holland and the windmills and the canals. They've been there."

"We spent 12 years in Germany that we might not have spent had I not been on active duty," said Nate. "The ability to travel and experience other cultures continues to be a great benefit to military marriages."

Travel is not the only advantage to being married to a Soldier, said Jill.

"There is a sense of pride," said Jill. "I don't know of anyone who works for a civilian business that feels the way that I might feel about my spouse who's been deployed, who's been fighting. There's a lot of pride and there's a bond. Military couples that make this work are really tight. They have to depend on each other. It builds a really strong marriage out of necessity."

"I think the strength is one of the benefits," said Nate. "Dealing with the separations and dealing with the additional roles can build an incredibly strong marriage."

## Marriage counseling programs

Fort Carson has a range of programs for couples who want marriage counseling and for couple who just want to enhance an already happy marriage. Starting Aug. 19, ACS will offer a monthly evening class offering specialized intensive couple's workshops on commitment, love, friendship, communication and gender differences that can help revitalize a couple's relationship.

In November, ACS will offer a Prevention and Relationship Enhancement Program that teaches couples how to communicate more effectively, solve problems and enhance the qualities of their relationships. This program is often offered by the family Advocacy Program in conjunction with Chaplains' Couple's Retreats.

For more information on these programs, call ACS at 526-4590.



# God — training wheels of life

Commentary by Chap. (Maj.)  
Robert W. Leathers

## 10th Combat Support Hospital

I remember when my daughter, Cortney, asked me if I would teach her how to ride her bike without training wheels.

She had noticed the fun her older sister seemed to have on her bike without training wheels and she wanted the same enjoyment. After being sure she was really determined to learn, I took off the training wheels and we started the lessons.

As it was with her older sister a few years prior, Cortney did great until she discovered daddy was no longer holding on to the back of the bike seat. Then she was ready to quit. Though she had already traveled quite a distance without help, I was unable to convince her to try again.

While I was holding on to the bike she was brave and daring. However, fear overtook her when she discovered that daddy had let go. All of this served to remind me of our Heavenly Father's protection of the believer. His hand is holding us up.

The book of Job teaches us many things

about God's relationship with man and the importance of endurance with a solid faith in God.

In the first chapter, there is an account of the "Sons of God" coming to present themselves before the Lord. Satan is among them. A dialog ensues between God and Satan over the faithful believer, Job. Satan makes a comment in verse 10 that is very noteworthy. Satan says, "Have you not put a hedge around him and his household and everything he has?"

Have you ever thought of God building a hedge around you? This hedge is a guard of protection. A defense that keeps us from being destroyed. Psalm 34:7 reads, "The angel of the Lord encamps around those who fear him, and he delivers them." The Psalmist goes further in verse 19 and says, "A righteous man may have many troubles, but the Lord delivers him from them all."

What a blessed thought, as we ride our bikes of life, that God will not allow us to be destroyed. Our loving father will not let us go to ruin. We may have troubles and get a little skinned up but if we endure to the end we will receive our reward. Don't give up but keep riding.

# Chaplain injured in roadside blast in Iraq

Compiled by Pfc. Stephen Kretsinger  
Mountaineer staff

Chap. (Capt.) H. Tim Vakoc, 44th Combat Support Battalion, was stationed in Iraq when he was injured May 29. The Fort Carson Chaplaincy asks that the Mountain Post remember him in its prayers.

Vakoc was returning from presiding at a mass for Soldiers out in the field, when his "Humvee" was struck by a roadside bomb.

Vakoc was transported to Baghdad where he underwent surgeries and later was transferred to Landstuhl, Germany. In Germany, he was met by friends he had served with during his time in Heidelberg, Germany. A friend from Germany reported that Vakoc recognized his friends and raised his hand upon command. Vakoc was transported on June 2, to Walter Reed Army Medical Center in Washington, D.C. The blast caused Vakoc to lose his left eye. Vakoc has sustained trauma to the brain and is fighting infection.

The Chaplain H. Tim Vakoc Family Assistance Fund has been set up at the Bank of America. Donations can be sent to The Brands, 8713 Ramsey Court, Springfield, VA 22151.

## Chapel

### Protestant Adult Sunday School Classes

— are offered each Sunday at 9:30 a.m. at Soldiers' Memorial Chapel, 1500 (Next to the post exchange).

**Native American Services** — The He Ska Akicita Inipi is located on Fort Carson. All native and non-native people, military personnel, family members and Defense Department personnel are welcome. Anyone interested in attending and praying in this manner can contact Michael Dunning at 382-5331, (c) 330-9537, or (e-mail) [micheal.dunning@carson.army.mil](mailto:micheal.dunning@carson.army.mil), or Charles Erwin at (h) 382-8177, (e-mail) [erwin106@juno.com](mailto:erwin106@juno.com), or Zoe Goodblanket at 442-0929 for information and directions.

**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 42 & 1 Kings 18-20
- Saturday** — Psalms 43 & 1 Kings 21-22
- Sunday** — Psalms 44 & 2 Kings 1-3
- Monday** — Psalms 45 & 2 Kings 4-6
- Tuesday** — Psalms 46 & 2 Kings 7-9
- Wednesday** — Psalms 47 & 2 Kings 10-12
- Thursday** — Psalms 48 & 2 Kings 13-15

### Chapel Schedule ROMAN CATHOLIC

Day	Time	Service	Chapel	Location	Contact Person
M-W-F	noon	Mass	Healer	Evans Army Hospital	Fr. Battiato/649-5260
Tues., Wed., Thurs.	noon	Mass	Soldiers'	Nelson & Martinez	Chap. Patton/526-5769
Saturday	5 p.m.	Mass	Soldiers'	Nelson & Martinez	Chap. Patton/526-5769
Sunday	8 a.m.	Mass	Prussman	Barkeley & Prussman	Chap. Patton/526-5769
Sunday	9:30 a.m.	Mass	Soldiers'	Nelson & Martinez	Chap. Patton/526-5769
Sunday	10:45 a.m.	CRE	Soldiers'	Nelson & Martinez	Pat Treacy/526-5744
Sunday	11 a.m.	Mass	Healer	Evans Army Hospital	Fr. Battiato/649-5260
Sunday	12:15 p.m.	Mass	Provider	Barkeley & Ellis	Chap. Patton/526-5769
Tuesday	6:30 p.m.	RCIA	Soldiers'	Nelson & Martinez	Pat Treacy/526-5744
Saturday	4 p.m.	Reconciliation	Soldiers'	Nelson & Martinez	Chap. Patton/526-5769

