



**THE MOUNTAIN POST  
COMMUNITY INFORMATION EXCHANGE  
August 2014 Newsletter**

## **GARRISON TOPICS FOR AUGUST 2014**

- **School is Back in Session – Watch out for the children walking before and after school and at the bus stops.**
- **The Interactive Customer Evaluation (ICE) Program – Good customer service is everyone’s goal. Please let us know if we are not doing what is needed to attaining our goals of good customer service but also let us know of the people that are. The ICE link is:**  
[http://ice.disa.mil/index.cfm?fa=card&service\\_provider\\_id=110919&site\\_id=437&service\\_category\\_id=1](http://ice.disa.mil/index.cfm?fa=card&service_provider_id=110919&site_id=437&service_category_id=1)
- **Spouses Wellness Conference Wednesday, 17 September 2014, 0830 -1500 @ Iron Horse Gym, SEC and Wellness Center. Get registered.**
- **Army Family Action Plan Conference 04-06 November 2014**

## **SAFETY**

- **Back to school safety**
  - Review stranger danger plan, safe zones
  - School bus safety, proper crossing, safe seating
- **Fall/Winter preparations**
  - Automobile maintenance, battery, tires and coolant
  - Emergency supplies, jumper cables, blankets, food and water

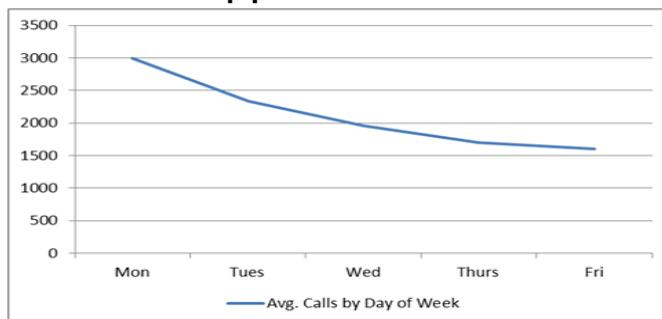
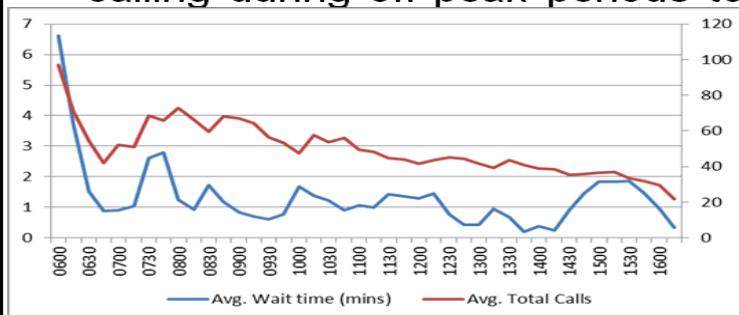
**Fort Carson Safety Day at the SEC on 4 Sept !!!**

# Director and Partner Updates

## MEDDAC

### Call Center – Appointing Update

- The Colorado Springs Military Health System uses a centralized call center (524- or 526-CARE(2273)). Call volume averages over 2,000/day with an average wait time of 1.3 minutes.
- Wait times can reach 5-6 minutes at peak volume hours (0600-0700) and are highest on Monday mornings. To reduce your wait time, we encourage use of TOL, Secure Messaging, and calling during off-peak periods to schedule appointments.



