

Mountaineer

Vol. 62, No. 39

Published in the interest of the 7th Infantry Division and Fort Carson community
Visit the Fort Carson Web site at www.carson.army.mil

Oct. 1, 2004



Photo by Sgt. Chris Smith

Kickin' it ...

Wolf Pack players in red struggle against Eagles players in gray for control of the ball during a soccer match Saturday. For more on youth sports action, see pages 16 and 17.

2nd BCT, 2nd ID slated for Carson move

by Pfc. Clint Stein
Mountaineer staff

The Department of the Army released Sept. 23 that the 2nd Brigade Combat Team from the 2nd Infantry Division is being temporarily re-stationed at Fort Carson until a final destination is chosen in 2005.

The 2nd BCT, 2nd ID was part of the realignment of forces overseas and will not return to its post in South Korea after its completion of a current 12-month deployment in Iraq.

The Department of the Army chose Fort Carson as the temporary home for the 2nd BCT, 2nd ID because it needed a place that made sense, said Lt. Col. David Johnson, Fort Carson public affairs officer 7th Infantry Division, "and Fort Carson just made sense.

"Fort Carson has many great attributes," said Johnson, "there's a hospital, excellent training facilities and a great community at Colorado Springs." He said the 2nd BCT, 2nd

See Relocation, Page 4

Fort Bragg visitors take a post tour

by Sgt. Shauna McRoberts
Mountaineer staff

Members of the civilian organizations The Fort Bragg, N.C. — Joe Barr Special Activities Committee and Friends of Special Operations Forces paid a visit to Fort Carson last week to chat with Soldiers and check out some of the U.S. Army's latest technological advances.

Both BSAC and Friends of SOF are Fort Bragg, N.C.-based organizations dedicated to the patronage of Army forces.

BSAC was created in 1970 by a group of local businessmen in order to support the command of Fort Bragg and provide for Soldiers and their families there. Over the past 34 years, it has donated tens of thousands of dollars to

improve Army conditions and address the needs of Soldiers.

Friends of SOF, which was formed in 1988, is committed to the support of the SOF community, specifically U.S. Army Special Forces Command. Among other things, the association provides immediate emergency relief to SOF families, awards three annual scholarships to SOF dependents, and contributes significant financial assistance for various social events held by the SOF Command.

For the past 12 years, members of the two organizations have taken at least two trips a year to visit Army communities in order to catch up with Soldiers and stay on top of the newest military

See Bragg visit, Page 8

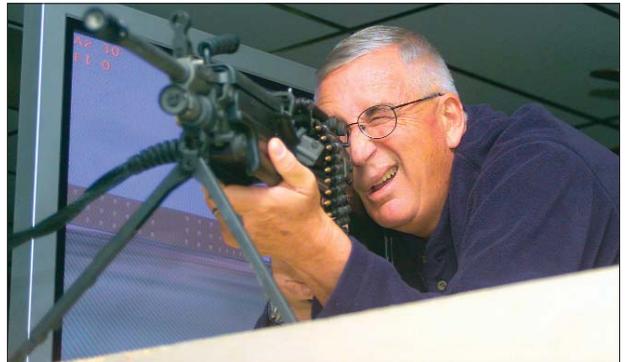


Photo by Sgt. Shauna McRoberts

Dan Dederick, a member of The Fort Bragg-Joe Barr Special Activities Committee, takes aim during a simulated live-fire exercise at the Combat Skills Trainer facility Sept. 24.

INSIDE THE MOUNTAINEER

Opinion/Editorial
Vote — it's your right. Page 2

Military
Village mayors, deputies inaugurated. Page 5

Community
Universal default. Page 11

Sports
Programs at the indoor pool. Page 19

Feature



Youth sports action takes to Pershing Field.

See Pages 16 and 17.

Happenings



A medieval-type castle in San Isabel Forest is a one-man project.

See Pages 25 and 26.

What's new

The *Mountaineer* newspaper publishes early next week because of the training holiday. The next issue will be Oct. 7. Deadline for classified ads for the Oct. 15 issue is noon, Oct. 12.

Post Weather hotline:

526-0096

Don't become passive ...

Take time to vote in Nov. 2 elections

**Commentary by Doug Rule
Fort Carson Public Affairs Office**

Since Operation Iraqi Freedom started, more than 1,000 military members have died. Of that total, more than 40 were from Fort Carson.

One of the objectives of OIF is to ensure liberty and free elections for the citizens of Iraq. The elections are tentatively set for January 2005. Our Soldiers there are doing everything to ensure as many citizens as possible participate in those elections.

This year, the citizens of the United States will elect their president, either keeping the incumbent or changing to a new commander-in-chief. Either way, relatively few Americans bother to vote.

According to the El Paso County Clerk and Recorder's Office, in the last presidential election 201,662 of the 339,525 registered voters in this county voted (although 17,757 absentee votes were late, so not counted). That is about 59.4 percent of the eligible voters. According to voting records, even fewer voters participated in August's primary — 70,344 — with almost 5,000 fewer registered voters.

Last year, in response to a desperate plea from the Clerk and

Recorder's Office for more election judges, I volunteered. I sat at my polling place from early in the morning to early that evening. I was saddened by the extremely light turnout. The excuse I heard most was "this is an off-election year." There were, however, important issues to vote upon, especially those concerning financing of public schools. In that election, countywide 70,344 of 334,839 people bothered to vote, or about 21 percent. In my precinct, voter turnout was less than 15 percent. But I was glad that I was there for those voters. In some cases, polling places were combined because there were not enough people to man the stations.

Perhaps my record is unusual, but I have voted in every election since I was eligible. I feel that this is not only a right, but is something expected of a citizen. Just as when I was getting old enough to be drafted, males registered for the draft and many were drafted into the service. Even though I didn't have to, I signed up for ROTC and was commissioned on graduation. Because of drawdowns while I was preparing to serve my time on active duty, I went to the Officer's Basic Course and returned home. I had not searched out

employment because I thought I had an obligation to serve my country with active-duty service. Instead I served my time in the Reserves, continuing on after my obligation was completed. This was my obligation to my country. So was being a good voter.

But there are so many excuses for not voting. My mother passed away this year. She never voted. Her excuse: she didn't want to serve on a jury with the possibility of having to judge someone who would get the death sentence. Later in life, when she wouldn't have been accepted on any jury, she still didn't vote.

Some people say it is too inconvenient. Ask an Iraqi citizen if it would have been more convenient to have free elections or have Saddam Hussein for president. Ask Afghani citizens if they would rather have had free elections or the rule of the Taliban.

Some people say that their vote doesn't count. Fine. But think of it this way: every time you don't vote for the candidate of your choice, it is two votes for his opponent. You not only don't cancel out one of the opposition votes, but that candidate is one vote ahead. Remember the last presidential election? The difference between vic-

tory and defeat was only 537 votes. Every vote counts, regardless of what you feel.

The most important reason to vote this year, however, has not so much to do with all the arguments we normally hear. This year, it is important to vote because of those thousand plus military members and the 45 Soldiers from Fort Carson who died. They died so that citizens of a country that has not had free elections could vote for the people of their choice. What better memorial could we — the Soldiers who have returned or served honorably in the rear detachments, the civilians who served here and abroad, the family members who kept the families together — give these Soldiers than to show them that the voice of the people is one of the most important things in keeping a democracy running, whether in Iraq, Afghanistan, the United States or even El Paso County.

If you haven't registered to vote and can still do so, do it! If you haven't asked for your absentee ballot, sign up now if it is not too late. If you need help, talk with the Voting Assistance Office at 526-8419. But whatever you do, don't become passive about our great country.



Why is it important to vote?



"The future president affects us in the military as to whether we stay in Iraq or leave."

Capt. Chris Gartland, 64th Forward Support Battalion



"It's important to vote because every vote counts."

Kimberley Wiley, Family member



"If you don't vote you're really not making an attempt to change or make things better."

Staff Sgt. Shawn Campbell, Fort Eustis, Va.



"To voice an opinion about what you would like to see happen."

Shannon Waite, Family member

LETTERS TO THE EDITOR

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

be considered.

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

Because of legal restrictions, both in federal regulations and AR 360-11, under which the *Mountaineer* is pub-

lished, no letters concerning local or national political issues will be published. Publication of any letters will also conform to all appropriate Department of Defense and U.S. Army regulations.

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

MOUNTAINEER

- Commanding General: Maj. Gen. Robert Wilson
- Public Affairs Officer: Lt. Col. David Johnson
- Public Affairs NCOIC: Sgt. 1st Class Dee McNutt
- Chief, Command Communications: Douglas M. Rule
- Editor: Staff Sgt. Alicia Stewart
- Staff Writers: Sgt. Chris Smith, Sgt. Jon Wiley, Sgt. Shauna McRoberts, Spc. Zach Mott, Spc. Stephen Kretzinger, Pfc. Clint Stein, Nel Lampe, Walt Johnson
- Happenings: Sports Writer: Jeanne Mizarell
- Layout/Graphics: Jeanne Mizarell

This commercial enterprise newspaper is an authorized publication for members of the U.S. Army. Contents of the *Mountaineer* are not necessarily the official view of, or endorsed by, the U.S. Government, Department of Defense, Department of the Army, or Fort Carson. It is published weekly, using photo-offset reproduction (or other printing process) by the Public Affairs Office, Fort Carson, CO 80913-5119. Tel.: (719) 526-4144. The e-mail address is mountaineeredit@carson.army.mil. Printed circulation: 12,000 copies. The *Mountaineer* is an unofficial publication authorized by AR 360-1. Editorial content is prepared, edited, and provided by the Public Affairs Office of Fort Carson. The *Mountaineer* is printed by Colorado Springs Military Newspaper Group, a private firm in no way connected with the Department of the Army, under exclusive written contract with Fort Carson. The appearance of advertising in this publication,

including inserts or supplements, does not constitute endorsement by the Department of the Army or Colorado Springs Military Newspaper Group, of the products or services advertised. The Printer reserves the right to reject advertisements. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other nonmerit factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the printer shall refuse to print advertising from that source until the violation is corrected. All correspondence or queries regarding advertising and subscriptions should be directed to Colorado Springs Military Newspaper Group, 31 E. Platte Avenue, Suite 300, Colorado Springs, CO 80903, phone (719) 634-3223. The *Mountaineer's*

editorial content is edited, prepared and provided by the Public Affairs Office, building 1550, room 2180, Fort Carson, CO 80913-5119, phone (719) 526-4144. Releases from outside sources are so indicated. Army News Service releases are received from Headquarters, Department of the Army. The deadline for submissions to the *Mountaineer* is close of business the Friday before the issue the submission will appear in. The *Mountaineer* staff reserves the right to edit the submissions for newspaper style, clarity and typographical errors. Public Affairs policies and statements reflected in the news and editorial columns represent views of the individual writers and under no circumstances are to be considered those of the Department of the Army. Reproduction of editorial material is authorized. Please credit accordingly.

News

Air Force sweeps All Services Golf Tournament



Photo by Spc. Zach Mott

Marine Corps 1st Sgt. Troy Frazier, from Marine Corps Base Kaneohe, Hawaii, tees off on the third hole of the All Services Golf Tournament.

by Spc. Zach Mott
Mountaineer staff

Golfers from across the Armed Forces took aim at the All Services Golf Championship at Fort Carson Sept. 20 to 24.