### PROTESTANT

Sunday	9 a.m.	Protestant	Healer	Evans Army Hospital	Chap. Kincaid/526-7387
Sunday	9 a.m.	Protestant	Provider	Barkeley & Ellis	Chap. Borden/526-3711
Sunday	11 a.m.	Protestant	Soldiers'	Nelson & Martinez	Chap. Kennedy/526-8011
Sunday	11 a.m.	Prot./Gospel	Prussman	Barkeley & Prussman	Chap. Byrd/526-5513
Sunday	9:30 a.m.	Sun. School	Prussman	Barkeley & Prussman	Chap. Byrd/526-5513
Sunday	9:30 a.m.	Sun. School	Soldiers'	Nelson & Martinez	Dr. Scheck/526-5626
Tuesday	9 a.m.	PWOC	Soldiers'	Nelson & Martinez	Chap. Kennedy/526-8011
Sunday	11 a.m.	Contemporary	Veterans'	Magrath & Titus	Chap. Ellison/526-8890
Sunday	6 p.m.	PYOC	Soldiers'	Nelson & Martinez	Chap. Kennedy/526-8011
Friday	noon	Prayer	Soldiers'	Nelson & Martinez	Ms. Scheck/524-1166

### LITURGICAL

Sunday	10:45 a.m.	Lutheran	Provider	Barkeley & Ellis	Chap. Lloyd/526-3888
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### JEWISH

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

### WICCA

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

Sunday	2 p.m.	LDS	Provider	Barkeley & Ellis	Chap. Jones/526-3718
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### NATIVE AMERICAN SWEATLODGE

Native American Sweatlodge ceremonies (He Ska Akicita Inipi) are offered to military 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.

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.

Pray this week for the following:  
Unit: For the Soldiers and leaders of the Army National Guard, 41st Infantry Brigade, a

separate brigade located throughout the state of Oregon.

Army: For the Soldiers, noncommissioned officers and officers of the Transportation Corps. Pray that God will bless this branch in its essential support mission to the Army worldwide.

State: For all the Soldiers and families from the state of Delaware. Pray also for Gov. Ruth Ann Minner, the state legislators, and local officials of the "First State."

Nation: For the Secretary of Labor, Elaine Chao. Pray for this agency in its championing of the nation's contemporary workforce.

Religious: For the Soldiers and families from the Seventh Day Adventist Church. Pray also for the chaplains endorsed to military service by this community of faith.

For more information on the Army Cycle of Prayer visit the cycle's Web site at [www.usarmy-chaplain.com](http://www.usarmy-chaplain.com).

## Recycling award

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post; next to the Post Exchange, near Gate 20 and the main recycling center near gate three, building 155. The recycling centers accept office paper, aluminum cans, cardboard, glass and newspaper. There are an additional 60 cardboard trash bins strategically located across post where cardboard use is high as well as an additional 30 white paper drop-off locations.

With all of the recycling centers around post to make it easier for people to dispose of reusable materials, Fort Carson's recycling programs have become extremely effective. Last year, Fort Carson recycled 58.5 tons of paper, 3.7 tons of aluminum cans, 390.3 tons of cardboard, 92.0 tons of glass and 183.3 tons of newspapers, according to the Directorate of Environmental Compliance and Management. In an effort to expand the current program, plastic recycling has been added to the recycling contract for a local waste management company for 2004.

Although paper and aluminum seem to be the more commonly recycled materials, Fort Carson also makes use of other materials. The installation also collects lead acid batteries, used oil and even xylene and alcohol from Evans Army Community Hospital. Fort Carson also recycled 56.0 tons of used grease from its dining halls and fast-food outlets to provide as feedstock for several pig farms near Lamar.

As would be expected for an Army installation of this size, Fort Carson generates large volumes of brass shell casings. These shell casings are collected, deformed and eventually sold as scrap metal. This initiative resulted in the recycling of 95.8 tons of brass in 2003, according to DECAM statistics.

Another large contributor to the Fort Carson recycling programs success are the residents of Fort Carson. The Family Housing has a curbside recycling



Photo by Pfc. Clint Stein

**Ronnie Campell, equipment operator, Fort Carson Recycling Center, dumps a bin of cardboard into the back of his truck to be hauled to a local waste management company where it will be recycled.**

service for residents. "There are a lot of people that recycle on post," said Nick Pallotto, Solid Waste Program Manager at Fort Carson. "I still wish more people would get involved though."

Creating awareness for recycling on post has always been the key factor in the success of the recycling program, according to DECAM. Community meetings with Fort Carson neighborhood representatives helps increase recycling support and improves diversion rates to landfills. The recycling program also stresses increased participation through mass electronic mail, coordination with other units and directorates as well as training courses. A module is

taught at the quarterly 40-hour Environmental Protection Officer training course to raise awareness and meetings are held by the recycling Process Action Team to discuss recycling programs.

Fort Carson is currently achieving a 30.9 percent diversion rate to landfills and is striving for a 40 percent diversion rate by 2005. In 2003, nearly \$377,000 in cost avoidance and revenue was generated from the comprehensive recycling program. In 2027 DECAM hopes to attain its goal of 0 percent waste.

For more information on recycling centers or programs, call the Fort Carson Recycling Center at 526-5898.

# Youth sports registration begins

Courtesy Child and Youth Services

## Youth tackle football

Child and Youth Services Sports has established a partnership with Colorado Springs Parks and Recreation.

All practices will be held at Fort Carson and all games will be played at Memorial Park. Parents are responsible for transportation to and from practices and games.

Registration: Through July 23

Practice begins: Aug. 9

Season: Sept. 11 to Oct. 30

Fee: \$60 (fee includes equipment rental; shoulder, thigh, knee, hip and butt pads. Also includes jersey and pants). Players are responsible for the purchase of cleats, mouthpiece and helmet.

Age: Registration based upon birth year and weight requirements.

