

# FORT CARSON RETIREE NEWSLETTER



Retirement Services, 1625 Ellis St, Fort Carson, CO 80913, 719-526-2660

## Commanding General's Update

Hello again and I hope that each of you have enjoyed the wonderful spring weather here in Colorado! As always we continue to support our retirement community and look forward to each opportunity we have to spend time with you. As mentioned in the last newsletter, Fort Carson has two brand new facilities now open to the public. The Iron Horse Fitness Center and the Fort Carson Commissary. I truly hope that each of you have had the opportunity to visit these new facilities and benefit from their services. Please continue to let us know how we can improve our services and facilities to better serve our community here on Fort Carson.

We have several events this summer that are open to the entire Fort Carson Community and I encourage each of you to join us for these joyous occasions. On the 3<sup>rd</sup> of July we will host our annual "4<sup>th</sup> on the 3<sup>rd</sup>...Red, White and Boom" celebration in Iron Horse Park. This event will include numerous kids events, live music and fireworks. On 16 July we have our Christmas in July Golf Tournament at the Cheyenne Meadows Golf Course and that very same week on the 20<sup>th</sup> we have our AUSA Golf Tournament. During the week of 25-28 July we will host the 4ID Association Reunion Week to celebrate our heritage and lineage. This event will include a golf tournament, a Division review, the ground breaking for our new 4ID Monument and numerous other social events. Feel free to contact our local MWR office and check our website for updates on each of these activities. Thanks again for your service and support and have a safe and enjoyable summer!

STEADFAST AND LOYAL!

MG Joseph Anderson

Commander

4<sup>th</sup> Infantry Division & Fort Carson

1 July 2012



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## ***GARRISON COMMANDER UPDATE***

Greetings Retired Soldiers and Families,

This is my first column to the Fort Carson Retiree Newsletter as your Garrison Commander. I took command of the Garrison from Colonel Bob McLaughlin on May 10 2012. First off, I would like to say thank you for your service and sacrifice for all these years and your continued support of the United States Army and Fort Carson. Your efforts, whether through your volunteer work or participation in numerous installation programs/events helps make Fort Carson the “Best Hometown in the Army and Home of America’s Best”. The active duty force could not do what we do without the support we receive from those who preceded us.

Summer is in full swing here at Fort Carson. Our Directorate of Family Morale Welfare and Recreation (DFMWR) have numerous programs for Families now that school is out. Some of the highlights include the 4<sup>th</sup> on the 3<sup>rd</sup> Firework Celebration at Iron Horse Park, 15-16 July Soldiers Show at McMahon Auditorium, and the 18 August Run/Walk for the Fallen. A complete and more detailed list of those events/programs can be found at [www.mwrfortcarson.com](http://www.mwrfortcarson.com).

How can you help us? First off, I would ask that you help us tell the story of the United States Army to the local community not just in Colorado Spring but across the entire Front Range. Let the people of Colorado know that this is their Army and how crucial our ties to the community are to our success. Secondly, I would ask that you make Fort Carson your installation of choice for programs, services and facilities. Please provide us with feedback on our customer service using the Interactive Customer Evaluation System (ICE) and the Garrison Commander Hotline (both available on the Fort Carson Homepage).

As you all know, the Army and the Nation is going through some fiscal and budgetary challenges. We will have to do less with less. At this time I can’t say specifically how those challenges are going to play out at Fort Carson. What I can say with a good degree of certainty is that we will balance the unique needs of Soldiers, Family members and retirees with our responsibility to be good stewards of the taxpayer’s money. We will also communicate any changes to your and other community members using this newsletter, social media and the October 2012 Retiree Appreciation Day.

I look forward to working with each and every one of you in the coming years. Thank you again for your service and support to Fort Carson Soldiers and their Families.

