

Mountaineer

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Aug. 27, 2004

Indy 500 winner visits Carson troops

by Sgt. Jon Wiley
Mountaineer staff

A rising star in the Indy Racing League visited Fort Carson troops Aug. 19.

2004 Indy 500 winner Buddy Rice met and spoke with Soldiers from the 1st Battalion, 12th Infantry Regiment, 3rd Brigade Combat Team while they were conducting a week-long field training exercise here.

Rice got a chance to fire live rounds in a Bradley Fighting Vehicle and take it for a spin on a tank trail.

Rice shot about 20 percent of the targets he fired at, which he described as "not the greatest" before adding, "at least I hit something."

He was much more comfortable in the vehicle's driver's seat. After receiving a short safety brief, Rice took the controls of the Bradley as if he'd been doing it for years.

"It's a lot bigger than what I'm used to, and it's a lot heavier," Rice said

about the Bradley.

As Rice drove, Pfc. Brian Miller, Company A, 1st Battalion, 12th Infantry Regiment, 3rd Brigade Combat Team, a self-described race fan, stood by and took bets about how long it would take him to blow the vehicle's transmission. Miller's predictions of mechanical malfunction were meant in fun, though.

"He seems like a real good guy," Miller said of Rice. "I think it's great that he's coming out here and seeing what we do," he added.

Rice, the first American to win the Indy 500 since 1998, was in Colorado Springs for the Honda Indy 225 Race that took place 9at Pikes Peak International Raceway Sunday. The Indy Race League donated 5,000 free tickets to Soldiers, but the 1st Bn., 12 Inf. Reg., troops weren't able to take advantage of them because of their field exercise.

"I wish I could go — I'd ruck to PPIR if I had to," Miller said on Thursday.



Photo by Sgt. Jon Wiley

2004 Indy 500 winner Buddy Rice prepares to man the guns of a Bradley Fighting Vehicle at Fort Carson Aug. 19. Rice visited troops from the 1st Battalion, 12th Infantry Regiment, 3rd Brigade Combat Team while they were conducting gunnery.



Photo by Spc. Zach Mott

Everyone likes a parade ...

A "Humvee" from the 3rd Brigade Combat Team drives through downtown Cripple Creek Saturday during the veterans motorcycle rally parade. See page 11 for story and photos.

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Feature



43rd Area Support Group conducts convoy training.

See Pages 20 and 21.

Happenings



Fort Garland is a restored Army frontier fort, on the way to the Great Sand Dunes.

See Pages 25 and 26.

Briefing at McMahon about plasma donation for anthrax medication

Courtesy Evans Army Community Hospital

The Departments of Defense and Health and Human Services will support a Centers for Disease Control and Prevention effort to create a new medication against anthrax.

The new medication, anthrax immune globulin, is an antibody-based medication and could become a critical medical countermeasure for the nation in case of an anthrax attack.

Anthrax-vaccinated military personnel will be paid to donate some of their blood plasma to support this effort to create and evaluate Anthrax Immune Globulin program. Military personnel will receive brochures and oral presentations about the project when they receive anthrax vaccinations. There will also be a briefing at McMahon Theater, Sept. 1 at 11:45 a.m. Personnel from Centers for Disease Control, Evans Army Community Hospital and the local plasma center will be available to answer questions until 1 p.m.

What's new

Because of the training holiday Sept. 2, the *Mountaineer* will publish on Thursday. Deadline for submissions is close of business today; classified ads are due Monday at noon.

Post Weather hotline:

526-0096

Perception

August word of the month

by Master Sgt. Bertha A. Ramirez

Equal Opportunity Office

The Consideration of Others Word of the Month for August is perception.

Perceptions are reality. A basic meaning of perception is the action or actions of making sense out of an experience by giving meaning to the experience. Basically, it is how people interpret information about the experience or the environment that surrounds them.

There are three factors that contribute to the final decision to the perception that we take from an experience.

The first factor is the information we take from the experience; think of a Soldier's Department of the Army photo for a promotion board. The photo is immaculate and the Soldier looks sharp. The second factor is the mental process, affected by our motives and biases.

Basically it's our own way that we look at the Soldier's DA photo. Based on our motives and biases, we might or might not recommend the Soldier for promotion. The third factor is the interpretation of what is seen or experienced. Again, we make sense of our

own surroundings, which is the actual perception. There are times when individuals do not go through the full process of understanding their perceptions; they use a perceptual shortcut.

A shortcut happens when individuals do not take the time to gather all the information on what they see or experiences to make a decision. The popular perceptual shortcut is "first impressions."

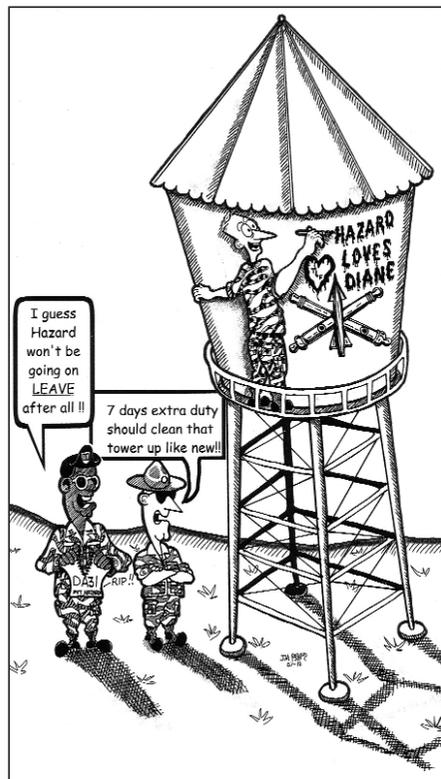
For example, I have supervised Soldiers who presented a sharp personal appearance; they wore a pressed uniform and highly shined boots. Of course, my first impression was, "I have a squared away Soldier who demonstrates pride" and gave him/her a career progression job.

However, he/she performed substandard and something else happened, over and over. Then, I documented the behavior and recommended discharge from the service. Now, what did I think about the Soldier that was assigned to my section with a substandard appearance and with a profile? You guessed, "Oh, no I am going to have problems." Again, based on my first impression, I was wrong.

Actually, that Soldier turned out to be one of the best within my section. Viewing people as unchangeable is another shortcut and similar to first impressions, which involves our belief that people will not or cannot change their behavior. Therefore, we do not take the time to get to know the individual. Blaming the victim is another shortcut, which we blame the individuals for their actions rather than seeing the circumstances that caused the situation. Have you heard comments like "she was wearing exotic clothing, therefore she got in trouble?"

Another shortcut is the halo effect. Normally we know the good characteristics of an individual we like and we refuse to see their bad characteristics. Sometimes, as a parent I refuse to believe that my child would misbehave. How do people get their perceptions?

People get their perceptions from various sources. To name a few, we get them from our family, friends, the media, books and schools. What can we do to avoid perceptual shortcuts and perceptions? Perhaps, look at people objectively and not subjectively.



Cartoon by Jim Boroch

Pvt. Hazard



What hurdles have women overcome in order to come closer to equality?



"I think they have had to overcome being stereotyped as the weaker vessel by showing they can do everything men can do."

Chap. (Maj.) Robert Leathers, 43rd ASG



"Recently a woman threw shot-put in Athens, Greece for the first time in history; a place where women used to not be allowed to compete."

Capt. Brent Osborn
1st Battalion, 68th Armor



"They have gained the right to vote and the chance to voice their opinions."

Sgt. David Marrow
HHC, 1st Battalion, 8th Infantry



"Women have gained equality in the Army. It's been a long struggle to get to where we are seen as equals by our male counterparts."

Spc. Heather Stanbro
64th FSB

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News

New DOD program aims to help spouses interested in teaching

by **Samantha L. Quigley**
American Forces Press Service

WASHINGTON — Spouses to Teachers, Department of Defense's latest endeavor to assist military spouses interested in teaching, is serving a similar purpose as the popular Troops to Teachers program, an official said.

DOD established Troops to Teachers in 1994 and responsibility for the program was recently transferred to the U.S. Department of Education. TTT was created to help recruit quality teachers for schools that serve low-income families throughout America, according to the Troops to Teachers Web site.

Michael Melo, director of a Spouses to Teachers pilot program in Virginia, explained that TTT laid the groundwork for STT in providing individual state information. Melo is also the director of Virginia's TTT program.

STT is currently a pilot program in six states: California, Colorado, Florida, Georgia, Texas and Virginia. The program was prompted by military spouses who were already teachers or interested in teaching, but were facing difficulties finding certification requirements and job information when they moved, said Gary Woods, acting director of DOD educational opportunities.

Melo and Woods said the program would offer information, counseling and guidance to eligible, interested individuals. Initially, eligibility is limited to those with a bachelor's degree who are spouses of active duty service-members and members of the Selected Reserve or Individual Ready Reserve on extended duty.

It will also offer limited financial assistance to help defray the costs of meeting state certification requirements in the pilot states.

"This is a great opportunity for military spouses to make a change in their life . . . this will help them become self-sufficient and help them bring in extra income for the well-being of their family," said Mercedes Jamieson, program director for employment readiness for Fort Carson's Army Community Services program.

On the future STT Web site and in offices that will be handling the program, the goal is to provide information on teacher-certification requirements within a state, available jobs and what kind of reciprocity exists between the system they're currently teaching in and systems they may potentially be transferring into, Woods said.

These sources also aim to make spouses aware of additional course requirements for certification or credentialing within the new state and make sure spouses know

where they can turn for potential financial assistance in order to pursue those courses.

Because of that established network, the Virginia STT office is able to help transferring spouses become aware of how they may need to augment their certification, as certifications are not always accepted in a different school system, Melo said.

"Because of the network we have from Troops to Teachers with the Department of Education, with the school districts, with the colleges, we're able to provide that information that the spouses needs on what they need to do to be certified in a particular state," Melo said. "If it has reciprocity, there are always intricate little details that it doesn't necessarily transfer over completely."

Even before the Web site has been posted, the response has been positive, Melo said. "We're actually surprised at the number of phone calls we've already received."

Already four spouses are in the Virginia pilot program, and one has entered an academic program that will lead to licensure.

See Teachers' program, Page 16

Plastic surgery no luxury for most Soldiers

by Michael E. Dukés
Army News Service

WASHINGTON — The Army is not offering free facelifts, tummy tucks and breast enhancements to everyone in uniform, medical officials said, adding that recent articles in national publications may be misleading.

“The spectrum of plastic surgery most people see are the shows on TV, extreme makeover shows, and they think that’s plastic surgery,” said Lt. Col. Joseph Kolb, Walter Reed Army Medical Center’s Plastic Surgery Service chief. “We are primarily a reconstructive service.”

At Fort Carson, no plastic surgeries are performed except for minor surgeries such scar removal. All other cases are referred out — usually to Walter Reed, said Al

Mitton, Evans Army Community Hospital. At Walter Reed, less than 20 percent of the plastic surgery cases are for elective cosmetic procedures, Kolb said. The entire Army has only about a dozen plastic surgeons, Kolb said, adding that plastic surgery is far from a luxury service offered to military beneficiaries.

“The Army keeps us around for reconstructive procedures,” Kolb said. “In addition, we operate on children with congenital defects like cleft lip, cleft palate and other defects to the head and neck.”

Kolb said Walter Reed’s four plastic surgeons are very intimately and actively involved in treating wounded from the war in Iraq. One, Lt. Col. Andrew Friedman, is currently deployed to Iraq as a general surgeon. “He ends up doing a lot of acute hand injuries over there.”

“Hand function is really very dependent on the timeliness of repair,” Kolb explained. “So having a hand surgeon in Iraq can make a difference in having a functional hand after an injury, and not having a functional hand. It’s that important.”