### Division: Rookie

Birth year: 1994, 95; 93 if under 60 lbs

Max weight: 100 lbs

### Division: Flyweight

Birth year: 1993; 92 if under 70 lbs

Max weight: 110 lbs

### Division: Lightweight

Birth year: 1992; 91 if under 80 lbs

Max weight: 120 lbs

### Division: Middleweight

Birth year: 1991; 90 if under 90 lbs

Max weight: 130 lbs

### Division: Heavyweight

Birth year: 1990 (9th grade also)

Max weight: No Max

For more information, call the sports office at 526-1233 or 526-4425.

## Flag football

Registration: June 21 to Aug. 28

Season: Sept. 9 to Oct. 11

Fee: \$40 (fee includes jersey) Players are responsible for the purchase of cleats.

Ages:

- 5 to 6 years old
- 7 to 9 years old (Mandatory Skills

Assessment)

- 10 to 12 years old (MSA)

- 13 to 15 years old (MSA)

- 16 to 8 years old (MSA)

Skills assessment is Aug. 31 from 5 to 7 p.m.

For more information, call the sports office at 526-1233 or 526-4425.

## Cheerleading

Registration: June 21 to Aug. 28

Season: Sept. 9 to Oct. 11

Fee: \$35

Ages:

- 5 to 6 years old
- 7 to 9 years old
- 10 to 12 years old
- 13 to 15 years old
- 16 to 18 years old

For more information, call the sports office at 526-1233 or 526-4425.

## Fall soccer

Registration: June 21 to Aug. 28

Season: Sept. 9 to Oct. 11

Fee: \$40 (fee includes jersey, shorts and socks) Players are responsible for the purchase of cleats and shin guards.

Ages:

- Bam Bam 3 to 4 years old
- 5 to 6 years old
- 7 to 9 years old (Mandatory Skills

Assessment)

- 10 to 12 years old (MSA)

- 13 to 15 years old (MSA)

- 16 to 18 years old (MSA)

Skill assessments will be held Aug. 1 for 7 to 9 years old and Aug. 2 for 10 to 12 years old. Both assessments will be held from 5 to 7 p.m.

For more information, call the sports office at 526-1233 or 526-4425.

## Midnight basketball

When: July 9

Location: Youth Center Gymnasium

Time: 6th- to 8th-graders from 6 p.m. to 8 p.m.

9th- to 12th-graders play from 8:30 to 11:30 p.m.

For more information please call the sports office at 526-1233/4425.

*Dog owners:*

# Clean up after your pets daily

by Pfc. Stephen Kretsinger  
Mountaineer staff

Cleaning up after a family dog while taking it for a walk may seem like messy business, but there are a plethora of reasons to do so: courtesy reasons, legal reasons and health reasons.

"There are several reasons why military members and spouses should ensure they pick up after their pet on post," said Capt. Tracy Hoff, chief, Fort Carson Veterinary Treatment Facility.

"The first, of course, being that it is unsightly and messy and may lead to others or even themselves stepping in it and tracking it throughout many vehicles and government buildings.

"The second is that the offending pet may be impounded, through no fault of its own, since your fuzzy four-legged friends are not able to pick up after themselves," said Hoff.

Fort Carson regulation 40-5, which covers animal control, requires pet owners to clean up after their animals on a daily basis. Failure to do so can result in the animal being taken into custody and impounded at the Veterinary Treatment Facility at the owner's expense. This impoundment costs \$5 a day and your pet cannot be released on the weekend, said Hoff.

"The final and most important concern is the health of you and your family members," said Hoff.

The potential for humans to contract parasites from dogs and cats is relatively small, but if contracted it can be severe, said Hoff. Dogs and cats that are not

dewormed regularly either by a dewormer, given by a veterinarian at least yearly, or medication, given monthly, can contract three different kinds of parasites.

"The first and most zoonotic parasite is the roundworm," said Hoff. "Roundworm is found in the small intestines of dogs and to a lesser extent, cats. When the egg is released with fecal material, it is able to infect people and other animals for up to three weeks if the environmental conditions for the parasite are right.

"The disease in humans is called visceral larval migrans, which means when a human is infected by eating one of the eggs, it produces larvae," said Hoff. "The larvae move through the human body to live in the liver, kidneys, lungs, eyes and other tissues." The syndrome primarily occurs in children between the ages of 18 months and 3 years (the age group most likely to eat the roundworm eggs), but it also occurs in adults.

"Signs vary from very mild fever to an enlarged liver, hives, vomiting and a loss of vision from the larvae migrating into the eye," said Hoff. "Most of these signs are seen in adolescents and adults that contract this parasite. Fatalities caused by visceral larval migrans are rare."

The second parasite that can be contracted from

dog fecal material is the hookworm.

"The hookworm can be contracted by ingestion of the egg and also through the skin, said Hoff. "Therefore if a dog or puppy is shedding these worms (eggs) in their feces in the environment and it is not picked up, someone walking barefoot through the same soil can contract these worms. The signs, if picked up through the skin, include red areas at the site of entry, stomach discomfort, headache and fatigue."

The third parasite is giardia.

"If your pet drank infected water either from mountain rivers and lakes or bird baths, they can get giardia just like people can," said Hoff. "They get diarrhea, flatulence and stomach discomfort."

If young children ingest the feces with the cysts, they too can contract this parasite," said Hoff.

There are many reasons to clean up after your pet, but the safety of our Soldiers mission may be the most important, said Hoff.

"If you see someone not doing so, please remind them politely to keep all the warfighters and their family members safe by disposing of their animal's excrement in appropriate locations," said Hoff.

For more information, contact the Fort Carson Veterinary Facility at 526-3803.

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***"The larvae move through the human body to live in the liver, kidneys, lungs, eyes and other tissues."***

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Capt. Tracy Hoff, chief, Fort Carson  
Veterinary Treatment Facility



Photo courtesy of Outdoor Recreation  
Dave Bumgarner, recreation aide, goes through some rapids on the Arkansas River during a rafting trip.



Photo by Sgt. Chris Smith  
Ted Brinegar, adventure coordinator, struggles to get away from a student during a game as part of a kayak class at the indoor pool.



Outdoor Recreation offers mountain biking trips to Crested Butte this summer.