Centralized Call Center data, July 2014

## TRICARE On Line (TOL), 24/7

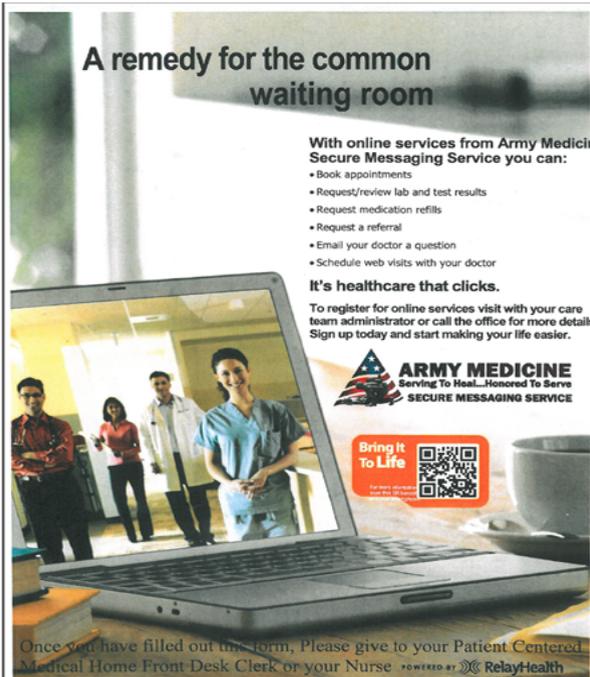
- [www.tricareonline.com](http://www.tricareonline.com)
- CAC, DFAS myPay Pin, and DS Logon enabled
- 24/7 access to appointments with Primary Care Manager within 24 hours (or after 3 p.m. for next day appointments)
- No waiting on hold at 6 a.m. for appointments
- **Text message appointment reminders!**
- Prescription refill renewals
- Easier access, more convenient
- 95% of all primary care appointments are web-enabled
- 99% of optometry vision checks and GYN well-woman exams also web-enabled



# Director and Partner Updates

MEDDAC

## Relay Health – Secure Messaging, 24/7



A remedy for the common waiting room

With online services from Army Medicine Secure Messaging Service you can:

- Book appointments
- Request/review lab and test results
- Request medication refills
- Request a referral
- Email your doctor a question
- Schedule web visits with your doctor

It's healthcare that clicks.

To register for online services visit with your care team administrator or call the office for more details. Sign up today and start making your life easier.

**ARMY MEDICINE**  
Serving To Heal...Honored To Serve  
SECURE MESSAGING SERVICE

Bring It To Life

Once you have filled out this form, Please give to your Patient Centered Medical Home Front Desk Clerk or your Nurse. POWERED BY RelayHealth



**ARMY MEDICINE**  
SECURE MESSAGING SERVICE  
POWERED BY RelayHealth

Online communication tool to:

- Request prescription renewals
- Receive laboratory test results
- Request appointments and referrals
- Receive guidance from your medical team by secure email
- Consult with your medical team regarding non-urgent health care matters

**Enroll by providing your email at your next primary care appointment.**

## Spouse Wellness Conference

Wednesday, September 17, 2014

8:30-3:00

Embrace Your Personal Well-being

Covering All Aspects of Wellness: Physical, Mental and Emotional

All Military Spouses Welcome

- Health Fair: BMI, vital signs, preventative health screenings with providers available for questions
- Kayaking in the Pool, Relationship classes, many others
- Conference begins at the Special Events Center with classes at the Iron Horse Sports and Fitness Center and Forest Resiliency Center
- Check-in at 8:00 am at the Special Events Center, \$5 includes conference materials and lunch
- Childcare available, please contact CYSS 526-2463 and register under the Spouse Wellness Conference
- Contact ACS for more information: 526-8747

# Director and Partner Updates

MEDDAC

## Preventive Tests/Exams (HEDIS)

“Help us help you – stay current on these screenings”

- Breast Cancer Screening Mammogram – **81% current**
  - Required every other year, females ages 50-74
- Cervical Cancer Screening Exam (pap) - **78% current**
  - Required every 3 years, females ages 21-64
- Diabetes Management Lab Screenings - **88% current**
  - Diabetic patients require annual A1c and LDL tests
- Colorectal Cancer Screening - **80% current**
  - Required baseline sigmoidoscopy or colonoscopy at age 50, and then every 5-10 years (or annual fecal occult blood test (FOBT))