“We also have nasal reconstruction patients — people who have part or all of their nose blown away,” he said. And we’ve all been involved in some very difficult head and neck traumas with Iraq going on. Those are always very difficult to do because of the complexity.”

“There are some injuries where you’re never going to make a person look normal again. And unfortunately, some of the injuries we’ve seen (from Iraq) are in that category. But we make them function, obviously

See Plastic surgery, Page 12

Wood loses first matches in Olympic Greco-Roman wrestling

by Tim Hipps
Army News Service

ATHENS, Greece — Sgt. Oscar Wood lost his first two matches in pool competition for the 66-kilogram Greco-Roman wrestling division Tuesday, ending his chance of advancing to the semifinals in the 2004 Summer Olympic Games.

Wood, a member of the U.S. Army World Class Athlete Program at Fort Carson, lost his opening match 9-3 to Greece’s Konstantinos Arkoudeas. Wood tried to throw the Greek in the opening 22 seconds but the move backfired, cost-

ing him a quick two-point deficit.

“I came out and tried a junior-high move and it doesn’t work at the Olympics,” said Wood, 29, of Gresham, Ore.

Arkoudeas turned Wood for two points 22 seconds later and the rout was on.

“He caught me while I was still dry, and he scored several points because of my attempt in the first seven seconds,” Wood said. “That’s one thing you never do in international wrestling, and I found a way to do it. I don’t know what I was thinking.”

By the end of the three-minute first period, the Greek led 7-0, much to the delight of the crowd at Ano Lioussa Olympic Hall. Wood rallied for three points in the second period but the damage was done.

In his second match, Wood lost 5-2 to Germany’s Jannis Zamanduridis, who took a 2-0 lead 1 minute, 48 seconds into the fray. Wood pulled into a 2-2 tie 1:16 into the second period, but Zamanduridis posted three more points in the final two minutes.

“It was a loss so I don’t know what that matters if I was in it or not,” Wood

said. “I just got beat twice so I really don’t know what to say.”

Wood wrestled Kazakhstan’s Mkkhitar Manukyan in his final pool match. He lost an 11-1 decision.

“I’ve still got one more match so I’ll just try to save face a little bit,” he said before his final match. “He’s already beat both the guys I just lost to so I might be able to take something out of it.”

Editor’s note: *Tim Hipps is a member of the Community and Family Support Center Public Affairs, Alexandria, Va.*

Military

Mountain Post homes add signs

by Spc. Zach Mott
Mountaineer staff

Some family housing units are now decorated with AC and BC signs. These signs signify who each village's area and block coordinators are.

"It's similar to a chain of command in the housing area," said Sgt. 1st Class Daniel McClure, housing liaison noncommissioned officer in charge.

The area and block coordinators are appointed by Col. Michael Resty, U.S. Army Garrison commander, to uphold housing rules and regulations.

While mayors and deputy mayors are responsible for dispersing information to housing residents, area and block coordinators have a stricter task.

"The area and block coordinators are on orders by the garrison commander," McClure said. "They are authorized and have the responsibility to uphold the (housing) regulations and the policies."

Despite their separate charges, the mayors and coordinators work in conjunction to keep housing areas safe and secure.

"If a mayor does have an issue, the mayor is not supposed to be the bad guy," McClure said. "The mayor is supposed to be the nice person. The area and block coordinator handle the issues, the actual problems, in the housing area; the complaints, people not picking up their dog feces, taking their garbage out, living funky, stuff like that."

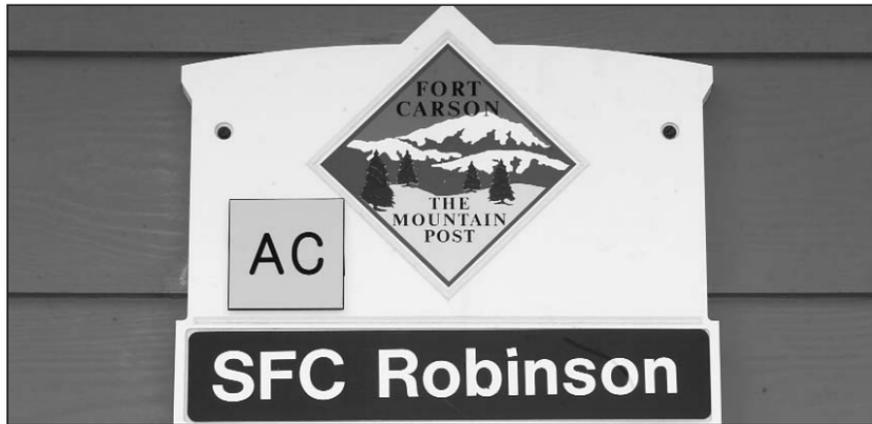


Photo by Spc. Zach Mott

The "AC" add-on to the residents' sign on Fort Carson Family Housing homes signifies this occupant as the Area Coordinator.

Signs distinguishing each area and block coordinator are supposed to be up in each village. But, McClure said, because of coordinators moving on and off post, some villages may not have signs.

Area and block coordinators are an additional duty that can be performed by anyone, if they

meet certain requirements.

"They need to be here for a period of time," McClure said. "I have to qualify them to see if they're going to be here for long enough to be effective at the job — to get the training and actually do the job."

Military Briefs

Misc.

Funded Legal Education Program — The Office of the Judge Advocate General is now accepting applications for the Army's Funded Legal Education Program. Under this program, the Army projects sending up to 15 active duty commissioned officers to law school at government expense if funding permits. Selected officers will attend law school beginning in the fall of 2005 and will remain on active duty while attending law school.

Interested officers should review Chapter 14, Army Regulation 27-1 (The Judge Advocate General's Funded Legal Education Program) to determine their eligibility. This program is open to commissioned officers in the rank of second lieutenant through captain. Applicants must have at least two but not more than six years of total active federal service at the time legal training begins. Eligibility is governed by statute (10 U.S.C. 2004) and is non-waivable.

Eligible officers interested in applying should immediately register for the earliest offering of the Law School Admission Test. Applicants must send their request through command channels, to include the officer's branch manager at Human Resources Command, with a copy furnished to the Office of The Judge Advocate General, DAJA-PT, 1777 North Kent St., Rosslyn, VA 22209-2194, to be received no later than Nov. 1. Submission of the application well in advance of the deadline is advised.

Interested officers should contact their local Staff Judge Advocate for further information.

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 and all forms and documents required, visit the Warrant Officer Recruiting Team Web site at www.usarec.army.mil/warrant or call 1-800-223-3735.

Command and General Staff College/Intermediate Level Education Common Core Offered at Fort Carson — All Active, Reserve Component and National Guard majors and captains (promotable) are

invited to enroll in the USAR Command and General Staff College (Phases III and IV) offered through the 10th BN (CGSOC), 104th DIV(IT). This course is an equivalent alternative to residence attendance at Fort Leavenworth, Kan., and the correspondence option. Phase Four will be conducted in a two week AT/TDY status in June/July 2005. This phase is currently planned to be held at Fort Carson as well. Phase III classes begin Oct. 5.

The 10th Battalion, 104th DIV(IT) will also begin conducting the Common Core phases of Intermediate Level Education at Fort Carson in the summer of 2005. This part of ILE is conducted in three phases: Phase I — AT/TDY two week course, Phase II — IDT weeknight or weekend classes conducted October through May each year, and, Phase III — AT/TDY two week course to complete the common core. This course is open to all Active, Reserve Component and National Guard majors and captains (promotable) who have completed their branch specific Captain's Career Course and CAS3.

Contact Lt. Col. Greg Kropkowski for additional information and details at 668-8530 or at greg.kropkowski@us.army.mil.

Note: Phases I and II of the old Command and General Staff College are no longer offered through the classroom version in Region G (Western United States)

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

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

Are you end of time in 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' Briefing 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 issue on Friday, call Tina Kolb at 526-1352.

Dining Schedule

Aug. 28 to Sept. 3

Wolf Inn (building 1444)

	Weekdays	Weekends
Breakfast	7:00 to 9:00 a.m.	7:30 to 9:30 a.m.
Lunch	11:30 to 1:00 p.m.	11:30 to 1:00 p.m.
Dinner	4:30 to 6:30 p.m.	4:30 to 6:00 p.m.

Striker Inn (building 2061)

	Weekdays	Weekends
Breakfast	7:00 to 9:00 a.m.	7:30 to 9:30 a.m.
Lunch	11:30 to 1:00 p.m.	11:30 to 1:00 p.m.
Dinner	4:30 to 6:30 p.m.	4:30 to 6:00 p.m.

Patton Inn (building 2161)

	Weekdays	Weekends
Breakfast	7:00 to 9:00 a.m.	7:30 to 9:30 a.m.
Lunch	11:30 to 1:00 p.m.	11:30 to 1:00 p.m.
Dinner	5:00 to 7:00 p.m.	4:30 to 6:00 p.m.

Exceptions

- Open Aug 28 and 29 Patton Inn and Wolf Inn.
- Open Sept 4 thru 6 Patton Inn.



Cav Inn (building 2461)

	Weekdays	Weekends
Breakfast	7:00 to 9:00 a.m.	7:30 to 9:30 a.m.
Lunch	11:30 to 1:00 p.m.	11:30 to 1:00 p.m.
Dinner	5:00 to 7:00 p.m.	4:30 to 6:00 p.m.

La Rochelle Inn (building 7481)

	Weekdays	Weekends
Breakfast	7:00 to 9:00 a.m.	Closed
Lunch	11:30 to 1:00 p.m.	Closed
Dinner	5:00 to 6:30 p.m.	Closed

Long Knife Inn (building 9612)

	Weekdays	Weekends
Breakfast	7:00 to 8:30 a.m.	Closed
Lunch	11:30 to 1:00 p.m.	Closed
Dinner	Closed	Closed

DECAM works to prevent encroachment

by Pfc. Clint Stein
Mountaineer staff

The populations of Pueblo and Colorado Springs are growing outside their city's boundaries and Fort Carson is facing increasing constraints on its training activities that could potentially impact troop readiness.

The Nature Conservancy has been working with Fort Carson to phase out encroachment concerns and is in negotiations to purchase conservation easements on the southern and southeastern borders of Fort Carson as part of the Army Compatible Use Buffer project to allow Soldiers the training area they need to be combat ready.

The ACUB program is a Department of Defense program created for encroachment situations, such as the one Fort Carson is facing, for military installations throughout the United States. Congress enacted section 2811 of fiscal 2003 National Defense Authorization Act in recognition of the success that Fort Bragg, N.C., and Fort Huachuca, Ariz., had several years ago when they were faced with encroachment issues at their installations.

Unlike Fort Bragg and Fort Huachuca, Fort Carson has the ideal opportunity to take a more proactive approach with land owners, said Gary Belew, Chief of Natural Resources and Cultural Division, Directorate of

Environmental Compliance and Management.

"Fort Bragg had to deal with many small sections of land from a lot of different land owners," said Belew. "Fort Carson is the best example you can find of the Nature Conservancy and the DOD working together to protect this much land owned by just two men."

There are two land owners who share about 17 miles of fence line with Piñon Canyon Maneuver Site, Fort Carson's largest training area. Gary Walker owns and operates a 30,000-acre cattle ranch on the southern border of PCMS. Gary's father, Bob Walker, owns roughly 27,000 acres of ranch land on the southeast side of Fort Carson. Together, these landowners could provide the buffer area needed to help protect Fort Carson's training area from development encroachment coming from Pueblo.

With Reserve, National Guard units and the Air Force using these training areas, along with Fort Carson Soldiers, land space is critical for hands-on training, said Belew. "The militaries' modern weapons systems are capable of firing rounds miles from their targets," Belew continued. "Fort Carson's primary mission is to train Soldiers for combat."



Photo by Pfc. Clint Stein
Gary Walker, left, the rancher who is helping stop encroachment on Fort Carson by not selling his land to developers, points out the area where Pueblo is beginning to encroach on his land to Bruce Rosenlund, U.S. Fish and Wildlife Service project leader.