Photo courtesy of Outdoor Recreation

### Adventure Programs and Education

#### Water-based activities

Whitewater rafting  
June 1 to Aug. 15  
Kayak roll clinic  
July 18, Aug. 1, 15 and 29, Sept. 12 and 26  
Inflatable kayaking  
July 31, Aug. 14, Sept. 4  
Quick start kayak  
July 23 to 24, Aug. 6 to 7, 27 to 28, Sept. 10 to 11  
Moving water kayak  
July 31, Aug. 14, Sept. 4

#### Climbing series

Climbing wall instruction  
July 22, Aug. 5, 19, Sept. 2, 16, Oct. 7, 21  
Climb on  
July 25, Aug. 1, 29, Sept. 18, Oct. 3, 30  
Multi-pitch climbing  
Aug. 28, Sept. 12, Oct. 24  
Penitente climbing trip  
Oct. 8 to 11

#### Mountain biking

Bicycle maintenance class  
July 22, Aug. 5, 19, Sept. 5, 16, Oct. 7, 21  
Rampart Reservoir ride  
Aug. 15  
Moab mountain bike trip  
Sept. 17 to 19  
Ride the divide  
Aug. 7 to 8

# Looking for an adventure? Fort Carson has plenty to offer

by Sgt. Chris Smith  
Mountaineer staff

With summer upon Fort Carson, members of the community need look no farther than Outdoor Recreation on post to fulfill their needs for adventure.

This year, courses and trips in whitewater rafting/kayaking, mountain climbing, mountain biking, fly-casting and hunting are being offered. The classes are all part of Adventure Programs and Education that has programs tailored for the beginner to those looking for more. Those adventurers looking for more can talk to the Outdoor Recreation staff, as they will make custom trips.

"The Soldiers who know about (what's available), use it fully," said Ted Brinegar, adventure coordinator. "Soldiers somehow don't realize the opportunity is here, because the ones that do know use it all the time."

Brinegar said that it is very common for Soldiers to come and say they've been at Fort Carson for around two years and never knew about

all that was offered.

The staff is always looking at customer comment sheets for new additions to the programs. This year multi-pitch climbing was added because Soldiers wanted more difficult climbing trips. The new trip will feature climbs ranging from 400 to 500 feet.

"We do a lot of custom guiding for folks if they need it," said Brinegar. He referred to a father and son they are helping prepare for high mountain climbing.

Brinegar said because a lot of the culture is self-reliant, many Soldiers think learning on their own will be the same, but he pointed out that in the case of whitewater kayaking, a rental costs the same as a rental and the course from Outdoor Recreation.

"We push that learning curve, and we can help to monitor the risks in the environment," Brinegar commented.

Group trips are also offered such as whitewater rafting trips and team-building exercises as well.

Also offered by Outdoor Recreation are equip-

ment rental and an equipment store. The rental center has equipment for rent including kayaks, canoes, power boats, pontoon boats, fishing gear, generators, camper trailers, mountain bikes, safety equipment and grills. All items rented on a Friday and returned by 2 p.m. Tuesday will only incur a one-day rental fee.

"We recognize what the Soldiers need," said Cheryl Russell, recreational aide at the rental center. "They come in, and we try to provide it for them. If we don't have what you want, fill out a customer comment card — those requests go all the way up."

Those wishing to purchase equipment for their outdoor activities can go to the shop. The shop offers merchandise ranging from hats to firearms, all tax free, and can even order items not in stock at the request of customers.

People wanting more information can call 526-5176 or visit [www.ftcarsonmwr.com](http://www.ftcarsonmwr.com).

"It's all about fun with a capital F," said Brinegar. "but with us helping to push your skills so you can have fun faster."

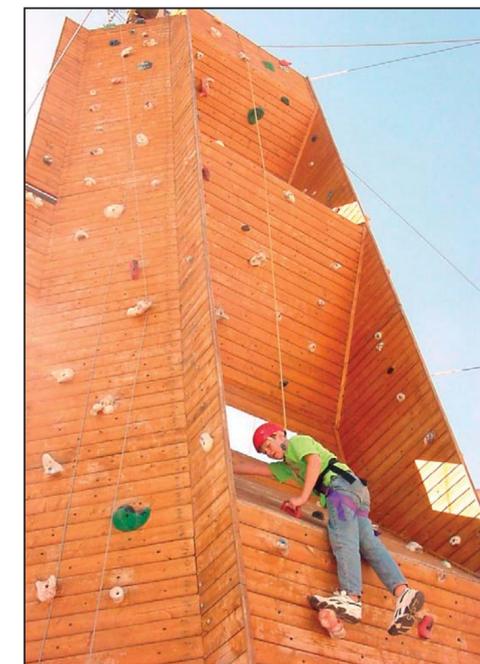


Photo courtesy of Outdoor Recreation  
A boy climbs the wall at Outdoor Recreation. See the schedule for classes on climbing instruction.

# Happening's



Courtesy photo

## Whitewater Rafting on the Arkansas River

by Nel Lampe  
Mountaineer staff

**W**hitewater rafting is one of Colorado's most popular outdoor activities. The Arkansas River draws almost a quarter-million whitewater rafters each year. And members of the Mountain Post Team are only an hour away from the nation's most popular river for white-water rafting.

Whitewater is created as high water washes over rocks in the river, resulting in foamy rapids. The higher the water, usually in the early part of the season, the more whitewater there is. The rafting season usually begins in early June, when the snow begins melting and runs through mid-August. As the river level lowers, more rocks are exposed and there is less whitewater.

Whitewater is divided into classes. Class I is moving water, with no waves. Class II is moving water with

waves from two to three feet. Class III is moving water with waves up to three feet and narrow channels which require more maneuvering. Class IV is water in narrow channels, technical rapids and waves higher than three feet. Class V water has big waves, narrow channels and more technical rapids. Class VI water is non-negotiable.

As thrilling as whitewater rafting is, it's not something people should do on their own. A whitewater rafting excursion requires expensive safety equipment, a raft and an experienced guide.

There are many area rafting companies that provide whitewater-rafting excursions. Travel brochures for several outfitters are available at tourist information displays, or a dozen companies are listed in the telephone book yellow pages under "Rafts."

Trips depart from many locations along the Arkansas River and some companies offer a steak lunch grilled along the riverbank.

