

# Mountaineer

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## INSIDE THE MOUNTAINEER

Opinion/Editorial Page 2

Military Page 5

Community Page 11

Sports Page 19

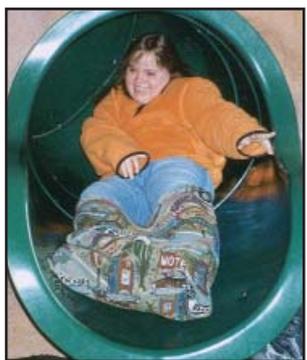
## Feature



A look into the past. Stories and pictures that highlighted events on Fort Carson for 2002.

See Page 16 and 17.

## Happenings



Riding down a three-story, corkscrew slide is just part of the fun available at Focus on the Family Welcome Center — and it's free.

See Page 25.

## Christmas Tree Disposal

The Directorate of Environmental Compliance and Management Wildlife Office will recycle Christmas trees again this year. For a list of locations, see Page 2.

Post Weather hotline:

526-0096

# Smallpox vaccinations now mandatory

by Kevin Larson

Forces Command News Service

With the threat of smallpox being used as a bio-weapon against our military forces, the commander-in-chief, President George W. Bush, ordered all Department of Defense military personnel in December to line up and get a smallpox vaccination.

Forces Command soldiers might start lining up as early as mid-January for their mandatory shots, according to the FORSCOM Surgeon. Just like the anthrax vaccine, smallpox will be mandatory because of force health protection issues.

"Everybody reads the papers, everybody watches CNN," Col. Phil Stikes, FORSCOM preventive medicine officer, said. "It's pretty obvious why we need it. We think potential enemies might have it."

More detailed implementation details will be worked out in the coming weeks.

Soldiers already deployed around the world in support of current operations will also be vaccinated, Stikes said.

"We're prepared to ship vaccine wherever, whenever," he said.

A limited number of DOD civilians who have been designated emergency essential will be asked to get a smallpox vaccination.

If you've been vaccinated before, though, and think you're good to go, you're not.

Those who have been vaccinated for smallpox in the past will need to get a new shot. The vaccination provides protection for three to five years, according to Stikes.

"Protection wanes over the years," he said.

The vaccine contains a live virus, but it



Courtesy Walter Reed Army Medical Center

The smallpox vaccine DryVax is normally administered using a bifurcated or fork-like needle. The needle has a small reservoir that after being dipped into the vaccine, holds a measured dose for effective inoculation.

is not smallpox. Instead, the vaccine is made from another pox virus, one closely related to smallpox.

But because the vaccine is made from a live, actively growing virus, there are certain key points to remember, Stikes said.

"Key points to remember after being vaccinated are don't touch the spot where the needle was stuck and don't let other people touch it," he said. "If the vaccination spot does get touched, wash your hands right away."

Touching the vaccination site can cause

the vaccine not to take or spread the pox used in the vaccine to other areas of the body, according to Stikes. That can cause serious problems, especially near eyes or other moist areas of the body.

The vaccination site will be bandaged following the shot but the bandage can be taken off when the bleeding stops, Stikes said. Disposing of the bandage is easy; just put it in a plastic bag with some bleach and throw it away.

See Vaccinations, Page 3

# Thieves make off with military healthcare information

Army News Service

WASHINGTON

Thieves made off with computer equipment and files from the office of a military healthcare contractor in Arizona Dec. 14, and the culprits now have access to social security numbers and other information about clients, according to TRICARE officials.

The contractor, TriWest Healthcare Alliance Corp., provides services to military beneficiaries in the TRICARE Central Region. That region includes Arizona, Colorado, Idaho, Iowa, Kansas, Minnesota, Missouri, Montana, Nebraska, Nevada, New Mexico, North Dakota, South Dakota, Utah, Wyoming and part of western Texas.

TriWest indicated the stolen data may include medical procedures, diagnostic codes for medical services, and locations

and dates of services. TriWest will be mailing letters through Jan. 31 to inform all affected beneficiaries, officials said.

Beneficiaries may also obtain information from the TriWest Web site, <http://triwest.com>; or call toll-free the TriWest information line, (888) 339-9378; or e-mail TriWest at [computertheft@triwest.com](mailto:computertheft@triwest.com).

The identity and motive of those who committed the crime are not known, officials said. The Federal Bureau of Investigation, the Defense Criminal Investigative Service and other law enforcement organizations are investigating the incident. Department of Defense has required all contractors working with the TRICARE system to assess current physical and electronic security to ensure such theft does not occur again.

If you suspect your personal

information has been misused, officials recommend taking the following steps: Contact the fraud departments of each of the three major credit bureaus; close or suspend any accounts known or believed to have been tampered with or opened fraudulently; file a police report with local police or the police in the community where the identity theft took place.

If you suspect fraud and contact the credit bureaus, you should request that a "fraud alert" be placed in your file. You should also request a statement be placed in the file that asks creditors to call before opening any new accounts or changing any existing accounts, officials said.

The credit bureau fraud departments are listed below. Their normal operating hours are Mondays through Fridays, 8:30 a.m. to 4:30 p.m. Eastern

Standard Time.

**TransUnion**

[www.transunion.com](http://www.transunion.com)

Fraud Victim Assistance Department  
P.O. Box 6790  
Fullerton, CA 92834  
(800) 680-7289  
fax (714) 447-603434

**Equifax Credit Information Services**

[www.equifax.com](http://www.equifax.com)

Consumer Fraud Division  
P.O. Box 105069  
Atlanta, GA 30348  
(800) 525-6285

**Experian**

[www.experian.com](http://www.experian.com)

Experian's National Consumer Assistance  
P.O. Box 1017  
Allen, TX 75013  
(888)-397-3742

See Healthcare, Page 4

# Minimal increase in Army child-care fees for 2003

## Community Family Support Center Public Affairs

ALEXANDRIA, Va. — Child-care fee ranges issued by the Department of Defense will become effective in January 2003 for families using Army Child Development Centers and school-age programs.

Commanders use the DOD fee ranges as the basis for determining local fees. This year, changes in the way fees are calculated will reduce fees for some lower income families and dual military couples.

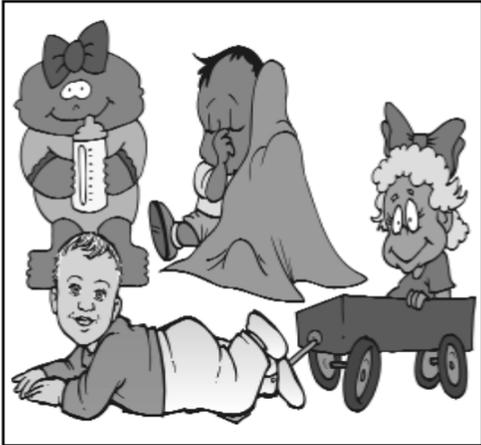
Army child-care fees adhere to DOD Child Development Program Fee

Ranges based on family income levels. After an 18-month review, two major changes have been made in how fees are calculated.

First, the income limit for the lowest family income category (Category 1) has been raised from \$23,000 to \$28,000. This is the first time the Category I

income limit has been changed since the fee scale was established in 1990.

“We are hoping that more families will be eligible for Category I instead of Category II and thereby pay lower fees,” said Nancy Campbell, a Child and Youth Services staff member at the U.S. Army Community and Family Support Center in Alexandria, Va.



The Army fee guidance establishes the minimum weekly DOD fee (\$42/week) for all Category 1 patrons Armywide in response to an Army Family Action Plan recommendation.

Commanders select installation fees in the other five categories. Those patrons will likely see a \$2 to 4 increase per week.

Secondly, dual military couples living off post will benefit from a change in the way Basic Allowance for Housing is calculated as part of total family income. Previously, BAH for both soldiers was counted toward determining family

income, which placed some families into higher income categories causing them to pay higher fees. However, starting this year, only the BAH for the senior member of the dual military couple will be used in determining total family income.

Campbell pointed out that with 100 percent of Army Child Development Centers accredited through the National Association for the Education of Young Children, soldiers are getting the best quality child care in the country at a significantly reduced cost. In comparison, only 8 percent of off-post centers are accredited, and fees for comparable child-care are usually 20 to 50 percent more expensive than those on post, she said.

“Military child-care is a terrific value in terms of what you get for your child care dollar ... 10 to 12 hours of care per day, meals, snacks, trained staff, state of the art facilities, no additional charges for infants and the high quality of care your child receives,” she said.

Another advantage of Army child-care is that on-post Child Development Centers and Family Child-Care homes accept infants and usually have longer operating hours than off-post programs. Finding infant care and extended hours care off post is both difficult and

extremely expensive, said Campbell.

The fee policy changes will not affect FCC home fees, Campbell said. Family child-care homes run by military spouses in government quarters fall under the oversight of Child and Youth Services, but are private home-based businesses.

Patron fees generally cover only half the cost of Army child care, said Campbell. Appropriated funds cover the rest.

The new fees are effective in January so soldiers can use their December 2002 Leave and Earnings Statement to determine their family income category for fees, said Campbell. The January LES will include a military pay increase which would bump many families into a higher fee category.

“The intent is to have their fees set at the lower level, before their fiscal year 2003 pay raise goes into effect,” Campbell said.

Child and Youth Services is a component of the U.S. Army Community and Family Support Center, the headquarters Department of the Army agency responsible for more delivering more than 200 Morale, Welfare, Recreation and family programs worldwide.

## Christmas tree disposal

The Directorate of Environmental Compliance and Management Wildlife Office will recycle Christmas trees again this year. The trees will be used to improve wildlife habitat for small animals such as cottontails and quail and to improve fisheries habitat in our ponds and reservoirs.

There are two drop off locations for natural trees this year: one is located on Wickersham Boulevard, northwest of building 324, and the other is at the southwest corner of Sheridan Avenue and Harr Avenue. The stations will run through Jan. 23.

A previous tree disposal location at the southeast corner of Wickersham Boulevard and Chiles Avenue, inside Gate 3, is not available this year due to road construction.

Please remove all ornaments and tinsel before dropping off your tree. Call the DECAM Wildlife Office for additional information, 579-9094.

## Construction

Phase 2 of the Woodfill paving contract will begin Jan. 20. Detours and temporary roads will be in place for traffic to access buildings along the road while under construction. Mekong and the west end of Woodfill will be open to traffic.

# Elkhorn Catering, Conference Center marks its ‘new beginning’ in January

by Sean Stewart

Directorate of Community Activities

It’s an all-new beginning for the Elkhorn Catering and Conference Center located in building 7300, Woodfill Road, on Fort Carson.

This facility originally opened in 1969 as the Fort Carson Officers’ Club and was converted in 1991 into an all ranks special events center. After being renovated in 1997, it was renamed the Elkhorn Catering and Conference Center and has since functioned as the place to meet on Fort Carson.

The Elkhorn is host to its own “New Beginning” Thursday with a grand special event open to the Fort Carson community. This event kicks off the

Elkhorn’s rebirth in 2003.

“We have completely revised our menus and lowered prices all in an effort to better serve the Fort Carson community, said Stephanie E. Camp, Elkhorn Facility Manager. “We will now offer

more flexible packages, while still providing the same excellent standard of service. We are proud to support the many catering and conference needs of our Mountain Post community.”

The event begins at 4 p.m. and lasts until 6 p.m. with free food, souvenirs, music, ethnic dancers, special guests, a magician and

more. For more information, call the Elkhorn at 576-6646.



## 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 AR360-81, 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.

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# News

## Vaccinations

From Page 1

When in close contact with others, though, it is best to keep a bandage over the vaccination site, Stikes said. It's also okay to do Physical Training after being vaccinated, just make sure you bring your own towels for showering. That towel and any other clothes that touch the vaccination site will then have to be washed in hot water with soap and bleach.

People with compromised immune systems, who have had eczema or atopic dermatitis, have other skin conditions that have not yet cleared up or who are pregnant or breastfeeding, should not get the smallpox vaccination, Stikes said. Also, if you live with anyone who meets those conditions, you should not get vaccinated.

If soldiers meet these medical exclusions and do not get the smallpox vaccination, they are still deployable, Stikes said. If there is a smallpox outbreak, however, medically excluded soldiers will have to roll up their sleeves and take the shot.

For soldiers who do not meet the exclusion criteria, refusal is not an option. If soldiers refuse the vaccination, the first step will be to educate them on the risks of smallpox, Stikes said. Since this is a force health protection issue, continued

refusal will most likely be considered failure to follow a lawful order.

Side effects for the smallpox vaccine are usually mild, according to Stikes. Side effects include sore arm, fever, headache, body ache and fatigue, which peak after eight to 12 days following vaccination.

If soldiers have any concerns or experience any discomfort or side effects beyond those normally expected with the smallpox vaccination, they should seek medical advice, Stikes said.

The vaccination was successful if you have a red, itchy bump form at the vaccination site.

"In the first week, the bump becomes a pus-filled blister," Stikes said. "Then, in the second week, a scab forms. The scab falls off in week three and leaves a small scar."

Although rare, there are some serious side effects possible from the vaccine, Stikes said. Out of one million people, 1,000 will have serious, but not life-threatening reactions, 14 to 52 people will have serious skin reactions or brain inflammation and one or two people may die.

A thorough and careful screening process, though, will be in place to ensure people at increased risk will not receive the vaccination, Stikes said. The process is still being refined at this time and

streamlining it is also in the works.

And as for the potency of the vaccine to be used, storage duration has had no ill effects, Stikes said.

"It's been freeze-dried," he said. "The vaccine has been tested for potency. Smallpox vaccine lasts a really long time."

The last time the vaccine was used to protect against naturally occurring smallpox was 1977 in Somalia. After that outbreak, the wild, naturally-occurring strains of smallpox were eradicated.

Wild or man-made, smallpox disease symptoms are the same. Smallpox symptoms begin with high fever, head and body aches and possible vomiting, according to Stikes. A bumpy rash follows. The bumps crust, scab and fall off after a few weeks, leaving scars.