See Nature Conservancy, Page 9



Staying Army ...

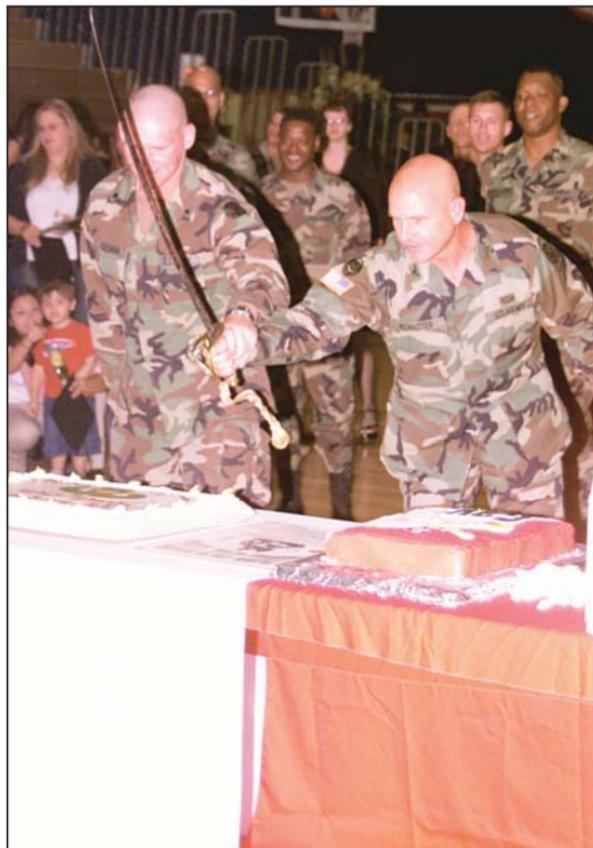
Fifty-three Soldiers from the 3rd Armored Cavalry Regiment re-enlisted en masse Aug. 18 at Fort Carson's Special Events Center. Thirty-one of the troopers re-upped to stay with the 3rd ACR through the unit's upcoming deployment to the U.S. Central Command area of responsibility.

Spc. Dawayne Howell, Howitzer Battery, 3rd ACR, re-enlisted to stay with the 3rd ACR because of his pervious experience with the regiment.

"I'd rather re-enlist and go with my friends then get out and get called back up and go with a whole bunch of people I don't know," he said.

Col. H.R. McMaster, 3rd ACR commander, praised the troopers for their dedication to the U.S. Army and thanked the spouses for their continued support of their Soldiers.

Left, McMaster and the most junior Soldier cut the cake — Cavalry style.



Nature Conservancy

From Page 7

"Ideally, we would like to be able to have a mile to one and a half mile buffer zone along the outer boundaries of PCMS," said Brian McPeck, Southeast Colorado Program Director of The Nature Conservancy. Fort Carson and The Nature Conservancy have already been working together and implemented a three-year conservation lease on 14,200 acres of the buffer land in February of 2003. "This was the first of three phases in the ACUB project," said McPeck.

The other two phases of the project will encompass other agencies along with Fort Carson and The Nature Conservancy. The Great Outdoors Colorado and the Colorado Department of Transportation will also help implement a permanent conservation easement on the 14,200 acres of buffered land, said McPeck. "The Department of the Army won't be the only organization footing the bill for this project," McPeck added, "That's just one of the reasons why this is a win-win situation for everybody."

In addition to the second phase, there will also be a companion grazing and conservation lease along with an easement on an additional 16,000 acres, with a right of first refusal for acquisition of the entire

property. This additional conservation lease will provide the Nature Conservancy the ability to actively manage the property to offset potential regulatory issues, said McPeck.

Although the initial phases of the project mainly involve Gary Walker's ranch, the third and final phase of the project is to pursue conservation easement for 20,000 acres on the southeast boundary, on Bob Walker's ranch.

"If not for Gary and Bob Walker's ranches, Pueblo encroachment would be on Fort Carson's borders already," said Belew. "Gary has developers calling him all the time with offers on his land, but he wants to protect the wildlife and help his Army."

With development already wrapping around Gary Walker's ranch, the offers to sell his land would be quite profitable. "I could sell my land to developers and have enough money that my children and their children would never have to work a day in their lives," said Walker.

Walker said he loves nature and works hard to

protect the abundance of wildlife and plant life he has on his vast landscape. "When cities expand out, they force the wildlife to other areas, like Fort Carson," said Walker. With the help of Fort Carson land managers and the Colorado Fish and Wildlife Service, Walker has been able to protect sensitive species of plants and wildlife on his property.

"There are some species of plants on the Walker ranch that are globally rare," said McPeck. With the conservation easements, not only will Fort Carson benefit, but the vast ecosystem that exists on the Walker ranch will benefit as well.

Although it is already too late for the north side of Fort Carson, near Colorado Springs, to do anything about the encroachment on the northern boundaries, there is still time for a proactive approach on the south and southeastern side.

"Over the last three years the we have developed the best program to deal with these encroachment issues," said Belew.

"If not for Gary and Bob Walker's ranches, Pueblo encroachment would be on Fort Carson's borders already."

Gary Belew, Directorate of Environmental Compliance and Management.

Community

Carson vets join Cripple Creek rally

by Spc. Zach Mott
Mountaineer staff

Fort Carson veterans marked the 17th Annual Cripple Creek Salute to the Veterans Motorcycle Rally Parade by donning their desert camouflage uniforms one more time and marching through the downtown streets.

A platoon from the 3rd Brigade Combat Team, 4th Infantry Division, along with a "Humvee" and several special guests from the Mountain Post attended the event.

Brig. Gen. P.K. Keen, the 7th Infantry Division assistant division commander-maneuver, rode his motorcycle in the parade as a grand marshal, while 7th Infantry Division Deputy Commanding General, Brig. Gen. Joseph Orr was the guest speaker, Command Sgt. Maj. Terrence McWilliams, 7th ID command sergeant major, served as the master of ceremonies; Garrison Commander Col. Michael Resty and Garrison Command Sgt. Maj. Joseph Van

Dyke were guests.

Also in the parade, but riding in a car were Sgt. Brian Wilhelm, 1st Battalion, 8th Infantry Regiment and Spc. Patrick Miller, 52nd Engineer Battalion.

Wilhelm was injured in Iraq when his convoy was attacked. His leg was amputated below the knee due to wounds he received during the attack. He continues to serve and hopes to go to Airborne school in the near future.

Miller, a former prisoner of war, was a member of the 507th Maintenance Battalion convoy that was lost and subsequently attacked in Iraq. The 507th Maintenance Bn. is stationed at Fort Bliss, Texas.

Harmony in Motion entertained the crowd by performing the National Anthem and other patriotic songs.

More than 5,000 motorcycles participated in the parade and rally.

Fort Carson has supported this rally for 12 years.



Photos by Spc. Zach Mott

Soldiers from the 3rd Brigade Combat Team, 4th Infantry Division (Mechanized), marched in the 17th Annual Cripple Creek Salute to the Veterans Motorcycle Rally Parade Saturday. Each Soldier who marched in the parade is a veteran of Operation Iraqi Freedom.



Flags representing the United States and Prisoners of War and those missing in action were prevalent among the more than 5,000 motorcycles that filled the streets of Cripple Creek Saturday for the veterans motorcycle rally.



Sgt. Brian Wilhelm, 1st Battalion, 8th Infantry Regiment, waves to the crowd as he rides through the Cripple Creek parade Saturday. Wilhelm was injured in Iraq when his convoy was ambushed. As a result, his leg was amputated below the knee.



Members of the Fort Carson Mounted Color Guard, along with Sgt. 1st Class Frank Vasquez, holding the American flag, Headquarters and Headquarters Company, 3rd Brigade Combat Team, lead the procession through Cripple Creek Saturday during the veterans motorcycle rally.

Election time ...

Officials helping servicemembers vote

by Kathleen T. Rhem

American Forces Press Service

WASHINGTON — Defense officials are committed to ensuring military members have the ability to vote from anywhere in the world, the Department of Defense's top personnel officer said.

"We're making a decided effort to make sure everyone gets the chance to vote," said David S. C. Chu, undersecretary for personnel and readiness, in an interview with American Forces Press Service and the Pentagon Channel.

Voting assistance officers are available on military installations and in units to assist servicemembers in finding information for their home

states and districts. These officers can help them register to vote and request absentee ballots.

The U.S. Postal Service has committed to sending voting materials to and from military members overseas via express mail, Chu said.

"This year the post office is going ... to expedite the movement of absentee ballots ... to help us be sure they get out there in time and to get back and get counted," he said.

DOD has designated two specific weeks to raise awareness of issues facing military voters specifically and, more generally, everyone who must vote by absentee ballot. The week-plus timeframe is Sept. 3 to 11, which includes Labor Day, has been

designated Armed Forces Voters Week. Columbus Day week, Oct. 11 to 15, will be Absentee Voting Week.

A Defense Department spokesman explained voting assistance officers will redouble their efforts to get information to potential voters during these weeks.

Commanders and supervisors will also highlight the importance of voting and options available to troops.

"We want to bring to light the availability of services provided to assist military members and their family members," the spokesman said.

Chu said a good source of information is the Web site of the Federal Voting Assistance Program. The site includes links to absentee voting rules

for all states and jurisdictions.

From this site, potential voters can fill out and submit an online version of the Federal Post Card Application, which allows individuals to register to vote or request an absentee ballot from nearly all U.S. jurisdictions.

Finally, Chu said, people should be aware they can use a Federal Write-in Absentee Ballot to vote in congressional and presidential elections if they don't receive their absentee ballots in time. Information on using this form is also available on the FVAP Web site.

"You can (use this form) if you're a registered voter," Chu said. "And that is one of your last-ditch options."

Plastic surgery

From Page 4

saving the patient's life is important. Functional considerations are much more important than cosmetics," Kolb explained. "Luckily, we've had some good results with the reconstruction, and I think it will return people to certain levels of duty in some cases.

"The spectrum of plastic surgery goes from the very simple, purely cosmetic things up to the very complex micro-vascular surgery," Kolb said. "Using micro-vascular techniques, surgeons can move a piece of tissue with its artery and vein to another part of a patient's body and hook into a different artery and vein. This is something Walter Reed plastic surgeons perform regularly."

Despite supporting deployments and spending long hours in the operating room to treat the war wounded, "We have maintained our support of the Breast Center and of cleft lip, cleft palate and cancer surgery in general," he said. "We've been in a little bit of a squeeze and our ability to do cosmetic surgery has been compromised a certain bit. But, we're still offering most every service we've always offered — certainly the waiting times have increased, though."

Walter Reed plastic surgeons also find time for research. "We are on a (Food and Drug

Administration) protocol for using silicone-gel implants for breast reconstructive work," Kolb said. This allows doctors in the Walter Reed Comprehensive Breast Center to send their breast cancer patients to plastic surgery for a consult for breast implantation.

To help maintain the surgeons' skills in all areas of plastic surgery, Kolb said services are sometimes provided in other areas. Walter Reed gets thousands of plastic surgery consults for beneficiaries wanting some type of cosmetic surgery. "The demand is tremendous and we don't have the OR time to devote to all of them," he said. "Because of that, I personally have to go through all of the consults, that go to the service, and prioritize them." Kids and patients with cancer who need reconstructive surgery come first.

Because of Walter Reed's vast expertise in plastic surgery, medical students from the Uniformed Services University of Health Sciences come to the hospital's Plastic Surgery Service to conduct research.

The service also offers a unique opportunity for the USUHS residents. "We're also restarting humanitarian trips down to Central and South America in fiscal year 2005," Kolb said.