Some rafting companies are located near

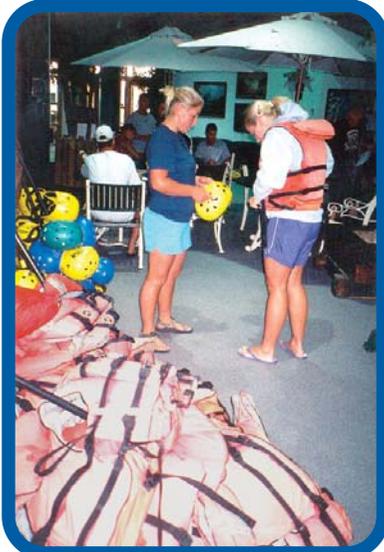


Photo by Nel Lampe

Jeanine Prout, left, a Morale, Welfare and Recreation employee, fits family member Rachel Hall with a life vest for a rafting trip.

popular launching sites near the Arkansas River, such as along Highway 50 near the Royal Gorge Bridge road.

The most painless way to get on a rafting excursion may be to sign up for a trip at the post's Outdoor Recreation Complex. It's a good deal for a first-time rafter. Outdoor Recreation is a licensed outfitter and all guides are cer-



Photo by Nel Lampe

Wannabe whitewater rafters board the bus for the early morning drive to the Arkansas River.



Places to see in the Pikes Peak area.

## Rafting

From Page 23

tified and trained in rafting. Outdoor Recreation provides all safety equipment, such as helmets and safety vests, as well as the rafts and transportation to the river. For many commercial whitewater excursions, partakers must provide their own transportation to Leadville, Buena Vista or Cañon City.

A half-day raft trip with Outdoor Recreation costs \$32.50. No food is provided but guides do provide bottled water at the beginning of the river excursion. Participants are welcome to bring along an energy or candy bar.

Participants should provide their own personal items, such as sunscreen, sunglasses and waterproof cameras.

Rafter wannabes should be at Outdoor Recreation at 7 a.m. on raft day to be fitted with life jackets, helmets and splash jackets. Once everyone is fitted, the small buses are loaded and on the way to the launching site by 7:30 a.m.

It takes about an hour to reach the river launching site, Pinnacle Rock., west of Cañon City. That stretch of the Arkansas River runs nine rapids and falls into the Class III and IV rating. The water is running at 800 cubic foot per second.

The rafters return to Outdoor Recreation about 1:30 p.m., after a stop for refreshments on the return.

Guides recommend rafters wear a swimsuit with a drawstring waist and a synthetic fabric warmup suit or windbreaker over the bathing suit. The guides stress that cotton garments should not be worn as cotton fabric is slow to dry, once wet. Wool or fleece jackets and wool socks are good choices.

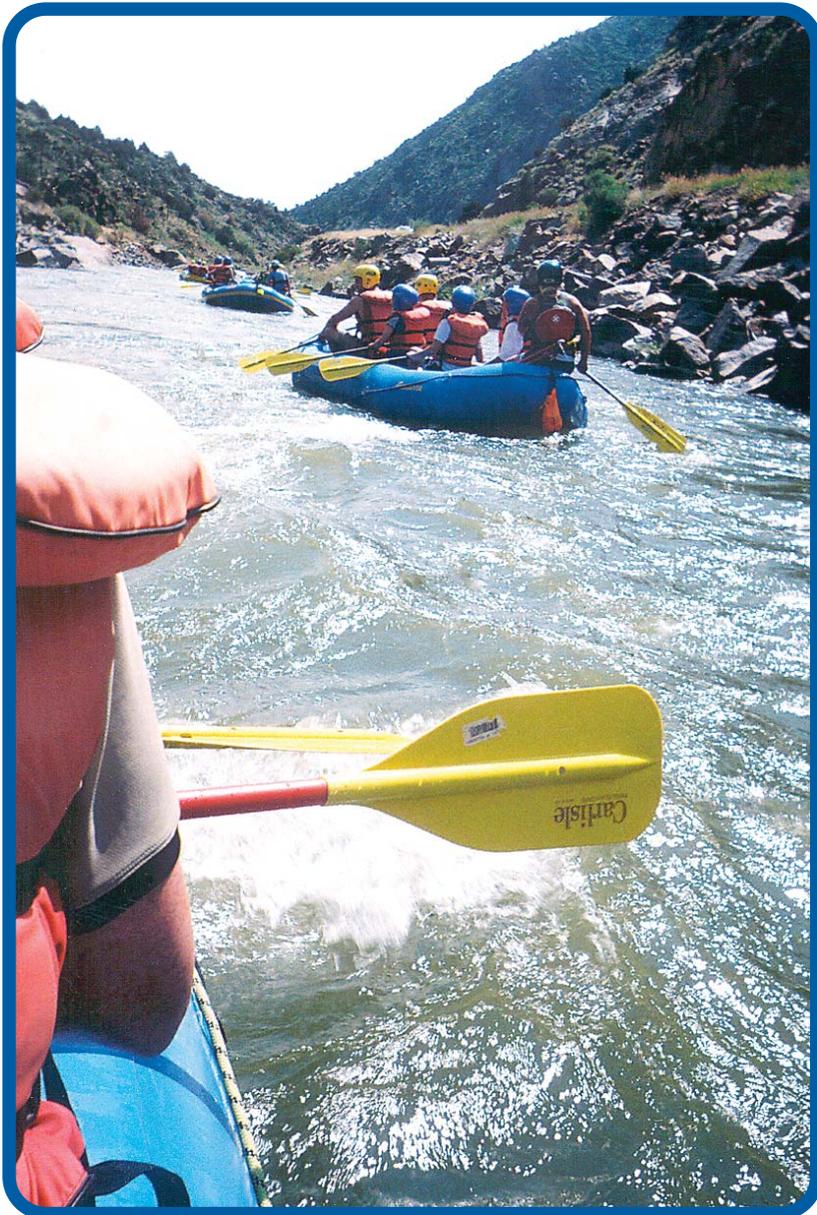
Flip-flops may come off in the water, so guides suggest sports sandals which have a strap around the back of the foot or lace-up shoes be worn. Baseball caps are recommended under the required helmets.

Guides suggest leaving a change of dry clothes in the van to make a more comfortable, dry ride home.

Cliff Kelley, 15, had his first ever raft trip last week, part of a group of about 40 rafters from the Mountain Post. "It was awesome," Kelley said.