Thirty-six of the best golfers from the Army, Air Force, Navy and Marine Corps — six men and three women from each service — converged on the Fort Carson Golf Course for the four-day team and individual tournament. Amidst some precarious winter-like weather during the first two days of the competition, scores ranged from near par to well over par. The final two days of the tournament saw a return to more seasonable weather and a tougher course.

Air Force Capt. Jeff Scohy, from Wright-Patterson Air Force Base, Ohio, claimed the overall men's title. Air Force 2nd Lt. Karin Tjelmeland, from Lajes Air Base, Azore Islands, finished first for the women. Air Force made it a clean sweep by taking the team title as well.

"The first few days were kind of rough," said Bill Fumai, the Fort Carson Golf Course general manager. "We let them improve their lie and lift, clean and play their golf balls.

"(The third day) we tucked the pins a little bit and made the course a little tougher. (The final day) we made the course a little more lenient."

Despite the unseasonably cold weather, many of the golfers said the course held up well and was

great to play.

"It's a real nice golf course," said Army Sgt. Patrick Hawthorne, from Fort Meade, Md. "It was 43 degrees and raining (the first day), but this tournament is very good."

Hawthorne was in the final threesome in the last day of competition and finished in a three-way tie for third place. But, he was awarded fifth place after he lost on the second playoff hole.

Scohy held a two stroke lead entering the final day of play over Air Force teammate Tech Sgt. Brian Billingsly, from Robbins Air Force Base, Ga. Scohy finished with a three-stroke victory over Billingsly and was five strokes ahead of third place winner Army Sgt. Chris Douglas, from Fort Bragg, N.C.

Douglas defeated the Navy's Billy Hurley in a marathon eight-hole playoff. Each player had an opportunity to win the playoff, only to either miss a putt or watch their counterpart sink a long putt. Douglas finally finished the playoff after he sank a 13-foot putt on the 18th green.

Tjelmeland finished one stroke ahead of Army Capt. Shelley Sanders, from Aberdeen Proving Ground, Md., and three strokes ahead of Air Force's Tammy Garcia, from Wright-Patterson Air Force Base.

Army led the overall competition after the first

Relocation

From Page 1

ID is similar to the 3rd Brigade Combat Team already stationed at Fort Carson which has the same types of equipment, trains similarly to each other and it brings the Mountain Post another combat ready team. The 2nd BCT, 2nd ID is made up of infantry and armored units and is a mechanized brigade. "This is just another large part of our family we're extending," Johnson said, "and the command here welcomes them with open arms."

Although most of the Soldiers will not be able to call the Mountain Post their new home until summer 2005, their families could be here well before then. "This is just like any other PCS (Permanent Change of Station) move," said Johnson. "Soldiers from the 2nd BCT, 2nd ID will come straight from Iraq to here." The family members could start arriving at anytime, though, looking for a place to live, Johnson added. For the new Soldiers coming out of basic training and advanced individual training being assigned to the 2nd BCT, 2nd ID, they will have PCS orders to Fort Carson where a rear detachment is being set up to join the

3,700 other Soldiers from 2nd BCT, 2nd ID already in Iraq.

The housing for the family members at Fort Carson should not be much of a problem, said Johnson. "The department of the Army wouldn't have chosen Fort Carson as the temporary location for the 2nd BCT, 2nd ID if it didn't think it could accommodate the family members," explained Johnson. "We take care of Soldiers and families here," he emphasized. Fort Carson has 2,600 total homes on post, 2,000 junior enlisted and noncommissioned officer homes and 600 senior enlisted and officer homes. Although there is a waiting list for on post housing, there are spaces available for move in dates. The barracks have more than 5,000 total living spaces for those Soldiers who do not have families or who are single.

Although some families will move into Fort Carson housing, the decision to relocate the 2nd BCT, 2nd ID here may provide enough stability and

predictability to the Soldiers and their families to live off post and maybe buy a house. Likewise, the re-stationing supports the Army's plan for force stabilization. Most families could not be with their military spouses while stationed in Korea, said Johnson. Until a final decision is made on where the permanent stationing place will be for the 2nd BCT, 2nd ID, Soldiers and their families will be able to live together at Fort Carson.

The Department of the Army will address permanent stationing of the 2nd BCT, 2nd ID through the Base Realignment and Closure 2005 analysis.

"This is just like any other PCS (Permanent Change of Station) move. Soldiers from the 2nd BCT, 2nd ID will come straight from Iraq to here."

Lt. Col. David Johnson
Fort Carson Public Affairs
Officer

Military

24 mayors, deputies swear in to serve post

by Sgt. Jon Wiley
Mountaineer staff

The Army Community Service Mayoral Program swore in 24 mayors and deputy mayors to service Fort Carson's 13 resident villages during a luncheon at the Elkhorn Conference Center Tuesday.

The mayors, all of whom are volunteers, were chosen by the ACS Mayoral Program after winning a postwide election in August. Village residents voted on who they wanted to represent them over the next year.

"The mayoral program is an essential part of our community," said Judy Woolley, ACS director, before the swearing in ceremony.

Mayors have several duties. Primarily, they serve as liaisons between the Fort Carson command and its communities. They help to develop recreational activities and community assistance projects and work to improve the quality of life for Mountain Post residents.

Mayors are also responsible for preparing monthly newsletters and distributing them to the community and detail the activities, concerns and news for their respective villages. They also collect con-

cerns, needs and recommendations for the residents in their community and present them at community meetings and councils such as the Town Hall and Child Youth Services Parent Advisory.

In a nutshell, the mayors are "the ears and eyes for the community," said Joey Bautista, head of the mayoral program.

"The mayors are the most enjoyable group I've worked with as garrison commander," said Col. Michael Resty, Fort Carson garrison commander. "They know what they want, they're not shy about saying it and their standards are high. All of this leads to great things for the community."

Lori Gill, mayor of Ute Hill Village, said the job of mayor is often thankless, but its reward is doing something for the community and creating a lasting legacy.

Over the past year, the mayors have helped get storm doors on housing units and fuel pumps that operate 24 hours a day at the fuel station on Magrath Avenue by Gate 20.

The new mayors and deputy mayors are as follows: Apache — Tanisha Coble; Arapahoe — Mylia Phou Amkha and Marie Victoria Ivie (deputy); Blackfoot



Photo by Sgt. Jon Wiley
Col. Michael Resty, garrison commander, swears in the recently elected mayors and deputy mayors for Fort Carson's 13 resident villages during a luncheon at the Elkhorn Conference Center Tuesday.

— Sgt. Maj. Arnold Lewis and Diann Cline (deputy); Cherokee East — Daine Jurgens and Heather Caban (deputy); Cherokee West — Christina Marcum and Laurie Hawthorne (deputy); Cheyenne — Sylvia Baca; Choctaw — Kristie Little and Sarah Dunn (deputy); Comanche — Virginia Carl and Lynne Bourgeois

(deputy); Kiowa — Dominique Haftmann and Kristen Spiller (deputy); Pawnee — Holly Thornell and Serene Toney (deputy); Shoshoni — Dawnette Walters and Jean McClintock (deputy); Sioux — Vanessa Guerra and Cindy Davidson (deputy); Ute Hill — Lori Gill and Jim Leaver (deputy).

Military Briefs

Misc.

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

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

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

3rd ACR — 526-3417

3rd BCT — 526-4549

43rd ASG — 526-9366

Division troops — 526-3983.

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

Positions are open in all 45 specialties if you qualify.

Applicants with less than 12 years active federal service are encouraged to apply.

For more information, contact the Warrant Officer Recruiting Team at www.usarec.army.mil/warrant or call (502) 626-0271/1860.

U.S. Military Academy positions available — The U.S. Military Academy at West Point is looking for branch-qualified company grade officers and non-commissioned officers in the rank of sergeant first class interested in an assignment to the USMA. NCOs should

have drill sergeant or platoon sergeant experience with 12 to 15 years of service to be assigned to the staff and faculty as instructors and company tactical NCOs.

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

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

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

The Army's Special Forces is a strategic, multi-purpose force capable of rapid response to various contingencies around the world. Called "Green Berets," these highly-skilled Soldiers are trained in unconventional warfare, foreign internal defense, direct action, special reconnaissance, combating terrorism, information operations and counter proliferation.

Special Forces candidates must be mature and self-motivated; open and humble; and better conditioned physically and emotionally than the average Soldier. All interested male Soldiers, privates first class to staff sergeants, and second and first lieutenants are encouraged to attend. For more information, contact Sgt. 1st Class Bill Roepe at 524-1461.

CIF Hours

Central Issue Facility hours of operation:

Regular business hours

Mondays, Tuesdays, Wednesdays and Thursdays from 7:30 a.m. to noon and 12:30 to 3 p.m. and Fridays from 7:30 a.m. to noon.

Initial/partial issues

Mondays, Thursdays and Fridays from 8 to 11:30 a.m. and 12:30 to 3 p.m. and Mondays, Tuesdays, Wednesdays and Thursdays from 12:30 to 3 p.m.

Direct exchange

Mondays, Tuesdays, Wednesdays and Thursdays from 12:30 to 3 p.m.

Partial turn-ins

Mondays, Tuesdays, Wednesdays and Thursdays from 12:30 to 3 p.m.

Full turn-ins

Appointments are scheduled

Mondays, Tuesdays, Wednesdays and Thursdays, call 526-3321.

Effective immediately: Replacement will be scheduled Monday, Thursday and Friday mornings. Demobilized units tentatively have Tuesdays and Wednesdays to schedule out processing. Mobilization units will schedule unit direct exchange by appointment. Unit supply sergeants will collect Soldiers' DX items and schedule CIF appointments. A CIF employee will work one-on-one with a supply sergeant.

Active-duty units — Permanent Change of Station/End of Time in Service/chapters/retirees will make an initial out processing appointment Mondays, Tuesdays, Wednesdays and Fridays for turn-in. All follow-on appointments (14 OCIE items or less) will be scheduled if needed.

Bulk issue and turn-ins — by appointment only.

Appointments can be made with Kristine Harald at 526-3321. POC for this information is Frank Howard, CIF supervisor at 526-6477.

Laundry Service

Post Laundry Service — The post laundry service provides free laundry service to Soldiers for government-owned property only. Items issued by the Central Issue Facility should be cleaned at the post laundry prior to turn in. Allow extra time for items to return from the cleaners. It is not recommended to pick up your equipment on the same day as the scheduled CIF appointment. Turn around for service is 72 hours.

No appointment is necessary. The post laundry will not clean personal items like Battle Dress Uniforms, boots, tent pegs, canteens, entrenching tools or wet-weather gear. Material TA-50 items that can be washed include: sleeping bag assembly, chemical suits, Gortex, ruck sacks, coveralls, CVC jackets and most web equipment.

Hours of operation are 7:30 a.m. to noon and 12:30 to 3:45 p.m., Mondays through Fridays, excluding holidays. For more information, call 526-8806 or 526-8804.

Briefings

eArmyU — eArmyU program briefings are conducted at the Mountain Post Training and Education Center, building 1117, Tuesdays at 9 and 11:30

a.m. and Wednesdays at 1:30 p.m.