Editor's note: Michael Dukas writes for the Stripe newspaper at Walter Reed Army Medical Center.

September mowing schedule

Aug. 30 to Sept. 3

Monday and Tuesday: 4000 area, Apache, Sioux, Shoshoni
Wednesday: Commanche, Pawnee
Thursday: Ute Hill (all), Navajo south
Friday: None scheduled

Sept. 6 to 10:

Monday: 5000 area, Choctaw, Cherokee, Arapahoe
Tuesday: 5000 area, Choctaw, Cherokee, Arapahoe, 7000 area

Wednesday: Blackfoot, Kiowa

Thursday: Ute Hill (generals), Navajo north, Cheyenne

Friday: None scheduled

Sept. 13 to 17:

Monday and Tuesday: 4000 area, Apache, Sioux, Shoshoni
Wednesday: Commanche, Pawnee
Thursday: Ute Hill, Navajo south
Friday: None scheduled

Sept. 20 to 24:

Monday: 5000 area, Choctaw, Cherokee, Arapahoe
Tuesday: 5000 area, Choctaw, Cherokee, Arapahoe, 7000 area

Wednesday: Blackfoot, Kiowa

Thursday: Ute Hill (generals), Navajo north, Cheyenne

Friday: None scheduled

Sept. 27 to Oct. 1:

Monday and Tuesday: 4000 area, Apache, Sioux, Shoshoni
Wednesday: Commanche, Pawnee
Thursday: Ute Hill, Navajo south
Friday: None scheduled

Community Briefs

Miscellaneous

Seven Habits of Highly Effective Military

Families — Building a strong, healthy and successful family is challenging under the best of circumstances. Military families have their own special set of challenges that only they can understand. Fort Carson's Family Advocacy Program is happy to bring to the community a new program specifically designed to address the concerns that matter most to military families. In "The Seven Habits of Highly Effective Military Families," they'll discuss more than basic family issues, they'll cover topics such as finances, relocation, deployment and many other issues that affect military families. This three-session class will meet on the following dates:

Thursdays: Oct. 6, 13 and 20 from 6:30 to 8:30 p.m. at the ACS Family University, building 1161 (off of Barley and Ellis).

- Free child-care is available.
- Refreshments, books, and other learning materials will be provided.
- This class is free and open to all military families.
- Register now, call ACS at 526-4590.

Visit us at www.carson.army.mil (Click on "Army Community Service").

Fort Carson stray policies — Have you ever had a lost pet? Well, if you live on Fort Carson and have a lost pet, call the Fort Carson Veterinary Treatment Facility. Anytime a lost pet is picked up as a stray on Fort Carson it is brought to the VTF.

The VTF houses the animals, and checks for microchips and tag numbers to return them to their homes. If your pet has a microchip or rabies tag the VTF will try to contact the owner as soon as possible. If they cannot get any owner information on the pet, they then have to turn the pet over to the Pikes Peak Humane Society at 471-1741. For each day a pet is impounded there is a \$5 fee and if pets aren't already fully vaccinated and microchipped, they must perform those services at a small fee. If your pet is missing and the VTF has not contacted you first, call 526-3803, in case the VTF can check has your pet. If we don't have your pet leave your contact information just in case your pet comes in at another time.

Because of limited kennel space we cannot keep pets on the weekends. Pets that are impounded on the weekends are turned over to the Humane Society, so that they can attempt to find the rightful owner.

Food safety month — Military food inspectors will be handing out food safety pamphlets, talking to the public about food safety and answering questions at the front entrance to the Commissary Sept. 2 from 9 a.m. to 1 p.m. in recognition of September as National Food Safety Month.

Great ideas wanted for ACS Army Family

Action Plan Program — Your great ideas are wanted. Fort Carson will host the annual Army Family Action Plan Conference Nov. 4 and 5 at the Sheraton Hotel (off of Circle drive). Participants of the conference will discuss quality of life issues; however, we need your help. Let us know of some of your concerns/issues, provide your ideas on how it may be accomplished and why you think it needs to be changed. Any issues not resolved at Fort Carson will be forwarded to the regional level (Department of Army) for action and/or resolution.

AFAP drop boxes are located around Fort Carson: Army Community Service, Family Connection (off of Berkeley Ave. building 1354), 43rd, 3rd Brigade, 3rd ACR Family Readiness Assistant offices, Soldier Readiness Processing site, Fort Carson Welcome Center and Better Opportunities for Single Soldiers Program office, building 1217.

Issue submission deadline is Oct. 1. For details, issue submission or if you are interested in volunteering as a conference delegate, contact Nancy A. Montville at Army Community Service, 526-4590 or e-mail Nancy.Montville@carson.army.mil.

Active-duty servicewomen are invited to participate in a women in the military self-diagnosis study — If you are an active-duty female and have symptoms of a vaginal infection (vaginal discharge that looks or smells abnormal; itching, burning, pain inside or outside your vagina) or a urinary tract infection (pain or burning upon urination; frequent urination; or greater than normal urge to urinate), you are invited to participate in a research study to test military women's ability to use a newly developed self-diagnosis kit to determine the cause of their vaginal/urinary symptoms.

If you are not on your period and are not pregnant, call DiRaimondo TMC, 524-2047 or 524-2051 to schedule an appointment with Lynn Money, research nurse practitioner. When you call for an appointment, you must mention that you want to participate in the research study.

Career fair — The Defense Department Regional Career Fair is Oct. 7 from noon to 5 p.m. at the Colorado Springs World Arena. The career fair is sponsored by the Fort Carson Army Career and Alumni Program and the family support centers at Schriever and Peterson Air Force Bases and the United States Air Force Academy. The event is free and open to anyone seeking employment.

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 his or her 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, Sept. 18 and Oct. 16. For more information 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 or the Fort Carson Web site at www.carson.army.mil, click on links.

Yard Sale — 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, Sept. 4 and 18, Oct. 2 and 16 and Nov. 6 and 20.

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

All residents and sellers must comply with the following guidelines:

- 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 regulations about 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 program coordinator at 526-1082 or 526-1049.

Civilian Wellness Program — Make that change from being a couch potato watching sports to being on the team; join the Civilian Wellness Program. Get ready to play those sports, take that hike, bike or pursue a new sport. Are you ready and able to hike one of Colorado's 14,000-foot mountains and see what a real Rocky Mountain high is all about? Have you ever biked the Sante Fe Trail from Monument to Fountain to see another view of Colorado? Get off the sofa and out of the house and enjoy the beautiful weather and the breathtaking sights of Colorado. Take the challenge and join the Civilian Wellness Program



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

How Important is a FICO Score?

The Army Community Service Financial Readiness Program presents an ongoing Money Trouble Solutions seminar. The next seminar entitled "Understanding your FICO Score" will help consumers unravel some of the mysteries behind credit scoring.

In the twenty first century, your credit score is more important than your zodiac sign. Creditors determine what interest rate to charge you based on this score.

When applying for credit, whether it is a credit card, a mortgage, a car or personal loan, lenders want to know your credit risk level. Ultimately, your score will dictate the interest rate you are charged.

The most commonly used credit scores are FICO scores. Lenders use FICO scores to make billions of credit decisions every year. Fair Isaac develops FICO scores based solely on information in consumer credit reports maintained at the credit reporting agencies.

If you attend this class you will learn more about your credit score, the benefits of credit scoring, what factors weigh the most when computing your score, the role your debt to income ratio has when you are being scored, how and why your score changes, how to read your credit report and much more!

**Thursday
9 September
6:00 P.M.-7:30 P.M.**

Family Readiness Center (Bldg. 1526), Next to the Commissary

Childcare will be provided by appointment on a space available basis. To reserve your spot, call (719) 526-4590.

for Department of Defense employees. Join the team at the Mountain Post Wellness Center for this unique opportunity. The Civilian Wellness Program allows three hours each week of duty time to work out at the wellness center (approval from supervisor required).

The program starts with an assessment and baseline testing. Individuals set goals and the wellness center team sets a physical exercise program and provides educational opportunities to increase total health. This is the opportunity to start a holistic program for a lifetime of good health. Take that first step to a healthier lifestyle. Then step up that mountain and enjoy the view. Call Sandra Ensman at 526-4264 for information or pick up your enrollment packet. Join the Civilian Wellness Program for DOD civilians. The next session begins Sept. 16 at 9 a.m. This is the last and chance to get in shape for the holidays.

ESCO Scrapbook fundraiser — Come and catch up on all those photos you've set aside Sept. 11, 2 to 7:30 p.m. at Waa-Nibe House, building 1007.

The cost is \$25 to register in advance and \$30 at the door. Cost includes dinner. If you're new to scrapbooking and want to see what it's all about, bring six to 10 photos for a product presentation and demonstration. Bring someone new and receive a \$25 credit on your Memory Keepers Card. There will also be a raffle for a 12 by 12 inch album, and 15 percent of product purchase will be donated to ESCO.

If you are unable to attend but would like to sign up and would like your purchase go toward ESCO, call Jessica Masisak at 597-1710.

Crafters needed — The first Fort Carson Craft Fair will be held Oct. 2 at the Special Events Center. Booths will cost \$25 or \$20 with a donated door prize. Call Jessica Masisak at 597-1710 for information.

ID Card/DEERS Section closure — The Fort Carson ID/DEERS Section will be closed Aug. 30 and 31 for installation of new software. For more information, call Mary Foster at 524-3704.

Scammer alert ...

Protecting against credit card fraud

by **Audrey and Jim Lanford**

Courtesy the **Army Community Service Financial Readiness Program**

Although credit card fraud is certainly on the rise — and credit card fraud on the Internet is rising even more dramatically — many savvy Internet shoppers know the reality is that it's actually much safer to enter your credit card number on a secure online order form than it is to give your credit card to a waiter at a restaurant.

After all, what's to stop the waiter from writing down your credit card number and placing orders on the phone with it later?

And research shows that the rate of fraudulent purchases made by cell phones is much higher than credit card fraud on the Net.

Nevertheless, we encourage you to take precautions when giving out any confidential information (including your credit card number) over the Internet, over the phone ... or anywhere else for that matter.

Always use common sense — it is the best rule of thumb.

Nonetheless, here are 21 tips to protect yourself from credit card fraud:

1. Keep an eye on your credit card every time you use it, and make sure you get it back as quickly as possible. Try not to let your credit card out of your sight whenever possible.

2. Be very careful to whom you give your credit card. Don't give out your account number over the phone unless you initiate the call and you know the company is reputable. Never give your credit card information out when you receive a phone call. (For example, if you're told there has been a "computer problem" and the caller needs you to verify information.) Legitimate companies don't call you to ask for a credit card number over the phone.

3. Never respond to emails that request you provide your credit card information via e-mail — and don't ever respond to e-mails that ask you to go to a Web site to verify personal (and credit card) information. These are called "phishing" scams.

4. Never provide your credit card information on a Web site that is not a secure site.

5. Sign your credit cards as soon as you receive them.

6. Shred all credit card applications you receive.

7. Don't write your personal identification number on your credit card or have it anywhere near your credit card (in the event that your wallet is stolen).

8. Never leave your credit cards or receipts lying around.

9. Shield your credit card number so that others around you can't copy it or capture it on a cell phone or other camera.

10. Keep a list in a secure place with all of your account numbers and expiration dates, as well as the phone number and address of each bank that has issued you a credit card. Keep this list updated each time you get a new credit card.

11. Only carry credit cards you absolutely need. Don't carry around extra credit cards you rarely use.

12. Open credit card bills promptly and make sure there are no bogus charges. Treat your credit card bill like your checking account — reconcile it monthly. Save your receipts so you can compare them with your monthly bills.

13. If you find any charges that you don't have a receipt for — or that you don't recognize — report these charges promptly (and in writing) to the credit card issuer.