Half-day trips are scheduled Wednesday through Sunday through mid-August, but most trips are already filled, said Ted Brinegar, Outdoor Recreation.

"We can customize a trip for a unit or family group," Brinegar said. A half-day trip can be



Courtesy photo by Rob Lampe

**Paddles in the water move a raft in pursuit of several other Fort Carson rafts moving through a scenic portion of the Arkansas River near Cañon City.**

set up for a minimum of six to a maximum of 50 people.

"We can also set up overnight rafting trips for \$115 for each person, including transportation to the site, food and camping gear," Brinegar said. Overnight rafters need to bring their clothes and a sleeping bag. "The overnight trips go through Brown's Canyon, 80 miles upstream."

As with any trip sponsored by Outdoor Recreation, alcohol or illegal drugs may not be brought along on rafting excursions.

Outdoor Recreation uses rubberized rafts which accommodate five or six people. A guide is in

each raft.

The rafts are actually paddle boats, and everyone rows together as a team. All rafters must be able to swim and children must weigh at least 50 pounds.

Call 526-2083 to set up a rafting trip before the water is too low.

### Just the Facts

- **Travel time** leaves from post
  - **For ages** swimmers
  - **Type** whitewater rafting
  - **Fun factor** ★★★★★ Out of 5 stars)
  - **Wallet damage** \$\$\$\$\$ plus
    - \$\$ = \$21 to \$40
    - \$\$\$ = \$41 to \$60
    - \$\$\$\$ = \$61 to \$80
    - \$\$\$\$\$ = \$81 to \$100
    - \$\$\$\$\$\$ = \$101 to \$120
- (Based on a family of four)



Courtesy photo by Rob Lampe

**Participants on a Fort Carson rafting excursion prepare to enter the water at the launch site at Pinnacle Rock.**

## Get Out!

### Renaissance Festival

The Renaissance Festival runs weekends through Aug. 1, Saturdays and Sundays. Admission is \$15.95 for adults, \$8 for children. Take Exit 172 off Interstate 25 north to the fest at Larkspur.

### Street breakfast

The annual Rodeo Street Breakfast is set for Wednesday in downtown Colorado Springs. Pancakes cooked and served up by Soldiers is part of the annual event, kicking off the Pikes Peak or Bust Rodeo. Wooden dollar tickets are available at Information, Tickets and Registration for \$4; \$5 at the site. Children under 5 eat free.

### Hornbek Homestead Days

Florissant Fossil Beds National Monument takes a step back in time to observe life in the 1880s. July 24 and 25, from 10 a.m. until 3 p.m., an open house at the Hornbek Homestead, an 1880s home on the site, will be staffed by volunteers in period costumes playing old-fashioned games, demonstrating crafts, conducting tours and serving lemonade and cookies. Admission to the Fossil Beds is \$3.

### Melodramas

"The Thief of Frisco" is presented through the summer by the Cripple Creek Players in the Butte Theater in Cripple Creek. Shows are Wednesday to Saturday at 8 p.m.; 2 p.m. on some days. Call (719) 689-2513 for reservations. Tickets 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. in Manitou Springs.

### Broadway in Colorado Springs

Season tickets are on sale for the new season, which includes "Fiddler on the Roof," Oct. 20 and 21; "The Full Monty," March 15 and 16, "Defending the Caveman," April 8 and 9; "42nd Street," May 8 and 9. An optional show is Hal Holbrook in "Mark Twain Tonight!" The shows are in the Pikes Peak Center; call 520-SHOW.

### Theater

Neil Simon's "Come Blow Your Horn" is at the CastAways Dinner PlayHouse, 107 Manitou Ave. Dinner and show tickets are \$33, call 685-3700.

### Colorado State Fair

The Colorado State Fair runs Aug. 21 to Sept. 5. Concert tickets are on sale at the

State Fair Box Office and Ticketmaster, 520-9090, for Stacie Orrico, Chris Cagle, Chris LeDoux, ZZ Top, Dierks Bentley, Trick Pony, Brad Paisley, REO Speedwagon, Olivia Newton-John and Clay Aiken. Tickets are \$13 to \$33.

### Fine Arts theater season

The Fine Arts Center repertory theater has scheduled its new season. "A Funny Thing Happened on the Way to the Forum" is Oct. 1 to 14; followed by "Nun-crackers: The Nonsense Christmas Musical," Nov. 19 to Dec. 12. "Cabaret" is set for Feb. 4 to 27, followed by "Singin' in the Rain" April 29 through May 22. Call the box office at 634-5583 for tickets.

### Air Force Academy concerts

The Academy Concert season is now on sale. Emerson Drive is Sept. 17, Paul Rodriguez is Sept. 18, Capitol Steps is Oct. 9. In 2005, "Crazy for You" is Jan. 22, Steel Magnolias is Feb. 25, Broadway Rhythm is March 5, "Da Noise, Da Funk" is March 12, "Contact" is March 30 and "Passing Zone" is April 23. Call 333-4497 for information.

### New Exhibit at Pioneers Museum

The Rare Lands Exhibition is at the Pioneers Museum through Aug. 19. This exhibit, organized by the Smithsonian, shows National Parks through the work of photographer Stan Jorstad. Colorado Springs Pioneers Museum is at 215 S. Tejon St. and has free admission.

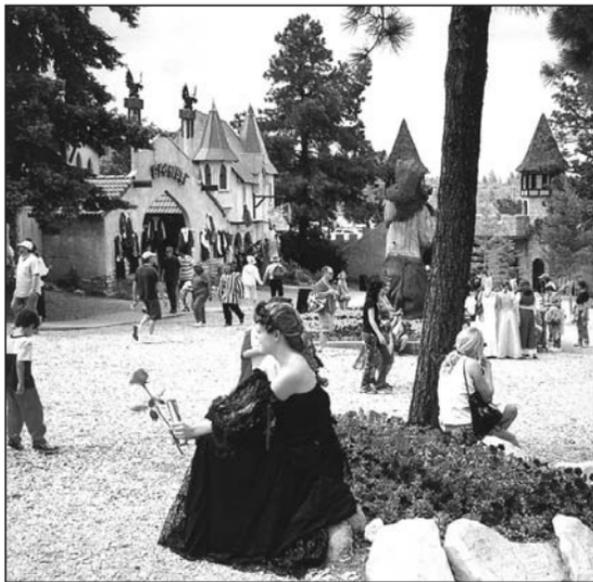


Photo by Nel Lampe

## Renaissance Festival ...

The Colorado Renaissance Festival at Larkspur, Exit 172 off Interstate 25, continues three more weekends. The medieval-style village is open Saturdays and Sundays from 10 a.m. until 6:30 p.m., rain or shine, through Aug. 1. Admission is \$15.95 for adults, \$8 for children under 12; discount tickets are available at King Soopers. Parking is free; shuttle buses run all day.