Following exposure to smallpox, the risk of death is high. Thirty percent of infected people die. For some survivors, there is the risk of blindness.

Smallpox is commonly spread by

face-to-face contact with an infected person, especially one who is coughing. The virus travels in the cough's droplets of moisture.

Be prepared to answer several questions when you line up to get your smallpox vaccination. The purpose of the screening process is to ensure only soldiers who don't have health issues that could be compromised by the vaccine get the shot.

Some questions to expect:

Are you or do you live with someone who is pregnant?

Did you ever receive a smallpox vaccine?

Have you ever had a reaction to a vaccination?

Do you have any skin conditions?

What medications do you take?

Do you have allergies?

For more information, visit

[www.bt.cdc.gov/agent/smallpox/index.asm.allpox.asp](http://www.bt.cdc.gov/agent/smallpox/index.asm.allpox.asp).

### Vaccine facts

- Don't touch the site of the smallpox vaccination. If you do, wash your hands.
- The smallpox vaccination is safe, with low incidence of serious side effects or death. Normal side effects include

fever, chills, body and headache and soreness at the vaccination site.

- Getting the smallpox vaccine is mandatory for all soldiers unless medically exempt. Soldiers who are medically exempt from getting the smallpox vaccination are still deployable.

# 3rd ID deploying all brigades

*Deploying units will join 2nd Brigade in Kuwait*

## Army News Service

**FORT STEWART, Ga.** — The entire 3rd Infantry Division (Mechanized) has received deployment orders to Kuwait to join division command and control elements and its 2nd Brigade, which finished a live-fire exercise in the desert just before the holidays.

The deployment will begin next week with movement of the 3rd Brigade from Fort Benning, Ga., through Robins Air Force Base, Ga., officials said. The rest of the division is expected to follow in a deployment from Hunter Army Airfield, Ga., expected to continue throughout the month, officials said.

The 3rd Infantry Division (Mechanized) has four fighting brigades. The 1st and 2nd Brigades are based at Fort Stewart, the 3rd Brigade at Fort Benning and the 4th Brigade have units located at both Hunter Army Airfield in Savannah, Ga., and Fort Stewart. The division has an Engineer Brigade, a brigade-size Division Artillery, or DIVARTY, and a brigade-size Division Support Command, or DISCOM.

The division also includes the 103rd Military Intelligence Battalion, the 123rd Signal Battalion, and the 1st Battalion, 3rd Air Defense. Also deploying will be the headquarters and units of the 24th Corps Support Group, a brigade-size logistics unit.

Once in Kuwait, the division will continue to train, officials said, honing its combat power and awaiting further orders.

## Healthcare

From Page 1

The Social Security Administration, [www.ssa.gov](http://www.ssa.gov), is a source for information about social security number theft or misuse. If you suspect your SSN has been misused, officials recommend you call the SSA Fraud Hotline at (800) 269-0271.

The following SSA resources are available on the Internet:

SSA Fraud Hotline for Reporting Fraud: [www.ssa.gov/oig/guideline](http://www.ssa.gov/oig/guideline)

Social Security Administration Publication No. 05-10002: [www.ssa.gov/pubs/10002.html](http://www.ssa.gov/pubs/10002.html)

When Someone Misuses Your Number (SSA Pub. No. 05-10064): [www.ssa.gov/pubs/10064.html](http://www.ssa.gov/pubs/10064.html)

If you suspect that you are the victim of identity theft, officials recommend that you file a complaint with the Federal Trade Commission by con-

tacting the FTC's Identity Theft Hotline. The toll-free number is (877) IDTHEFT (438-4338) or direct dial to (202) 326-2502. He may also write the FTC at:

Identity Theft Clearinghouse  
Federal Trade Commission  
600 Pennsylvania Ave. NW  
Washington, DC 20580

The FTC Web site is [www.consumer.gov/idtheft](http://www.consumer.gov/idtheft). There is a free comprehensive consumer guide on the Web to help guard against and recover from identity theft, "ID Theft: When Bad Things Happen to Your Good Name."

One of the best ways individuals can catch identity theft is to regularly check their credit records, officials said.

**Editor's note:** *This story was compiled from American Forces Press Service, TRICARE Management Activity and TriWest news releases.*

# Military

## National Guard military police prepare for Sinai mission

by Staff Sgt. Darren D. Heusel  
Task Force 1st Battalion, 180th  
Infantry, Public Affairs Office  
“Of the troops, for the troops!”

That’s the motto members of the military police platoon assigned to Task Force 1st Battalion, 180th Infantry, 45th Infantry Brigade, Oklahoma Army National Guard, have been living by for the past two months at Fort Carson as they prepare for a six-month deployment to the Sinai Peninsula.

The Task Force 1st Bn., 180th Inf., troops arrived at Fort Carson for their train-up Oct. 16 and will depart for the Sinai sometime after the first of the year to perform their Multinational Force and Observers mission, which is to monitor a 1979 peace treaty between Egypt and Israel.

While at Fort Carson, Oklahoma’s 22-member military police unit has been rehearsing a number of scenarios it might encounter in the Sinai, such as escorting dignitaries and responding to domestic disputes.

The Sinai mission will be different from the regular combat mission military police are accustomed to in the

field, but it’s a mission they look forward to nonetheless, according to their platoon sergeant, Sgt. 1st Class Glenn Sheppard.

“Mainly, what we’ve been working on since we’ve been at Fort Carson are battle drills that are specific to what we might encounter in the Sinai,” Sheppard said. “Our mission while we’re there is to maintain law and order.

“The thing you have to remember is we’re soldiers too, so we’re not just there to jack with the soldiers. We’re also there to protect the troops and see that they are taken care of.”

The MPs assigned to Task Force 1st Bn., 180th Inf., came from all over the state of Oklahoma, including places like Choctaw, Clinton, Midwest City, Norman, Weatherford and Waukomis, to name a few.

However, they all share common training and come together at least one weekend a month and two weeks out of the year to prepare for upcoming missions.

“The professionalism of our unit is pretty high,” said Sheppard, who works in the Guard’s counter drug program as



Photo by Staff Sgt. Darren D. Heusel

**Sgt. 1st Class Glenn Sheppard gives a briefing to a group of military police, all Task Force 1st Battalion, 180th Infantry, prior to real-world training scenarios. The MP unit was preparing for its Sinai deployment.**

a civilian and is making his second trip to the Middle East. “What we’ve got going over on this mission is the cream of the crop of our platoon.”

We’ve got a group of younger soldiers, but this is one of the finest pla-

toons I’ve been able to work with in more than 18 years in the military, he said.

“They’ve met the training head-on

**See Sinai, Page 10**

# Military Briefs

**Soldiers on profiles** — In accordance with Army Regulation 600-60, all soldiers with a P3 or P4 profile in any area of their body designators — Physical Capacity, Upper extremities, Lower extremities, Hearing, Eyes or Psychiatric — are required to appear before the Military Occupation Specialty/Medical Retention Board within 60 days of the signed approved profile. The purpose of this requirement is to maintain the quality of the force by ensuring the soldiers are physically qualified to perform their Primary Military Occupational Speciality worldwide under field conditions. Soldiers with a P3 or P4 profile are non-deployable as of the date the profile is completed. P3 or P4 soldiers are not authorized reassignment, training at any U.S. Army Training and Doctrine Command course or advancement course, or re-enlistment without appearance before the board. For more information, call Staff Sgt. Keith Cashion at 526-6530.

**Soldiers who converted from VEAP to MGIB** last year are reminded that it is their responsibility to individually check and ensure they have paid the full \$2,700 within the required deadline, 18 months from the date entered on their DD Form 2366. Meeting this 18-month deadline is critical. Soldiers have no education benefits to utilize until the required \$2,700 is paid in full. Furthermore, soldiers who fail to pay the money in full by the deadline will forfeit all contributions made to that point and will not be eligible for any MGIB benefits.

Many soldiers have had problems with their local finance offices erroneously stopping the reduction in pay when it reached \$600 or \$12,009. In some cases, Finance refunded some payments to the soldiers. These are finance problems and errors, and must be resolved. Defense Finance and Accounting Service has sent a message out to field finance offices advising them of the needed corrective action. However, soldiers are ultimately responsible for initiating action to discover and correct finance mistakes. Soldiers may have to make lump sum payments to ensure the full \$2,700 is paid within the 18 months. For more information, contact Bill Unger, 526-4125, or any guidance counselor at the education center.

**Post Laundry Service** — The Post Laundry service provides free laundry and dry cleaning 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. Soldiers are reminded to 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. The turnaround for the service is 72 hours and no appointment is necessary. The Post Laundry will not clean personal items like BDUs, 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.

**Fort Carson Ammunition and Explosives amnesty turn-in** — When military A & E is found outside the boundaries of Fort Carson military areas, notify the local civilian authorities or the military police, 526-2333. Abandoned military A & E, excluding small arms ammunition up to and including .50 caliber, will not be moved by untrained personnel. If A & E are found, notify the Fort Carson 764th Explosive Ordnance Company, 526-2643. Abandoned A & E found on post may be turned in at the Ammunition Reclamation Area, located on Butts Road, one mile south of the airfield. The hours are Mondays through Fridays from 7:30 a.m. to 3:30 p.m. For more information, contact the Ammunition Supply Point, 526-4381, or the Quality Assurance Office, 526-1795 or 526-1892.

**Procedure for replacing lost or stolen Identification Cards** — Effective immediately, all soldiers assigned or attached to Fort Carson who have had an ID Card or Common Access Card lost or stolen will be required to present a memorandum signed by their commander when requesting a replacement card. Local policy requires all active duty soldiers, reservists, retirees, family members and Fort Carson civilian employees who lose their ID or Common Access Card to present a form of identification before a replacement card can be issued. The following forms of ID are acceptable: valid driver's license with photo, state ID with photo, birth certificate with seal or photocopy of birth certificate that reflects the state file number. If no form of ID is available, the soldier must be accompanied by a senior noncommissioned officer (Sgt. 1st Class or above) or a commissioned officer.

**West Point accepting applications** — Capt. Cliff Hodges, from the West Point Admissions Office, will be at the Fort Carson Post Re-enlistment Conference Room, building 1219, Tuesday and Wednesday at 10 a.m. and 1:30 p.m. to give an admissions brief to all soldiers on the process of submitting applications. Interested soldiers should contact their chain of command and arrange a time to attend the briefing. All interested soldiers are encouraged to attend regardless of high school academic performance. Interested soldiers must be U.S. citizens, not married, have no obligation to support family members, be a high school graduate, not be 23 years or older prior to July 1 of the year entering the U.S. Military Academy, be of high moral character and have a sincere interest in attending West Point and becoming an Army officer. All application requirements must be met by April 1 to be considered for an appointment to West Point or the Prep School in July 2003. Interested soldiers should contact Hodges to request an application by phone, DSN: 688-5780 or (845) 938-5780 or e-mail [tc2324@usma.edu](mailto:tc2324@usma.edu).

**SFOD-D seeking new members** — The 1st Special Forces Operational Detachment-DELTA (airborne) will be on post Jan 21 to 24. Briefings will be in the Columbine Room at the Elkhorn Conference Center, and will be the first three days at 10 a.m. and 1:30 p.m. The Army Physical Fitness Test will be on Jan. 24 at a place and time yet to be determined. For more information, contact your squadron, battalion, or brigade career counselor.

**Hours of operation Information, Tickets and Registration Office and the Outdoor Recreation Complex Information Desk** have been combined in an effort to better serve customers. Hours of operation are Tuesdays through Saturdays, 10 a.m. to 5:30 p.m. For information, call

526-2083 or 526-5366.

For official travel services, Carlson-Wagonlit Travel, in building 1012 on Long Street, is open Mondays through Fridays from 7:30 a.m. to 4 p.m., and until 3 p.m. on training holidays.

Travelers are reminded to bring three copies of travel orders when picking up tickets for official travel. Soldiers and family members must have one original and one copy of their "travelopes" and three copies of each order, to include amendments, for overseas permanent changes of station. If you cannot pick up your tickets in person, you can fax a copy of orders to 526-1142 or 576-5262 for issuance of an E-ticket.

Please call 576-5188 to confirm receipt of faxed orders. Tickets will not be issued without orders. If you do not use your ticket, you must bring it and two copies of your orders. If you were issued an E-ticket and did not travel, you still must bring in two copies of orders to process a refund for the unused ticket.

**Central Issue Facility** hours of operation are: Regular business hours: Mondays, Tuesdays, Wednesdays and Fridays from 7:30 to 10:30 a.m. and 11:30 a.m. to 3 p.m. and Thursdays 7:30 to 10:30 a.m. Initial Issue/Partial Issue/DX: Mondays, Tuesdays, Wednesdays and Fridays from 7:30 a.m. to 10:30 a.m. and 11:30 a.m. to 3 p.m. and Thursdays: 7:30 to 10:30 a.m. Partial Turn-Ins: Mondays, Tuesdays, Wednesdays and Fridays from 11:30 a.m. to 3 p.m. All Full Turn-Ins require an appointment. Please call 524-2006 or 526-2729 to schedule an appointment. For questions, call Stacey Sly at 526-5512.

## Briefings

**Special Forces briefings** — Special Forces recruiting briefings are held Wednesdays at 1:30 p.m. and Thursdays at 1:30 p.m. and 3:30 p.m. at the Grant Library for males in the pay grades E-3 to E-7 with a GT score of 100 or higher and who are U.S. citizens.

**OCS board** — There will be a local Officer Candidate School board Jan. 30 and 31. This board is required for all applicants. All participants must report in Class A uniform. All packets must be turned in to the 502nd Personnel Support Battalion, Personnel Actions Section, no later than Jan. 15.

For more information, call Capt. John Price at 526-1906.

**ETS/Transition briefing schedule** — In order for soldiers to receive their ETS orders, soldiers must attend an ETS briefing. Soldiers may sign in at 7:15 a.m. and the briefing begins at 7:30 a.m. in building 1118, room 317. For more information, call the Transition Center at 526-2240 or 526-4298.