14. Always void and destroy incorrect receipts.
15. Shred anything with your credit card number written on it.

16. Never sign a blank credit card receipt. Carefully draw a line through blank portions of the receipt where additional charges could be fraudulently added.

17. Carbon paper is rarely used these days, but if there is a carbon that is used in a credit card transaction, destroy it immediately.

18. Never write your credit card account number in a public place (such as on a postcard or so that it shows through the envelope payment window).

19. Ideally, it's a good idea to carry your credit cards separately from your wallet, perhaps in a zippered compartment or a small pouch.

20. Never lend a credit card to anyone else.

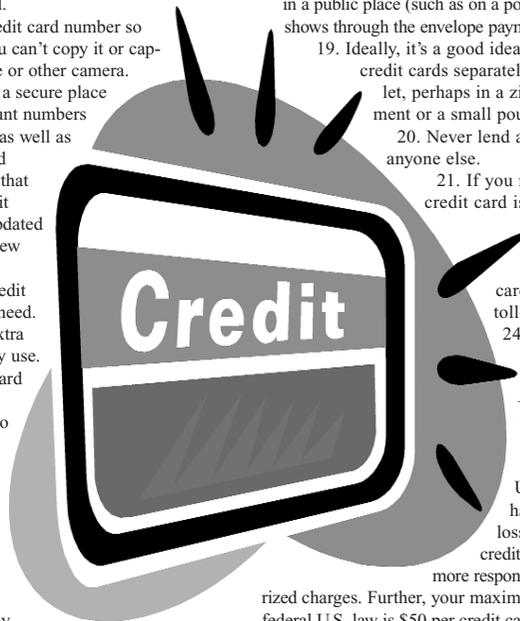
21. If you move, notify your credit card issuers in advance of your change of address.

Most credit card companies have toll-free numbers and 24-hour service to deal with these emergencies — they are eager to avoid credit card fraud.

According to U.S. law, once you have reported the loss or theft of your credit card, you have no

more responsibility for unauthorized charges. Further, your maximum liability under federal U.S. law is \$50 per credit card and many credit card issuers will even waive that fee for good customers.

If you follow all these tips, it will go a long way in protecting you from credit card fraud.



Exclusively breast-feeding best for babies

by Petty Officer 1st Class Sybil McCarroll

Courtesy Evans Army Community Hospital

Department of Health authorities have confirmed that breast milk is the most complete form of nutrition for infants.

It contains the precise amount of fat, sugar, water and protein a baby needs for proper growth and development, as well as antibodies that help protect infants from bacteria and viruses.

"When measuring the benefits of breast-feeding against bottle feeding infants, I visualize a gigantic scale. The scale tips dramatically in favor of breast-feeding, because the benefits of providing food for our babies naturally are much more abundant," said Catherine Shefka, lactation consultant, National Naval Medical Center Pediatrics.

"New research has proven that babies who are exclusively breast-fed for six months are less likely to develop ear infections, diarrhea, respiratory illnesses, and may be less likely to later suffer from chronic childhood diseases like diabetes, cancer, allergies, asthma and childhood obesity," Shefka said.

While new and superior information on breast-feeding and its benefits are constantly being discovered, the breast-feeding movement itself continues to grow.

World Breast-feeding Week has been officially held and organized the first week of August since 1997, by the World Alliance for Breast-feeding Action. This year's theme was "Exclusive Breast-feeding: the Gold Standard, Safe, Sound, Sustainable."

Yesterday, NNMC recognized World Breast-

feeding Week with a ribbon-cutting ceremony signifying the opening of the hospital's very own breast-feeding room. "Breast-feeding ... is a healthy and bonding experience for both the mother and baby," said NNMC commanding officer, Capt. Adam Robinson, MC, during the ceremony.

According to WABA, globally, about 39 percent of babies are breast-fed exclusively, up until they are four months old. This year, WABA aims to stimulate activity worldwide to get more people to understand the importance of exclusive breast-feeding.

"Babies were born to be breast-fed," the public service advertising campaign states. It is intended to promote breast-feeding among first-time parents.

"This campaign is a huge combined effort," explained Liz Flight, lactation consultant at the hospital's Obstetrician/Gynecologist Clinic. "The U.S. Department of Health and Human Services and the National Ad Council combined forces and signed a three-year contract. The overall goal of this campaign is to increase the number of mothers who breast-feed their babies in the early postpartum period to 75 percent and those within six months postpartum to 50 percent by the year 2010."

New mothers and families seeking advice on breast-feeding can look online, attend support groups and talk privately with a lactation consultant. Support is literally at their fingertips. The following resources are highly recommended: Visit www.4woman.gov or www.waba.org.

There is also a helpline, (800) 994-WOMAN, where one can speak with trained specialists who can help with breast-feeding and other women's health issues.

Lactation services are offered through the OB/GYN Clinic here at Evans Army Community Hospital. The office number is 526-0330. Patients may also call the OB Clinic 524-4383. A breast-feeding class is offered the first Thursday of the month at 2 p.m. and again at 6 p.m. Topics range from the first few days after giving birth to returning to work. There is also a Lactation Services Web page through the EACH Web site: www.evans.amedd.army.mil.

Jeanine Kidwell with New Parent Support Program at ACS is also a lactation consultant (flier information below). Call Kidwell, RN, IBCLC New Parent Support Program at 526-6440 to register. Please leave your name and number.

Fort Carson's Breast-feeding Support Group Lactation Consultant Nurse Mom-to-Mom Support second and fourth Thursday of each month 1:30 to 3 p.m., at the Family University, building 1161, Barkeley Avenue and Ellis Street.

Second Thursday of each month to cover:

- Successful Nursing
- Correct Latch
- Overcoming Breast-feeding Problems
- Weight checks

Fourth Thursday of each month to cover:

- What to Expect in the First Year of Nursing
- Slings/Bras/Nursing Wear Patterns
- When and How to Start Solids
- Nursing and Teething
- Developmental Stages in Breast Feeding
- Returning to Work
- Weaning Support
- Weight Checks



Photo courtesy Joey Bautista

Wildlife class...

Chris Zimmerman, wildlife specialist, Directorate of Environmental Compliance and Management, gives a class about rattlesnakes to children from Navajo Village Aug. 21. A dog in Navajo Village died from a rattlesnake bite, so DECAM gave a class to the residents to educate them about what to do if they encounter wildlife.

Teachers' program

From Page 3

lead to licensure.

While the program serves spouses interested in teaching, it also helps ease the burden of a national teacher shortage. The benefits, however, are not limited to the schools that stand to get quality teachers out of the program. The students reap rewards as well.

Like the former troops who take up chalk and eraser, military spouses bring some of the same skills to the classroom.

"The military spouse has variety of life experiences that they've gained as a military spouse," Melo said. "So when they come into the classroom they bring those same experiences so they can impart those life experiences in the learning process of the students."

Military families can come out ahead, too. Woods said this provides an opportunity for a spouse to pursue a degree and a career that will provide the family a better income over time. "One of the things that we're primarily interested in right now is providing access to careers for spouses that will enhance the family bottom line," he said.

Melo and Woods agree that the national TTT Web site is the best source of information right now. A Spouses to Teachers Web page is being established with a projected start date of Sept. 1. It will link from the national TTT site.

Or, to speak with a Fort Carson representative about this and other Army family member employment programs, call Jamieson at 526-0467 or 0452.

Unsettling times call for prayer

**Commentary by Chap. (Capt.) Noel Johnson
5025th Garrison Support Unit**

You may know the story of Jonah and the Whale; Jonah, the prophet, is instructed to prophesize to Nineveh, but Jonah doesn't want to. He takes off in the opposite direction and uses up a chapter of the Bible with the woeful consequences of his bad decision.

We all get those undesirable orders. At some point, you are going to be sent somewhere you don't want to go, at just the wrong time, or to work for a contrary boss, inharmonious colleagues or in a job for which you are not well-suited. Helpful problem solving hint: do not jump into the whale's mouth.

Jonah's darned problem was the worst case of swimming upstream in recorded history. Sometimes you just can't fight the inevitable. Sometimes, if you drag your feet, you will get dragged all the way to Nineveh. Take instruction from Jonah's experience and keep out of the whale's digestive system.

When a Soldier comes to me and tells me how terribly wrong his situation is for him or her, I like to ask, "Did you pray about this before you (fill in the blank)?" It amazes me that people will marry, buy a house, chose a career path or make other monumental decisions without consulting the Almighty. God has a plan for your life. God has had plans throughout creation, and he has a place in those plans especially designed for you. Those plans are unfolding with, or without you. If you are on a side-track, doing your own thing, God's plan is still unfolding directly ahead, and you are missing out on your blessing. Pick up a copy of the book "Daily Bread," and spend two

minutes a day in prayer, two Bible verses, and two paragraphs of spiritual encouragement. It will transform your life.

Back to Nineveh. Since you prayed, you can proceed to the place of your discontent with confidence. It doesn't look good, but you can be assured that there is a blessing there for you. I used to tell my whining basic trainees to get involved in their training, pitch in and give it their best shot.

"You will feel good about yourself at the end of the day, the weeks will pass by quickly, and you will have a solid military education to fall back on when the time comes."

There is something to be learned from every situation, even the ones for which you feel unsuited. Diversity broadens the mind. And sometimes God needs somebody, anybody, to fill in the gap until the appointed person catches up to the situation. Every blessing is not yours. Sometimes you have to be part of the community that provides a blessing where it is presently needed. Anyway, there is great personal joy in serving selflessly. You will get your payback and more.

Had Jonah started out for Nineveh, he would have had a pleasant trip, received great honor and appreciation and returned with colorful souvenirs. Had Jonah not booked passage in the opposite direction, the storm would not have whipped up, the lives of the crew would not have been endangered and the marine wildlife would have been spared indigestion.

When you find yourself in the middle of circumstances that are going south, look up. God works together all things for good, but only when

they are according to his purposes. Obedience is involved. In his limitless patience, He will work with you after you have botched things up. But you have to stop grumbling under the gourd leaf and get on with it. God is the best boss to work for. He is generous and he has your interests at heart. Any situation you prayerfully give to the Master will be turned into goodness and mercy and providence (that means goodies). Join the party. There is one going on in Nineveh.

Catholic Women of Fort Carson News —

Join the Catholic Women of Fort Carson as they kick off a new year. The first Friday gathering will meet Sept. 10 beginning with rosary and Mass at 5 p.m.

A welcome program and light supper will follow. New this year is our second Thursday gathering starting Sept. 9.

The program will include rosary and Bible study starting at 9:30 a.m. followed by the noon Mass. The Bible study will include selected books by Scott Hahn.

The first selection will be Swear to God: The promise and Power of the Sacraments. Child-care is free from first Friday and second Thursday, call Melanie Sorenson at 392-2983 three days prior to the gathering. Copies of the 2004-2005 Catholic Women of Fort Carson Flier are available at the entrance to Soldiers' Memorial Chapel. For more information, call Dominique Haftmann at 559-6680.

Chapel

AWANA — Because children matter

to God — The Fort Carson Awana Club will kick off its 2004 to 2005 season Sept. 2. The club meets Thursdays at Soldiers' Memorial Chapel from 5 to 7 p.m.

There is room for children from 3 years old to eighth grade. They are also looking for committed individuals with a heart for teaching children God's word to be on the leadership team. Call Stacy Chapman at 382-3970.

Protestant Religious Education —

Registration is under way at Soldiers' Memorial Chapel for: Protestant Sunday School from 9:30 to 10:30 a.m.; Sunday Children's Church at 11 a.m.; AWANA, Thursdays from 5 to 7 p.m.

Sunday School includes combined classes for children and four adult Bible Studies with special studies for young couples and single soldiers.

Registration may be completed during business hours and on Sunday morning.

Volunteer teachers and musicians are needed. For information, contact Dr. Dennis Scheck at 526-5626.