Program Schedule for Fort Carson cable Channel 10, today to July 23.

Army Newswatch: stories on Army One Source, presence patrol in Iraq and 2004 Drill Sergeant gt. Of the Year (repeat). Airls at 7:30 a.m., 12:30 p.m., 7:30 p.m. and 12:30 a.m.

Navy/Marine Corps News: stories on the Navy's "Diversity Initiative," the USS Enterprise and the USS Firebolt (repeat). Airls at 8 a.m., 1 p.m., 8 p.m. and 1 a.m.

Air Force News: stories on Operation Iraqi Freedom (repeat). Airls at 8:30 a.m., 1:30 p.m., 8:30 p.m. and 1:30 a.m.

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

Foreign language program-

ming 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>. The Pentagon Channel will soon be airing on Channel 9.

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 or 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 desired airing time.



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)

## Out & About

July 16 - 23, 2004

### School Transitions: The Essential Ingredients

Parent Workshop for K - 12th Grade  
as part of the  
6th Annual MCEC National Conference



July 21, 2004

at the Antlers Adams Mark  
(downtown Colorado Springs  
4 South Cascade)  
7:30 a.m. to 10:30 a.m.  
Cost is \$25 (incl. breakfast)

*Learn More About:*

- Being the new kid - every three years
- Emotional issues
- Credit/Transcript transfers
- What to take to the next school
- Education issues
- State testing

*"Military children move through approximately 6 to 9 schools from kindergarten through the 12th grade."*

Contact MCEC at (254) 953-1923 or  
Register online at [www.militarychild.org](http://www.militarychild.org)



## Couples' Golf Tournament

### Sunday, August First

starting at 1:00 pm

Four person scramble  
sign up as team or as couple

18 holes with cart only \$29 ea.

plus \$10 entry fee (per couple)

covered dish potluck after competition

for more information, please call 526-4122



## INTRODUCING ITR Adventure Tours



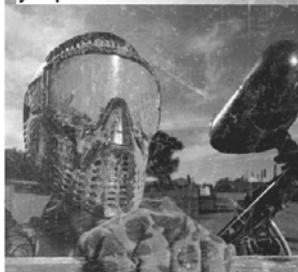
August 28

jeep tours



July 31, August 21

skydiving



July 23, August 12

paintball



August 15

atv tours

customized trips & dates available

⊛ for more information 719.526.8325 ⊛



## PEN TURNING CLASS

Friday, July 16  
and

## BASIC WOOD JOINERY

Friday, July 23

For info, call 526-0070

## FREE MOVIE IN THE PARK!!

Iron Horse Park

July 29 at 9:00 pm

For info, call 526-4495

# Sports & Leisure

## Summer fun

### Outdoor pool offers cool summer fun

by **Walt Johnson**  
Mountaineer staff

When the weather is hotter than a furnace at a metal melting plant, what is the best thing to do?

Well, there are plenty of answers to that question but one option would be to take advantage of one of the best outdoor facilities in the local community, the post outdoor swimming pool, according to Don Armes, facility manager.

"The outdoor facility is open now and we should have the kind of weather that will bring our people out to enjoy themselves. We offer a wide variety of services such as two diving boards, two kiddie pools and our water slide," Armes said.

Making a day of it at the pool is a great way to spend some family time together, Armes said. In addition to the swimming, Armes said a family can also find time to dine together at the pool's eating facility.

Amy Garrison was at the pool July 8 with her three children, sons Adam and Johnathan and daughter

Jennifer and she said coming to the pool was just a great way to spend the day.

"This is a great way to spend a day at the outdoor pool. This is just a great facility and the kids and adults have a great time swimming and staying in shape. We normally will come out at 10 in the morning, pack a lunch, and stay until two or three in the afternoon, depending on the weather

"We are very proud of our fully operational snack bar that includes a nice area where people can get good food and have a nice relaxing area to eat away from the water," Armes said.

Armes said family passes this year sell for only \$100 for both the indoor and outdoor seasons. Seasonal passes run for \$70.

"We just enjoy having people come to our facility where they can swim safely. We think people enjoy the service we give them, judging by how the number of people we've had here since the weather turned nice again," Armes said.



Photo by Walt Johnson

Sarah Contreras, center, enjoys some family time with her son Anthony, left, and her niece Surya Mendez at the post outdoor pool.

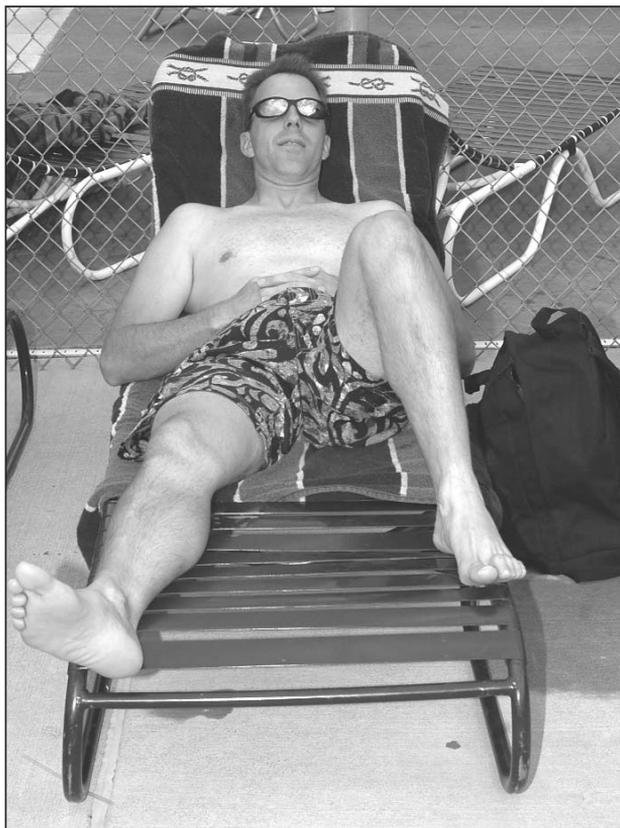


Photo by Walt Johnson

Dale Mitchell takes advantage of gorgeous weather to get some sun at the outdoor pool.