The Army Career and Alumni Center briefing is required for all departing servicemembers. The current ACAP policy is to register personnel ETSing one year out and retirees two years out. Briefings are held Mondays, Tuesdays, Thursdays and Fridays from 8:30 to 10 a.m.

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

Are you at 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' Brief is the third Wednesday of each month, 1 to 3 p.m. at McMahon Theater.

Hours of operation

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

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

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

Defense Activity for Non-Traditional 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., closed Fridays.

To make a personnel claim, one must attend a mandatory briefing which is given Mondays and Wednesdays at 10 a.m. and 2 p.m. At the briefing, one must submit a DD 1840/1840R.

Submit completed claims Tuesdays and Thursdays from 9 to 11:30 a.m. and 1 to 4 p.m. Closed on Fridays.

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



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

Dining Schedule

Oct. 2 to 8, 2004

Wolf Inn (building 1444)

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

Striker Inn (building 2061)

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

Patton Inn (building 2161)

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

Cav Inn (building 2461)

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

La Rochelle Inn (building 7481)

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

Long Knife Inn (building 9612)

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

Exceptions

- Nothing at this time.



*1st Battalion, 8th Infantry***Soldiers earn awards for valor, performance**

by Sgt. Chris Smith
Mountaineer staff

In an awards ceremony Sept. 24 at the Special Events Center, 1st Battalion, 8th Infantry awarded medals to Soldiers for actions in Iraq and during a recent gunnery exercise.

One Bronze Star with a "V" for valor was awarded and one Army Commendation Medal with a V for valor was awarded along with six other Bronze Stars for service when the unit was deployed in support of Operation Iraqi Freedom.

Cpl. Wesley Johnson, Headquarters and Headquarters Company, 1st Battalion, 8th Infantry, was presented with the Bronze Star with V device for valor for action during an ambush on a convoy in Iraq. He entered the kill zone three times for critical supplies which were needed.

"It's a very high honor for me," said Johnson.

The Army Commendation Medal with a V device for valor was awarded to Spc. Michael Miltko for his actions while in Iraq during an engagement with the enemy on patrol.

The awards from the gunnery were for Soldiers' performance.

"We want to recognize Soldiers who have great performances," said Lt. Col. Nate Sassaman, commander of 1st Bn., 8th Inf. "We awarded the top crews and support personnel."

The purpose of the awards according to Sassaman, was to not only recognize the top crews but to boost Soldier's morale. He said that the recognition makes Soldiers see that their hard work is rewarded.

The medals from Iraq were presented by Maj. Gen. James Thurman, 4th Infantry Division (Mechanized) commander. Thurman said he was very glad to have the opportunity to recognize Soldiers for their actions.

Iraq awardees:

Bronze Star with V device: Cpl. Wesley Johnson

Bronze Star: Sgt. Steven Beard, Staff Sgt. Michael Davis, 1st Sgt. Darryl Dean, Sgt. 1st Class Randy Montgomery, Staff Sgt. Timothy Robinson, 1st Lt. Matthew Staton, Staff Sgt. Adam Tymensky

Army Commendation Medal with V device: Spc. Michael Miltko
Gunnery awardees:



Photo by Sgt. Chris Smith

Maj. Gen. James Thurman, 4th Infantry Division commander, presents 1st Sgt. Darryl Dean with the Bronze Star, an award he earned for his actions while deployed to Iraq.

Army Commendation Medal:
Staff Sgt. Jacob Legendre, Spc.
Francisco Garcia, Pfc. Jimmy Pulver,
Sgt. 1st Class James Jones

The awards ceremony was punctuated with videos of exercises the unit has performed along with music, smoke and a light show. Soldiers

were having a good time with the effects, dancing along in the bleachers. The effects were an effort to make the Soldiers enjoy an afternoon not in the motor pool.

"Who wants a boring awards ceremony," said Sassaman. "We want to make it fun."

Golf

From Page 3

day with a total team score of 731 with Air Force close behind at 734. Navy was third at 781 strokes and the Marine Corps was last with 808 strokes.

After day two, Air Force led with 1,397 strokes, Army followed with 1,415 strokes, Navy was next with 1,499 strokes and the Marine Corps was in fourth with 1,544 strokes.

Air Force took a commanding lead on day three surging ahead by 41 strokes with a total score of 2,095. Army was second with 2,135, followed by Navy with 2,259 and the Marine Corps with 2,314. Air Force's added eight strokes to its lead as they held off the Army's advance.

Air Force finished with 2,793 total strokes followed by Army at 2,842, Navy with 3,000 and the Marine Corps with 3,096.

"There are a lot of good players in the military, no matter what service you're in," Hawthorne said. "It

was a great tournament last year and I'm sure it has been every other year prior to that."

Team standings:

1. Air Force — 2,793
2. Army — 2,842
3. Navy — 3,000
4. Marine Corps — 3,096

Male standings:

1. Capt. Jeff Scohy (Wright-Patterson Air Force Base, Ohio) — 283 (75/67/69/72)
2. Tech Sgt. Brian Billingsly (Robbins Air Force Base, Ga.) — 286 (71/70/72/73)
3. Sgt. Chris Douglas (Fort Bragg, N.C.)* — 288 (74/71/70/73)

*Won on eighth playoff hole.

Women's standings:

1. 2nd Lt. Karin Tjelmeland (Lajes Air Base, Azore Islands) — 341 (87/78/89/87)
2. Capt. Shelley Sanders (Aberdeen Proving Ground, Md.) — 342 (85/82/89/86)
3. Tammy Garcia (Wright-Patterson Air Force Base, Ohio) — 344 (84/81/88/91)



Photo by Spc. Zach Mott

Navy Lt. Derek Breeding, Brunswick, Me., blasts out of a sand trap on the second hole during the final day of the All Services Golf Tournament.

Bragg visit

From Page 1

technology.

"We feel like we can learn from the military community and we want to make things better for Soldiers," said Tommy Bolton, North Carolina's Civilian Aide to the Secretary of the Army. "We represent a strong civilian corps that feels blessed to have Soldiers as neighbors."

During their four-day visit to Fort

Carson, Bolton and the 15 other participants stopped by the post's Combat Skills Trainer facility.

The CST is a scenario-based computer system that strives to prepare Soldiers for convoy live fires during a deployment. Since its opening July 17, it has helped train more than 1,700 Soldiers.

"It is a constructive and virtual environment," said Mike White, the simulations division chief. "There are more than 90 scenarios built right into the computer."

After observing Soldiers from Headquarters and Headquarters Troop, 3rd Armored Cavalry Regiment training on the system, the BSAC and Friends of SOF group were allowed to give it a try, firing dummy M16A2 rifles and Squad Automatic Weapons at faux enemies on large television screen.

"This really gives me an appreciation of who Soldiers are and what they do," said Molly Wick, a six-year member of Friends of SOF. "I really think civilians can benefit from exposure to

the military and I am very fortunate to be a part of this."

Also during their visit, the group observed training on a Bradley Fighting Vehicle, and later hopped on for a ride. They ate Meals, Ready to Eat with Soldiers, stopped by the 10th Special Forces Group complex, received sniper fire familiarization, and sat in briefings with Northern Command, North American Aerospace Defense Command, and 7th Infantry Division's Assistant Division Commander for Maneuver.

Sustainability conference kicks off

Carson hosts annual event Wednesday at Doubletree

Courtesy Directorate of Environmental Compliance and Management

As a sign of its ongoing commitment to the sustainability of the Pikes Peak region, Fort Carson is hosting its third annual Community Sustainability Conference Wednesday at the Doubletree World Arena from 7:45 a.m. to 5 p.m. It is free to the public.

Several leading sustainability advocates including, George A. Carellas, assistant for Sustainability Environment, Safety and Occupational Health for the Assistant Secretary of the Army, and L. Hunter Lovins, president of Natural Capitalism, will speak during the conference. Fort Carson's Commanding General Maj. Gen. Robert Wilson and Garrison Commander Col. Michael Resty Jr., will host the conference. Welcoming remarks will be made by Colorado Springs Mayor Lionel Rivera.

Fort Carson is making notable progress in reaching its vision of a sustainable community through the pursuit and achievement of long-term goals. The 25-year goals were formulated and adopted during the initial conference in 2002. The 2004 conference will update stakeholders on Fort Carson's challenges and successes in developing strategies and implementing initiatives for some of the goals.

The sustainability program focuses not only on taking care of the future of Fort Carson — it also takes into account the Mountain Post's role as a neighbor to the region, working closely with key companies, utilities and local governments to ensure sustainability efforts are beneficial to the entire region.

"Sustainability ensures our national security and is a key component of the defense and U.S. Army

mission," said Mary J. Barber, deputy director of the Fort Carson Directorate of Environmental Compliance and Management and lead proponent of the Sustainability Program.

"Social ills and human conflict over earth's natural resources become more likely as resource availability becomes constrained and unbalanced. Acting in a way that conserves and protects our environmental and natural resources today may help alleviate these problems and preserve peace. At the local level, Fort Carson leads the effort to become more regionally sustainable and to protect our quality of life for Soldiers, families and our neighbors, now and into the future," Barber said.

In addition to Fort Carson's report, five major Colorado organizations will report on their own sustainability progress.

Four key areas will be emphasized during the conference: sustainable procurement, transportation planning, energy management and sustainable leadership.

Sustainable business strategies for government procurement:

Fort Carson's journey to sustainability includes a gradual shift toward preferences for more environmentally and socially responsible products and vendors. Many other businesses, governments and citizen buyers are on the same path. This workshop will help Colorado businesses of all sizes understand the advantages of sustainability strategies, with a particular focus on government procurement processes and regional military procurement opportunities. This workshop is co-sponsored by the Pueblo Chamber of Commerce, Latino Chamber of Commerce of Pueblo

and the Cañon City Chamber of Commerce.

Sustainable transportation planning:

Cities, regions and large organizations such as military installations or businesses face strong challenges to plan and implement transportation systems that better meet sustainability goals. This workshop will focus on transportation planning in the Pikes Peak region, Fort Carson's goals and challenges and innovative hydrogen fuel development projects in Fort Collins. Featuring presentations by Fort Carson, Springs Transit, Pikes Peak Area Council of Governments and the City of Fort Collins.

Sustainable energy management:

Beginning with a summary of the sustainability impacts of energy production and use and "sustainable energy" concepts, the workshop will focus on technologies and strategies that can be profitably used in business and government facilities today, with an emphasis on those that are easily accomplished.

Leadership for sustainability:

Capturing the advantages of sustainability requires leadership attuned to creativity, risk-taking and long-term, whole-system thinking. These skills must be successfully integrated with existing decision-making and leadership training systems. This workshop will explore and develop the skills needed for successful leadership for sustainability in organizations and communities.

Please R.S.V.P. by Monday by e-mailing Brittge.Dodd@carson.army.mil or calling the Directorate of Environmental Compliance and Management at 526-2022. The conference is made available to participants at no charge.



Photo by Spc. Zach Mott

Proudly served ...

Fourteen Soldiers retired from service in a Mountain Post Retirement Ceremony Wednesday at Manhart Field. The Soldiers and their families were honored for their dedication to duty and time in service.