762 overdue

4507 overdue

198 overdue

1738 overdue

Source: Evans ACH eligible HEDIS population data by metric, August 2014

## Preventive Tests/Exams (HEDIS)

“Help us help you – stay current on these screenings”

- Well Child Visits– **76% current**
  - 2-5 days, 2 weeks, 2, 4, 6, 9, 12, 15, 18 month visits
- Chlamydia- **56% current**
  - Required annually, females ages 16-24
- High Risk Cholesterol Management Screening- **77% current**
  - LDL required annually for patients with history of cardiovascular disease
- Mental Health Follow Ups- **71% and 83% current**
  - All patients need a follow up at 7 days and 30 days after an inpatient or ED mental health admission

168 overdue

4507 overdue

48 overdue

Source: Evans ACH eligible HEDIS population data by metric, August 2014

# Director and Partner Updates

## DENTAC

### Red Cross Volunteer Dental Assistant Program Update

- Next Class:
  - Expanding Class from 8 to 10
  - Applications will be accepted between 1 August and 5 September 14
  - Interviews of Applicants on 18 September 14
  - Notification to Applicants on 19 September 14
  - Pre-Class Inprocessing starts on 25 September 14
  - Classes at Smith Dental Clinic start in January 2015
  - Applications can be picked up at the Red Cross office at Evans Community Hospital (ECH)
  - Eligibility Requirements: DOD ID Card Holder – must be 18 years of age or older & a U.S. Citizen

### “Go First Class” Update

- Go First Class Program has a high requirement for dental hygiene assets
- DENTAC always welcomes any dental assistants, dental hygienists and dentists who want to volunteer their time
- Requirement: Appropriate professional documentation and the volunteer must fulfill all requirements in order to obtain a CAC Card.
- Dental Wellness (Class 1) at Fort Carson has now climbed to above 53% as a result of the “Go First Class” Program

# Director and Partner Updates

## Directorate of Human Resources

### 2014 ELECTION CYCLE

- *35 x U.S. Senate seats, 435 x U.S. House of Representative seats, and 39 x state and U.S. territory governorships.*
- General elections are just under 90 days and there is still time to register.
- Voting absentee is easy using the FVAP's online assistants at <http://www.fvap.gov/>
  - Select your respective state/territory and follow the directions.
  - Some states even allow the Federal Post Card Application to be faxed or emailed to the state election officials.
- For help in person, each military unit on post has a unit voting assistance officer or contact the Fort Carson Installation Voter Assistance Office located at 1625 Ellis Street, building 1218, room 218, 526-1140, [usarmy.carson.imcom.mbx.ivao@mail.mil](mailto:usarmy.carson.imcom.mbx.ivao@mail.mil)

## Directorate of Emergency Services

### SCHOOL ZONE VIOLATIONS

Normal fines:

- 1-4 MPH over- \$30 + \$25 surcharge= \$55
- 5-9 MPH over- \$70 + \$25 surcharge= \$95
- 10-19 MPH over- \$135 + \$25 surcharge= \$160
- 20-24 MPH over- \$200 + \$25 surcharge= \$225

School zones:

- 1-4 MPH over- \$60 + \$25 surcharge= \$85
- 5-9 MPH over- \$140 + \$25 surcharge= \$165
- 10-19 MPH over- \$270 + \$25 surcharge= \$295
- 20-24 MPH over- \$400 + \$25 surcharge= \$425

CRS 42-4-1101 covers speeding violations and CRS 42-4-615 covers doubling fines for school zones.