Catholic Family Religious Education

— Registration is currently underway for all Catholic Family Religious Education programs. Please complete the registration forms at Soldiers' Memorial Chapel during duties hours and on Sunday morning. Space is limited, so please register today. For information, contact Pat Treacy at 524-2458.

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. Amano/526-5769
Saturday	5 p.m.	Mass	Soldiers'	Nelson & Martinez	Chap. Amano/526-5769
Sunday	8 a.m.	Mass	Prussman	Barkeley & Prussman	Chap. Amano/526-5769
Sunday	9:30 a.m.	Mass	Soldiers'	Nelson & Martinez	Chap. Amano/526-5769
Sunday	10:45 a.m.	CRE	Soldiers'	Nelson & Martinez	Pat Treacy/524-2458
Sunday	11 a.m.	Mass	Healer	Evans Army Hospital	Fr. Battiato/649-5260
Sunday	12:15 p.m.	Mass	Provider	Barkeley & Ellis	Chap. Amano/526-5769
Tuesday	6:30 p.m.	RCIA	Soldiers'	Nelson & Martinez	Pat Treacy/524-2458
Saturday	4 p.m.	Reconciliation	Soldiers'	Nelson & Martinez	Chap. Amano/526-5769
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. Bowman/526-5513
Sunday	9:30 a.m.	Sun. School	Prussman	Barkeley & Prussman	Chap. Bowman/526-5513
Sunday	9:30 a.m.	Sun. School	Soldiers'	Nelson & Martinez	Dr. Scheck/526-5626
Sunday	9 a.m.	PWOC	Soldiers'	Nelson & Martinez	Chap. Kennedy/526-8011
Tuesday	11 a.m.	Contemporary	Veterans'	Magrath & Titus	Chap. Ellison/526-8890
Sunday	6 p.m.	PYOC	Soldiers'	Nelson & Martinez	Chap. Kennedy/526-8011
Friday	noon	Prayer	Soldiers'	Nelson & Martinez	Ms. Scheck/524-1166
Sunday	10:45 a.m.	Lutheran	Provider	Barkeley & Ellis	Chap. Lloyd/526-3888

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

Chapel Schedule ROMAN CATHOLIC

PROTESTANT

LITURGICAL

JEWISH

WICCA

MORMON

NATIVE AMERICAN SWEATLODGE

Native American Sweatlodge ceremonies (He Ska Akicita Inipi) are offered to military dependents and Department of Defense personnel for traditional prayer and purification. Fasting before the ceremony is recommended and refreshments are offered following the ceremony. Please call the following for information and directions: Michael Dunning 382-5331 or 330-9537, or Zoe Goodblanket 442-0929.

Daily Bible readings: In order to assist in regular scripture reading, the following scriptures are recommended. These scriptures are part of the common daily lectionary which is designed to present the entire Bible over a three-year cycle.

- Friday** — Psalms 82 & Job 16-18
- Saturday** — Psalms 83 & Job 19-21
- Sunday** — Psalms 84 & Job 22-24
- Monday** — Psalms 85 & Job 25-27
- Tuesday** — Habakkuk 3:2-19 & Job 28-30
- Wednesday** — 1 Chronicles 29:10-13 & Job 31-33
- Thursday** — Psalms 86 & Job 34-36

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.

Unit: For the Soldiers and leaders of the Combined Joint Task Force 76 forward deployed to Afghanistan in support of Operation Enduring Freedom.

Army: For Lt. Gen. FL Hagenbeck, the G-1, and the military personnel and civilian staff who work in the Office of the Deputy Chief of Staff for Personnel.

State: For all the Soldiers and families from the state of Indiana. Pray also for Gov. Joseph Kernan, the state legislators, and local officials of the "Hoosier State."

Nation: For the Acting Secretary of the Army Les Brownlee. Pray for his staff in its mission to improve the quality of life for people, strengthening the Army's readiness to prevail in every mission, and making the transformation of the Army a reality.

Religious: For those who have no community of faith in which to worship. For more information on the Army Cycle of Prayer, visit the cycle's Web site at www.usarmychaplain.com.

Ambush ... 43rd ASG conducts convoy training

by Spc. Zach Mott
Mountaineer staff

Rolling down a desolate highway in the late evening, four vehicles — one “Humvee” and three five-ton trucks — are bringing critical supplies to frontline troops. Letters from home, care packages, hot food, fresh water and ammunition are being carried.

Suddenly, the explosion of an improvised explosive device disintegrates the nighttime silence. The crew in the first vehicle, the Humvee, is dead. All that remains are two young sergeants and four even younger privates and a specialist.

The skill and knowledge of the inexperienced noncommissioned officers are put to task in order to help the convoy not only complete the mission, but to simply survive.

Convoy attacks are one of the most prevalent type of attacks in the current Global War on Terrorism. From the busy streets of Iraq to the quiet mountains of Afghanistan, American Soldiers are placed in many dangerous situations on a continuous basis.

Fort Carson’s 43rd Area Support Group is preparing to send troops to a Central Command area of responsibility in the near future. In preparation for this deployment, Forces Command directed that all deploying units undergo convoy training to include ambush defense, handling civilians on the battlefield and identifying IEDs.

“It’s something you don’t get just going

through Sergeant’s Time (Training),” said Sgt. 1st Class David Shindel, the Ranges and Ammunition Platoon sergeant from the 307th Quartermaster Battalion (Forward). “When you have someone who’s indifferent to the training and not a part of your section firing at you (it makes the training more realistic). We’re here to make sure they get trained just like anyone else gets trained.”

Shindel said that some of the units that have conducted this training have thrived, and others understood the importance better after they completed the task.

“Most of the units understand that as long as they can return fire and keep moving, then that’s what they do,” he said.

In an environment where the only deaths are simulated, this convoy training allows units to implant standard operating procedures as well as groom younger Soldiers.

“All of a sudden that E-5 who’s never been in charge is thrust into that situation where they’re in charge,” Shindel said. “For some of them they do real well; for others they kind of vapor lock.”

Shindel said that is when the teaching begins. The situation is broken down and other possible options are discussed.

“Commanders have said they like the realism of the no-win situations,” Shindel said.

Because of the FORSCOM directive, many more Soldiers will be well prepared to handle potentially dangerous situations

that may arise.

“Last time we went (to Iraq), we didn’t get this good training,” said Staff Sgt. Shad McCrary, a squad leader from the 360th Transportation Company. “Now, we’re getting this good training and we’re more prepared this time.”

McCrary is preparing for his second deployment in support of Operation Iraqi Freedom in less than two years.

Once each unit completed the blank ammunition tasks, the unit conducted a live-fire training to familiarize the Soldiers with firing a weapon from a moving vehicle.

“A lot of (the Soldiers) were in the mindset that someone else was going to protect them,” said 1st Lt. Zachary Shields, the range officer-in-charge from the 52nd Engineer Battalion, commenting about his experiences during OIF. “They’re thinking on their own now. They can’t count on other people to help them out all the time.”

When the Soldiers return to the Mountain Post’s main camp this weekend, training will continue at the individual unit level with a more focused concentration on readiness.

“It’s an eye-opener for them,” Shindel said.



Photos by Spc. Zach Mott

Spc. Donn Spenner, 360th Transportation Company, peeks around a five-ton truck to spot enemy insurgents during convoy training. Spenner’s convoy was ambushed and several members of the convoy “died.” This training is part of the Forces Command-mandated training for all deploying elements. The 360th Trans. Co. is deploying along with other members of the 43rd Area Support Group in support of the Global War on Terrorism.



Sgt. Julie Martell-Motanaro, 59th Military Police Company, acting as a member of an insurgent force, attacks a convoy from the 360th Transportation Company.



Above: Staff Sgt. Shad McCrary, right, 360th Transportation Company, attempts to appease local nationals whose vehicle blocked the convoy’s path. The local nationals are being played by Spc. Shanella Gumbs Garnett, in red T-shirt, 10th Combat Support Hospital, and Spc. Philip Schuyler, 307th Quartermaster Battalion.

Right: Sgt. Cole Hottle, 360th Transportation Company, calls in a Medical Evacuation report after his convoy was ambushed by insurgents.





Out & About

Aug 27 - Sept 3, 2004

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AN ARMY MWR PROGRAM

2004



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United States Army

SOLDIER SHOW



Date: Sept. 9 and 10
Time: 1400 and 1900
Place: McMahon Theater

"The Heart of a Soldier"

AN ARMY ENTERTAINMENT PRODUCTION

Watch for these Upcoming Events:

- Jeep 101 Fall Fest - Oct
- Battle of Bands - Oct
- Military Family
Appreciation Week - Nov
- Holiday Village - Dec

For info, call 526-4494



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EVERY TUESDAY NIGHT IN SEPTEMBER

\$10 ENTRY FEE, CASH & PRIZE PAYOUTS, MUST QUALIFY FOR FINALS
SIGN-UPS AT 6PM, FIRST COME - FIRST PLAY!!!

FINALS HELD ON OCTOBER 5TH FOR MORE INFORMATION 576-7540



WORLD GYM RUN WITH THE SOLDIERS

WHERE: FORT CARSON SPECIAL EVENTS CENTER
BLDG. 1829 - SPECKER AVE. ACROSS FROM BURGER KING

WHEN: SATURDAY, 18 SEPTEMBER 2004

TIME: 9 a.m. (pre-registration from 6:30 a.m. - 8 a.m.)

\$15 registration fee for civilians
\$7.50 for active duty family members, spouses and retirees
All active duty military are Free

Registration at the following locations:
Fort Carson ITR Office - 526-5366
All World Gym locations
Runners Rost

10K Race
5K Fun Run/Walk
Runners packets at
World Gym
Children's Fun Run
ages 12 & under
are FREE

ALL PROCEEDS BENEFIT THE FORT CARSON LIBERTY LEAGUE SPONSORSHIP FUND

SPONSORED BY:



Fort Garland

Restored U.S. Army frontier fort

**Story and photos
by Nel Lampe
Mountaineer staff**



Visitors to the restored Army post of Fort Garland can see how Soldiers lived during the 1850s. There were no one-plus-one barracks at Fort Garland; no air conditioners, no telephone, Internet or television.

The fort is in the town of Fort Garland, in the San Luis Valley, about 25 miles from Alamosa and the same distance from the Great Sand Dunes National Monument.

Fort Garland was built in 1858 and named for Brevet Brig. Gen. John Garland, who commanded the Department of New Mexico. Fort Garland replaced Fort Massachusetts which was six miles farther north and affected by extremely severe winter weather.

The fort was constructed of adobe (mud and straw) in a rectangular or plaza setting. The buildings surround the parade ground. Timbers make up the ceiling and floors are wide planks. There is no wall around the fort.

The fort originally was built to house two 100-man companies and its mission was to provide protection for settlers. The fort was expanded in 1879 and became a base of operations against American Indian uprisings.

Fort Garland Soldiers were also involved in Civil War battles against Southern forces near Santa Fe.

Following the Civil War, several volunteer regiments were assigned to Fort Garland. Christopher "Kit" Carson was appointed commander of Fort Garland in 1866. Carson had earned his living and reputation as a hunter, frontiersman, explorer and Army scout, but had never served in

the military. Carson was appointed a brigadier general so he could command Fort Garland. He served as the fort's commandant for a year and he was able to keep the valley peaceful by working with the Ute Indians

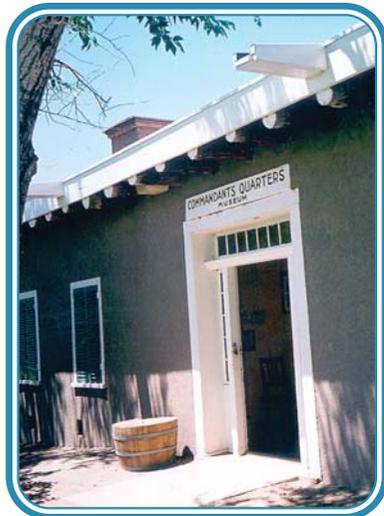
Later, Fort Garland was home to Buffalo Soldiers of the Ninth Cavalry, who were at the fort from 1876 to 1879 and had previously served in Texas. The Buffalo Soldiers at Fort Garland had little activity until workers at the White River Agency were murdered during an Indian uprising. The troops helped quell the conflict between settlers and the Ute Indians, and later removed some settlers from Indian reservation lands. After the Ute Indians were moved to Utah, troop numbers at Fort Garland were drastically reduced. Fort Garland was officially abandoned in 1883.