Left, Master Sgt. Fitzgerald K. Johnson, formerly of the 1st Battalion, 12th Infantry Regiment, receives a flag that flew above the post headquarters from Maj. Gen. Robert Wilson, 7th Infantry Division and Fort Carson commanding general, as Johnson's wife Corliss stands by.

Above, seven of the 14 retirees stand with family members on Manhart Field awaiting the presentation of awards and recognition of their service.

Community

Universal default: *Reading the fine print*

Courtesy the Financial Readiness Program, Army Community Service

"Universal default? What is that? Many consumers don't know about the latest consumer credit trap known as 'universal default' until it affects their pocketbooks," said representatives from the nonprofit Institute of Consumer Financial Education an education foundation based in San Diego.

Since 1982, the ICFE has been helping consumers of all ages improve their spending practices and habits, increase their savings accumulation and use credit more wisely and also speaking out against universal default.

Universal default is a not-so-new term for lenders and credit counselors, however it is a new problem consumers are facing more often than ever before. A universal default clause is one of those fine print items buried in many, if not most, credit card agreements. It comes into play when consumers, who otherwise have excellent credit (and also high credit scores), suddenly have a negative item appear on their credit reports. When negatives begin to appear on a report, the 'universal default' clause is often invoked. Essentially it means if you are in default with one lender, you are in default with us, too.

The Office of the Comptroller of the Currency recently labeled the practice as "unacceptable" for national banks. In an advisory letter sent to more than 2,000 national banks and 51 federal branches of foreign banks in the U.S. the OCC charters, regulates and examines warned those that issue credit cards that "certain practices in connection with repricing credit card accounts and changing terms of credit card agreements may raise heightened compliance and reputation risks." The OCC stressed in its alert that national banks should not:

"Fail to disclose fully and prominently in promotional materials the circumstances under which the credit card agreement permits the bank to increase a consumer's annual percentage rate (other than due to a vari-

able rate feature), increase fees, or take other action to increase the cost of credit, such as failure to make timely payments to another creditor."

The result of the so-called universal default clause is the low interest rates enjoyed at the outset of a credit relationship with a lender, will soar and, in more than a few cases, may double or triple. Creditors and lenders are now more closely monitoring credit reports of their current clients for signs of trouble, especially with other lenders.

Missing or being later on a payment, even to the phone company, a book or music club, can be very costly if it makes it to your credit report. It is now much more than a \$30 or \$40 late payment fee, because not only does it trigger higher fees and interest charges, it will also lower credit scores. The ICFE is receiving calls everyday from distressed consumers complaining the interest rates on their credit cards have shot up, seemingly without explanation or notice from their lenders. They all want to know why and what they can do about it.

Until things change in credit card agreements, based on the OCC's declaration that it is unacceptable, consumers are encouraged to read carefully the rate, fees and other cost information included with the credit card offer. It usually appears under a section titled: Other APRs. Listed among them are the cash advance rate, the default rate, the closed account rate and the overdraft advance rate. It is the default rate that needs more examination. ICFE advises consumers not to sign any credit card agreement that includes a universal default condition.

Bank One's, Terms And Conditions explanation on

a credit card offer with a 7.99 percent fixed rate reads: "Your APRs may increase if you default under any Card member Agreement you have with us for any of the following reasons: we do not receive at least the minimum payment due by the date and time due as shown on your billing statement for any billing cycle for which a payment is owed, you exceed your credit line on this Account, you fail to make payment to another creditor when due, you make a payment to us that is not honored by your bank."

If you are already using a credit card that has a universal default clause in the card member agreement, prevention is easy. Pay all your monthly obligations, at least a week or more ahead of the payment due date.

Many lenders and service suppliers, such as utilities, are placing reminder notices in or on their customers monthly statements. They encourage consumers to have payments reach their offices, not on the due date, but in time to have the payment processed and posted to an account before the due date.

Fixing a negative item on a credit report is not so easy. Once it hits the report, the damage is done. To get it removed, a consumer must convince the creditor the problems lie elsewhere and that the consumer is not at fault for a payment being recorded as late. Usually consumers lose this argument, unless they send their payments certified mail and can actually track the date of receipt. Absent any sort of proof your payments were delivered on time to the creditor, consumers will be paying higher interest rates and other fees, perhaps for years to come.

If you are experiencing difficulty paying your bills, are behind in your payments or being harassed by creditors, contact the Financial Readiness Program at Army Community Service, 526-4590 for assistance.

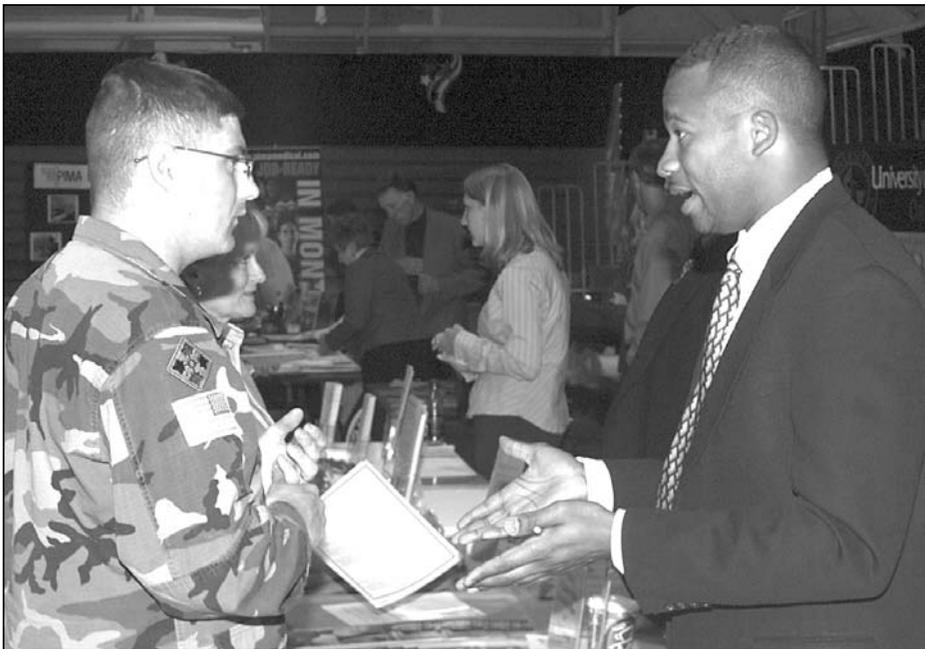
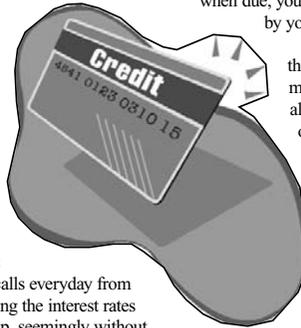


Photo by Sgt. Jon Wiley

Education fair . . .

Clive McCarthy, a representative of DeVry University Southern Colorado, discusses some of the education programs his school offers with Pfc. Michael Cooper, 3rd Brigade Combat Team, at Fort Carson's Education Fair at the Special Events Center Sept. 22. The fair, which was sponsored by Fort Carson's Education Center, had representatives from several schools that service the southern Colorado area.

Fire prevention week:

A good time to test smoke alarms

Courtesy Fort Carson Fire and Emergency Services

Fire Prevention Week is Sunday to Oct. 9. This year's theme, "Test Your Smoke Alarms!" encourages the public to develop and practice a home fire escape plan, which includes testing and maintaining smoke alarms.

Fire prevention education is one of the most rewarding programs you could participate in,

whether you are a resident, child, parent, teacher or firefighter. The knowledge gained through attending or teaching these programs could save your life or the life of someone near and dear because once a fire starts, there's no time to develop a plan.

The National Fire Protection Association estimates that about 80 percent of all fire deaths in the United States and Canada occur in the home. Roughly 11 people per day die in home fires in the United States and Canada.

Many lives can be saved if people react immediately when a fire alarm sounds. Once a fire starts, there's no time to develop a plan. The Fort Carson Fire and Emergency Services urges everyone to test smoke alarms.

The history of Fire Prevention Week has its roots in the Great Chicago Fire, which occurred Oct. 9, 1871.

This tragic fire killed more than 250 people, left



100,000 people homeless, destroyed more than 17,400 structures and burned more than 2,000 acres in 27 hours.

While the origin of the fire has never been determined, there has much speculation over how it began.

In 1920, President Woodrow Wilson issued the first National Fire Prevention Day proclamation, and since 1922, National Fire Prevention Week has been observed on the Sunday through Saturday period in which Oct. 9 falls.

In addition, the president of the United States has signed a proclamation pronouncing a national observance during that week every year since 1925.

Refer to the following schedule of events and come out to support this worthwhile, educational and fun event. Fire Prevention Activities for 2004.

Monday

Stove fire demonstrations, engine static display and Fire Prevention Week display at the Post Exchange, building 6110

9 a.m.: Fire drills, building 8000 and 330
1 to 2:30 p.m.: School assemblies,
Sparky/Sparx Patriot Elementary School.

Tuesday

Stove fire demonstrations, engine static display and Fire Prevention Week display, at the Post Exchange building 6110.

9 a.m.: East Center, two trucks for tours

11 a.m.: PX/commissary, visits by Sparky
1 p.m.: Fire drills, buildings 1550 and 1525

Wednesday

Stove fire demonstrations, engine static display and Fire Prevention Week display, at the post exchange, building 6110.

TBD: Child-care building 6058 and 6060, visits by Sparky/Sparx

8:30 to 10 a.m.: School assemblies, Sparky/Sparx Mountainside Elementary School.

Thursday

Stove fire demonstrations, engine static display and Fire Prevention Week display, at the Post Exchange building 6110.

12:30 to 1:45 p.m.:
School assemblies,
Sparky/Sparx Abrams
Elementary School.

2:30 p.m.: Building
5510, two trucks for tours.

Friday

Wrap up: Fire
Prevention Week Display,
PX, building 6110.

Crews to visit schools,

as time permits, for lunch with the kids.

Schedule is tentative and subject to change.



Community Briefs

Miscellaneous

Child-care openings — Child and Youth Services currently has openings for children ages six weeks to fifth grade. Call 526-1101 for more information.

Santa's Workshop — Local children in need will be provided a toy during this holiday season based on the generosity of the community. The annual giving tree — in which needy children are identified by age and sex — will be set up at the Post Exchange. If you would like to participate in this Fort Carson Officers' Spouses' Club event you can select a name and donate a new, unwrapped toy for that child. If you would like to donate money, send it to: Santa's Workshop; P.O. box 12886; Fort Carson, CO 80913.

Call Katie McMaster at 559-9512 for information about how you or your unit can participate.

Theater touring company — The U.S. Army Community and Family Support Center will be sponsoring the production "The Complete History of America." This production is solely comprised of active-duty military. For those Fort Carson Soldiers who have a talent in acting, singing and dancing and want to be considered as part of the casting for this production that will be touring throughout the world, contact Al Gambala, theater director, at 526-1867, fax 526-4693 or e-mail al.gambala@carson.army.mil. Nominations will be selected through several methods and package submitted to higher levels.. Gambala will work with each individual on a submission package.