# Director and Partner Updates

## Directorate of Public Works

### **Environmental Performance Assessment System (EPAS): 3-10 Sept 2014**

- Army Environmental Command will conduct EPAS
- 27 March 2014: OPORD 14-057 was issued
- 3 Sept 2014: GC in-brief with Team Lead and EMS auditor
- Media (13) to be inspected:
  - Air Emissions Program
  - Cultural Resources Program
  - Environmental Management System (EMS)
  - Hazardous Materials Management Program
  - Hazardous & Universal Waste Management Program
  - Natural Resources Program
  - Operational Noise
  - Pollution Prevention (P2) Program
  - Solid Waste Management Program
  - Storage Tank Management Program
  - Wastewater
  - Stormwater
  - Water Quality Program

## Religious Support Office

### **Ongoing Events:**

- ❖ Tuesdays: 0900-1130 Protestant Women of the Chapel @ Soldier's Memorial Chapel
- ❖ Fridays: 0900-1130 Catholic Women of the Chapel @ Soldier's Memorial Chapel

### **Worship Services:**

- ❖ Soldiers Memorial Chapel (Bldg 1500)
  - Saturday: 1700 Catholic Mass
  - Sunday: 0900 Catholic Mass
  - Sunday: 1100 Protestant Worship
- ❖ Veterans Chapel (Bldg 2359)
  - Sunday: 1000 Chapel Next (Contemporary Protestant)
- ❖ Prussman Chapel (Bldg 1860)
  - Sunday: 1100 Gospel Service
- ❖ Healer Chapel (Evans Hospital)
  - Sunday: 0900 Protestant Worship
  - Sunday: 1100 Catholic Mass

### **Upcoming Events:**

- ❖ 12-14 Sept 2014 Catholic Youth Retreat Golden Bell Conference Center.
- ❖ 10-12 October: PWOC Fall Retreat
- ❖ 26 October: Trunk or Treat at Soldiers Memorial Chapel.

# Director and Partner Updates

**Directorate of Family & Morale, Welfare & Recreation**



Directorate of Family & Morale,  
Welfare & Recreation  
**FORTCARSONMWR**

**Welfare and Recreation (DFMWR)**  
**524-0707**



[Facebook.com/CarsonDFMWR](https://www.facebook.com/CarsonDFMWR)



[Instagram.com/CarsonMWR](https://www.instagram.com/CarsonMWR)



[Twitter.com/CarsonMWR](https://www.twitter.com/CarsonMWR)



Directorate of Family & Morale,  
Welfare & Recreation  
**FORTCARSONMWR**

- Triathlon
- Dog Splash
- Soldier Show



# Director and Partner Updates

## Army Community Service

### • SPOUSE WELLNESS CONFERENCE

This one-day conference for Army spouses encompasses all installation wide services that promote personal strength and wellness. The conference will also provide an opportunity to network and engage with other spouses and community services. Two break out sessions (one morning/one afternoon) will be offered to spouses with many class options available to choose from.

**WHERE:** Resiliency Campus/SEC

**WHEN:** 0830 – 1500 (17 September 2014)

### • SEMI-ANNUAL NATURALIZATION RECOGNITION CEREMONY

This ceremony recognizes all naturalized citizens from the past six months in a public forum with the Ft. Carson leadership. This ceremony also doubles at the naturalization ceremony for all of the successful September candidates.

**WHERE:** The Elkhorn, Colorado Room, BLDG 7300

**WHEN:** 1300 – 1500 (18 September 2014)

### • ARMY FAMILY ACTION PLAN (AFAP) CONFERENCE

The Army Family Action Plan (AFAP), now in its 31<sup>st</sup> year, is a quality of life forum from the people of the Army to Army leadership. AFAP is a process that lets Soldiers and Families say what's working and what isn't and what they think will fix it. It alerts commanders and Army leaders to areas of concern that need their attention and it gives them the opportunity to quickly put plans into place which work toward resolving the issues.

**WHERE:** The Elkhorn, BLDG 7300

**WHEN:** 0830 – 1630 (04-06 November 2014)



# Director and Partner Updates

## Balfour Beatty Communities

### IMPORTANT REMINDERS!

**Complimentary Mowing** for Spouses of Deployed Soldiers and Eligible WTU Soldiers-

**Complimentary Snow Removal Sign Up** will begin October 1<sup>st</sup>!

\*Bring in a copy of deployment orders to your community management office and complete a short form

\*WTU Soldiers need a memo from CDR requesting the service

### Mountain Post Running Club

\*Meet at the Exchange- every Wed from 1600-1800

\*All are welcome; 5K and 10K routes

\*Exchange Restaurants will give \$1 off every combo with MPRC stamp and will give away two \$25 gift cards each month!