Colonel David Grosso  
Garrison Commander



## RSO Notes

### **FORT CARSON RETIREE APPRECIATION DAY “Serving Those Who Have Served”**

**Date: 13 October 2012**

**Time: 0700 - 1200 hrs**

**McMahon Theater Building 1517 · FT CARSON, CO  
(Briefings, 0700 – 0800 hrs)**

**Special Events Center Building 1829 · FT CARSON, CO  
(Vendors and Dental/Medical Screening, 0800 – 1200 hrs)**

#### *Services & Participants*

**Veterans Organizations**

**Veteran Affairs**

**ID Cards**

**Banks & Credit Unions**

**Survivor Benefits Plan Counseling Info**

**DFAS Retired & Annuitant Pay**

**TRICARE**

**Casualty Assistance Center**

**Delta Dental**

**Legal Assistance (Power of Attorneys / Wills)**

*And many others*



## Retiree Council Notes

As summer arrives, I encourage each & every one of you to update your information with DFAS & at home. This is our peak travel season and no one has that 'Crystal Ball' to tell you when something is going to happen.

The VA is focusing on improving your healthcare & assistance, if you do have a legitimate problem, contact the office administrator for assistance. They have recently opened more illnesses caused by 'Agent Orange' & are trying desperately to eliminate the backlog. VA also recently authorized the addition of approximately 84 more positions in Colorado Springs clinics over the next 18 months.

There are a number of organizations & agencies assisting with hiring veterans. If you hear of any, please contact ACAP at Fort Carson with the info.

The new commissary at Fort Carson is open & doing well. The parking spaces allotted (both total & named) are directed in the regulation. Shopping cart corrals have been ordered to alleviate one problem, but; that will take away a few parking spaces.

The Veteran Trauma Court (VTC) is the collaborative effort of local, state and federal partners. This program is funded through the Jail Diversion and

Trauma Recovery- Priority to Veterans (JDTR) and is a relatively new but very successful program to assist veterans with felony issues rehabilitate & resolve their issues without the normal consequences. If you know of any veteran that may be able to benefit or you would like to be a 'mentor' in the program, please call 637-8936.

Each year, Fort Carson AFAP (Army Family Action Plan) conducts a 2 – 3 day workshop on issues for all concerned (single soldiers, dependents, retiree's & their dependents, widow (er) and medically retired & dependents) and each year they ask the retiree community for assistance. If you have an issue, wish to participate in the session work groups or volunteer to help with the workshop, please contact ACS at 526-4590.

If you wish to donate items or money, please contact the Installation Donation Coordinator at 526-0423. If you wish to volunteer time, please contact the Installation Volunteer Coordinator at 526-4590.

Have a great summer and as a last note, make sure to mark Oct 13 as the date for Retiree Activity Day.



## News from the MEDDAC — Evans Army Community Hospital

### Forrest Resiliency Center is Open for Business:

It's a new era on Fort Carson's Resiliency Campus! The Forrest Resiliency Center is proud to be part of the post's commitment to the wellness and resiliency of Soldiers, their Families, retirees and Department of Defense civilians.

As part of the campus' May debut, the Mountain Post Wellness Center was rededicated and became the Forrest Resiliency Center. Although the name is new, the promise to educate everyone on healthy lives and prevent problematic health issues is not.

Having moved from its old location near Army Community Services, the FRC is now in Building 1843 on Prussman Boulevard. Core programming focuses on healthy eating, exercise and stress management.

The center continues to offer classes on weight management with a focus on healthy lifestyles. A full fitness area is offered to I.D. cardholders as well as the opportunity to make an appointment for an 'exercise prescription'. A health coach will design and personalize an exercise plan just for a client!

Staff can also help with stress. Some reports suggest that up to 80-85% of most visits to the doctor's

office can be related to uncontrolled stress. The Center's experts have essential tips and techniques on handling common stressors.

Finally, don't forget the importance of knowing your numbers! Walk-in blood pressure and cholesterol screenings at the FRC can be a life saver.

These are only a few of the things offered at the FRC. From tobacco cessation classes to running shoe analysis, there's much more to its services and opportunities! As an Army Wellness Center, education and prevention remain at the Center's core. Visit the new location or find out more by making an appointment at (719) 526-3887.