If you have at least 90 days time in service remaining after Feb. 28, 2005, fully deployable worldwide with no restrictions for health, family or legal reasons for overseas areas and your unit will confirm your availability, then consider applying. The opportunity to travel, perform and represent the Army, entertain fellow Soldiers and family members is possible. Deadline for nomination packages to higher levels is Oct. 15.

Battle of Bands — Army-level finals of the 2004 Battle of Bands is slated for Oct. 23 at Fort Eustis, Va. Fort Carson is anticipating entering a band for this competition, which will be co-sponsored by U.S. Army Community and Family Support Center. Fort Carson Morale, Welfare and Recreation is soliciting active-duty members with instrumental and vocal skills to form a band for this competition. For those interested in forming a band, there will be a meeting Oct. 4 at 5 p.m. at building 1129. For more information, call Al Gambala at 526-1867 or e-mail al.gambala@carson.army.mil. With the abundance of talent within the Fort Carson active duty military, Fort Carson MWR is confident a post band can compete against other installations in the Army.

Dust control — To help prevent dust traveling off post and to minimize air pollution issues in surrounding communities, Fort Carson will spray magnesium chloride on all unpaved roads in the cantonment area and on the more traveled down range roads throughout day.

Magnesium chloride is an environmentally friendly dust control and soil stabilization product; it does not cause harm to human health or the environment. It attracts moisture to provide maximum control of dust. After the road has been prepared for a dust control treatment, magnesium chloride is applied. Each year previously treated roads must be retreated with magnesium chloride and as the roads are retreated dust abatement improves. Freshly sprayed areas should be avoided.

JPPSO renovations — From October to April the Joint Personal Property Shipping Office, in building 1220, will be undergoing renovations and construction on the second and third floor. Occupants are expected to be exposed to a minimal amount of dust, noise and odors from solvents, paints, glues and asbestos.

Parking will also be at a premium in the north parking lot. Additional parking is available across the street from the south parking lot.

Family Readiness Group Leader Forum — The Forces Command Family Readiness Brigade assistants invite all FRG advisors and leaders to attend their first FRG leader forum today at the Elkhorn Conference Center from 9 to 11 a.m. Registration is required. Limited child-care is available.

Explore ways to recruit volunteers, get ideas for social activities, network with other FRG leaders and learn ideas for fundraising.

Call Connie Roy at 524-1278, Shirley Rudd at 526-3581 or Kim Alexander at 526-4662 for more information.

Harmony in Motion — Harmony in Motion, Fort Carson's premier vocal ensemble, is currently holding auditions. Positions are limited and only the best will be accepted. Call Sgt. Travis Claybrooks at 338-2340 for more information.

New TRIWEST number — TRIWEST will have a new appointment number Oct. 1. The toll-free number will change from (888) TRIWEST to (866) 427-6606, and local numbers will be disconnected. The change is due to a change in phone service contracts.

TRICARE customer assistance — The TRICARE Customer Assistance Center located at 5475 Mark Dabling Blvd. will close Oct. 1. Following the closure, military beneficiaries will need to go to one of the TRICARE Service Centers located in the three military treatment facilities in Colorado Springs or the Fort Carson Welcome Center.

For more information, call 264-5000, option 4.

Musician needed — Prussman Gospel Service is looking for a piano, organ or keyboard player. Experience is a must. If anyone is interested in this position, call Chap. (Capt.) Jamison Bowman at 200-3909 or Prussman Chapel at 524-2871.

New requirements for pet travel to Europe — Beginning Oct. 1, the requirements for Soldiers making a permanent change of station to Europe with their pets will change. Pets will be required to have a specific type of microchip. The microchips must be ISO compatible, which is not a type of chip generally administered in the United States. So, even if your dog has a microchip, unless it is ISO compatible, it will not be adequate for travel into Europe. If you have Permanent Change of Station orders to Europe, come to the Fort Carson Veterinary Treatment Facility in building 6001, Nelson Blvd., just inside Gate 1.

Fort Carson OSC charitable funds — Each year, the Fort Carson Officers' Spouses' Club distributes charitable funds to assist and support nonprofit organizations. The FCOSC is currently accepting applications for distribution of these funds. The funds will be disbursed in late November 2004 following a review and selection process of all applications by the FCOSC. To request an application, contact Bambi Brimmer, FCOSC Welfare Chairperson via e-mail at fortcarson_officersspousesclub@yahoo.com or P.O. Box 12886, Fort Carson, CO 80913. All applications must be postmarked by Thursday.

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



Army Community Service

Family Readiness Center, Bldg 1526

TEL: (719) 526-4590

Attend this month's Financial Readiness Program
Money Trouble Solutions seminar

"Debt Proof Your Holidays"



Thursday, 21 October

6:00P.M.-7:30P.M.

Family Readiness Center, Bldg. 1526

Limited childcare available - prior registration required.

Call (719) 526-4590 to register.

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 Berkeley Avenue and Ellis Street).

- 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").

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 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 mayor or the program coordinator at 526-1082 or 526-1049.

Claims against the estate

Claims against the estate: With deepest regrets to the family of Sgt. 1st Class Andre V. McDaniel, deceased. Anyone having claims against or indebtedness to his estate should contact Capt. Christopher Peterson at 526-2796.

Chaplain's Corner

Caution: Don't be an eye irritant

**Commentary by Chaplain candidate (2nd Lt.)
Andrew K. Arrington**

As vinegar is to the teeth and smoke to the eyes, so is a slacker to those who send them (as messengers or workers). Proverb 10:26

As a newly commissioned officer, I experienced many "firsts" during my stay here at Fort Carson. Fresh out of Chaplain's Officer Basic Course, I arrived on post with very few Army experiences. I had been to several ranges during OBC, always traveling on foot. Here at Fort Carson, I got my first ride to the field in a "Humvee."

I rode out to visit the scouts of 1st Battalion, 68th Armor, who were in the field for a week. The sergeant started the vehicle as all the passengers let the windows down. The ride out was nice and smooth. The air rushing across my face was a welcomed relief to the heat.

Unfortunately, the refreshing wind became a menace to my eyes not long after we turned onto a dirt road. The vehicle in front of us created a cloud of dust. The cloud soon engulfed our Humvee. The tiny particles of dust found their way into my eyes. I tried to halt the advance of the dust by wearing my sunglasses, yet the relentless attack continued.

The dust irritated my eyes, detracting from my ability to observe the surrounding terrain. During the ride, events from my childhood entered my

mind. Most vividly, I remembered the many times I moved around a camp fire, attempting to find the one spot where the smoke would not blow in my direction. I don't think I ever found that spot.

Dust and smoke irritate our sensitive eyes. In much the same way a slacker or a sluggard is an irritant to those whom they are serving. The Soldier who drags his feet when given a mission is like dust blowing in the eyes of his commander. A child who disrespects his parents is like a breeze blowing smoke into the face of his parents. Another irritant is the spouse or parent who makes promise after promise with no intent of following through on any of them. When we are not diligent in our responsibilities we kick up a cloud of dust that is a major irritation to those around us.

In what area of your life are you being an eye irritant? You can be an irritant to anyone if you approach your duties with the mentality of a slacker.

As a Christian, I am called to do everything with excellence as if I were serving Jesus Christ himself. Therefore, I must fight the impulse to be a slacker and strive to do all things with excellence. The Apostle Paul states this principle very well in Ephesians 6:8. He states that slaves are to obey their masters and serve them as if they were serving God.

God desires that we act as a breeze that refreshes the lives of the people around us. Don't be an eye

irritant, rather, approach life's duties with an attitude of diligence and excellence. We must be careful so as not to become an irritant to those around us by being a slacker. The challenge is to become a refreshing breeze that blows across the face of those to whom we are responsible. Join me in the journey.

Briefs

Catholic Family Religious Education —

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

American Indian services —

The He Ska Akicita Inipi, is located on Fort Carson. All native and non-native people, military personnel, family members, and Department of Defense personnel are welcome.

Anyone interested in attending and praying in this manner can contact Michael Dunning at 382-5331, (c) 330-9537, or (e-mail) micheal.dunning@carson.army.mil, or Charles Erwin at 382-8177, (e-mail) erwin106@juno.com, or Zoe Goodblanket at 442-0929 for more information and directions.

Chapel

Hallelujah Fun Night — Join in the fun of this Halloween alternative at Soldiers' Memorial Chapel Oct. 27 from 5:45 to 8 p.m. Come in your costume (please avoid scary costumes) and complete the scavenger hunt for a special prize. Fun and games will include pizza, magic show, puppet show, skits, candy, music relay races, face painting, snacks and much more. For all the toddlers there will be a special room with age-safe treats and games. This program is sponsored by the Fort Carson Protestant Women of the Chapel.

Catholic Women of Fort Carson news — Because of the success of the daytime gathering, the members will meet twice a month on the second and fourth Thursdays. The next meeting of the First Friday group of the Catholic Women of Fort Carson is today from 5 to 8 p.m. at Soldiers' Memorial Chapel. The evening starts with the Rosary and Mass followed by supper and fellowship. The evening will end with a program on the history of the Rosary. Attendees are asked to bring a special Rosary and story to share with the group.

Free child-care can be reserved three days prior to each event by calling Melanie Sorensen at 392-2983. Call Dominique Haftmann at 559-6680 for more information.

| Day | Time | Service | Chapel | Location | Contact Person |
|---|------------|-------------------|---------------|---------------------|---------------------------|
| Mon-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 | 7 p.m. | RCLIA | Soldiers' | Nelson & Martinez | Pat Treacy/524-2458 |
| Saturday | 4 p.m. | Reconciliation | Soldiers' | Nelson & Martinez | Chap. Amano/526-5769 |
| PROTESTANT | | | | | |
| Sunday | 9 a.m. | Protestant | Healer | Evans Army Hospital | Chap. Kincaid/526-7387 |
| Sunday | 9 a.m. | Protestant | Provider | Barkeley & Ellis | Chap. Borden/526-3711 |
| Sunday | 11 a.m. | Protestant | Soldiers' | Nelson & Martinez | Chap. Deppmeir/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 |
| Tuesday | 9 a.m. | PWOC | Soldiers' | Nelson & Martinez | Chap. Deppmeir/526-8011 |
| Sunday | 11 a.m. | Contemporary | Veterans' | Magrath & Titus | Chap. Martinez/526-8890 |
| Tuesday | 7 p.m. | PYOC | Soldiers' | Nelson & Martinez | Ms. Scheck/231-9511 |
| LITURGICAL | | | | | |
| Sunday | 10:45 a.m. | Lutheran/Anglican | Provider | Barkeley & Ellis | Chap. Mitchell/526-3888 |
| JEWISH | | | | | |
| For information and a schedule of Jewish Sabbath services, call the U.S. Air Force Academy Cadet Chapel at 333-2636. | | | | | |
| WICCA | | | | | |
| Monday | 6:30 p.m. | Family University | Building 1161 | | Melissa Dalugdug/330-7873 |
| 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 — Jonah 2:2-9 & Jeremiah 32-34

Saturday — Psalms 114 & Jeremiah 35-37

Sunday — Psalms 115 & Jeremiah 38-40

Monday — Psalms 116 & Jeremiah 41-43

Tuesday — Psalms 117 & Jeremiah 44-47

Wednesday — Psalms 118 & Jeremiah 48-50

Thursday — Psalms 119:1-8 & Jeremiah 51-52

The Army Cycle of Prayer — Each week, the Office of the Army Chief of Chaplains will highlight Army units, the Army at large, the nation and religious organizations to focus prayer. You are invited to join with the chaplain community and pray for these individuals and organizations.