**Pest control training** — Pest Management Regulation, AR 200-5, requires only certified applicators apply pesticides on military installations. The Directorate of Environmental Compliance and Management has a program that provides military personnel the necessary training and herbicide. Each unit is allowed a maximum of five people for training unless approved through the unit commander to DECAM. Training sessions are scheduled for the first and third Tuesday of every month from 10 to 11 a.m. at building 3711, until all units have received the training.

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

The following are dates for upcoming briefings: Wednesday.

## Miscellaneous

**Monthly siren test** — To ensure Fort Carson sirens remain operational, a monthly test will be conducted at noon on the last Friday of each month. The test will sound six seconds on, six seconds off, for a duration of five minutes. The "all clear" will be indicated by a continuous three-minute siren.

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



### Better Opportunities for Single Soldiers

**SnoFest** — Single soldiers only, which include single parents, single officers and geographical bachelors, are invited to attend SnoFest Jan. 24. The cost is \$105 and the trip includes transportation to and from Keystone and a shuttle that will run every 20 minutes for all events at Keystone; a lift ticket; lodging for three days and two nights, with six soldiers in each condo; a party on Jan. 25 in the Main Conference Center; and equipment rental. For those bringing their own skis, the price is reduced to \$100. Buses will depart from Fort Carson Jan. 24 at 1:30 p.m. in the lower parking lot of the new Morale, Welfare and Recreation eXtreme Sports Bar. Departure from Keystone will be Jan. 26 at 11:15 a.m. Sign up is until close of business Thursday. To sign up, contact Spc. Kara Hines, 524-2677, or visit the BOSS office, located in the Outdoor Recreation Center, building 2429.

## Dining Schedule

### Weekday Dining Facilities

#### A La Carte Facilities

43rd ASG Cheyenne Mtn. Inn (building 1040)  
3rd BCT Iron Bde. (building 2061)  
3rd ACR CAV House (building 2461)  
3rd ACR Butts Army Airfield (building 9612)

#### Standard Facilities

10th Special Forces Group (building 7481)

#### Weekday Meal Hours

	<b>Mon., Tues., Wed. and Fri.</b>	<b>Thur.</b>
Breakfast	7:30 to 9 a.m.	5:30 to 7 a.m.
Lunch	11:30 a.m. to 1 p.m.	noon to 1:30 p.m.
Dinner	5 to 6:30 p.m.	4 to 5:30 p.m.

### Week of Jan. 11 to Jan. 17

#### Exceptions

- Butts Army Airfield Dining Facility serves no dinner meals.
- Cheyenne Mountain Inn breakfast hours are 7 to 9 a.m. on Mondays, Tuesdays, Wednesdays and Fridays.
- 10th SFG (A) meal hours are the same Monday through Friday. It serves no dinner meal on Fridays.

### Saturday, Sunday and Training Holiday Dining Facilities

43rd ASG Cheyenne Mtn. Inn (building 1040)  
3d BCT Iron building (building 2061)  
3d ACR CAV House (building 2461)

### Saturday, Sunday and Training Holiday Meal Hours

Brunch	9 a.m. to 1 p.m.
Supper	3 to 5 p.m.

*Family members are cordially invited to dine in Fort Carson dining facilities.*

# Greenback

## Finance battalion can offer community many services

by 2nd Lt. Suzanne Love  
4th Finance Battalion

The 4th Finance Battalion can provide the community services beyond normal customer service, which they may not know about.

With deployment come numerous changes to a soldier's pay account and oftentimes there are many rumors or uncertainties experienced by the servicemember and their family members.

Some common questions arise pertaining to various entitlements such as Hazardous Duty Pay, Family Separation Allowance, Combat Zone Tax Exclusion, Special Leave Accrual, Housing Allowances and Basic Allowance for Subsistence. Units or Family Readiness Groups may contact their servicing finance detachment to set up a briefing.

### Basic Allowance for Subsistence Rates

Basic Allowance for Subsistence 2003 Rates per section 402, Title 37 of the U.S. Code, the following BAS rates effective Jan. 1

Officers — \$167.20 per month

Enlisted Standard Type —  
\$242.81 per month

Enlisted Rations Not Available —  
\$262.50 per month.

### Government Travel Card

The Government Travel Charge Card or travel card is issued to Defense Finance and Accounting Services travelers for the express purpose of paying for all reimbursable expenses related to official travel such as food, lodging, transportation and authorized travel advances using an Automated Teller Machine.

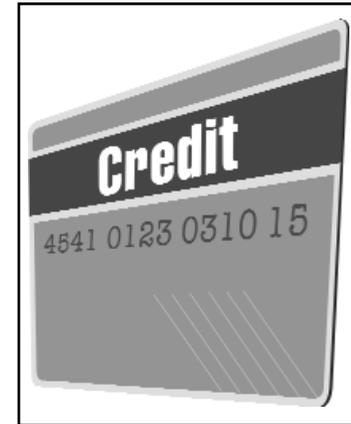
Cardholders are expected to use their cards for this purpose only. Any other use of the travel card is misuse and is contrary to the terms of the cardholder agreement and Statement of Understanding that cardholders sign before getting their travel cards.

Cardholders are also expected to protect their cards from inadvertent misuse. As a precaution, cardholders are advised not to carry their travel cards along with their other charge or debit cards. Also, do not use the same Personal Identification Number for government issued and personal cards.

Travel cards should also be kept in a secured place when not being used for official travel so that others don't have access to it. Any misuse of the card, even inadvertent, is unacceptable and does subject the cardholder to formal disciplinary action.

In addition to being responsible for using the travel card properly, cardholders are also expected to file their travel claims timely and pay their bills

when due. Cardholders who allow their GTCC account to become 60 days or more past due are subject to formal disciplinary action. In addition to taking disciplinary action, supervisors will also direct cardholders to take affirmative steps to pay the bill within a specified period of time. Failure on the part of the cardholder to do so can result in more severe formal disciplinary or adverse action being taken.



Travel card activity is closely monitored by Agency Program Coordinators. The APCs are responsible for identifying all cases of travel card misuse and delinquency and

reporting them to cardholders' supervisors. Supervisors of civilian cardholders are then held accountable by their management chain for taking appropriate formal disciplinary action to correct the misuse or delinquency.

Likewise, supervisors of military cardholders are expected to take immediate corrective action by notifying the servicemember's service element

commander, first sergeant or commander.

The vast majority of DFAS cardholders abide by the terms of their cardholder agreements faithfully and their efforts are much appreciated. The measures outlined above are intended to send a clear message to the small percentage of cardholders who won't adhere to those terms that there will be consequences. In many cases, those consequences could have a lasting,

Last wishes ...

# Will, testament can offer peace of mind for future

by Capt. John Jurden  
Office of the Staff Judge Advocate  
Legal Assistance Division

Most of us have been asked the question during our military career, "Do you have a will?" For those who answered no, you may want to consider obtaining one. While there is no legal requirement under the law or Army regulations for you to have a will, obtaining one may offer you peace of mind and remove some of the problems and doubts your family might encounter if you pass away.

Your Last Will and Testament is a legal document, which controls the disposition of your property (or "estate") at the time of your death. It also can provide for guardianship for your minor children after your death. You will become effective only upon your death. As long as you are living, your will has no legal effect.

Your "estate" consists of all the property and personal belongings you own or are entitled to possess at the time of your death. This includes real estate, personal property, cash, savings and checking accounts, stocks and bonds, among other assets. Although the proceeds of insurance policies may be considered part of your estate, a will does not change the designated beneficiaries of an insurance policy. Insurance policies are part of your estate for tax purposes, but they normally pass to the beneficiary designated on the face of the policy. For this reason, it is critical that you periodically review your civilian life insurance contracts and your SGLI documents to ensure the beneficiaries you have designated are still the ones you wish to take the proceeds when you pass away.

It is a good idea for everyone who owns any real estate or personal property to have a will, regardless of the present value of the estate. Your estate grows daily in value through the repayment of mortgages; appreciation in the value of real estate, stocks, and other securities; and due to many other factors.

The first step in constructing your will is to

determine your state of legal residence. Your legal residence is the state in which you have your true, fixed and permanent home and to which you intend to return. Voting, paying taxes, owning property and motor vehicle registration are some indicators of your state of legal residence. Your state of legal residence will determine, at the time of your death, where your will is probated and the amount of state inheritance tax that may be paid at your death.

A person who receives property through a will is a "beneficiary." You may leave all of your property to one or several beneficiaries. You may designate in your will that specific items of property or sums of money be given to specific people. It is normally advisable to designate at least two levels of beneficiaries — primary and alternate — in the event that your primary beneficiaries pass away before you do.

Wills permit you to dispose of your property in almost any manner.

In most states, a married person cannot completely disinherit his or her spouse. Most states have laws that entitle surviving spouses to at least part of the deceased spouse's estate. This "statutory share" ranges generally from one-third to one-half of the estate. Some states also automatically provide shares of the estate to children. Other provisions of state law may control insurance proceeds and jointly owned property. If you have questions regarding the "statutory share" law in your state of legal residence, you should raise them with the attorney preparing your will.

You may name a guardian for your children by indicating your choice of guardian in your will. Usually, the surviving spouse is designated as the guardian of any surviving minor children. It also is advisable to name an alternate guardian, in the event your spouse dies before you, or you and your spouse pass away at the same time. Ultimately, however, be aware that courts are inclined to appoint

guardians according to what the courts believe is in the best interest of the children.

In your will, you also will designate an "executor," who will manage and settle your estate according to your will. The executor has an important, and often time-consuming, job. It is the executor's responsibility, for instance, to petition the courts of your state to probate your will, to dis-

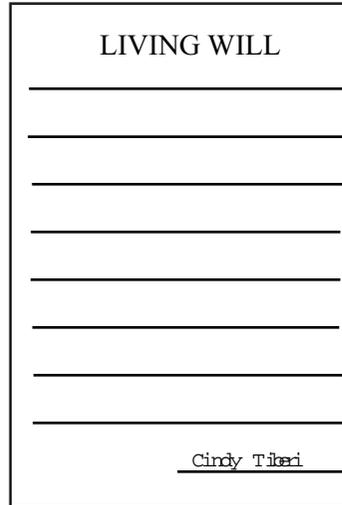
tribute your property according to your wishes expressed in the will, and to carry out your other wishes contained in your will. For this reason, it normally is advisable to contact your proposed executor before you execute a will, to ensure he or she feels up to the task. A person named as executor in your will has the option, upon your death, to decline the duties of executor. If this happens, courts normally will appoint an independent person to serve as executor. For this reason, it is normally advisable to appoint at least one person as an alternate

executor in your will.

Once you execute your will, it will remain valid until you change it or revoke it. Changes in circumstances after you execute your will, such as tax laws, marriage or divorce, the birth or adoption of children, or a substantial change in the nature or value of your estate, can affect whether your will is still adequate to accomplish your wishes.

One final word on wills: If you die without a will, your property is distributed according to a formula established by law. Note that your state of legal residence does not hoard your property and convert it to its own use.

If you have questions about your will or other estate planning needs, you should seek legal assistance from the Fort Carson Legal Assistance Division. You may contact the Fort Carson Legal Assistance Division at 526-5572 or 526-5573. The Legal Assistance Division schedules appointments for the following week on the preceding Friday. The Legal Assistance Division provides appointments on Monday and Friday mornings, as well as Wednesdays. Walk-in consultations are available on a first-come, first-served basis on Monday and Friday afternoons, beginning at 1 p.m.



## Fort

From Page 5

and done everything we've asked of them and more with no complaints. Sometimes it's been demanding, but no one has complained. It's kind of surprised me because of their youth, but they have met the challenge and are looking forward to the mission."

That goes for one new member of the MP unit.

Pfc. Brandi Kehn came to the MP unit straight from basic training and advanced individual training and said she is looking forward to the challenge.

"A lot of what we've been doing is basic military police type training like how to search a suspect you might be apprehending, tasks we'll be asked to perform while we're over there," said Kehn. "This differs somewhat from what I learned in AIT, because the common tasks we went over in AIT are geared toward combat.

"Now, we're kind of having to deviate from our training and focus on

a lot of other scenarios we might encounter in a garrison setting."

Kehn said the scenarios the MPs have encountered while at Fort Carson have been realistic and she feels she's ready to go.

Kehn said in the beginning there was discussion about taking females to a combat area, but because their training is no different, they felt it was their duty to join the male soldiers.

Sheppard agreed the unit should stay intact and supports the leadership's decision to have the females accompany the rest of the platoon on the mission.

"I think this is going to be a well prepared MP platoon that's going to be over there to take on this mission," Sheppard said.

"They're sharp, they're energetic and they're ready to go." The soldiers are going to do this mission and do it well, he said.

"They're going to serve their country and their country will be proud of them. Their moms and dads back home ought to be proud of them, as well."

## Landmine injures 82nd soldier, weapons found in Afghanistan

Army News Service

**BAGRAM, Afghanistan** — An 82nd Airborne Division paratrooper is in stable condition after stepping on an antipersonnel landmine during a routine patrol Jan. 4.

The soldier received immediate medical care at the Forward Operating Base, Salerno. He was then transported to Bagram Air Base and subsequently medically evacuated to Landstuhl Regional Medical Center, Germany, for further treatment. His injuries were not life threatening, officials said.

The soldier's name is being withheld pending next of kin notification.

Further analysis and sweeps of the area around the mine strike assessed the landmine had been buried within the past two weeks, officials said. This was the only mine found in the area, officials added.

The area where the mine strike occurred was not a known danger area, officials said. There are approximately 21 known danger areas in the vicinity of Khowst and coalition forces have cleared three.

On the same day the soldier was injured, U.S. Special Forces conducted cache recovery operations in Spin Bolduk, Kandahar Province, and two villages near Khowst. The Spin Bolduk cache included more than 1,000 mortar rounds, 93 assorted rocket propelled grenades, more than 300 pounds of high explosives, and 100 assorted anti-tank and anti-personnel mines. The team destroyed the cache in place Jan. 5.