The abandoned fort served as private residences for a time. The grounds were overgrown by weeds and sagebrush when the Colorado Historical Society began restoration in 1950. It took almost 20 years to complete the restoration and open to the public as a museum.

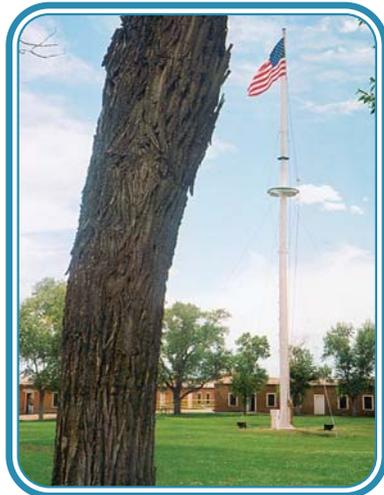
Begin your visit to Fort Garland in the visitor's center. Buy tickets, pick up a map of the fort and enter the gift shop.

Visitors can browse through the gift shop and look at the exhibits before seeing the rest of the fort. Shop now or return to the gift shop after completing the fort tour.

Gift shop selections include books about Kit Carson, other explorers and



Fort Garland's buildings were of adobe construction. Brig. Gen. Kit Carson served as commandant.



A crow's nest flagstaff is on the parade ground at the frontier fort of Fort Garland.

the West, as well as postcards, souvenirs, western artifacts, cookbooks, T-shirts and hats.

Exhibits of ammunition, uniform

See Fort Page 26



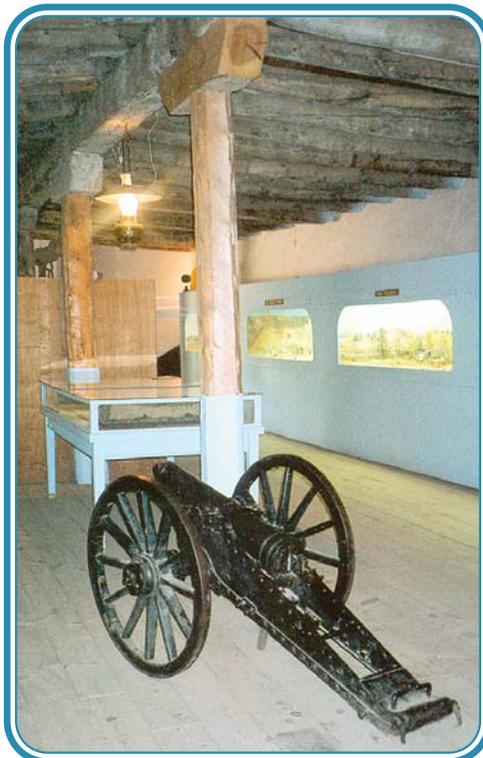
A yellow ambulance wagon, displayed at Fort Garland, could carry six wounded Soldiers.

Happening's



Places to see in the Pikes Peak area.

Aug. 27, 2004



Dioramas depict the history of the San Luis Valley, along with artifacts. The diorama hall is housed in Fort Garland's infantry barracks.

Fort Garland

From Page 25

buttons and other artifacts found during the restoration are displayed. Maps, drawings and old photographs help depict the history of the region and Fort Garland before Colorado became a state.

Once outside, take a look at the 1873 Santa Fe Trail stagecoach then enter the commandant's office. The restored fort focuses on the time Kit Carson was at Fort Garland.

A scene in the commandant's office depicts Carson meeting with Chief Ouray.

Carson and his family lived in the same building as his office while they were at Fort Garland. The rooms the family lived in are furnished with artifacts and furnishings of the 1866 period.

Several paintings and photographs depict Carson and his family, including the last known photograph made of Carson in 1868. A buckskin jacket belonging to Carson is also displayed.

Visitors may visit other restored adobe buildings. The historic buildings themselves are important artifacts. Note the adobe structure, thick walls and deep window wells.

Not all buildings are accessible, but those open to visitors contain historic exhibits.

The long building at the west end of the parade ground is the infantry barracks, which is now the diorama hall. Dioramas depict the San Luis Valley history, from American Indians to settlers and Soldiers.

Army artifacts are also displayed, such as uniforms, a saddle and a mountain howitzer. A reproduction Dragoon's 1850s' uniform is displayed.

On the south side of the parade ground is another long building which houses pictures, history and displays about Buffalo Soldiers.

Exhibits and artifacts about Colorado's par-

ticipation in the civil war are also in this building. An 1860s' era white canvas Army tent, weapons, clothing, photographs, an officer's field desk and other rare frontier Army artifacts are on display. A exhibit depicts the only Civil War battle fought on Colorado soil at Glorieta Pass.

The last exhibit in this building is the guard house, which depicts four cells and a guard's desk.

The last building, completing the square around the parade field, once served as the cavalry barracks. Several historic Army wagons are displayed, such as a yellow ambulance wagon which could carry six wounded Soldiers. The wagon was also used for tours and important visitors.

Two light blue baggage wagons are displayed, as well as wagons used in the early frontier days in the San Luis Valley.

A flag flies on the restored crow's nest flag pole in the middle of the parade ground.

Western frontier forts which have been restored are very rare. Although several frontier forts were once in Colorado — several towns still retain their fort names — such as Fort Collins, Fort Morgan and Fort Garland.

The town of Fort Garland is about 50 miles west of Walsenburg. Walsenburg is approximately 85 miles south of Fort Carson off Interstate 25. Take exit 52 at

Walsenburg and follow the signs for the Sand Dunes, Highway 160. Fort Garland is en route to the Sand Dunes.

Once in the town of Fort Garland, take a left at Highway 159 — the fort is nearby.

The museum is open daily, 9 a.m. to 5 p.m. The fort is closed Thanksgiving and Christmas.

The historic Pike's Stockade is in the general vicinity of Fort Garland. Pike's Stockade was built by Lt. Zebulon Pike on his exploration trip of the West during 1806. The stockade has been reconstructed. Ask for driving instructions at the museum visitor center.

The fort is about 125 miles from Fort Carson. Although it is a little long for a day trip, visitors could visit other attractions in the area, spending a night in nearby Alamosa or

camping at the Great Sand Dunes National Monument. The alligator farm, Colorado Gators, is about 20 miles from the Sand Dunes and Alamosa. There are no refreshments available at Fort Garland, however several picnic tables are on the grounds. There are cafes and stores in the town of Fort Garland.

Admission to Fort Garland is \$3 for adults and \$1.50 for ages 6 to 16. Ages 5 and under are admitted free.

There's parking in front of the museum.

Just the Facts

- **Travel time** two and 1/2 hours
- **For ages** families
- **Type** frontier fort
- **Fun factor** ★★★★★1/2(Out of 5 stars)
- **Wallet damage** \$
 - \$ = Less than \$20
 - \$\$ = \$21 to \$40
 - \$\$\$ = \$41 to \$60
 (Based on a family of four)



A replica of a Dragoon uniform is displayed at Fort Garland Army fort.



Visitors learn about the history of the area through dioramas, including the arrival of Soldiers at the frontier fort. The Soldiers' mission was to protect settlers.

Get Out!

Colorado State Fair

The 132nd Colorado State Fair runs through Sept. 5. Fair weekend hours are 10 a.m. to midnight, Monday through Friday; weekend hours are noon to midnight. There's a carnival, merchandise booths and arts, crafts. Some entertainment is free; concert tickets are on sale at Ticketmaster, 520-9090, for Brad Paisley, REO Speedwagon, Olivia Newton-John and Clay Aiken. There are tuff trucks and a demolition derby. Tickets are \$13 to \$33. For information go to www.coloradostatefair.com.

Soldier Show

The Soldier Show will be in McMahon Theater Sept. 9 and 10, at 2 and 7 p.m. Tickets are free to all shows and are required for entry to the show. Tickets are in the Fort Carson Information, Tickets and Registration office.

Broadway in Colorado Springs

Season tickets are on sale for the new season in the Pikes Peak Center, "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!" Call 520-SHOW for tickets.

Air Force Academy concerts

The Academy Concert season is now on

sale. The schedule includes Emerson Drive, Sept. 17, Paul Rodriguez, Sept. 18 and Capitol Steps, 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.

Buffalo Bill Museum

Mountain Melodies Music Festival, featuring seven hours of bluegrass music, is a free concert at the Buffalo Bill Museum in Golden, Saturday at 10 a.m. There'll be hands-on activities for children. Refreshments are available at the gift shop and snack bar, and the Buffalo Bill Museum is open; \$3 for adults, \$1 for ages 6 to 15. The museum is off Interstate 70 west at exit 256.

Performing arts in Pueblo

Preservation Hall Jazz Band opens the performing arts season Sept. 19 at 7:30 p.m. at the Jackson Conference Center in Pueblo. Marcus Belgrave's Tribute to Louis Armstrong is Oct. 23, 7:30 p.m. at the Arts Center Theater. Aspen Santa Fe Ballet is Nov. 7 at 4 p.m. in the Arts Center Theater; "Rhapsody in Taps" is March 19 at 7:30 p.m., and "The Passing Zone" is April 22, call (719) 295-7222 for information.

Whose line is it?

Colin Mochrie and Brad Sherwood, who appear in "Whose Line is it Anyway?" are at the Pikes Peak Center Sept. 24, 190 S. Cascade Ave. Tickets start at \$34.50; 520-9090.

Balloon classic

The annual hot-air balloon classic is in Memorial Park Labor Day weekend. Entry is free; get an early start. Balloons lift off at 7 a.m., and there'll be a Balloon Glo Saturday and Sunday nights, with concerts.

World Arena venue

The Colorado Springs World Arena is selling tickets to the Denver Nuggets/Milwaukee Bucks game Oct. 14 at 7 p.m. Tickets are also on sale for the TJ Maxx Tour of Gymnastics Champions, Nov. 10 at 7 p.m. Check the box office or call 576-2626.

Rock Ledge Ranch

Celebrate Labor Day in an old-fashioned way at Rock Ledge Ranch Historic Site Sept. 6, with an old-time baseball game, a rally and other activities, 10 a.m. to 5 p.m. Admission is \$5 for adults, \$1 for children 6 to 12; call 578-6777 for information. The ranch is by the Garden of Gods off 30th Street.

Air Force Academy football

It's almost time for Division I-A football at the Air Force Academy's Falcon Stadium. The first home game is Sept. 4, with California, followed by a Sept. 11 game at home with Eastern Washington at noon. The Falcons hosts Navy Sept. 30 at 5:45 p.m., in a game televised on ESPN. New Mexico is Oct. 9 and BYU is Oct. 23. The final two games are Nov. 13, with San Diego State and Nov. 20, with Colorado State University. Call 472-1895 for ticket information.