\*Reach 100K- BBC will give you a MPRC exclusive T-shirt

### THE UP AND COMING!

#### Mascot Day

Thursday, 11 September

1600-1800

Joel Hefley Community Center Parking Lot

❖ Meet NFL, College and Local Mascots

#### Free Farmer's Market

Fridays 0900 until produce runs out

Joel Hefley Community Center- Back Patio

• Best Part- Events are FREE

• Produce Donated by Colorado Farm to Table

### THE UP AND COMING!

## We are Relocating!

**The Kit Carson Neighborhood Community Center is Moving To:**

**4355 Funk Avenue ( Former CDC by Gate 3)**

❖ Anticipate Opening on Monday 08 September

❖ Anticipate a Grand Opening Late September

❖ This Office Services all homes in the 4000s

❖ Check Out our Spacious Meeting Rooms and Fitness Center!!

### THE UP AND COMING!

#### Annual CEL Survey Time!

Be on the lookout- signs, banners and an article in the Mountaineer are around the corner!

Every Resident will Receive a Survey - Hand Delivered!

If You are a Current Resident, Please Complete Your Survey & if You are Not- Please Encourage Your Soldiers Living On Post to Complete Their Survey!

#### It's our Report Card!

Let us Know What We are Doing Good, What Needs to Improve and Share Your Ideas for Making Neighborhoods on Fort Carson- the Absolute Best in the Army!

# Director and Partner Updates

Army and Air Force Exchange Service

## AN EXCITING MILITARY STAR® OFFER

We are testing an exciting rewards offer for Exchange customers using their MILITARY STAR® Card at your location!

Customers save 5% on September & October purchases when they use MILITARY STAR®

Discount is immediately applied at the register

Excludes all gift cards, smoking and smoking accessories, Uniform/Fatigue & DSCP, and Exchange Protection Plan Warranties

New MILITARY STAR® accounts also receive a 10% first day purchase discount

### Commissary

**Early Bird – Shopping, 20 items or less.  
Monday – Friday from 0700 – 0900.**



# Director and Partner Updates



**COLORADO SPRINGS**

Sept 4<sup>th</sup> – Game On Nation at 6pm at the USO CS

Sept 11<sup>th</sup> and 12<sup>th</sup> USO CS 6<sup>th</sup> Birthday Celebration

Sept 28<sup>th</sup>- Oct 2<sup>nd</sup> Warrior Games at AFA and OTC

Oct 11<sup>th</sup> -USO Freedom Dinner

\*Please join us for Crafts for Kids every Saturday at the USO Colorado Springs from 12pm to 2pm

As always, the USO is open 7 days a week for soldiers and their families to come enjoy a snack and take advantage of the great services offered at the USO Colorado Springs.



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

**ARMED SERVICES YMCA**

# AUG 2014 PROGRAM UPDATES

# Director and Partner Updates

## Armed Services YMCA



# REGISTER NOW

YMCA CAMP SHADY BROOK

# OPERATION OUTDOORS

Camp for military families who have seen military combat.