### Supplements and Medications... not Always a Safe Combination:

Do you take any dietary supplements? Chances are, yes. A survey conducted in 2007-2008 reported about 50 percent of our Active Duty population takes a dietary supplement of some sort at least once a week. Adults over 65 years old are the largest consumer of prescription medications and roughly 30 percent take a dietary supplement. Supplements range from pills, powders, teas, and other liquids. They can include vitamins, minerals, herbs or other botanicals, amino acids, enzymes,

organ tissues, glandulars, and metabolites.

Most people don't realize there are more than 55,000 supplement products available and each can contain 50 ingredients or more. Unfortunately, many people take dietary supplements without knowing what ingredients they contain. They also may not realize these ingredients could interact with their medications. According to the Natural Medicines Database, there are more than 1,600 potential interactions between medications and supplements. For example, anticoagulants such as Coumadin have 190+ interactions while antidepressants such as Prozac or Zoloft have 60+ interactions.

Many people try to "complement" their medication by adding a supplement. The fact is that medications work very well by themselves. Speak with your physician or pharmacist before taking a supplement. Without more information, you may cause an unintentional overdose or render the drug ineffective.

Below are examples of supplements people frequently use in combination with prescription medications, believing it will help them. Avoid these combinations!

## News from the MEDDAC — Evans Army Community Hospital (Cont)

If you have one of the health conditions the supplement or medication described is intended to treat, talk to your doctor or pharmacist before self treating.

1. Melatonin and sleep aids
2. St. John's Wort and antidepressants
3. Fish Oil and blood pressure lowering medications
4. Cinnamon and diabetes medications
5. Red Yeast Rice and cholesterol lowering medications
6. Arginine and erectile dysfunction medications

There are three main types of interactions a supplement could have with a drug.

First, the dietary supplement could cause the drug to work too well. For example, taking a medication to lower blood pressure plus a supplement that lowers blood pressure could cause your blood pressure to drop to dangerously low levels. You could experience dizziness, seizures, lightheadedness or pass out.

Second, the dietary supplement could cause the drug not to work. More than 78 different dietary supplement ingredients turn on an enzyme system that causes drugs to pass through your body and not work at all. This is the case with St. John's Wort and birth control.

Third, the dietary supplement in combination with the medication could cause kidney or liver toxicity. Both of these organs help your body dispose of foreign substances, including supplements, medications, and alcohol.

Finally, it's also important to remember that dietary supplements can have multiple names. Bitter Orange, a potentially dangerous stimulant in many dietary supplements, has more than 20 different names. Kava, another potentially dangerous dietary supplement ingredient, can cause liver toxicity and goes by more than 20 different names.

If you do decide to use a dietary supplement, remember a few things.

Avoid any dietary supplement with more than 20 ingredients. Most plain multivitamins have fewer than 20 ingredients. Most "mega" multivitamins have multiple pills and well over 20 ingredients.

Be leery of supplements and blends that don't reveal their ingredients. Often, this is a way to conceal harmful substances and a blend won't tell you an exact amount. Don't take something just because you heard about it on television or read about it on the internet. Usually supplement manufacturers or TV show hosts only give you 10 percent of the story behind

the supplement.

Most importantly, review all your dietary supplements and medications with your pharmacist, dietitian, and provider.

### Secure Messaging:

Secure messaging opens new paths to health care providers. It's no secret. Most people will avoid a trip to the hospital if it's possible. A new system coming to Fort Carson's Medical Department Activity could help some people do just that.

Secure messaging arrives at the Patient-Centered Medical Homes early this summer.

It's a new gateway for patients to access medical care when it is convenient for them. It empowers the patient access to medical information when they need it.

Secure messaging, powered by RelayHealth, is a web-based tool that allows beneficiaries and primary care providers to directly message one another. Fort Carson-MEDDAC is one of the pilot sites for the Army. Nurses will have the ability to send messages with normal lab results, reminders about appointments or well-care visits, follow up on visits, and let people know that refill prescriptions are ready for pick up.

## News from the MEDDAC — Evans Army Community Hospital (Cont)

Patients can ask questions, request refills, or search through the site's patient education library. For many, it will mean avoiding repeat trips to the hospital or wait times for prescription refills.