U.S. soldiers, along with some Afghan military forces, confiscated 30 107mm rockets and a BM-12 rocket from the two villages near Khowst. Both caches were transported to Chapman Airfield for destruction.

In other news, 452 newly trained Afghan National Army soldiers graduated Jan. 7. It was the fifth battalion to graduate. The sixth battalion is 700 participants strong and in its sixth week of training.

# Community

## Commissary benefits available to Guard, Reserve

### Defense Commissary Agency

**FORT LEE, Va.** — Guard and Reserve members are urged to take advantage of their “24 days to save” by adding commissary shopping to their list of New Year’s resolutions. A family of four shopping regularly in the commissary can save more than \$2,400 in 2003, suggest officials at the Defense Commissary Agency. Guard and Reserve members and their immediate families are entitled to 24 commissary shopping days, but to take advantage they need valid military ID cards and a current Commissary Privilege Card.

Activated Guard and Reserve personnel and their family members can enjoy unlimited shopping in the commissary by showing their ID card and active duty orders. During active duty periods, they do not need the CPC to shop.

At DeCA, where the focus is on making sure authorized shoppers are aware of their benefits, Guard and Reserve members are considered key customers. “To help them keep their resolution to save money, some commissaries ‘hit the road’ to offer case lot sales,” said Bob Vitikacs, DeCA executive director of operations and product support. “As long as there is a commissary located within a reasonable distance for future shopping, taking case lot sales to the customers is a great way to introduce Guard and Reserve personnel to their valuable commissary benefit. Hopefully they will realize the benefit and make the effort to shop their nearest commissary.”

“We are planning a sale at the Meridian Air National Guard Base in February,” said Bill Shea, store director, Naval Air Station Meridian (Miss.) commissary.

David Sanborn, store director, Fort McCoy (Wis.) commissary, said, “We have a case lot sale for the Wisconsin Air National Guard at Volk Field

scheduled in May and we’re also planning a sale for the Army Reserve at Fort Snelling and the 934th Air Reserve at Minneapolis Airport (both located at the airport) — if we can get a building large enough.”

The Commissary Privilege Card (DD Form 2529) is issued annually in December to Guard and Reserve members by their units. The card contains blocks to record dates of the 24 authorized shopping days during the calendar year. Commissary personnel date and initial a block on the card for each day. Personnel who have not received a CPC for their “24 in 2003” should contact their unit immediately. Neither commissaries nor DeCA are responsible for issuing CPCs. “Gray area”

Reserve component personnel — those who have retired from the Guard or Reserve but who are not yet 60 — also need the CPC in order to take advantage of their 24 annual commissary shopping days. Commissary Privilege Cards for “gray area” personnel are mailed annually from locations where their military personnel records are retained. For more on the CPC and Guard and Reserve shopping eligibility, check the information page at [http://www.commissaries.com/guard\\_reserve.htm](http://www.commissaries.com/guard_reserve.htm).

A “fact sheet” on commissary savings for Guard and Reserve is located under “What’s New” at <http://www.commissaries.com>.

The Defense Commissary Agency’s vision statement is: “The Commissary Benefit — Cornerstone of Military Quality of Life. It is our goal to deliver the premier quality of life benefit for our military efficiently and effectively.” With headquarters at Fort Lee, Va., the agency operates nearly 280 commissaries worldwide, providing

groceries to military personnel, retirees and their families. Commissary patrons purchase items at cost plus a 5 percent surcharge, which covers the construction of new commissaries and the modernization of existing stores. Patrons save an average of 30 percent or more on their purchases compared to commercial prices. These savings are worth more than \$2,400 a year for a family of four. A



core military family support element, and a valued part of military pay and benefits, commissaries contribute to family readiness, enhance the quality of life for America’s military and their families, and help recruit and retain the best and brightest men and women to serve their country.

# Community Events

## Fort Carson

**Tax time** — Still doing your own taxes? The Grant Library has Colorado and federal tax booklets and forms to hand out and has forms from all 50 states to copy. For information, call 526-2350 or visit the library at 4950 Flint Street.

**Fort Carson Tax Center** — The Fort Carson Tax Center, which offers free tax services, to include electronic filing, will be open from Monday to April 15, except for federal and training holidays.

Services offered:

- Refunds in 10 to 20 days at no cost
- Answers to tax refund questions
- Federal returns prepared while you wait
- Federal and state forms available for your convenience
- Federal returns filed electronically for the quickest refund

Hours of operation are Mondays, Tuesdays, Wednesdays and Fridays from 9 a.m. to 6:30 p.m., Thursdays from 1 to 6:30 p.m. and Feb. 8 and 22, March 8 and April 12 from 10 a.m. to 6 p.m.

Be sure to bring all W-2s, Social Security Cards for yourself and all family members.

Have the following if relevant:

- Form 1099 INT or DIV
- Info on child-care, IRA contributions,
- Mortgage Interest Statement
- Sale of stocks, bonds, or mutual funds,
- Any other financial info
- Alimony paid or received
- Power of Attorney if filing for spouse court orders for divorce or child custody

Visit the Tax Center at building 6264, off Albanese Loop (across from the Colorado Inn and the Elkhorn Conference Center) in, or call at 524-1012 or 524-1013.

**Getting fit** — Now is the time to be thinking about your new year's resolutions. Do you envision a healthier, more physically fit you? Let the Mountain Post Wellness Center help you with your resolutions whether they include eating healthier, losing weight, improving your physical fitness, or managing your stress and anger.

Don't know where to begin? Your first step might be signing up for a Personal Wellness Profile to obtain an overall assessment of your lifestyle and

any health risk factors you might have. Based on the results you might want to then determine your resolutions and allow us help you reach your fitness goals. Give us a call at 526-3887 and the professional staff of the Mountain Post Wellness Center will help you reach your goals.

**Youth Services registration** — Youth Services Central Registration Office changed its hours. The new hours are as follows:

Mondays and Thursdays — walk-ins are from 7:30 a.m. to 5 p.m. (last walk-in at 4:30 p.m.)

Tuesdays, Wednesdays and Fridays — appointments only, the office closes at noon on Fridays.

The following is required to register: up-to-date immunization record, health assessment, proof of income, three emergency points of contact, child's social security number. The cost of registration is \$15 per child, or \$35 per family. For more information, call Faye Wilburn at 526-8220.

**The Fort Carson Thrift Shop** is now distributing funds to nonprofit organizations and qualifying individuals. The following are the qualifications for individuals seeking educational grants:

Must be a military family member (active or retired) and needs to have proof of enrollment from attending school.

All requests must be submitted in writing by Jan. 23, 2003, to the Thrift Store, building 1008 on Wetzel, during regular business hours or mailed to:

**Fort Carson Thrift Store**

**P.O. Box 13812**

**Fort Carson, CO 80913**

**EEO training** — The Fort Carson Equal Employment Opportunity Office continues with its presentations of human relations topics for civilian employees. In January, EEO will offer the following classes:

“Coping with Continuous Change” — Jan. 15

“The Lighthouse of Visionary Leadership” — Jan. 22

Video Session:

“Dealing with Crisis and Transition” — Jan. 29

Classes will be conducted from 8:30 to 11:30 a.m. in the Cedar Room at the Family Readiness Center (next to the commissary).

The length of the video sessions will vary. Select one or more of the classes you would like to attend. For more information, contact your training coordinator, or call EEO at 526-4413.

**Reward** — Between Sept. 6 and Sept. 16, unknown person(s) by unknown means gained access to the regimental headquarters and Headquarters Troop, 3rd Armored Cavalry Regiment conference room, building 2352.

The person(s) pried away a locked security cable



Army Community Service  
Family Readiness Center  
526-4590

## Nurturing Programs



**AGES 0 To 5**

**Jan. 15 to April 2**

Wednesdays, 9:30 a.m. to 12:30 p.m.

### TOPICS COVERED

- What type of parenting style you have
- Building your child's self-esteem
- Behavior management techniques

**AGES 5 To 12**

**Jan. 15 to April 2**

Wednesdays, 5:30 p.m. to 8:30 p.m.

### TOPICS COVERED

- Communicating with your child
- Understanding misbehavior
- Choices and consequences

Participants must register prior to attending the class.

Free limited childcare for siblings, call 526-4590.

NOTE: Military members may receive promotion points for attendance & participation.

attached to a Toshiba data projector, model number TLP 450, serial number 69691451 and then stole the projector.

The Criminal Investigation Detachment is offering a \$200 reward for any information that leads to the recovery of the projector and successful conviction of the perpetrator(s).

Any information concerning the investigation should be provided to Special Agent Timothy E. Bombard, 48th Military Police Detachment at 526-3579.

# Army testing new method to detect breast cancer

by Michael E. Dukes  
Army News Service

**WASHINGTON** — A five-year trial is now under way at Walter Reed Army Medical Center to prove the value of “electrical impedance scanning” in detecting early stages of breast cancer in women under the age of 45.

Two hundred patients are enrolled so far and the goal is 4,800, said Maj. Alexander Stojadinovic, a surgical oncologist at the Walter Reed

Comprehensive Breast Center. He said planning has begun for a Department of Defense study involving 12 sites with an expected enrollment of 20,000.

The study is not intended to com-

pete with mammograms, said Stojadinovic. He said the clinical research should prove electrical impedance scanning to be a valuable ally to conventional screening methods, particularly in young women.

“The current process of using clinical breast examination alone to screen younger women is widely recognized as deficient,” Stojadinovic said.

Although the risk of breast cancer in women under 50 is low, the incidence is increasing,

and breast cancer tends to be more aggressive in younger women, Stojadinovic said.

It is timely and warranted to receive this screening trial now at

Walter Reed, the Army's only comprehensive breast center, he said.

EIS is able to detect early stage tumors, particularly in young women; and 20 percent of the active-duty force is female; 92 percent of which are women under the age of 40.

“EIS has the potential to identify women at high risk of breast cancer, even if it does not localize a specific lesion,” Stojadinovic said.

Tumor tissue differs from normal breast tissue in electrical properties, and electrical impedance scanning detects in five minutes whether further screening is needed.

The electrical impedance scanning can complement and enhance the accuracy of mammographic screening, Stojadinovic said.

Nurse Practitioner Abby Rogers, of Walter Reed's Department of Obstetrics and Gynecology, said the American Cancer Society and

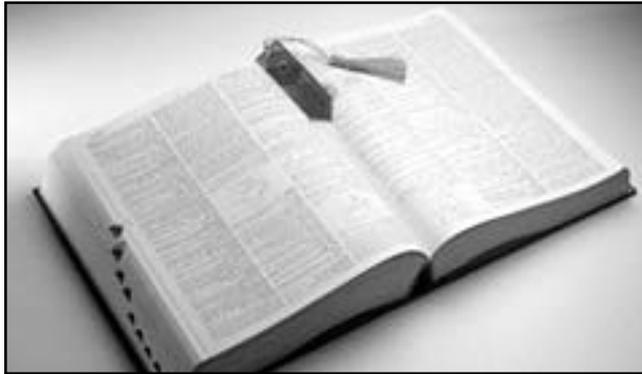
National Cancer Institute currently recommend that women practice monthly breast self-exams a week after menstruation, get a yearly clinical breast exam, and for women over 40, an annual mammogram.

Women eligible for the trial include non-pregnant military health-care beneficiaries ages 18 to 45 who have not breast fed or had breast surgery within the preceding three months and who do not have implanted electrically-powered devices. Patients undergo outpatient assessment with electrical impedance scanning.

More information on the trial is available from the Walter Reed Comprehensive Breast Center at (202) 782-3416.

**Editor's note:** ARNEWS intern Nicole Dowell contributed to this article. Michael Dukes is a staff writer for the Walter Reed Stripe newspaper.





## Chapel

**Couples** — A new time of study and conversation for young couples begins at Soldiers' Memorial Chapel, building 1500 (next to the post exchange), Sundays at 10 a.m. This group is for couples with or without children. Child-care is provided free. If your spouse is deployed, please come — this is for you. The group will discuss and explore topics of interest both in and outside the Bible. For information, call the Soldiers' Memorial Chapel at 526-8011.

**Faith Weaver** — Helping families build faith. Faith Weaver is offered every Sunday at Soldiers' Memorial Chapel. Faith Weaver is a traditional Protestant Sunday School for all ages, including adults. The service meets at 9:30 a.m. Sundays at the chapel. For more information, call 526-5625. There is also a children's church program that meets during the Protestant worship service at 11 a.m.

**Youth of the Chapel** — Activities for Protestant and Catholic Middle School and High School Youths is Tuesday evenings at 6 p.m. at Soldiers' Memorial Chapel. Protestant High School activities include Bible Studies, Sundays, 9:30 a.m., and Tuesdays, 6 p.m. at Soldiers' Memorial Chapel. Catholic youth classes meet Sundays at 10:45 a.m. at Soldiers' Memorial Chapel.

**Native American Sweatlodge ceremonies** — offered to military personnel, family members and Department of Defense personnel for traditional prayer and purification. Fasting beforehand is recommended; refreshments offered following the ceremony. For information or directions call Michael Dunning, 579-9088/382-5331/330-9537.