[campshadybrook.org](http://campshadybrook.org)



OPERATION KID COMFORT

OPERATION KID COMFORT



FREE QUILTS FOR CHILDREN OF DEPLOYED SERVICE MEMBERS

[www.ppymca.org/programs/military/operation-kid-comfort](http://www.ppymca.org/programs/military/operation-kid-comfort)



3-5 MONTH PRODUCTION TIME

[www.facebook.com/SoutheastArmedServicesYMCA](http://www.facebook.com/SoutheastArmedServicesYMCA)



# Director and Partner Updates

## Mountain Post Santa's Workshop

### About us:

- \*501c(3) Volunteer Army Spouse run
- \*Served almost 1700 children from Fort Carson last year

### Applications:

- \*Available through CFNCO
- \*Applications are due: 24 October
- \*New procedures this year:
  - \* E1-E4 CFNCO sign off
  - \* E5-E6 Com CO/1SGT
  - \* E7 – up BN CO / CSM

### How to help:

- \* Support *Silent Night* on 18 October with a unit basket and coming to the event at Flying Horse Golf Course!
- \*Conduct a unit or coffee group toy drive!
- \* Adopt a child for \$50
- Participate in the Santa Buck program (coffee groups / families /etc)
- Volunteer to Elf during December!

## Fort Carson Parent to Parent

- Parent to Parent is a program that empowers parent to be their child's strongest advocate on educational and social issues through MCEC's Parent Workshops.

# Director and Partner Updates

## Cadet Service Leadership (CSL)

What is Cadet Service Leadership (CSL)?

What can CSL do for you and your organization?

What's the benefit to cadets?

How to request Cadet Volunteers

## **WHAT IS CADET SERVICE LEADERSHIP (CSL) ?**

### **A WIN/WIN RELATIONSHIP**

Operationalizes the AF core value of Service Before Self

Allows cadets to develop compassion for others and a sense of duty/civic responsibility in preparation for their service to the nation

Develops integrity; Strengthens leadership by driving excellence in planning, execution and visionary involvement with the community

# Director and Partner Updates

## Cadet Service Leadership (CSL)

### WHAT CAN CSL DO FOR YOU AND YOUR ORGANIZATION?

4000 cadets with an *inherent desire to serve*

Vast array of talents and formal academic skills to apply to community projects/needs as identified by the community

Historically, the Air Force Academy performs between 20,000 and 30,000 hours of CSL per academic year



### WHAT'S THE BENEFIT TO CADETS?

We are committed to developing leaders of character – CSL allows cadets to grow into service-driven leaders

Helps develop interpersonal skills and professional qualities such as empathy, initiative, and good judgment

Cadets genuinely enjoy serving the community and nation, seeking out opportunities to do so regularly



# Director and Partner Updates

## Cadet Service Leadership (CSL)

### HOW TO REQUEST CADET VOLUNTEERS!

1. Google “Cadet Service Leadership”
2. Select “Cadet Service Leadership United States Air Force Academy” and click on “CSL Mission” or click on “Request Cadet Volunteers” to make your volunteer request.
3. Make sure you hit “SUBMIT”.

**THANK YOU FOR YOUR TIME AND ATTENTION!  
WE LOOK FORWARD TO SERVING WITH YOU!**



## You asked ... We Responded

### Questions and Answers from the August 2014 CIE

Q1: Why was the fall post-wide garage sale cancelled?

A1: There are currently 2 yard sales per month which are held 9 months out of the year. That works out to 18 yard sales per year. Both on and off post families as well as military and civilians are able to participate in all of the yard sale opportunities.

Q2: Why in this economy and with Soldiers and Families finding themselves deeper in debt, why do we allow AAFES to encourage, even push the use of the Military Star Card at every gas station, fast food and now at CIE targeting leadership teams and asking us to send the message to our families? Our Families fiscal health is much more important than peddling promotions for AAFES to get another buck! This needs to stop. Our leadership can help with this to put our Families above AAFES profit margin in our priorities.

A2: Thank you for your comment concerning the promotion of the MILITARY STAR card by Exchange stores.

Each day over half of all Main Exchange purchases are tendered with a credit product. For those who choose credit, the MILITARY STAR card not only has the lowest private label retail card interest rate, it also saves the Exchange money. When other forms of credit are used, the Exchange incurs a processing fee by the banks. In 2012, the Exchange paid \$86 million in bank processing fees. The Exchange actively promotes the MILITARY STAR card because it incurs no processing fees, which in turn results in additional MWR contributions. We hope this gives you a better understanding of why the MILITARY STAR card is being promoted.