These types of systems tend to improve patient satisfaction and improve access to care. In a study it found an average telephone consult to discuss a normal laboratory result took 10 minutes. With more than 200 of these per month, the clinic was losing the ability to make 26 additional in-person appointments. The web-based sys-

tem allows caregivers to get that time back while maintaining 24 hour availability for those with non-urgent communication requirements.

Finally, health care providers will be able to send out broadcast messages about potential appointment cancellations during bad weather or remind beneficiaries about things like upcoming flu clinics.

Secure messaging is a HIPAA compliant communications tools and beneficiaries should know that their health information is secure

and safe.

The secure messaging system is not for making appointments or getting referrals. Beneficiaries can make appointments anytime online through [www.tricareonline.com](http://www.tricareonline.com).

The patient-centered medical homes have already begun compiling email addresses for this service during patient visits. When the system is activated, participants will be asked to respond to an invite email.

## ACS

### Coming Soon:

Make a difference in the lives of our Exceptional Family Members in the community. Army Community Service Exceptional Family Member Program is looking for volunteers at upcoming Special Olympic events on Fort Carson.

Be on the lookout for more information to come about specific opportunities, but please consider volunteering your time to help with this rewarding opportunity. Contact Army Community Service at 719-526-4590.

### Grandmas Needed:

GI Grannies for Soldier Support is a volunteer-led group whose focus is

providing aid and comfort to the men and women of the United States Army, Marines, Navy, Air Force, Coast Guard, and their families of the Warrior Transition Battalion, Fort Carson. They have a current goal to assemble 50 dedicated Grandmothers and Mentors who are willing to assist wounded Soldiers and their families in a variety of unique and effective ways. The volunteer members of GIGSS work tirelessly to demonstrate active, boots on the ground care for the wounded warriors of the Iraq and Afghanistan war who are presently residing at Fort Carson.

For more information, call 719-351-7436 or research their website:

[www.gigss.webs.com](http://www.gigss.webs.com)

### Thank YOU!

Army Community Service at Fort Carson would like to thank those of you who donated in the 2012 Army Emergency Relief Fund campaign. Thanks to our generous community, we met our goal of \$200,000. Your donation helps Commanders locally take care of Soldiers and Retirees through emergency financial funds.

Thanks for your help and support. For more information about Financial Readiness programs at Fort Carson log onto:

<http://community.carson.army.mil/ACS/>.

## Mountain Post PAO

### Carson Honors Fallen Heroes:

Hundreds of somber faces gazed at the names, newly chiseled into the slate rock memorial before them, personal memories of the fallen playing out behind many of their eyes.

Soldiers, Family members, veterans and friends gathered at the Mountain Post Warrior Memorial Ceremony May 24 to honor the lives of nine Fort Carson Soldiers who made the ultimate sacrifice for their country.

Those in attendance honored the lives of Staff Sgt. Lex Lewis, Master Sgt. Charles Price, Capt. Drew Russell, Capt. Joshua Lawrence, Spc. Christopher Mendonca, Staff Sgt. Allen McKenna, Staff Sgt. Daniel Brown, Pfc. Eric Soufrine and Sgt. Ken Hermogino, all of whom gave their lives during the past year while deployed to Afghanistan in support of Operation Enduring Freedom.

Maj. Gen. Joseph Anderson, commanding general, 4th Infantry Division and Fort Carson, asked the assembled Soldiers, Families and community members to carry on the legacy of the fallen heroes.

“These Soldiers, like all Soldiers in service to our country, stepped forward and declared that they would fight for our freedom, the well-being of their fellow countrymen and the oppressed people of

foreign lands,” said Anderson. “Their work and sacrifice will never be forgotten.”

Anderson recognized the sacrifices and loss endured by the loved ones of the fallen, and commended the strength displayed by the Gold Star Families.

“As you know, words cannot express the sorrow that we have for each of you, due to the loss of your loved one,” Anderson said. “Today, we honor their sacrifice and pray for your comfort and strength as you make your way ahead in life.