The Army Cycle of Prayer. Please pray this week for the following:

Unit: For the Soldiers and leaders of the 3rd Infantry Regiment (Old Guard); 412th Civil Affairs Bn. and 463rd Engineer Battalion serving in the Horn of Africa.

Army: For Lt. Gen. James B. Peake, Surgeon General of the Army and commander, U.S. Army Medical Command, and the military and civilian personnel who

work in the Office of the Surgeon General.

State: For all the Soldiers and families from the state of Kentucky. Pray also for Gov. Ernie Fletcher, the state legislators and local officials of the "Bluegrass State."

Nation: For Condoleezza Rice, national security advisor to the president of the United States. Pray also for the personnel who work in the office of the National Security Council.

Religious: For all those who thirst for knowledge and seek the truth. May they be filled.

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



The Wolf pack goalie performs a goal kick during play on Saturday.

Photos by Sgt. Chris Smith



Parents cheer on their children during a soccer game on Saturday.



A player with the Raiders slows down as a Cardinals player celebrates in the background for pulling off his flag during play on Saturday.

Taking to the fields

Local youth take advantage of many Fort Carson sports opportunities

by Sgt. Chris Smith
Mountaineer Staff

Fort Carson Youth Sports and Fitness is hosting a plethora of activities for young athletes to participate in.

The program is open to youths ages 3 to 18 with events including soccer, basketball, football, in-line hockey, baseball, softball, wrestling and cheerleading. The leagues are designed to do more than help get children out of the house, but to help them stay in shape and receive social interaction.

"It's for children to get introduced in a nurturing environment to athletics," said Dave Martell, assistant youth sports and fitness director.

Martell said the program is going very strong with at least 300 to 350 participants in every sport. Due to this, they are trying to add new sports and activities for the youth.

This year, an in-line hockey league is being added in which youth can take up competitive hockey play on in-line skates. The league will start this winter. Also being added are wrestling clinics

where youths will be instructed in wrestling techniques and rules.

The leagues have received positive feedback from parents according to Martell. He said they are very happy with the opportunities being provided and the manner in which they are being provided.

"I think it's great exercise," said Carina Murphy, family member. "Just to be out there is good (for the kids) and definitely to be with friends."

The social interaction is cited as one of the key reasons for parents to involve their children.

"It focuses (the youth) to interact with other kids who are outside of their group of friends," said Martell. "It's good for them because it teaches them it's ok to be on new teams and to make new friends outside of their current group."

Understanding that not all children like to participate in group sports, the center is also adding a skate park soon. The park will be open to skateboarders, in-line skaters and possibly bicyclists.

The cheerleading program, which currently has 50 girls involved, is to get girls involved in activities

where youths will be instructed in wrestling techniques and rules.

"The girls enjoy it," Martell said. "The parents and the players appreciate it as well."

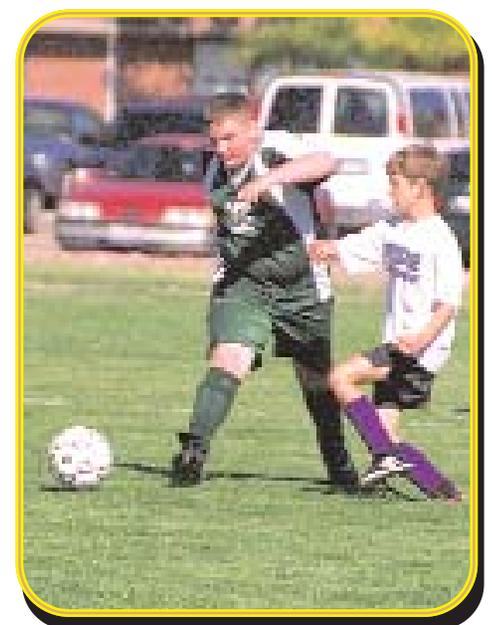
The program is run mainly with the help of volunteers who participate in coaching and officiating. Volunteers are always needed according to Martell and can get involved by contacting the center at 526-1233.

Currently, sign-ups for winter leagues are taking place. The winter basketball league and cheerleading will start taking registration Oct. 25. The in-line hockey league will start registering Oct. 30.

Wrestling clinics will be held Nov. 13 and Jan. 15. Spring sports registration will start Jan. 17.

Most sports charge a registration fee of \$40. The hockey league will charge a registration fee of \$60 with \$20 being refunded, according to Martell. The fee includes all needed equipment and jerseys. The players will be able to keep their jerseys at the end of each season.

Those wishing to find more information about youth sports can call 526-1233.



A Raiders player wins control of the ball from a Pride player during a soccer match in the 10- to 12-year-old age group Saturday.



Out & About

Oct 1 -8, 2004

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

ARMY MWR AND FORT CARSON INVITE YOU TO

THE ONE TEST-DRIVE EVENT THAT TESTS YOUR METTLE
AS MUCH AS IT TESTS OUR METAL.



ESCO CRAFT FAIR
AT THE
SPECIAL EVENTS CENTER
OCT 2

JEEP 101 AND FALL FEST

OCT 2 & 3
9 AM TO 6 PM
IRON HORSE PARK

Jeep Challenge Course

Ride the Mountain Bikes and Kids' Mini Jeep Courses

Pumpkin Patch and Activities for the entire family

Live Entertainment

Food and Drink

For complete event information, call 526-4494



Oktoberfest

October 1 & 2



**Military and Dependents
get in FREE with Proper ID!**

German Bands - German Food -
German and American Beer - Kid's Events

at the Penrose Equestrian Center
from 4:30 p.m. until Midnight

For info., call 520-7787



LIBRARY HOURS EFFECTIVE OCT 1

Mon - Thurs 11 am - 8 pm
Fri 11 am - 5 pm
Sat - Sun 10 am - 6 pm



STORYTIME EVERY WEDNESDAY 10:30 am - 11 am

Children ages 3 to 6
and others with
adult supervision.
Doors open at 10:15 am.
Use the east doors.

For more info,
call 526-2350.



Sports & Leisure

Swimming pool

Indoor programs offer healthy choices



Photos by Walt Johnson

William Quiles and his daughter Rachel prepare to swim laps during family night activities Sept. 23 at the post indoor swimming pool.



Participants enjoy themselves during a water-aerobics program, held each Tuesday and Thursday from 5 to 6 p.m., hosted by Crystal Miller, assistant aquatics director at the post indoor swimming pool.

by **Walt Johnson**
Mountaineer staff

If fun, family time and enjoyment must be a part of your regular exercise routine, the post indoor swimming pool could be just the place for you.

The post indoor pool offers a number of programs that are guaranteed to be fun, exciting and promote health and wellness according to Crystal Miller, post assistant aquatics director.

"We have programs designed for every age group and any type of water aerobic exercise you can think of. We are proud of the fact all of the classes are safe and fun for the people that take part in them," Miller said.

Programs for pre-schoolers to seniors are on the schedule with other programs in between that benefit Soldiers and families alike.

The typical schedule for the pool on Monday, Wednesday and Friday is:

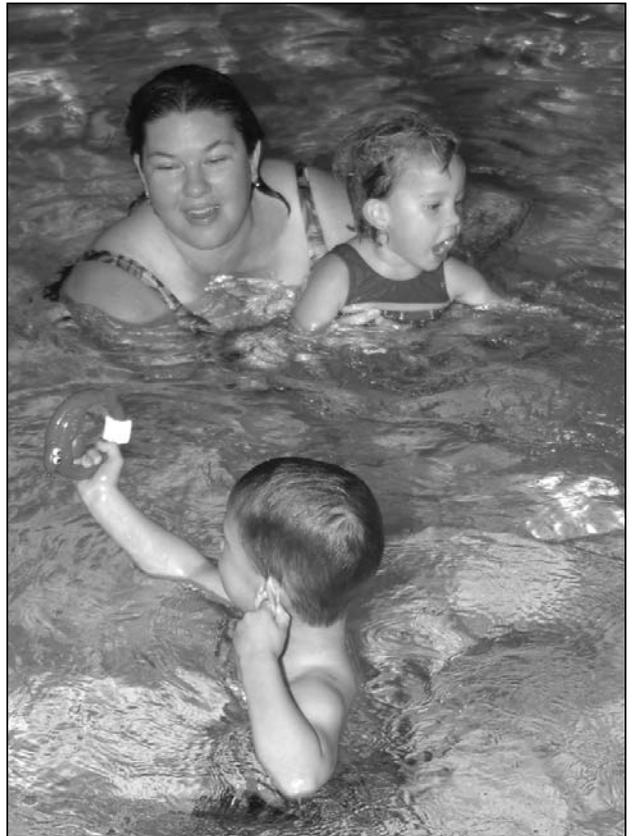
Lap swimming from 6:30 to 8:30 a.m. (Wednesdays are excluded for pregnancy physical training classes 6:30 to 8:30 a.m.); drown proofing

from 9 to 10:30 a.m. (Fridays are excluded for Sergeant's Time training); senior swimming from 10:30 to 11:30; Lap swimming from 11:30 a.m. to 1 p.m.; open swimming from 1 to 5 p.m.; swimming lessons from 5 to 6 p.m. and open swimming from 6 to 8 p.m.

The typical schedule for Tuesday and Thursday is: lap swimming from 6:30 to 8:30 a.m.; drown proofing from 9 to 10:30 a.m.; pregnancy physical training for family members from 10:30 to 11:30; lap swimming from 11:30 a.m. to 1 p.m.; open swimming from 1 to 5 p.m.; water aerobics from 5 to 6 p.m.; open swimming (two lanes) and family night (Thursday nights) from 6 to 8 p.m.

Monday through Friday the pool has a pre-school lessons program from noon to 12:30 p.m. on selected weeks. Please call the center at 526-3107 for designated weeks.

Saturday, Sunday and holidays the pool is open from 11 a.m. to noon for lap swimming and noon to 6 p.m. for open swimming.



Tamara Hirsch holds her daughter Rhea and watches her son Fritz play in the pool during family night Sept. 23 at the post indoor swimming pool.

66th MI beats intramural flag football champs



Photo by Walt Johnson

Quarterbacks such as this one were being constantly harassed during the first two nights of the intramural flag football playoffs.

by **Walt Johnson**
Mountaineer staff

Editor's note: The post intramural unit-level flag football playoffs began Monday with a single elimination format. The battalion-level tournament will begin Oct. 8 at the Mountain Post Sports Complex at 5:30 p.m. The championship game for this year's unit level title is scheduled to be played Monday night at the Mountain Post Sports complex. At press time, the game time was scheduled for 6 p.m.

There will be a new sheriff in town in the unit-level flag football community.

The 66th Military Intelligence unit pulled the biggest upset in recent memory Monday as it defeated the defending post champions from the 10th Combat Support Hospital 14-8, finishing off any chance 10th CSH had of winning a third straight title.