## Chapel Schedule

Day	Time	Service	Chapel	Location	Contact Person
M-W-F	noon	Mass	Healer	Evans Army Hospital	Chap. Stahl/526-5769
Tues., Wed., Thurs.	noon	Mass	Soldiers'	Nelson & Martinez	Chap. Stahl/526-5769
Saturday	5 p.m.	Mass	Soldiers'	Nelson & Martinez	Chap. Stahl/526-5769
Sunday	8 a.m.	Mass	Prussman	Barkeley & Prussman	Chap. Stahl/526-5769
Sunday	9:30 a.m.	Mass	Soldiers'	Nelson & Martinez	Chap. Stahl/526-5769
Sunday	10:45 a.m.	CCD	Soldiers'	Nelson & Martinez	Jim Sciegel/526-5744
Sunday	11 a.m.	Mass	Healer	Evans Army Hospital	Chap. Stahl/526-7386
Sunday	12:15 p.m.	Mass	Provider	Barkeley & Ellis	Chap. Stahl/526-5769
<b>PROTESTANT</b>					
Sunday	9 a.m.	Protestant	Healer	Evans Army Hospital	Chap. Simmons/526-7387
Sunday	9 a.m.	Protestant	Provider	Barkeley & Ellis	Chap. Satterfield
Sunday	9:30 a.m.	Contemporary	Veterans'	Magrath & Titus	Chap. Fox/526-4416
Sunday	11 a.m.	Protestant	Soldiers'	Nelson & Martinez	Chap. Kincaid/526-8011
Sunday	11 a.m.	Prot./Gospel	Prussman	Barkeley & Prussman	Chap. Lee/526-4469
Sunday	9:30 a.m.	Sun. School	Soldiers'	Nelson & Martinez	Dr. Scheck/526-5626
Sunday	9:30 a.m.	Sun. School	Prussman	Barkeley & Prussman	Chap. Pair/526-2811
Sunday	6:30 p.m.	PWOC	Soldiers'	Nelson & Martinez	Ms. Scheck/524-1166
Tuesday	9 a.m.	PWOC	Soldiers'	Nelson & Martinez	Chap. Kincaid/526-8011
<b>LUTHERAN</b>					
Sunday	10:45 a.m.	Protestant	Provider	Barkeley & Ellis	Chap. Bauer/526-5279
<b>JEWISH</b>					
For information and a schedule of Jewish Sabbath services, call the U.S. Air Force Academy Cadet Chapel at 333-2636.					
<b>WICCA</b>					
Tuesdays	6:30 p.m.		Family University	Barkeley & Ellis	Information: 526-8013

For additional information, contact the Installation Chaplain's Office, building 1550, at 526-5209. Normally, free child-care is available during on-post worship services.

**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.

**Today** — Psalms 38 & Mark 11  
**Saturday** — Psalms 39 & Mark 12  
**Sunday** — Psalms 40 & Mark 13  
**Monday** — Psalms 41 & Mark 14  
**Tuesday** — Psalms 42 & Mark 15-16  
**Wednesday** — Psalms 43 & Genesis 1-3  
**Thursday** — Psalms 44 & Genesis 4-6

The Army Cycle Of Prayer — Each week the Office of the Army Chief of Chaplains highlights 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. Please pray this week for the following:

**Unit:** For the soldiers, families and leaders of the U.S. Army Reserve, 63rd Reserve Support Command, headquartered in Los Alamitos, Calif.

**Army:** For the dedicated officers, noncommissioned officers, soldiers and veterans of the Adjutant General Corps.

**State:** For all soldiers and their families from the state of California. Pray also for Gov. Gray Davis and the state legislators and municipal officials of the "Golden" State.

**Nation:** For the many employees of the Federal Management Authority whose crisis response in times of disaster saves and touches countless lives.

**Religious:** For the clergy and congregations of the Lutheran Church, Missouri Synod and for the chaplains endorsed for military ministry by that community of faith.

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](http://www.usarmychaplain.com).

# Chaplain's Corner

## If God calls in 2003 — accept his opportunities, challenges

**Commentary by Chap. (Lt. Col.) Steven E. Moon  
7th Infantry Division Chaplain**

2003 is here and with it has come many challenges as well as opportunities. As we contemplated and celebrated the ending of 2002 and the beginning of 2003, I'm sure each of us spent some time on thinking how we might better ourselves. One possible way is through adapting who we are currently into a more ideal person during this year. Consider the following in your personal endeavors for 2003.

Every person is a fusion or a blending of intellect, emotions and will. We think; we feel; we act. These three areas affect one another and must always be kept in balance and proper relationship.

To emphasize the intellect and crush the emotions results in formalism. Such a person will be drab and colorless, and the result will be a dry recluse out of joint and harmony with himself/herself and society.

To accentuate the emotions and ignore the intellect results in fanaticism. Emotion without devotion equals commotion.

To emphasize the intellect less will result in stagnation. To think and never do is futile.

To magnify the emotions and neglect the will results in sentimentalism.

To emphasize the will without the intellect is foolishness. To act without reason is irrationalism and stubbornness.

To accentuate the will without the emotions soon leads to spiritual poverty and pacifism.

In order for life to be most meaningful, rewarding and fruitful, we must give the intellect, the emotions and the will their proper balance. An ideal person is one who thinks clearly, feels deeply and acts wisely.



If you want to be a fool, don't think. If you want to be empty and drab, don't feel. If you want to be useless, don't act.

It is the intellect that gives the rational vision of where to go and what to do. It is the emotions that give the color and motivation for going and doing. And it is the will that gives the force and power to achieve the goal and real-

ize the vision.

The varied complexities of modern living demand clear, logical reasoning deep genuine emotion and determined, dynamic action. It is easy to be illogical, sentimental and indecisive. Today's challenge is for people who are intellectually grounded, emotionally stable and volitionally determined.

In the realm of religion, from the intellect we get doctrine, from the emotions we get experience and from the will we get ethics. Thus we have doctrine, experience and ethics. We must believe something. We must experience something. We must do something.

If we over emphasize only doctrine, we become formalists. If we over emphasize only experience we become fanatics. If we over emphasize only ethics, we

become moralists or legalists.

Living is a process of growth. However, there must be a goal, an objective, a pattern and a model. II Peter 1:5-8 exhorts us to add to your faith virtue; and to virtue knowledge; and to knowledge temperance; and to temperance patience; and to patience godliness; and to godliness brotherly kindness; and to brotherly kindness love."

This is the beginning of 2003. There is no need to worry what you could do if you lived your life over, rather, get busy with what is left and live it carefully because there are no reruns. If you want life's best, be sure that life gets your best. Remember, if God has called you, don't spend time looking over your shoulder to see who is following. Instead, accept the challenge to end this year having adapted, developed and changed into a better person than you are right now.

### **Chapel**

**Lutheran worship** — The Lutheran worship service meets at Provider Chapel, 10:45 a.m., Sundays. While the congregation uses The Lutheran Book of Worship (the "green book"), the worship follows the historic form and substance of Holy Communion. The Eucharist will be offered weekly. All members of the Mountain Post Team who are of the Lutheran faith, those interested in the Evangelical Lutheran Church, or those who prefer traditional worship, are invited to attend. For questions, call Chap. (Maj.) John Bauer at 526-0480 or Chap. (Capt.) Leif Espeland at 526-5772.

## June 28: Fort Carson chips in to help fire fighting efforts

by Spc. Jon Christoffersen  
Mountaineer staff

In the midst of what's shaping up to be the worst fire season in history, Fort Carson sent local assets to help battle the 100,000-plus acre Hayman fire northwest of Colorado Springs.

Four fire trucks and 16 firefighters from the Fort Carson Fire and Emergency Services Wildland Fire Section spent five days, June 15 to 19, lending a hand to help firefighters from across the nation get control of the then out-of-control fire in the Pike National Forest.

Fire Captain Dennis Micheli, with the post fire department, said the team was north of Woodland Park helping citizens in case the fire shifted and threatened the town of nearly 5,000 residents.

"We're up here prepping areas in case the fire comes through," Micheli said.

The firefighters battled the blaze head-on and then moved to help to decrease the amount of damage that could have been done if the fire moved southeast, according to Mel Davis, Fort Carson fire department deputy chief.

"We're helping the people of Woodland Park by triaging houses and informing individuals of what they can do to protect their homes," Micheli said.

Micheli said triaging consisted of removing low branches from trees, clearing ground debris such as pine cones and pine needles to make a fire line around the house and moving flammable items, such as propane gas tanks, away from the house.

"We suggested changes that needed to be made around houses and helped (residents) with any

drastic changes around their house," Micheli added.

One of the residents who was in the possible path of destruction was Jim Warner, who has lived in his house about 10 miles north of Woodland Park since 1989.

"You hear about and see all the wild fires around the state every year but of course 'it's never going to happen to me,'" Warner said, while still surprised by the unexpected help he received from an unlikely source.

"It's fantastic to get this help," Warner said while watching the firefighters prepare his home for the worst. "I didn't expect this help. Plus they're doing some of the work for me. It's amazing, it's really amazing."

After clearing low branches on trees near the Warner home and clearing a fire line to better protect the house, the firefighters made some suggestions to the extremely appreciative home owner about how to protect his belongings.

"Thanks again," Warner said to the firefighters as they left his better-prepared home. "Now it's just a waiting game. I hope my house is still here next year," Warner said.

"Although we would like to be on the fire line fighting the blaze," Dan Olson, firefighter with the Fort Carson fire department said. "It's nice being able to help people."

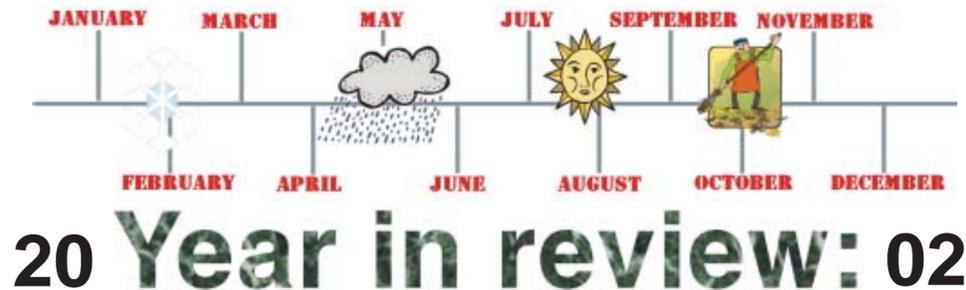
Although June is traditionally considered the front end of the fire season, this year will probably prove to be anything but traditional and only time will tell how busy Fort Carson's own wildland fire team will be this year.



File photo

## New housing ...

From left, Vicki Pipkins, Warrant Officer Kelly Pipkins, Maj. Gen. Robert Wilson, 7th Infantry Division and Fort Carson commanding general, Rep. Joel Hefley, and David Clappier, JA Jones, Community Development president, cut the ribbon officially opening Navajo Village Dec. 5. Navajo Village is the company grade officer housing area built by JA Jones under the housing privatization partnership with Fort Carson. Navajo Village is a \$20.8 million project which created two, three and four-bedroom homes for company grade officers and their families.



## 20 Year in review: 02

The *Mountaineer* looks back on some of the events which shaped 2002

### May 3: Assistant 7th Infantry Division CG dies

Fort Carson Public Affairs Office

Brig. Gen. Bruce H. Barlow, 7th Infantry Division (Light) and Fort Carson assistant division commander/deputy commanding general (Central) Fifth U.S. Army, died Tuesday while on temporary duty at Offutt Air Force Base, Neb.

Barlow was 51 years old and is survived by his wife, Sandra; son, 1st Lt. Christopher Barlow; and daughter, Kelly Barlow.

"Our thoughts and prayers are with the Barlow family in this difficult time," said Maj. Gen. Charles Campbell, 7th Infantry Division and Fort Carson commanding general. "General Barlow was a valuable member of the Mountain Post Team, and we will miss him."

Funeral and interment arrangements have not yet been determined.

A memorial service will be held today at 1 p.m. at Soldiers' Memorial Chapel on post.

Barlow was commissioned June 7, 1972, upon graduation from the U.S. Military Academy. He earned his master's degree in national security and strategic studies from the U.S. Naval War College, June 1993.

Before coming to the Mountain Post in August 2000, Barlow served in a number of assignments including, commander, 3rd Battalion, 6th Infantry, 5th Infantry Division (Mechanized), Fort Polk, La.; commander, 1st Brigade, 6th Infantry Division (Light), Fort Richardson, Alaska, chief of staff, U.S. Army Garrison, Fort Riley, Kan. and assistant deputy chief of staff for Operations (Readiness), U.S. Army Forces Command, Fort McPherson, Ga.



File photo

Brig. Gen. Bruce H. Barlow served the U.S. military for almost 30 years.



File photo

Members of the 1st Cavalry Division Band, Fort Hood, Texas, play "Stars and Stripes Forever" during the 7th Infantry Division and Fort Carson command ceremony Oct. 1. Maj. Gen. Robert Wilson replaced Lt. Gen. Charles Campbell as commanding general.

### Oct. 4: Mountain Post, 7th ID welcomes new commanding general

by Spc. Jon Christoffersen  
Mountaineer staff

Members of the Mountain Post and 7th Infantry Division gathered Tuesday at Manhart Field to welcome a new commanding general.

The former commanding general, Lt. Gen. Charles Campbell, became the post and division commanding general in October 2001. The new commanding general, Maj. Gen. Robert Wilson, came to Fort Carson from Cairo, Egypt.

Wilson expressed his excitement about taking command and spoke of his plans while on the Mountain Post. "My focus while commander of the 7th ID and Fort Carson will be on our warfighting mission," Wilson said.

Wilson was commissioned as a second lieutenant from Indiana University in August 1971 and entered the Army in January 1972. After attending the Officer Basic Course and Aviation Flight School, he was assigned to the 57th Assault Helicopter Company, Pleiku, Vietnam. Upon returning from Vietnam, Wilson served as airfield commander and aide-de-camp at Fort Rucker, Ala. His next assignments included battalion staff and commander, Company C, 3rd Battalion, 67th Armor Division, Fort Hood, Texas. He then served with 3rd Squadron, 4th Cavalry, 25th Inf. Div., Hawaii. In 1983, Wilson was assigned to the 1st Armored Division, Ansbach, Germany, where he served as executive officer, 1st Bn., 37th Armor and S-3, 1st Armored Brigade. He served as

chief, Cavalry Branch, Fort Knox Ky., from 1986 to 1990. Wilson commanded 1st Sqdn., 4th Cavalry, Fort Riley, Kan., from June 1990 to June 1992, including the period of combat operations during Operation Desert Storm. He remained at Fort Riley as G-3, 1st Inf. Div. from June 1992 to June 1993. He subsequently attended the U.S. Army War College from July 1993 to July 1994.