I would also like to explain our credit program and its benefits. Hopefully, this will offset your concerns. The current interest rate for MILITARY STAR is 10.24% variable, which is well below our retail competitors' current interest rates shown below:

Target retail card.....	25.24%*
Kohl's retail card.....	21.9%*
Wal-Mart retail card.....	22.9%*

Continued on next page

## You asked ... We Responded

### Questions and Answers from the August 2014 CIE

A 2 continued: There is no other credit resource that provides the level of support to service members that MILITARY STAR does. Cardholders can expect the following:

1. 10% off everything the first day the customer shops
2. 5 cents off each gallon of fuel purchased
3. 10% off all Exchange restaurant purchases
4. A competitive interest rate (10.24% variable)
5. No annual, late or over-limit fees
6. Deployment policy that reduces the cardholder's interest rate to 6%, with an option to suspend payments during the deployment period
7. Interest free uniform purchases
8. Zero-interest promotions
9. Free standard shipping on shopmyexchange.com and All-Services Exchange Catalog purchases
10. Payment arrangements if financial difficulty arises
11. 24 hours/7-days per week call center support and online account assistance

MILITARY STAR extends a modest credit line to new enlisted service members to help them build good credit. New card members also receive educational literature about wise use and long-term management of credit, and credit protection. Building Credit Wisely and Credit Building Basics are just two of the credit education programs available on the exchange credit program web site. Cardholders who have difficulty making their monthly payments are encouraged to contact the exchange credit program before their credit situation worsens.

I also want to mention that the Exchange has a financial commitment to support MWR activities (i.e., bowling, golf courses, swimming pools, youth activities and more). Fifty-percent of earnings from the exchange credit program are returned to our customers through MWR funds. Last year, the Exchange contributed \$208 million dollars to MWR from world-wide operations. In the last ten years, the Exchange has contributed \$2.4 billion dollars to MWR.

If any customer has questions or concerns regarding the MILITARY STAR card, please do not hesitate to call me and I will be happy to discuss the program in more detail. I can be reached at 719-576-6174.

\*Card rate reflected above is current as of August 2014 and is subject to change.

Fort Carson has just published its new website, and we invite you to take a look: <http://www.carson.army.mil/>

**4th Infantry Division & Fort Carson**

DIV FRSA 503-0025

**Army Community Service (ACS)**

Director 526-0443

Family Advocacy Pgrm Mgr 526-4590  
Army Volunteer Corps Pgrm Mgr 526-1082  
Family Enrichment Pgrm Mgr 526-0460  
Exceptional Family Member Pgrm Mgr 526-0446  
Carson Cares 526-1949  
Survivor Outreach Services 526-0442  
Warrior Family Community Partnership 526-8747  
AFAP / AFTB 526-4590 / 526-8636

**American Red Cross**

526-7144 <http://chapters.redcross.org/co/ftcarson>  
**Information:**  
Main Office 526-2311  
Hospital Office 526-7144

Wounded Warrior Programs 526-2311

**Army and Air Force Exchange Services**

AAFES Manager 576-6174

**Army Education Center** 526-4104

**Army OneSource**

303-818-6242 , [www.myarmyonesource.com](http://www.myarmyonesource.com)

Free entrance to CO National Parks with DV ID  
SJA advancements—pro bono benefits

Key Partnership Forum

**Balfour Beatty Communities**

491-8026

**Information:** Mountain Post Running Club every  
Wednesday from 4-6pm at The Hub.

**Big Brothers/Big Sisters of Pikes Peak Region**

457-8404 [www.bebigpikespeak.org](http://www.bebigpikespeak.org)

**BOSS**

524-2677, Office located at The Hub

**Civilian Personnel Advisory Center (CPAC)**

Fort Carson Employment Information  
Bldg. 1118, Rm. 161 (AF), Rm 142 (NAF)  
526-6972 / 526-0478 / 526-5316