Going into the tournament, it was felt by many observers that there were a number of teams that had proven good enough to beat the defending champions, but truth be told, no one chose 66th MI before the game on Monday.

The chances of the intelligence unit winning the game were about as good as the Tampa Bay Buccaneers chances of scoring points this year, probable, but not likely. But there is a funny thing about this game of football, it's not decided on paper, reputation or words, it's decided on the field.

Intelligence team spokesman Ontario Washington said before Tuesday night's game that his team knew it had the formula to beat the champions, and they proved they were right.

"We knew coming out here that if we kept our poise, played as a team and played with heart we could beat them."

One of the keys to the game according to intelligence's Jamarlon Keys was the decided advantage in speed his team had.

"I told them before the game started we could beat them. They (10th CSH) billed themselves as having the most speed on post and we knew they didn't have the speed to keep up with us. We dominated the game on defense," Keys said.

The victory was surprising on two fronts. One, the 10th CSH was the team all year that stymied other team's offenses. At one point in the season the team had averaged giving up less than a first down a game.

Second, the 10th CSH had beaten the intelligence team 28-0 to start this season. But this wasn't the same intelligence team that suffered the shutout loss in game one.

"I missed the first game we played, and my presence in the middle of the defense made a difference," Dan Medal (6'2" and 220 pounds) said. "We have been practicing as a team since the beginning of the season, and it paid off for us Monday night," Medal said.

Pigskin Picks

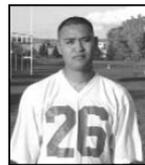
College/NFL Week 4



Claudio Barzan
1st MOB, 5025th



Keith Earl
Family member



Augustin Granados
Battery B, 3/29 FA



Teresa Inman
Family member

| | | | | |
|------------------------------|---------------|--------------|-----------------|--------------|
| Navy at Air Force | Navy | Navy | Navy | Air Force |
| Texas Christian at Army | Army | Army | Texas Christian | Army |
| LSU at Georgia | LSU | Georgia | Georgia | Georgia |
| Miami at Georgia Tech | Miami | Miami | Miami | Miami |
| Purdue at Notre Dame | Notre Dame | Notre Dame | Notre Dame | Purdue |
| Cincinnati at Pittsburgh | Pittsburgh | Pittsburgh | Pittsburgh | Cincinnati |
| Indianapolis at Jacksonville | Indianapolis | Indianapolis | Indianapolis | Indianapolis |
| Washington at Cleveland | Washington | Washington | Cleveland | Cleveland |
| Atlanta at Carolina | Atlanta | Carolina | Carolina | Carolina |
| Denver at Tampa Bay | Denver | Denver | Denver | Denver |
| N.Y. Jets at Miami | N.Y. Jets | N.Y. Jets | N.Y. Jets | N.Y. Jets |
| Tennessee at San Diego | San Diego | Tennessee | Tennessee | San Diego |
| N. Y. Giants at Green Bay | N. Y. Giants | N. Y. Giants | Green Bay | Green Bay |
| Oakland at Houston | Houston | Oakland | Oakland | Houston |
| St. Louis at San Francisco | San Francisco | St. Louis | St. Louis | St. Louis |
| Kansas City at Baltimore | Baltimore | Baltimore | Baltimore | Baltimore |

Mountaineer Youth Sports

Post youths win 12-7 ...

Fort Carson Youth Center Trojans tackle football team running back Michael Resty, center, hauls in a pass from quarterback Brandon Skaggs, left, and races 25 yards up the right sideline to score his second touchdown of the game at Memorial Park in Colorado Springs Saturday. Resty scored both touchdowns in the post team's victory. The team will be in action again Saturday as it meets the Boys and Girls Club at 8:30 a.m. at Memorial Park's field 15 in Colorado Springs.



Photo by Walt Johnson

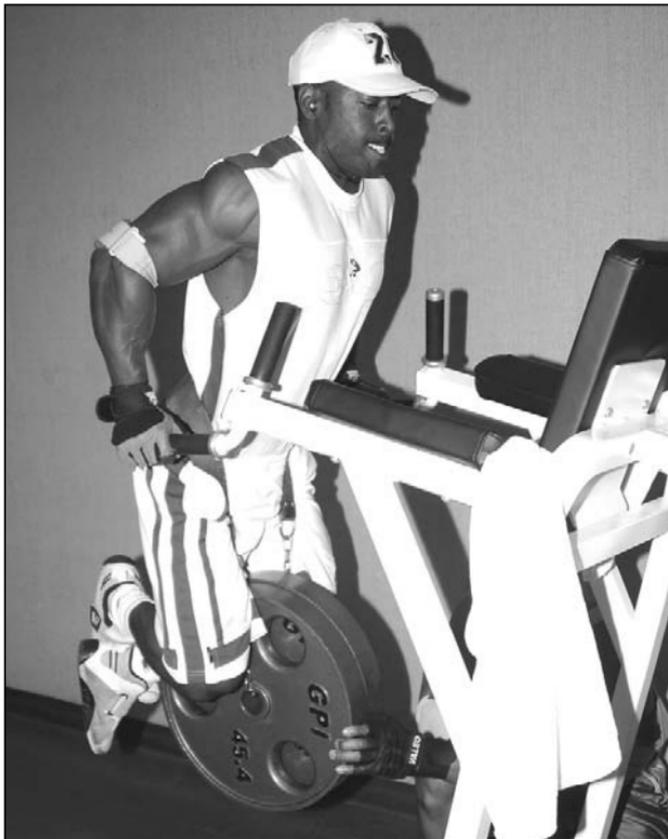


Photo by Walt Johnson

Fort Carson's Tony Claiborne demonstrates a weighted dip exercise designed to help the triceps, chest muscles and deltoid muscles.

On the Bench

Fitness buff offers workout advice

by **Walt Johnson**
Mountaineer staff

Editor's note: Mountain post fitness expert Tony Claiborne offers advice on proper workout regimen in this article. This article should in no way be a substitute for getting advice from a certified trainer when beginning an exercise program.

Working out in a fitness center can be an extremely rewarding experience as weight begins to come off and muscles begin to expand. It is truly a wonderful time in a person's life when he sees the hard work and sweat turn into the body they desire.

The sweat and pain is worth the gain but only if it is done correctly according to Fort Carson fitness expert Tony Claiborne who says even if a person sees muscles develop he has to make sure they are doing exercises or lifting weights correctly.

"One of the things I see as I work out in the gym is people seeing other's doing exercises and without understanding the workout regimen, wanting to mimic the workout," Claiborne said.

While there is nothing wrong with wanting to do the same type of workout, Claiborne said other factors (and the post FITLINXX program which is available at each fitness facility) need to be considered to determine if the workout is beneficial for an individual.

"What people need to understand is a workout program should be designed to work on specific muscle groups. It is also important to understand that there are proper techniques that should be used to gain the most from the exercise. The gym is a place where it is very easy to get fit and it is very easy to get hurt and not develop muscles in the proper way. In the end, if you don't take the time to understand how each training program can work to your benefit you could be wasting a lot of time and energy," Claiborne said.

"The FITLINXX system is an excellent way to start a training program because it teaches you the range of motion you will use for weight training and gets your body and mind used to exercising that particular muscle," Claiborne said.

Bishop Castle

Happoemins

Not just a fairy tale

Story and photos
by Nel Lampe
Mountaineer staff

Bishop Castle looks like it came from a book of fairy tales, its lacy spires and towers hiding among tall straight pine trees. But, there it is, just off Highway 165 in San Isabel Forest.

The walls are composed of pink-hued rocks, mortared together, creating a bumpy texture. The main part of the castle has a steeply-pointed glass roof. A silvery dragon's head looms from the top of the building. One tower is square, with four short, round towers topped with gold-colored small onion-shaped domes. Below the square tower is another, shorter tower, with a larger onion dome.

Still another tower is round, topped with a round open ironwork sphere. Open ironwork walkways connect some of the towers and encircle other towers. Stair steps are everywhere, leading from one tower to another, from one room to another or from the ground straight up the castle.

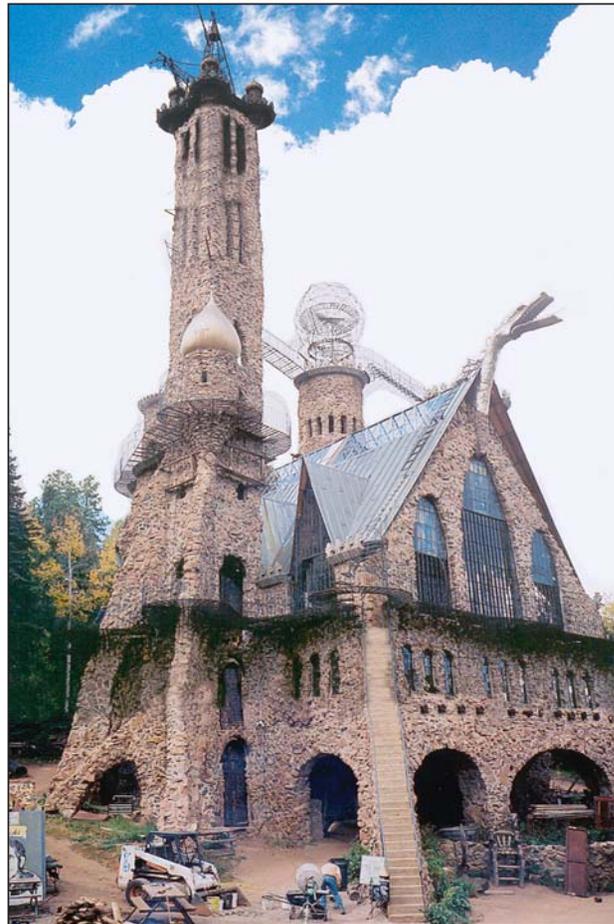
Visitors are welcome at this castle in the forest in the daytime, according to several painstakingly hand-lettered signs on the pathway leading from the road to the castle. Visitors who agree not to hold the castle liable for accident or injury may visit the castle for free and are asked to sign the visitors' book. Donations are accepted.

Jim Bishop is the castle's builder. He says he's just an ordinary, working man. But, his castle implies he's more than that. He's a man with a dream, a man of fortitude and creativity. He has a lot of stick-to-itiveness. He's spent a lot of the past 35 plus years working on his castle, his dream.

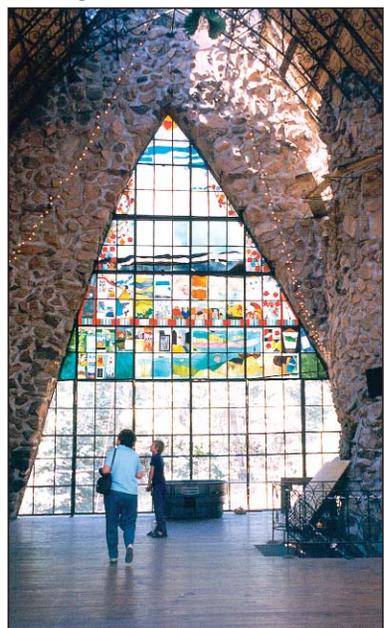
Bishop started his dream when he was a teenager, putting \$500 down on the property. He'd earned the money doing odd jobs and mowing lawns. He made arrangements to pay off the balance in installments.