Wilson then commanded the 3rd Armored Cavalry Regiment from August 1994 to July 1996, which included the regiment's relocation from Fort Bliss, Texas, to Fort Carson.

He was then assigned as executive officer to the commanding general, U.S. Army Training and Doctrine Command, Fort Monroe, Va., from July 1996 to June 1997. He served as deputy commanding general, U.S. Army Armor Center, Fort Knox Ky., from July 1997 to October 1998 to August 2000.

Wilson's awards and decorations include the Defense Superior Service Medal, Legion of Merit with four Oak Leaf Clusters, Bronze Star with Oak Leaf Cluster and V Device, Purple Heart, Meritorious Service Medal with two Oak Leaf Clusters, Air Medal with two Oak Leaf Clusters and V Device, Army Commendation Medal with two Oak Leaf Clusters, Army Achievement Medal, Vietnam Service Medal with Service Star, Southwest Asia Service Medal with three Service Stars, the Kuwait Liberation Medal (Saudi Arabia) and the Kuwait Liberation Medal (Kuwait).

### May 10: Soldiers return from desert deployment

by Spc. Jon Christoffersen  
Mountaineer staff

After many months in the desert, soldiers from Task Force 1st Battalion, 12th Infantry, 3rd Brigade Combat Team, 4th Inf. Division, came home to the Mountain Post.

The soldiers spent more than five months in Kuwait as the rotational training unit practicing their desert war fighting skills and began arriving home May 2.

The first wave of soldiers arrived at "0-dark-30" at the Colorado Springs Airport where Col. Christopher Tucker, 3rd BCT commander, welcomed them off the plane with handshakes and congratulations.

After a quick formation at the airport, the soldiers loaded buses and headed to Garcia Physical Fitness Center where family and friends had gathered to welcome them home.

In remarks made to the formation of soldiers, Tucker congratulated them on a job well done in less than hospitable surroundings.

"You all did a great job in Kuwait," Tucker said.

After Tucker finished his remarks, family members was invited down from the bleachers to welcome their soldiers home.

"It feels real good to be home," Cpl. Edward Aguilar, Headquarters Company, 1st Bn. 12th Inf., said while holding his 2-month-old son Edward Jr. for the first time. "It's a real happy moment being here with my wife and son."

While her husband was in Southwest Asia, Detra Aguilar had to cope with many things, including having to give birth to their child without her husband.

"It was hard, but the baby was healthy and that's what is important," Detra said. "It was hard while he was gone, but we got through it."



File photo

Cpl. Edward Aguilar, Headquarters Company, 1st Battalion, 12th Infantry, holds his two-month-old son Edward Jr. for the first time while his wife Detra looks on at the Garcia Physical Fitness Center May 3 during an early morning welcome home ceremony.



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## FORT CARSON'S HUNTER'S EDUCATION CLASS SCHEDULE

**OUTDOOR RECREATION COMPLEX**  
BLDG. 2429, SPECKER AVE, FORT CARSON  
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### 2003 CLASS DATES

JANUARY	21-22-23
FEBRUARY	18-19-20
MARCH	11-12-13
MARCH	18-19-20
MARCH	25-26-27
APRIL	22-23-24
MAY	20-21-22
JUNE	24-25-26
JULY	22-23-24
AUGUST	5-6-7
AUGUST	12-13-14
AUGUST	19-20-21
AUGUST	26-27-28
SEPTEMBER	2-3-4
SEPTEMBER	9-10-11
SEPTEMBER	30-OCTOBER 1-2
NOVEMBER	4-5-6
DECEMBER	2-3-4

\$10. PER CLASS. ALL CLASSES START AT 5 PM AND RUN THROUGH 9 PM UNLESS INDICATED OTHERWISE DURING THE FIRST CLASS MEETING.

ALL CIVILIANS MUST ENTER FORT CARSON THROUGH GATE 1 (MAIN GATE) OFF OF HIGHWAY 115

FOR MORE INFORMATION OR REGISTRATION PLEASE CONTACT THE FORT CARSON OUTDOOR RECREATION COMPLEX 719526-2083



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Mon - Tues Closed  
Wed - Fri 1 - 8:30 pm  
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Grant Library  
Bldg. 1528, 4950 Flint Street  
Fort Carson  
719-526-2350

## Grant Library Storytime

Critters from A to Z

Every Wednesday  
10:30 to 11 am  
Until 14 May 03



For more information on exciting upcoming events and services provided by your Fort Carson Child and Youth Services please call.  
719-526-8220/1100

# Trash to Treasures

Friday, 28 February, 2003 • 6:30 - 10 pm

## Elkhorn

Catering & Conference Center  
Bldg. 7300 Woodfill Road

For more information,  
please call 719-526-9977

# 2003 SnowFest!!!

24 - 26 January, 2003

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Around the World Tour  
At Fort Carson

4 February 2003 • Special Events Center

Bldg. 1829 Specker Ave, Formerly the Post Field House

For more information, please call  
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# Sports & Leisure



Ready to rumble ...

## WCAP athletes head to boxing camp

by Bill Scharton  
Mountaineer staff

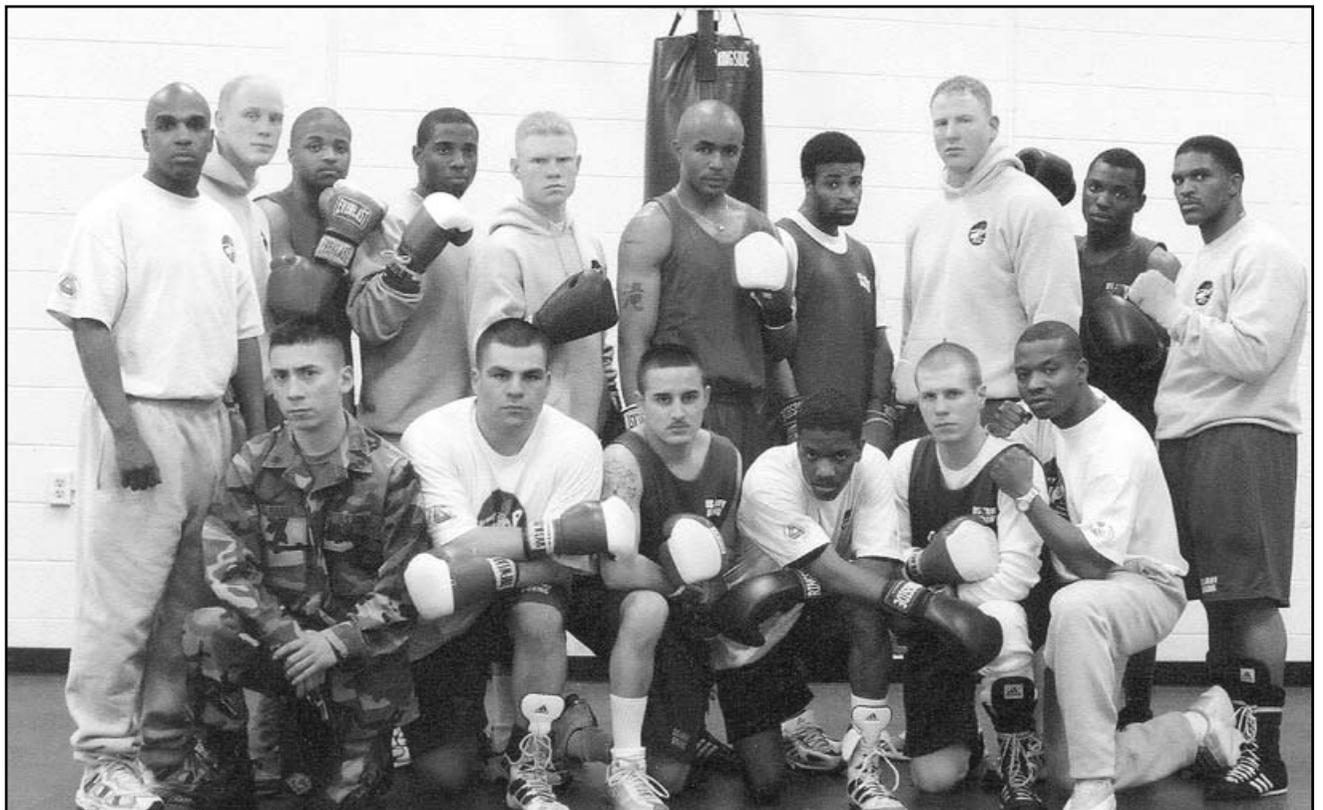
The All Army Boxing Trial Camp got started this week at Fort Huachuca, Ariz., and will run through Jan. 29. Thirty-eight boxers from around the world will be battling for a spot on the 2003 All Army Boxing Team.

This team will then represent the Army at the Armed Forces Championships Feb. 17 to 22 at Naval Station, Ventura, Calif., and the USA Boxing National Championships March 23-30 at the Olympic Training Center in Colorado Springs.

Fifteen boxers and three coaches attending the trial camp are from Fort Carson. Boxers from the Army's World Class Athlete Program at Fort Carson include Torrence D. Daniels, Jason Z. Franco, Aaron T. Bensinger, Keith J. Mason, Marshall A. Christmas, Rondale L. Mason, Clarence Joseph, Julius Fogle, Carlos P. Ibarra, Charles O. Leverette, Eric G. Prindle and Nicholas S. Harrison.

The other three Fort Carson boxers are Tiffany D. Harris, 32nd Transportation Company, Theola J. Rivera, Headquarters Detachment, 68th Combat Support Battalion, and Lanard D. Brooks, 1st Squadron, 3rd Armored Cavalry Regiment.

Two coaches from the Fort Carson WCAP unit, head coach Basheer Abdullah and assistant coach Lavelle R. Sims, are running the camp along with assistant coach Kevin L. Greene from



Photos by Bill Scharton

Members of the Fort Carson World Class Athlete Program Boxing Team.

Headquarters Troop, 2nd Squadron, 3rd Armored Cavalry Regiment.

Last fall, Abdullah was honored as 2002 coach of the year by USA Boxing and he is looking forward to an equally productive 2003. He will be the man in charge of the trial camp at Fort Huachuca.

"We will place the boxers into two non-WCAP teams and one WCAP team," said Abdullah. "The boxers will then receive about two weeks of intense training. The purpose of this training will be to enhance their conditioning and to improve their technique."

At the end of the camp, the boxers will compete for a slot on the All Army Team. This team will feature boxers in 11 different weight divisions

Two of the current Fort Carson WCAP boxers also cap-

tured USA national titles in 2002 and will be battling to defend their titles this year.

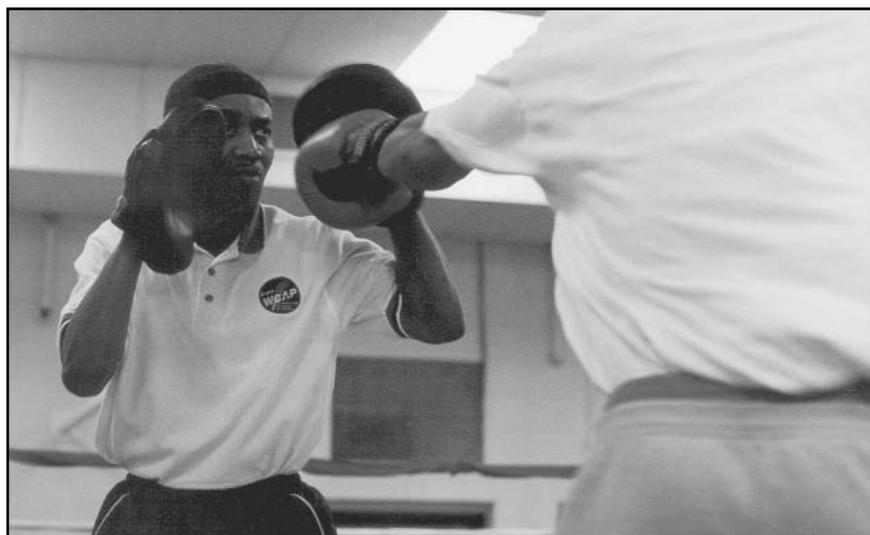
Julius Fogle is the defending national champion in the middleweight division and he is gearing up for his title defense one stage at a time. He will go after the spot on the All Army Team, followed by the Armed Services tournament and then the defense of his national crown. If his national title defense is successful, Fogle will then fight for a spot on the team that will represent the USA at the Pan American Games in the Dominican Republic in August.

Ultimately, Fogle's goal is to be on the USA Olympic Team for the 2004 Olympic Games in Athens, Greece. "Hopefully, each one of these events will be a stepping stone to the Olympics in 2004," said Fogle.