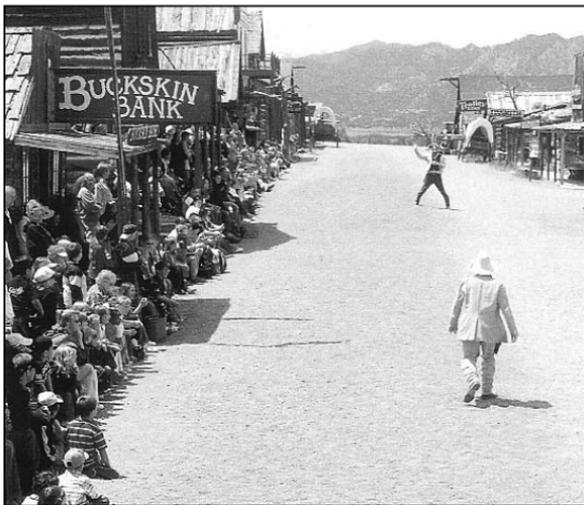


Photo by Nel Lampe

Buckskin Joe frontier town ...

The reconstructed mining town of Buckskin Joe, near the Royal Gorge Bridge and Park, is open to military members and their families for half-price through Labor Day. The town, used as a movie set in several movies, features staged gunfights, horse-drawn trolley rides, magic shows, shops and food. Visitors can pan for gold, visit an authentic jail and saloons. It's past Cañon City; follow the road to the bridge.

ch10

Program Schedule for Fort Carson cable Channel 10, today to Sept. 2.

Army Newswatch: stories on the transformation of the Army, the Blue-to-Green program and eCybermission finals. Airls at 7:30 a.m., 12:30 p.m., 7:30 p.m. and 12:30 a.m. (repeat).

Navy/Marine Corps News: stories on Cargo Handling Battalion 7, Exercise Summer Pulse 2004 and the 40th anniversary of the Gulf of Tonkin incident. Airls at 8 a.m., 1 p.m., 8 p.m. and 1 a.m. (repeat).

Air Force News: stories on the new C-130 aircraft, convoy training classes and Air Force Academy flights. Airls at 8:30 a.m., 1:30 p.m., 8:30 p.m. and 1:30 a.m. (repeat).

The Mountain Post
Community Town Meeting,

held monthly, airs at 9 a.m. and 5:30 p.m.

The Pentagon Channel plays on Channel 9. In addition to standard programs like Army Newswatch, the channel will feature other Army-related programs, including briefings and other Army news.

If you have comments on Channel 10 programming or wish to coordinate a broadcast on Channel 10, please contact Chief of Command Information at 526-1241 or via e-mail at CommandInfo@carson.army.mil.

Program times will be published in the *Mountaineer* provided coordination is made one week prior to publication.

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

Sports & Leisure

Game of the Week

Short-handed squadron wins big



Photos by Walt Johnson

Supply and Transportation Troop's Nicklas Denton, center, hauls in the tying touchdown pass late in the second half as Howitzer Battery, 1st Squadron, 3rd Armored Cavalry Regiment defenders look on.

by **Walt Johnson**
Mountaineer staff

Supply and Transportation Troop, Support Squadron knows what it's like to have to play and win despite the odds being against them.

The team has played successfully the past two years, last year in Iraq and now here in the post intramural football league, without the services of their self-acknowledged team leader and best player, Tifton Whatley.

The team lined up to meet Howitzer Battery, 1st Squadron, 3rd Armored Cavalry Regiment Monday at Pershing Field with the thought of playing yet another game without its leader. Early in the game it looked like the team's habit of winning games was about to end.

Howitzer Battery put the first points of the game on the board in the first half, scoring on a touchdown pass, and made that lead stand for all of the first half and 15 minutes of the second half. So impressive was the Howitzer Battery defense, the Supply and Transportation team could move the ball in small increments but

nothing that put pressure on the Howitzer defense.

The Howitzer players were flying around the field making life as difficult for the Supply and Transportation offense as they could and were looking at a victory squarely in the eye with about five minutes left in the game.

What may have been lost in the Howitzer dominant defensive play was some stellar play of its own by the Supply and Transportation team defense. After giving up the touchdown in the first half, the Supply and Transportation team played a little defense of its own, denying Howitzer any chance to mount either a short or long offensive series.

As well as both teams' defenses were playing, it looked like neither team was going to find the end zone again as the clock tipped down to five minutes left in the game.

Suddenly, like a cobra striking its prey, Supply and Transportation looked for the tying score of the game and they got it Nicklas Denton got free in

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Mountaineer event of the week

Boxing smoker begins tonight ...

Fort Carson conditioning trainer Ann Horn, center, helps two of the female boxers competing in the post boxing smoker tonight hone their skills Saturday at the World Class Athlete Program facility on post. The women will be among the featured boxers at tonight's boxing smoker at the Special Events Center on post.

The event will feature amateur boxers who have been practicing their skills at the WCAP and special events facilities for the past few months and now it is time for the post community to show what the fighters have to offer, according to Lavell Sims, one of the trainers for the athletes.

The action, which is free, will begin tonight and conclude Saturday at 6 p.m. at the post Special Events Center.



Photo by Walt Johnson

On the Bench

Garcia hosts basketball league for high flying hoopsters

by **Walt Johnson**
Mountaineer staff

Garcia Physical Fitness Center on post is getting ready for the upcoming basketball season by hosting a 3-on-3 basketball league.

Signups will close out today, and there will be a meeting Monday at 4 p.m. at the fitness center for all people interested in playing in this league. Games will be played on Tuesdays and Thursdays from 6 to 8:30 p.m.

People wanting information on the league should contact Greg Sparks or Robert Nieto at 526-3944.

The post youth center is gearing up for the upcoming fall football and soccer seasons.

Registration is currently underway for coed volleyball (5th and 6th grade) flag football, cheerleading and youth soccer, and will take place until Saturday

The coed volleyball season is set to begin Sept. 6 and the season will run through Nov. 6. The cheerleading season is scheduled to begin Sept. 9 and run through Oct. 11.

The fall soccer season begins in September with skills assessments for children 7 to 9 years old and 10 to 12 years old. To play soccer, a child must have an annual membership with the youth center. Call the youth center at 526-1233 or 526-4425 to make an appointment for the skills assessment and register your child. Also, coaches are needed for the upcoming season.

The flag football season is scheduled to begin Sept. 9 and run through Oct. 11. Please call Central Registration at 526-1100 or 526-1101 for registration information.

Each of the activities requires a physical for the child to participate.

The post is beginning to form its varsity men's and women's basketball teams.

Don Pitts, men, and Stephanie Timmons, women, will coach this year's teams. They expect this will be a big year for the post teams as they will be hosting games on post and representing the post at numerous events in the Denver and Rocky

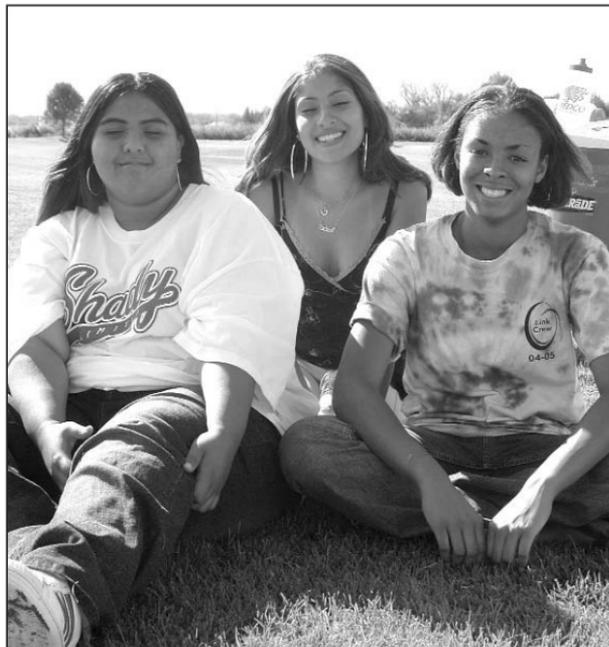


Photo by Walt Johnson

Student managers ...

When the Fountain-Fort Carson football team takes the field this year, student managers Nina Lovern, left, and Fort Carson's Martina Arana, center, and Trinicia Figueroa, right, will be there to take care of all the administrative needs as they have been for the past two years.

Bench

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Mountain region.

The women will practice every Monday and Wednesday at the Special Events Center beginning at 6 p.m., and the men will practice every Tuesday and Thursday beginning at 6 p.m.

Bill Reed, varsity sports director, said he thinks he has picked the best people to coach the team and they will pick the best players to represent the post.

"I have full confidence the coaches will do what is necessary to give everyone a fair opportunity to represent their unit and the post on our varsity teams. We have a number of talented players on post, and we think the community will be pleased with the product we put on the floor."

Players from the post, who are currently forming the team that will play in the Hispanic Heritage Month Celebration in September, are starting to come together as a team, according to Tony Villarreal, team manager.

"We have placed sixth and fourth in the two tournaments we have played since we formed the team over a month ago. We feel like we have a lot of people to play for and we are practicing hard to make a good showing at the World Hispanic Softball tournament in Aurora in September.

Without the support of the post leadership and the sponsorship of the team by Security Service Credit Union, we don't know if we could be this successful. We are currently trying to raise funds for the entry fee for the Independent Softball Association tournament that will be held on post Sept. 11 and 12 and the Hispanic worlds competition."

Xtreme's Entertainment and Sports Bar will



Photo by Walt Johnson

43rd Area Support Group's Al Rood, center, lets Rayshaun Jennings, left and Charles Thomas, right, know that he wants to win the cycle given to the third prize winner of September's poker tournament at Xtreme's Entertainment and Sports bar.

host a poker tournament during the month of September on Tuesday evenings at 7:30 p.m.

To enter, you must sign up by 6 p.m. that evening and pay the \$10 entry fee.

First prize will be 42-inch flat screen high definition television, second prize is a 32-inch high digital TV and third prize is a mini bike.

Call 576-7540 for more information.

Mountaineer Youth Sports



Photo by Walt Johnson

Getting ready to rumble ...

Fort Carson Youth Center tackle football coaches Pete Spellman, left, and Ray Broughton, right, teach two of their young players the proper blocking and pass rushing techniques Monday at Pershing Field. The team, consisting of children 9 to 10 years-old, will play in the Colorado Springs youth league each Saturday beginning Sept. 18 at Memorial Park in Colorado Springs. The first game for the team will begin at 8:30 a.m. Sept. 18 and is scheduled to be played on field number four.

Mountaineer Youth Sports

Tigers spotted on post ...

Members of the various post Youth Center football teams got a real treat Tuesday as the Colorado College Tigers football team, from Colorado Springs, had a practice session and then a teaching session for the children. The event was held to give the children on post the opportunity to learn about the game of football from college-level players and also was designed to give the young athletes an example of how a college program is run and what it takes to improve themselves to be able to play college football one day. The post youth football season is scheduled to begin Sept. 11. The Tigers will begin its season Sept 18 at 1 p.m. at the college's football stadium in Colorado Springs.



Photo by Walt Johnson

Football

From Page 29

the front of the end zone and caught a 35-yard touchdown pass as he was falling to the ground to tie the game at six apiece.

After regulation time ended, it was down to the penetration rule to settle matters. Judging by the way the defenses were playing, it was a question if either team would be able to move the ball on the other.

Surprisingly, both teams had opportunities to make big plays but came up short of deciding the game. Then, with Howitzer Battery having one last chance to win the game on fourth down, the Supply and Transportation team again struck quickly and stung the Howitzer team.

As the Howitzer Battery looked to land a knock-out punch on the Supply and Transportation team by throwing the ball long toward their opponents' end zone, but Supply's Johnathan Turner was having no part of the plan.

Turner eyed the receiver all the way down the field and then turned around at the last second to intercept the pass.

Now, with the ball deep in Supply's territory, Turner knew he had to get positive yardage for his team, and he did just that, returning the interception 55 yards for a touchdown. Turner's effort gave his team a well-earned 12-6 win.



Photos by Walt Johnson

A Supply and Transportation Troop, Support Squadron player grabs a pass out of bounds during intramural action Monday at Pershing Field on post.