Bishop eventually began construction of a small one-room building on his property, which was surrounded on three sides by the San Isabel National Forest.

He let the bedrock of the mountain serve as the building's foundation. Bishop spent 10 years working on the building which would serve his family as a weekend retreat. Bishop and his father Willard built a circular water tank in 1971. The round tower-like tank made



Bishop Castle looms above its builder, Jim Bishop, who is working in the foreground.



The upper floor of the castle has large windows and a wooden floor. This room has been used for weddings.



Jim Bishop shovels concrete onto the rocks while constructing a tower.



The castle is almost hidden in the forest.



Places to see in the Pikes Peak area.
Oct. 1, 2004

Bishop Castle

From Page 25

the structure look kind of like a castle to Bishop's friends, and people started asking if he was building a castle.

As he continued to build, the square, stone cottage more and more began to resemble a castle.

Bishop uses simple construction methods, such as wheelbarrows to transport the rock he finds in the forest. He uses a rope and pulley device to transport building materials to the high reaches of the project. There are no blueprints; Bishop uses the picture in his head.

Much of the construction materials are recycled from other sources. The rocks which form the outer walls are retrieved from creek beds and rock slides. The lacy open ironwork on towers and walkways are scrap iron from his Pueblo ironworks shop. The smoking dragon was made from recycled plate warmers from a Pueblo hospital.

A fireplace on the ground level of the castle is shaped like the Eiffel Tower. Large windows let in light to the upper floor of the castle, and several stained panes have been donated to the castle project.

For several years in the castle's early construction, the Bishop family lived in the castle.

"It was primitive living," Bishop said, and was "12 miles from the school bus stop."

The family moved into Pueblo, where Bishop runs an ironwork shop. His ironwork is a familiar sight in Pueblo, and is used extensively on the Riverwalk project along the Arkansas River.

His ironwork is all around his castle, serving both ornamental and structural purposes.

For the first 30 years Bishop used generator power and candles, but the castle now has electricity.

In the beginning, only a gravel road went past the castle, but now its Highway 165 which passes the castle. A brown point-of-interest sign marks the castle site. A highway sign indicates "Bishop Castle" at the intersection of Highways 165 and 976 between Florence and Westcliffe.

Bishop continues to work on his castle as time



Sgt Rob Hankin and Sgt. Mike Francisco, of Company A, 64th Forward Support Battalion, walk between towers at Bishop Castle.

permits. Visitors sometimes see him cutting iron or building another tower. Bishop said the castle is "... the biggest one-man project anywhere."

The public began learning about Bishop's castle when a story appeared in the Pueblo Chieftain newspaper in 1974. Curious visitors started coming by the castle and making donations. More stories were printed: in the National Enquirer, the Denver Post and Wall Street Journal. National Public Radio did a story, as did Danish Public Television and Oprah Winfrey.

The more publicity the castle received, the more visitors stopped by. Some visitors contributed artwork, stained glass panes and bells; others contributed money.

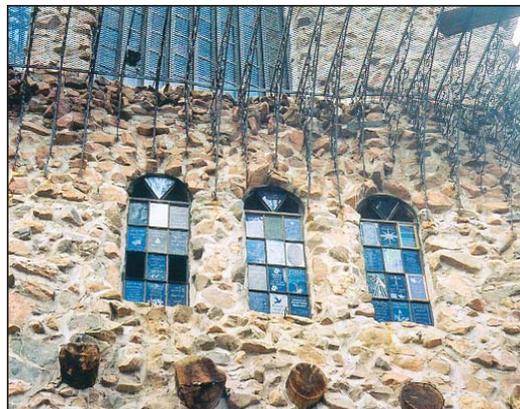
But only one man works on the castle — Bishop.

Hand-lettered signs throughout the castle and the grounds chronicle the difficulties Bishop has had with government agencies while building the castle. And if Bishop is on the premises, he'll tell you some of the stories himself.

Bishop has big plans for his castle. He plans to build a wall around the castle, add more towers and a dungeon, maybe a moat and a drawbridge. In the meantime, work continues. He's presently building a new tower, which will be 250 feet tall. It'll be part of a wall around the castle, built into the bedrock of the mountain. Although progress seems slow, an annual visit shows noticeable progress.

A gift shop near the castle has an eclectic collection of medieval memorabilia, such as toy shields for sale along with castle souvenirs, such as bookmarks, videos, pictures, postcards and books. The gift shop is usually open on weekends.

To visit the castle, take Highway 115 from Fort Carson about 32 miles to Florence. At Florence, take Highway 67 south until it dead-ends. Then take a right onto Highway 976, heading toward Westcliffe. When Highway 976 intersects with Highway 165, take Highway 165 south about 12 miles to Bishop Castle.



A lacy ironwork walkway is above stained glass windows on the second floor of Bishop Castle.

There is a directional sign just before the intersection which points to Bishop Castle. Watch for the brown sign saying "Bishop Castle" at the castle site. There's also a castle-shaped mailbox, but the easiest clue the castle is nearby is the dozen or so cars parked along the road.

It's about 80 miles from Fort Carson to Bishop Castle.

An alternate route is to take Interstate 25 south to Pueblo and beyond, about 24 more miles, to the Colorado City exit. Then take Highway 165 west until reaching the castle, again watching for the sign and mailbox. For information about the castle visit the Web site, bishopscastle.org.



Lacy ironwork walkways circle the square tower of Bishop Castle.

Just the Facts

- **Travel time** About 90 minutes
 - **For ages** families
 - **Type** medieval style castle
 - **Fun factor** ★★★★★
(Out of 5 stars)
 - **Wallet damage** free
 - \$ = Less than \$20
 - \$\$ = \$21 to \$40
 - \$\$\$ = \$41 to \$60
 - \$\$\$\$ = \$61 to \$80
- (Based on a family of four)

Get Out!

Turkey Creek Ranch

Turkey Creek Ranch has an end of season sale on trail rides. Through Oct. 13, trail rides are \$5 off regular price. Call 526-3905 for reservations, information and varieties of trail rides available. The ranch is 10 miles south of the main gate.

Air Force Academy football

The next Division I-A football game at Air Force Academy Falcon Stadium is New Mexico Oct. 9; BYU is in the stadium Oct. 23. The final two games are Nov. 13, against San Diego State and Nov. 20, Colorado State University is on the field. Call 472-1895 for ticket information.

Oktoberfest

The annual Oktoberfest in Penrose Equestrian Center, 1045 Rio Grande St., continues today and Saturday, from 4:30 p.m. to midnight. Servicemembers and family members with identification cards are admitted free. Entry is \$5 for other adults, free for anyone under 21.

The Royal Gorge Oktoberfest is Saturday and Sunday. Park admission is charged. There's German food, music and children's activities.

Corn Maze

The annual corn maze at JoyRides Family Fun Center is open from 11 a.m. to 5 p.m. Admission for the maze is \$5 for anyone 12 and older and for \$3 for children 11 and under. Opening this weekend is a hay ride, \$7 for adults

and \$5 for children, with a discount for people who've purchased a wristband for rides and for large groups. JoyRides is off East Platte Avenue.

Air Force Academy theater

The Academy Concert season tickets are now on sale. The schedule includes 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.

New exhibits

A new exhibit is in the Fine Arts Center, 30 W. Dale St. "Ansel Adams and Edwin Land: Art, Science and Invention," a display of photographs. The exhibit is in place through Oct. 24. Museum admission is \$5 for adults, \$3 for students with identification; tickets for ages 6 to 16 cost \$2.

Special Egyptian Exhibit

"The Quest for Immortality: Treasure of Ancient Egypt" is a new exhibit in the Denver Museum of Nature and Science. It is the largest collection of sacred Egyptian artifacts ever displayed outside Egypt. There is an additional charge to see this exhibit. The museum is off Colorado Boulevard. Go online at www.dmns.org.

Chapter Two

The Star Bar Players present Neil Simon's "Chapter Two" in the Lon Chaney Theater in the City Auditorium, corner of Weber and Kiowa streets at 8 p.m. today and Saturday. Tickets begin at \$12; call 573-7411.

Fine Arts Center theater

"A Funny Thing Happened on the Way to

the Forum" opens today at the Fine Arts Center theater, 30 W. Dale St. The Play runs Fridays and Saturdays at 8 p.m. and Sundays at 2 p.m. through Oct. 24. Tickets are \$25; 634-5581.

Pikes Peak Center

"Fiddler on the Roof" is in the Pikes Peak Center, 190 S. Cascade, Oct. 20 and 21 at 8 p.m. Call 520-9090 or 520-SHOW for ticket information. Tickets start at \$32.

Sesame Street Live

Sesame Street Live is in the Pikes Peak Center Thursday to Oct. 10. Tickets are \$12 to \$24. There are daytime and evening performances, call 576-2626. For information, go online to sesamestreetlive.com.

Acrobats

The Chinese Golden Dragon Acrobats perform in the Pikes Peak Center Oct. 15 at 7 p.m. Tickets start at \$12 at Ticketmaster, 520-9090.

World Arena

The Colorado Springs World Arena is selling tickets to the Denver Nuggets/Milwaukee game Oct. 14 at 7 p.m. Randy Travis and Andy Griggs are in the arena Oct. 17. The TJ Maxx Tour of Gymnastics Champions is Nov. 10 and Yanni performs Nov. 29; call 576-2626.

YMCA

Military families may join Southeast/ Armed Services YMCA for Family Fun Nights Oct. 8 and Oct. 22. Membership is not required. Dinner is served at 6:30 p.m., then enjoy the pool, gym and other activities. Cost for the evening is \$2 for adults and \$1.50 for children.



Courtesy photo by Sesame Workshop

Sesame Street ...

Bert is inspired to disco dance in the all new Sesame Street Live production of "Everyone Makes Music." The production is in the Pikes Peak Center, 190 S. Cascade Ave., beginning Thursday through Oct. 10. There are evening performances Thursday and Friday at 7 p.m., and daytime performances other days. Ticket prices start at \$12 and may be purchased at 520-SHOW or TicketsWest at 576-2626. Information is online at www.sesamestreetlive.com.



Program Schedule for Fort Carson cable Channel 10, today to Oct. 7.

Army Newswatch: stories on the return of the Army deserter, eArmy U and Florida hurricane relief. Airst at 7:30 a.m., 12:30 p.m., 7:30 p.m. and 12:30 a.m.

Navy/Marine Corps News: stories on Task Force Uniform, Old Ironsides and the Rip Tide Military Challenge in San Diego, Calif. Airst at 8 a.m., 1 p.m., 8 p.m. and 1 a.m.

Air Force News: stories on Operation Enduring Freedom, the Fox Patrol in the Kyrgrzyz Republic and Florida hurricane damage. Airst at 8:30 a.m., 1:30 p.m., 8:30 p.m. and 1:30 a.m.

The Mountain Post Community Town Meeting, held monthly, airst 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, type-written copy of the information to the Public Affairs Office, room 2180, 6151 Specker Ave., Fort Carson, CO 80913 or fax information to 526-1021 no later than the Friday before the desired airing time.