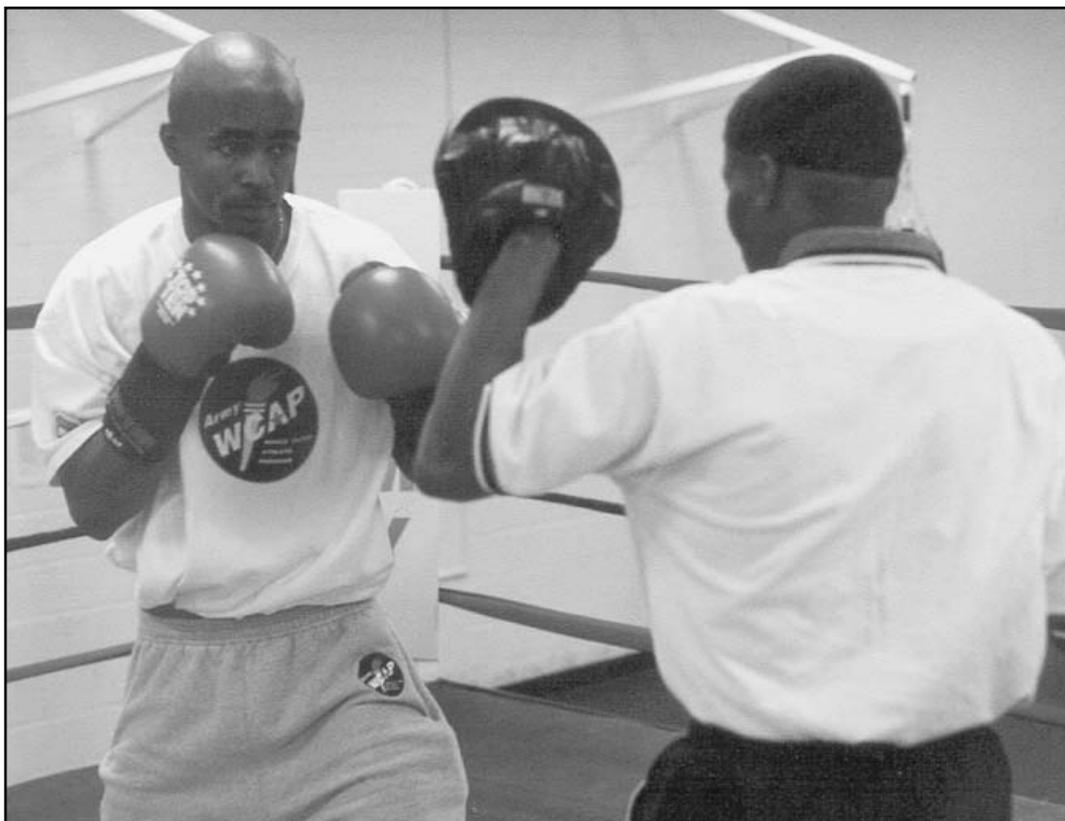
Rondale Mason, a junior middleweight, is the other defending national champion.

He hopes these same stepping stones will land him a spot on the 2004 USA Olympic Team.

The Fort Carson WCAP boxers not attending the trial camp will compete in the Colorado State Senior Tournament in Denver Jan. 17 to 19.



Staff Sgt. Basheer Abdullah, All-Army and Army World Class Athlete Program head boxing coach, is currently running the All-Army Boxing Trial Camp in Fort Huachuca, Ariz. The 2003 All-Army Boxing Team will be selected Jan. 29 at the end of the camp.



Photos by Bill Scharton

### *Defending champions ...*

Above, Army World Class Athlete Program boxer Julius Fogle (left) works out with WCAP head boxing coach Basheer Abdullah at the Fort Carson WCAP boxing facility.

Fogle is the 2002 USA national welterweight champion and will be defending this title in March at the Olympic Training Center in Colorado Springs. Right, Army World Class Athlete Program boxer Rondale Mason captured the USA junior welterweight national championship in 2002 and, he too, will be defending his title in March.



# 59th Quartermaster soldiers take home holiday crown

by **Bill Scharton**  
**Mountaineer staff**

The championship game of the Fort Carson holiday basketball tournament turned out to be a title tilt overtime thriller.

The battle for the holiday crown took place Jan. 3 at McKibben Physical Fitness Center. Going after the crown was a Garcia team made

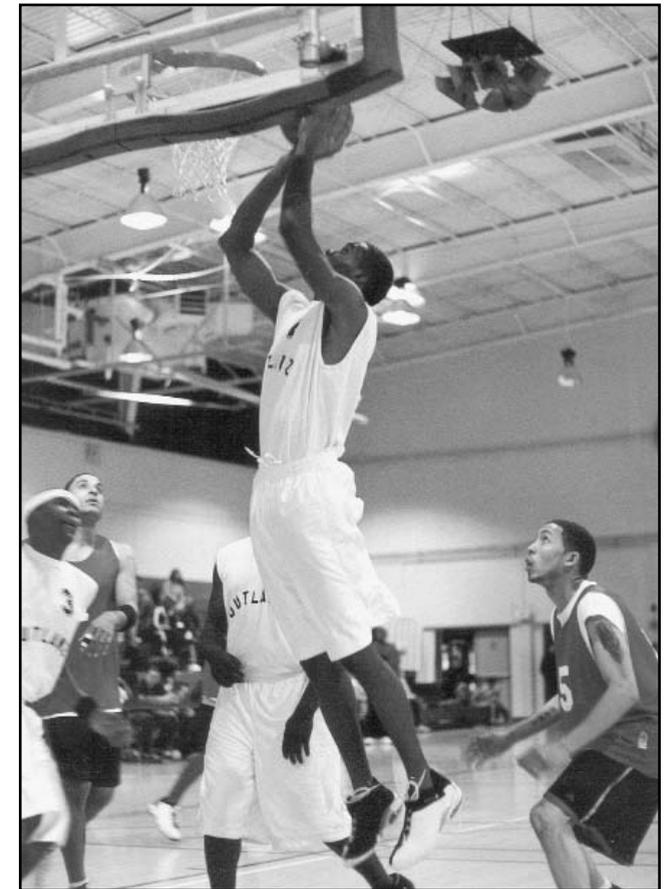
up of players from several intramural teams against the regular intramural team from 59th Quartermaster Company, 52nd Engineer Battalion.

In the early stages of the game, 59th Quartermaster gained a 9-0 lead by swishing three straight three-pointers. This lead was

**See Holiday, Page 22**



Members of the 59th Quartermaster Company, 52nd Engineer Battalion team celebrate following a 55-53 overtime win against the Garcia team in the championship game of the Fort Carson holiday basketball tournament.



Photos by Bill Scharton

Sean Anderson, 59th Quartermaster Company, 52nd Engineer Battalion team center, finds himself all alone for an easy layup during the title tilt of the post holiday basketball tournament. Anderson and teammate Jatavis Jackson led the 59th Quartermaster team to victory with 14 and 23 points respectively.

## Holiday

From Page 21

advanced to its biggest margin of 28-19 with two minutes, 30 seconds left in the first half. The Garcia team trimmed the deficit to 30-24 at halftime.

59th Quartermaster sharpshooter Jatavis Jackson led the scoring attack in the first half with 19 points. Steve Sicer was the top gun for the Garcia team in the first half with six points.

In second half action, the Garcia team slowly but steadily chipped away at the 59th Quartermaster lead. With seven minutes remaining in regulation play, the Garcia team earned its first lead of the game by the count of 40-39.

Down the stretch, the lead changed hands four times. In the final minute of regulation play, both clubs had opportunities to win the contest from the free throw line and the floor, but neither team was successful. Regulation play ended in a 48-48 deadlock.

In overtime, the Garcia team scored the first three points to grab a 51-48 lead. 59th

Quartermaster tallied a free throw and the next two baskets to regain the lead at 53-51 with 1:13 remaining in the extra stanza.

Sicer then hit a jumper for the Garcia team to tie the game at 53-53 with 0:53 left in the overtime session.

59th Quartermaster played keep away with the ball until eight seconds remained on the clock. At that point, Jerome Anderson came open under the basket for an easy layup and a 55-53 lead. The Garcia team missed a shot at the buzzer and the holiday tourney title went to 59th Quartermaster.

Jackson (59th Quartermaster) was the top scorer in the game with 23 points while Sicer paced the Garcia team scoring attack with 13 points.

Al Gambala, intramural director at Fort Carson, was pleased to be able to provide a tournament to active duty military during the holidays. Gambala also said the regular intramural basketball season will run through mid-March followed by a post-season tournament. Games are played at 6, 7 and 8 p.m. Mondays through Thursday at McKibben, Waller and Garcia Physical Fitness Centers.



Photo by Bill Scharton

**Jatavis Jackson, No. 11, scores a hoop for the 59th Quartermaster Company, 52nd Engineer Battalion team, in the championship game of the post holiday basketball tournament. Jackson led the team to victory with a game high 23 points.**

## *Sports briefs — what's going on around Fort Carson*

### **Men's volleyball**

If you are interested in playing on a post level men's volleyball team, call Lt. Jeremy Sands at 526-0548.

Sands is hoping to begin practice by Jan. 24. Practices will probably take place in the Post Physical Fitness Center. He is looking to recruit 12 players for the 2003 season.

Fort Carson recreation program officials are also still trying to put together post level teams in several other sports as well. If you would like to coach, start or play on a post level team, call 526-2151.

### **Adventure programs for the winter months.**

The rock climbing introduction class takes place Jan. 23 and Feb. 6 and 20. The ice climbing introduction class is scheduled for Jan. 26 and Feb. 8 and 14.

Snowshoeing and cross country skiing classes are slated for Jan. 25 and Feb. 22.

Bus ski trips are scheduled for tomorrow, Jan. 18, 20 and 25 and Feb. 1, 8, 15, 17 and 22. For additional information, call either 526-8353 or 526-2083.

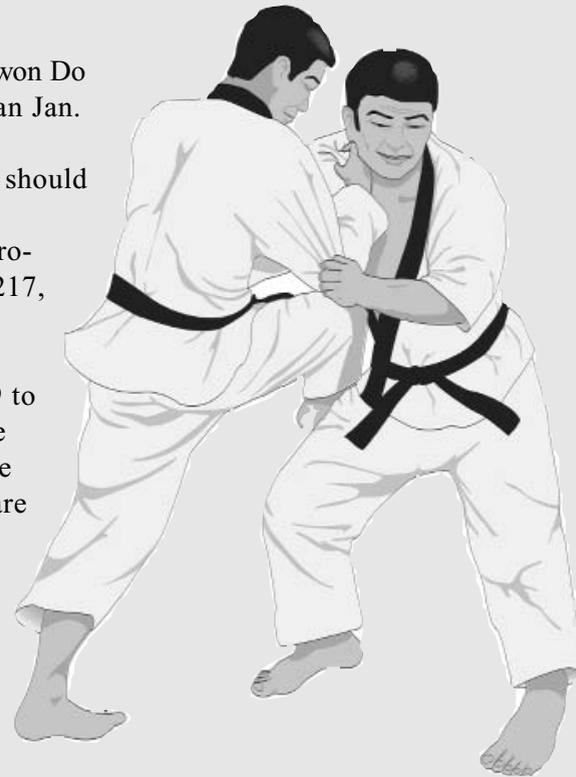
### **Tae Kwon Do**

Applications for the 2003 Tae Kwon Do All Army Trials are due no later than Jan. 17.

Completed application packets should be turned in to the Directorate of Community Activities recreation programs office located in building 1217, room 101.

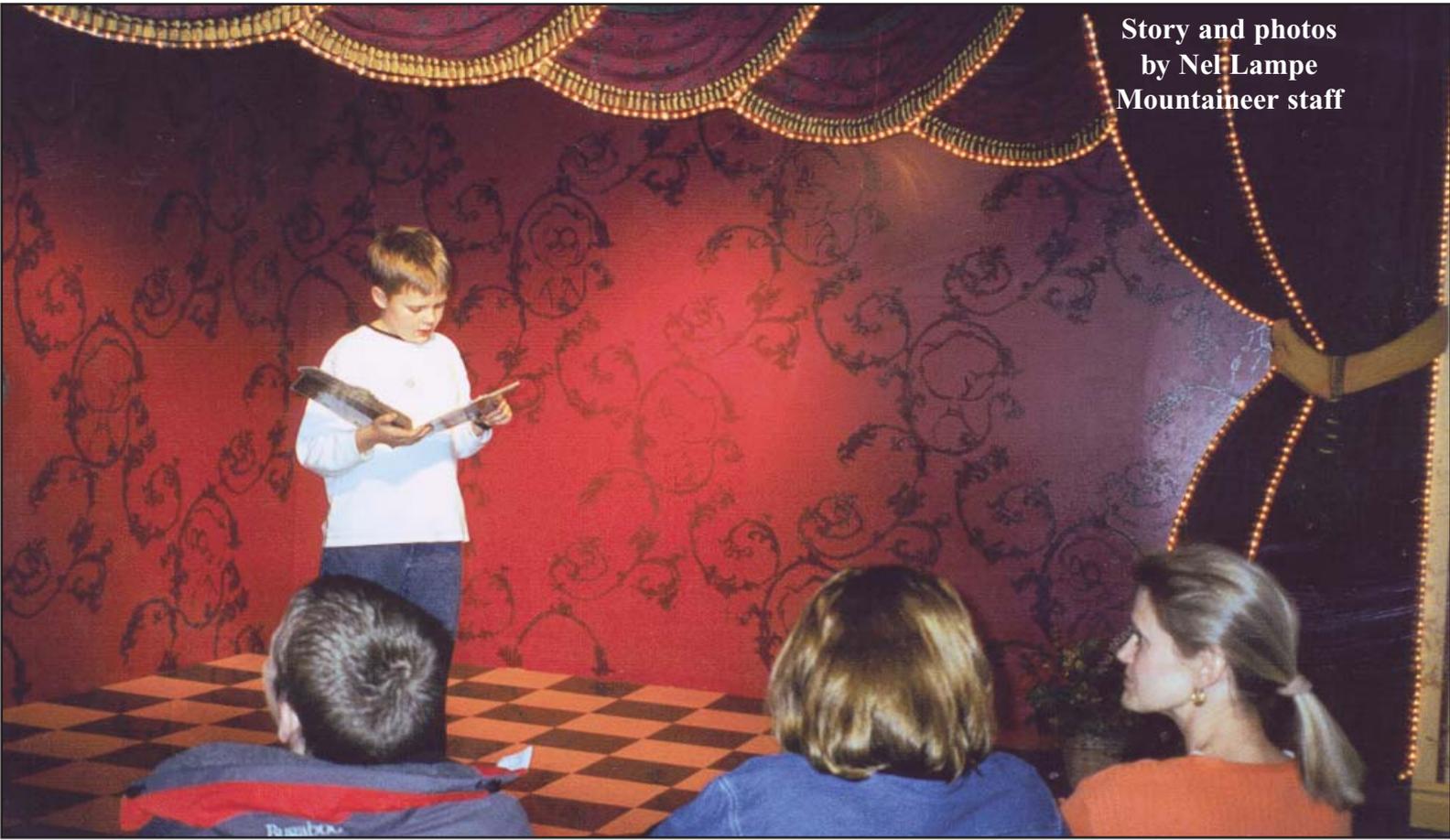
The 2003 Tae Kwon Do All Army Trials will take place April 9 to 29 in Fort Indiantown Gap, Pa. The trial championships that will decide the All Army Tae Kwon Do Team are slated for April 26. The All Army Team then competes against other service teams and international teams.