“No piece of paper or token can adequately explain our shared sorrow for the loss of these American heroes and our comrades,” he said. “These monuments of stone before you are simple, humble and a pale reflection of our deep and genuine gratitude for your loved ones’ service and sacrifice. They are a reminder to all of us, and to those who will follow, of the cost of freedom.”

Following his address, Anderson and Command Sgt. Maj. Ralph Delosa, senior enlisted leader, 2nd Brigade Combat Team, 4th Inf. Div., laid a wreath at the foot of the memorial. A Soldier from each of the fallen heroes’ units paid formal honors, rendering a salute to their comrades.

The Soldiers honored during the ceremony set a great example for those they left behind, said Staff Sgt. John Hammill, infantryman, Company D, 1st Battalion, 67th Armor Regiment, 2nd BCT, 4th Inf. Div.

“Master Sgt. Price would do anything for his Soldiers,” Hammill said of his former platoon sergeant. “In our line of work, especially in combat, you don’t know if you are going to come back, but he went out there every day -- he was doing it for his Family, he was doing it for his Soldiers, to make sure that they made it back -- even if he had to give up his life for that.”

Following the ceremony, the Gold Star Families paid their respects at the memorial and collected pencil rubbings of their loved ones’ names from the stone surface.

Honoring their fallen comrades is an obligation survivors owe to the Family and friends left behind, said Sgt. 1st Class Robert Weible, platoon sergeant, Troop D, 1st Squadron, 10th Cavalry Regiment, 2nd BCT, 4th Inf. Div .



## Mountain Post PAO (cont)

“A ceremony like this makes you proud and sad at the same time,” said Weible, who represented McKenna during the ceremony. “I’m honored to be chosen to represent a good Soldier and leader — to show my support to the Family.”

Weible said he believes the memorial will stand as a testament of heroism for Americans to look to in the future.

“Our younger generation needs to realize these Soldiers didn’t die in vain,” he said. “When I get out of the military, I can come back and show my Family the Soldier I served with who died in Kandahar (Afghanistan).”



Capt. Brian Kern, 4th Infantry Division honor platoon, renders honors as Staff Sgt. Rhyen Dailey, 4th Squadron, 10th Cavalry Regiment, 3rd Brigade Combat Team, 4th Infantry Division, holds the memorial wreath during the Mountain Post Warrior Memorial Ceremony, May 24. Each Soldier of the honor platoon represented one of the Soldiers who lost his life last year while serving in Afghanistan in support of Operation Enduring Freedom

## Directorate of Emergency Services (cont)

### P/PMD:

Cell phone usage has been a continuing problem throughout the military and civilian world.

Though modern technology makes life easier, it can also make driving more dangerous. Drivers talking or texting on their cell phones create a dangerous environment for not only themselves but other individuals around them. While many believe it is not a big issue this behavior has caused numerous accidents and injuries to people in the community. In 2011, there were 87 cell phone violations issued on Fort Carson and so far this year there have been 12 citations issued. Code of Federal Regulations Title 32: National Defense, Part 634.25 covers talking on a cell phone while driving on federal property. Paragraph No. 3, Driver Distractions, states "vehicle operators on Department of Defense installation and operators of government-owned vehicles shall not use cell phones unless the vehicle is safely parked or unless they are using a hands-free device. The wearing of any other portable headphones, earphones or other listening devices (except for hands-free cellular phones) while operating a motor vehicle is prohibited. Use of those devices impairs driving and masks or prevents recognition of emergency signals, alarms, announcements, the approach of vehicles and human speech. DOD

component safety guidance should note the potential for driver distractions such as eating and drinking, operating radios, CD players, global positioning equipment, etc. Whenever possible this should only be done when the vehicle is safely parked." Offenders can be fined \$50 for their first offense and \$100 for a second offense.