Photos by Walt Johnson

David Jenkins, left, enjoys an afternoon at the pool with his mother Casey Butler.

## On the Bench

# Post members needed for team in Hispanic tourney

by **Walt Johnson**  
Mountaineer staff

A truly exceptional event will be taking place in August and September in Denver and post members have a chance to be a part of it.

The state and world Hispanic softball tournaments will be played in Denver this year and the post is looking for Hispanic players, with exceptions, to comprise the team.

According to Antonio Villarreal, project coordinator, "the Hispanic softball team will be formed to represent Fort Carson in the Colorado United States Slo-pitch Softball Association Hispanic State Softball Tournament Aug. 14 and 15 in Denver."

Tryouts for the team will be held at 4 p.m. Monday and Tuesday at Yankee Field adjacent to Special Events Center.

"The tryouts are open to anyone who works on Fort Carson, both military and civilian personnel. USSSA rules allow three non-Hispanic players on each team, so tryouts will not be for Hispanic players only. The team will also be qualifying to compete in the USSSA World Hispanic Softball Tournament which will be held in

Denver Sept. 17 to 19," Villarreal said. For more information, contact Villarreal at 526-3752 or Alfredo Luna at 526-9784.

**Now I'm not one to cause a lot of trouble by repeating hearsay, OK, I love stirring up trouble by repeating hearsay, so here goes.**

I was talking with Tony Claiborne the other day, and by the way please don't let him know I told you this, its suppose to be a secret (wink, wink).

Claiborne said he is looking forward to the post powerlifting competition Aug. 24 and 25 at McKibben Physical Fitness Center. Claiborne said this should be as good a chance for everyone to show what they have in powerlifting. He also said people should also understand, "I hear the staff at McKibben is going to be giving away nice second place trophies."

**There will be a meeting for the intramural flag football season July 28 at the Special Events Center. Call Joe Lujan at 526-6630 for more details.**

Got a story idea? Give me a call at 659-2308 or drop me a line at [internj@aol.com](mailto:internj@aol.com).



Photo by Walt Johnson

## Sliding home ...

Youth Center Yankees player Alexander Graulau slides into home plate to score a run for his team during youth baseball action Saturday on post.

Game of the Week**Battery A wins civil dispute with Battery C**

Photo by Walt Johnson

**Battery C's Ramon Gutierrez, sliding, is tagged out by Battery A's Thomas Tuttle while trying to steal second base during intramural action Monday night at the Mountain Post Sports Complex.**

**by Walt Johnson  
Mountaineer staff**

Looking at the records for Battery A, 3rd Battalion, 29th Field Artillery, and Battery C, 3rd Battalion, 29th FA, you would be terribly underwhelmed by both teams' performances this year.

The two teams had won a total of three games between them going into the game and frankly had not been playing the best softball on post. This however, was no time to be looking at records or how a team was playing. This was time for an old fashioned rivalry game that would pit the cousin units against each other for bragging rights within the unit.

Did both teams take the game seriously? "This is a mission, this is not a softball game. We want to have the unit bragging rights although we realize those rights are only good until you play the next game. We need to step up and this is the game we will step up and play well. I guarantee a victory," Battery A Coach Ron Simmons said.

Not one to back down from a challenge, Battery C Eric Millette said his team was prepared to win the game because, "we shouldn't have too

much trouble with this team. Besides, they shoot artillery rounds like we play softball and that isn't very good," Millette said with a laugh.

The bottom line was the game had to be played and all the talking in the world wasn't going to settle matters. Battery A and Battery C both knew they could play the other team even, and for four innings that is just what the two teams did. Unfortunately for Battery C, the innings they played close were the last four innings of the game. In the first inning, Battery A put eight runs on the board and before the Battery C team could get its composure. Although Battery C played Battery A close (Co. A outscored them 6-4 over the rest of the game) it was not enough to overcome the early deficit.

"I told you, I guaranteed a win," Simmons said. "I didn't think we would be able to win the game this easy, especially not in a rivalry game. Gary Fuller made some outstanding plays in the field, I feel like I pitched well, holding them to four runs and our offense was just outstanding. I told our guys if we were able to win today we are going to be in the post tournament," Simmons said.

## Mountaineer Varsity Sports



### *Heading for third ...*

A Lucky Seven runner heads for third base after a single by another Lucky Seven batter. The Lucky Seven team consists of members of the 3rd Armored Cavalry Regiment. The team won two games and lost two games during the tournament at the Skyview Sports Complex in Colorado Springs Saturday and Sunday.

Photo by Walt Johnson

## *Mountaineer* Event of the Week

### *Flames support Trojans ...*

Colorado Springs Flames quarterback Shane Mitchell, 2, looks over the Denver Wildcats defense Saturday prior to calling a play. The Flames, a semi-professional team that features members of the Mountain Post and the Colorado Springs military community, will meet the Denver Pirates Saturday at Fountain-Fort Carson High School's football stadium at 7 p.m. Proceeds from the game will benefit the Fountain-Fort Carson high school athletic program. Tickets are \$6 for adults; \$3 for children 6 to 12 years old and children under the age of five will be granted free admission.



Photo by Walt Johnson

## *Mountaineer* Fitness Spotlight



Photo by Walt Johnson

### *Sweating is good ...*

Forrest Fitness Center aerobics instructor Liz Geier, front, leads a step interval class at the center Monday. Forrest hosts aerobics classes Monday through Thursday and Saturday mornings. Call the center at 526-2706 for classes and times.

## *Mountaineer Varsity Sports*

### *Aces come up rosey ...*

A Fort Carson Aces player asks for time as he prepares to bat during action Saturday afternoon at the Skyview Softball Complex in Colorado Springs. The Aces, post men's varsity softball team, finished third in the tournament held Saturday and Sunday. The Aces will host the Summer Classic Independent Softball Association tournament at the Mountain Post Softball fields Sunday beginning at 9 a.m.