**Colorado Military Family Alliance (CMFA)**

[pcstvnsn@aol.com](mailto:pcstvnsn@aol.com)

**Commissary**

Store Manager 503-8300

**Customer Service Management  
USAG Plans, Analysis & Integration Office**

Customer Service Manager 526-1706  
<http://www.carson.army.mil/cms/>  
<https://ice.disa.mil/>

**Directorate of Emergency Services**

Director 526-1453  
Non-Emergency Dispatch 526-2333

**Directorate of Family and Morale, Welfare  
and Recreation (DFMWR)**

Director 526-6452  
Complete Calendar at [www.mwrfortcarson.com](http://www.mwrfortcarson.com)  
**Business Division Chief** 526-6933  
Elkhorn Catering and Conference Center 576-  
6646

**Child, Youth and School Services**

**Coordinator** 526-1333  
**Recreation Division Chief** 524-4417  
Sports and Fitness 526-2151  
**Events and Entertainment Coordinator** 526-  
4495 [www.facebook.com/CarsonMWRevents](http://www.facebook.com/CarsonMWRevents)  
[www.mwrfortcarson.com](http://www.mwrfortcarson.com)

**Directorate of Public Works Director** 526-3415

**Family Readiness Center 526-5199**

[usarmy.carson.forscom.mbx.family-readiness-  
center@mail.mil](mailto:usarmy.carson.forscom.mbx.family-readiness-center@mail.mil)

**Fountain-Fort Carson School District 8**

Superintendent 382-1310

**Military Child Education Coalition/ Parent to Parent**  
375-0548. [Co\\_parent2parent@yahoo.com](mailto:Co_parent2parent@yahoo.com)

**Mountain Post Spouse's Club**  
[MPSpousesClub@gmail.com](mailto:MPSpousesClub@gmail.com)

**Info:** Submit board position nominations to above email.

**Pikes Peak Area Council of Government**  
<http://pikespeak.networkofcare.org>  
Military impact planning, Service Directory, Library, Social Networking, Legislate, Assistive Devices, Nation- wide News

**Protestant Women of the Chapel**  
[pwocadmin@gmail.com](mailto:pwocadmin@gmail.com),  
[fortcarsonpwoc.wordpress.com](http://fortcarsonpwoc.wordpress.com)

**Religious Support Office** 526-5279

**School Liaison Officers:**  
School Dist: School of Knowledge, Inspiration, Exploration & Skills Unlimited 524-2896  
School Dist: 12, 20, Private & Parochial 526-3362  
School Dist: 22, 23JT, 28, RJ-1, 60-JT,200, Douglas  
County, 53JT 526-1071  
School Dist: 2, 3, 8, 14 524-0642

**Thrift Shop**  
Bldg 305 on Tevis St.  
Tues-Thurs 1000-1430, and First Saturday of the month Jul – Sep

**USA MEDDAC Fort Carson**  
MEDDAC CDR 526-7500  
Appointment Line: 524-/526-CARE (2273)

**USO Manager** 579-9699  
1625 Ellis St., Bldg 1218  
**Information:** Mon-Fri: 1100-2100, Sat: 1200-1800  
Lunch: 1100- lunch runs out  
Dinner: 1800- 2030, Hot dogs, brats or burritos  
WiFi Internet Café, Movie Theater, TV Lounge, Snack Bar & Patio, Karaoke and Special Events, Gaming Areas, Xbox, Pool Table, Poker Tables, Conference Room, Children's learning center and more...

**United States Postal Service** 360-9667  
Fountain Post Office 382-4625  
Security Post Office 570-5450  
Cheyenne Mountain Post Office 570-5472

**VETCOM**  
Vet Treatment Facility NCOIC 526-9841  
Microchip and register all pets 526-3803

**Next CIE**  
**Thursday, 25 September 2014**  
**0930 – 1100**  
**Location: The Special Events Center**