### WHILE DRIVING

### Fire:

Summer is just around the corner which means travel plans are near. We in the fire service see far too many motor vehicle accidents that could have been avoided. Don't become another statistic as you set out on your trip. As you prepare for your voyage keep a few things in mind. First, have you provided for adequate travel time? People needlessly rush to their destinations due to a lack of adequate preparation. Second, has your vehicle been properly checked and prepared for a road trip? Third, get the needed rest before you get behind the wheel. It is far too easy to accidentally doze off behind the wheel when you are already fatigued. Fourth and finally, make sure you bring along an emergency kit just in case an unforeseen event should occur. So with these simple thoughts in mind, please plan appropriately. Just a little preparation can go a long way in keeping you and your loved ones safe. Have a safe and enjoyable summer.

## Directorate of Emergency Services (cont)

### Conservation Law Enforcement:



Late spring and early summer is small bird nesting season in Colorado. If you enjoy bird watching, this is a wonderful time of year to grasp the enormous variety of avian species the State has to offer. But conflicts often develop when these birds decide to nest above your doorway, in your carport or below the roof overhang of your quarters. With a nest full of chicks, their droppings are messy, the little ones are noisy and in order to protect the nest, the parents will often “dive bomb” anyone who gets too close. So what can we do?

In the 1800’s, indiscriminate hunting and habitat degradation lead to the extinction of a number of bird species. To preclude further loss and protect this valuable resource, President Woodrow Wilson signed the Migratory Bird Treaty Act (MBTA). Later signatories included Canada, Mexico, Japan and the USSR. The MBTA provides that persons may not “pursue, hunt, take, capture, kill, ...any migratory bird...or any part, nest or

egg of any such bird.” In other words, all those little birds that are becoming a nuisance are actually protected by Federal law.

Most of the problems encountered in the housing areas involve cliff swallows, but the American robin and other cup nest builders can be just as annoying depending upon where they built their nest. It’s legal to remove their construction attempts with a broom or hose, but they’re very persistent and you’ll have to sweep or hose down the area daily. Light-weight netting can be tacked under the eaves of your home keep the birds from building. The next time you go to the new commissary, check out the area above the main entrance. Pigeon spikes were installed on most horizontal surfaces to keep birds from landing.

Once the birds are actually sitting on the nest, they must be left alone. This can actually be a good time to learn more about the birds and their habits, to teach your children about nature, and a great opportunity to take some photos. Having these birds around your house can also help reduce the insect population. Most of their diet consists of flying ants, aphids, mosquitoes, flies and moths. Each baby has to be fed every few hours, which means the parents have to catch a whole lot of bugs to keep their little ones happy! After the nesting season has ended

and the nestlings have fledged, the law allows the vacant nest to be removed and destroyed.

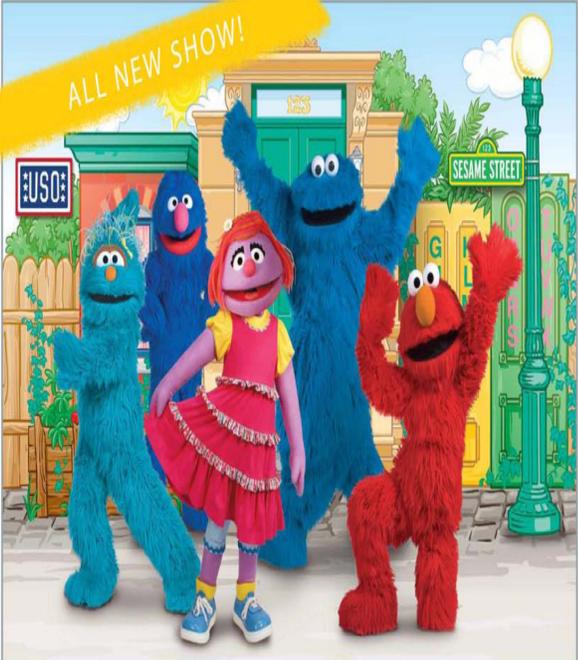
I know its human nature to want to do something when you find a “helpless” baby bird on the ground, but usually intervening is the wrong thing to do. The babies are not as helpless as they appear. Once the little ones leave the nest, the parents will follow them very closely. They’re well camouflaged and the adults will continue to feed them. Keep your cat or dog indoors. The parents will encourage the fledgling to climb a bush or tree where they can gain a bit of altitude and try flying again. It may take a day or two, but they’ll get the idea.

For wildlife emergencies on Fort Carson, please call the military police dispatch at (719) 526-2333. For more information on birds in your area, contact the Conservation Law Enforcement Section at 524-5394.

DFMWR




**The Sesame Street/USO Experience for Military Families**



Sesame Street and the USO are bringing the furry, fuzzy and friendly muppets to military families around the world.

**PROGRAM HIGHLIGHTS:**

- » Meet Katie, a military kid on Sesame Street who is moving to a new place
- » Free admission for military families and their children
- » Mini-show and giveaways
- » For tour information visit [www.sesamestreet.org/TLC](http://www.sesamestreet.org/TLC) and [www.uso.org](http://www.uso.org)

DATE	TIME	PLACE	FOR TICKETS
Sunday July 1	July 1 showtimes • 2 p.m.	Fort Carson Special Events Center	Free Tickets available June 19 at the Fort Carson ITR Office (Bldg. 2429, Specker Ave.)
Monday July 2	July 2 showtimes • 2 p.m. • 6 p.m.		

\* Doors open 30 minutes prior to showtime.

**Info: 526-1867**






**Celebrate Independence Day with Fort Carson!**

# July 3

## Red White & BOOM!

**Come out for the celebration!**  
**Featuring the 4<sup>th</sup> ID Band!**

July 3, 2012  
 4 p.m. - 10 p.m.  
 Fort Carson, Iron Horse Park

For more info call 526-1867





CarsonMWRRevents  
 CarsonDFMWR





**Starting Thursday**  
**@ 6:30 p.m.**  
**July 12**

**BINGO EVERY THURSDAY !**

The FOXHOLE heard you wanted more ....

**Come check out the new games, payouts & MUCH MORE!**

Call for Details: **526-5347**

MUST BE 12 YEARS OLD AND OLDER TO ATTEND MUST BE 18 OR OLDER TO PLAY

The HUB  
 Bldg. 1532  
 Specker Ave.




# DFMWR

The U.S. Army Installation Management Command presents

**FREE SHOW**

First come first served  
No tickets required

**THE 2012 U.S. ARMY  
SOLDIER  
SHOW**

**ARMY STRONG.™**  
*An Army Entertainment Production*

**McMahon Auditorium**

July 15 at 6 p.m.  
July 16 at 2 p.m. & 7 p.m.

McDonald St.   
Bldg. 1517

**Call 526-1867**



**Cheyenne Shadows**

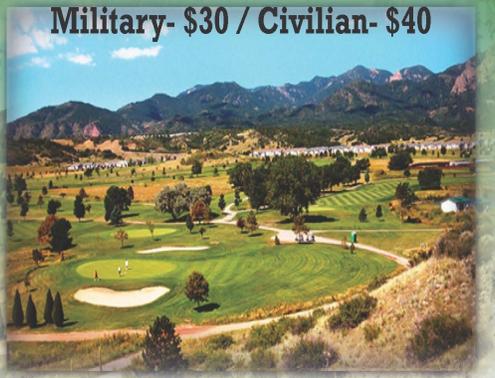


## CG Scramble Golf Tournament

**May 4, June 1, July 5, Aug. 3, Sept. 7**  
 Player Check-In: Noon to 1 p.m.  
 Buffet Lunch: Noon to 1 p.m.  
 Golf Clinic: 12:15-1:15 p.m.  
 Rules Briefing: 1:15 p.m.  
 Shotgun Start: 1:30 p.m.

**Oct. 4, Nov. 2**  
 Player Check-In: 11:10 a.m. to Noon  
 Buffet Lunch: 11 a.m. to Noon  
 Golf Clinic: 11:15 a.m. to 12:15 p.m.  
 Rules Briefing: 12:15 p.m.  
 Shotgun Start: 12:30 p.m.

**Military- \$30 / Civilian- \$40**



**Open to the first 32 teams**  
 To register or for more information call 526-1554 or 526-4102