For additional information, call 524-1388 or 526-2151.



Story and photos  
by Nel Lampe  
Mountaineer staff

# HA ar p o e m i n i s



The Discovery Emporium provides a place for would-be actors and book readers to appear on stage before a live audience.

## Focus on the Family

# Welcome Center provides fun for families

It's a great place to take the family on a rainy day and the price is right — free. There are lots of activities for children to take part in, such as watching videos or a film, reading books, choosing a costume and performing on stage or putting on a puppet show in the the Discovery Emporium.

In Whit's Corner, there's an airplane to be explored, interactive computers, a playground apparatus, a video cave and the most popular attraction, the "A-Bend-A-Go," a twisting, 75-foot long slide. It's all in the Welcome Center at Focus on the Family.

The Welcome Center was added in 1994, after Focus on the Family moved its headquarters from California to Colorado Springs in 1991.

Focus on the Family is a Christian ministry which broadcasts radio pro-

grams and publishes books and magazines. The ministry also airs an animated television show called "Adventures in Odyssey."

The national radio broadcasts are made from a studio in the headquarters building. Visitors who would like to watch the broadcast should call 531-3400 to make arrangements. Visitors also may sign up to take guided walking tours of the headquarters building Monday through Saturday, at 9, 10 and 11 a.m., and 1, 2, 3 and 4 p.m. (until 3 p.m. on Saturday). The tour takes 45 minutes and allows a look at the Focus on the Family mission, including a stop at the broadcast studio.

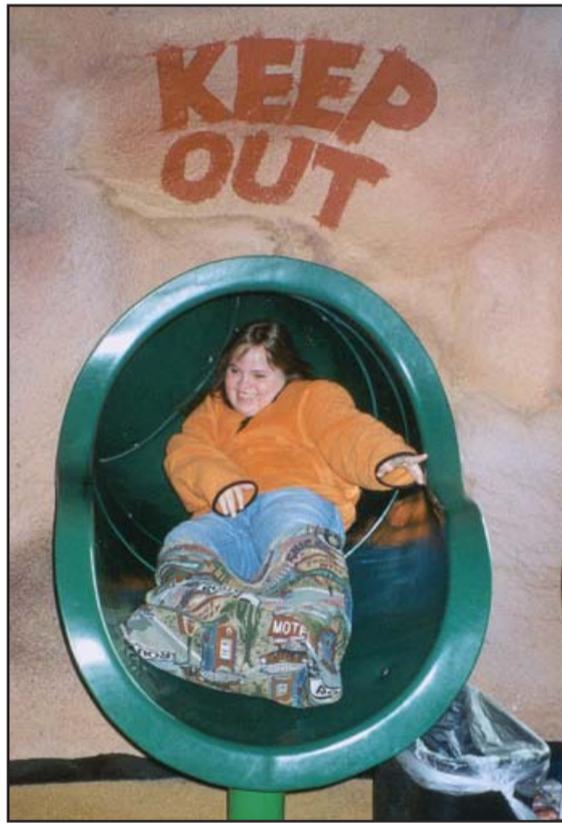
The cafeteria in the administration building is open to the public Monday through Friday. Lunch is available from 11 a.m. to 1:45 p.m.

The tour of the administration building is probably not suitable for young children. But they're right at home at the Welcome Center.

Parents are asked to supervise their children and to enjoy the play area as a family.

Once arriving at the Focus on the Family campus, follow signs to the Welcome Center. Upon entering the lobby of the Welcome Center, guest relations staff members greet visitors and ask them to sign the guest register and wear a name tag. There's absolutely no obligation for visitors to use the Welcome Center. Friendly employees make suggestions and answer questions, directing visitors to the 172-seat auditorium for the showing of a film. "The Last Chance Detectives" is a feature film which is shown at noon.

Near the guest relations desk,

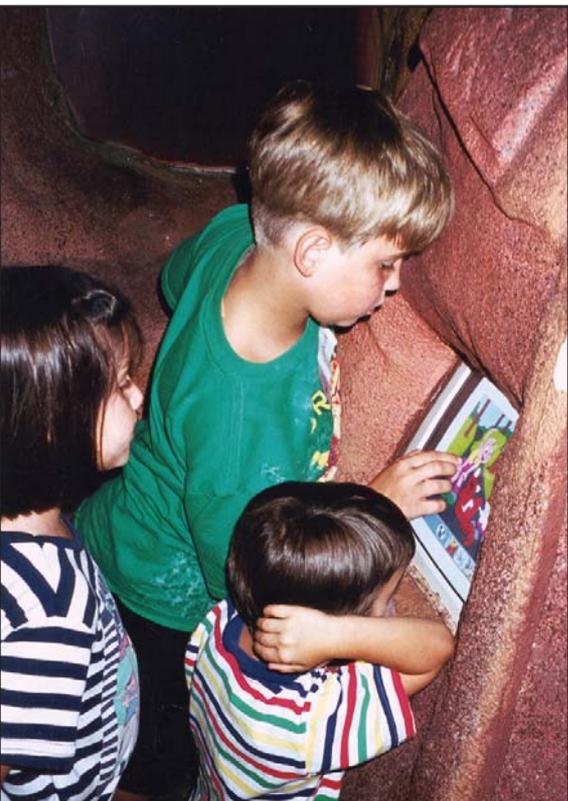


Riding the A-Bend-A-Go, a three-story slide, is a popular attraction.

the main gallery has several interactive displays about the the organization's ministry. There's also a small matinee theater showing the video "Ribbits."

Down the hall is the G. Harvey Gallery where art created for Focus on the Family is displayed. Nearby is a coffee station, called "Solid Grounds." Visitors can purchase a cappuccino or latte, then move on to the spacious bookstore, which features Focus on the Family magazines, inspirational books and tapes for adults and children. There are several books on parenting and family life, T-shirts and a large selection of greeting cards. The bookstore has a corner playhouse to keep younger children occupied while the grown-ups browse through the books.

Then it's time to head downstairs to the Kids' Korner and Whit's End



Visitors gather around the interactive computers.



Places to see in the Pikes Peak area.

Jan. 10, 2003

## Focus on Family

From Page 31

which follow the theme from the "Adventures in Odyssey" show. Take the stairs or the elevator.

Visitors arrive at the play area fashioned to resemble a cave, with rock-like walls and dimmed lighting. A B-17 airplane, from the Last Chance Detectives series, is open for exploring or pretending. Interactive computers attract children. A video cave provides rock-like seats for adults while children tend to sprawl on the floor while watching "Veggie Tales" or "Adventures in Odyssey."

The three-story slide empties riders into the cave after children and some adults have climbed the three flights of stairs to reach the slide's starting point. There are minimum and maximum height requirements for the slide. Children must be at least 43 and a half-inches high while no one taller than 5 feet 9 inches is allowed on the slide. Additionally, people with bad backs, heart conditions or wearing a cast or sling are



A crowd watches as a group records a compact disc at radio station KYDS.



Chris Kelley pretends to fly the B-17 aircraft in the play area at Focus on the Family's Welcome Center.

advised against the ride.

A jungle-gym play apparatus is available for the use of children under 4.

Time for a break? An old-fashioned soda fountain next to the play cave has a reasonably priced snack menu. During lunch time, a combination lunch special, includes a hot dog, chips, drink and a cookie for \$2.99. There's also a nachos special with drink and cookie and a slice of pizza with drink and cookie for \$2.69. Hot dogs, nachos and pizza may be purchased separately. Ice cream, soft drinks and popcorn are also on the menu. Tables and chairs are provided in the soda fountain area and a few tables are available outside for better weather.

Families are welcome to stay as long as they choose. Although Whit's End is designed for younger children, older children may enjoy participating in a scavenger hunt. A table near the slide's stairs has two separate lists of items that can be found in the area.

Visitors can book time to record a souvenir compact disc at radio station KYDS, in the Discovery Emporium. The cost is \$5 for one participant or \$10 for two or more. There's a prewritten script and instructions for sound effects.

The Welcome Center is popular with out of town visitors who come off Interstate 25 to visit the Focus on the Family complex, and spend some time in the Welcome Center. Many of the visitors to the Welcome Center are local families, especially in the winter months.

The Welcome Center is available for birthday parties for no cost, according to Diane Ingolia, supervisor of guest relations at the Welcome Center. Ingolia said children's birthday parties can be booked for 10:30 a.m., 1:30 a.m. or 2:30 p.m. Depending on the room available, 10 or 20 children can be accommodated.

Parents can arrange to purchase food at the soda fountain, bring their own food or bring some food and purchase other food in the soda fountain. There is no charge for reserving the room. Call the guest relations at 531-3400 to make arrangements. Saturday dates are the most popular and should be booked long in advance.

Focus on the Family Welcome Center is located off Briargate Parkway, at 8685 Explorer Drive, reached from I-25 going north. Take exit 151 and follow the signs.

Hours at the Welcome Center are 9 a.m. to 5 p.m. Monday through Friday, and 9 a.m. until 4 p.m. on Saturday. The bookstore remains open one-half hour after the Welcome Center closes.

In summer, the Welcome Center remains open another half hour.

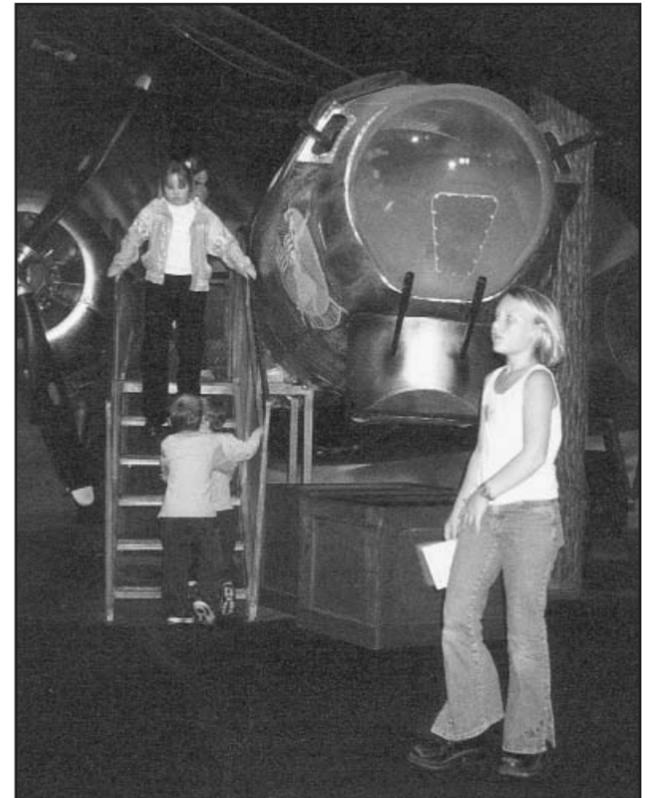
The Welcome Center is closed on New Year's Day, Good Friday, Memorial Day, Independence Day, Labor Day, Thanksgiving, Christmas Eve and Christmas Day.

The Welcome Center is nearest the entrances, at the front of the red brick complex.

Plenty of free parking is available in nearby parking lots.



Visitors line up for lunch specials at the soda fountain in Whit's Corner at Focus on the Family Welcome Center.



Some visitors explore the B-17 aircraft while others are on a scavenger hunt.



Katie Kelley practices for a puppet show in the Discovery Emporium.

### Just the Facts

- **Travel time** 30 minutes
- **For ages** Families
- **Type** indoor playground
- **Fun factor** ★★★★★ (Out of 5 stars)
- **Wallet damage** free

\$ = Less than \$20

\$\$ = \$21 to \$40

\$\$\$ = \$41 to \$80

(Based on a family of four)

## Get Out!

### Monster Trucks

**Monster Trucks** are scheduled for the World Arena today through Sunday. Tickets are \$6.50 for children and \$17.50 for adults; call 576-2626.

### Academy concert series

The **Air Force Academy Concert Series** for the upcoming season includes "Aeros" Feb. 8, "Swing," March 29, and Lee Greenwood and Sandi Patty, April 12. Call the theater box office at 333-4497.

### Upcoming symphonies

**Ray Charles appears with the Colorado Springs Symphony** Jan. 31 and Feb. 1, at the Pikes Peak Center at 8 p.m. Call 633-6698 or 520-SHOW for tickets.

### Money museum

The **Money Museum** at 818 N. Cascade Ave., has a new exhibit called "Rendezvous with Destiny: the Money of WW II." Money was a major player in World War II. Metal shortages forced countries to alter their coinage. For instance, copper used in the Lincoln penny was diverted to weapon manufacture and a zinc-coated steel penny replaced the copper penny. Other World War II memorabilia is part of the exhibit. The Money Museum has free entrance.

### Musical for children

"**Dragon Tales Live,**" a musical extravaganza for children, is in the Colorado Springs World Arena Thursday through Jan. 19. Performances are at 7 p.m. and there are daytime performances Jan. 18 and 19. Tickets start at \$12. Call the box office at 576-2626 for tickets.

### Denver theater

**Denver Center Attractions' season tickets for the 2003 musical season are for sale.** The season starts with "Saturday Night Fever," Feb. 25 to March 9, followed by "42nd Street," June 24 to July 6. "Oliver" is Aug. 19 to 31, "Urinetown: The Musical," is Sept. 9 to 21, followed by "Oklahoma" Dec. 14 to Jan. 3, 2004. The final production for the

season, Jan. 6 to 31, 2004, is Mel Brooks' "The Producers." All shows are in downtown Denver's Buell Theatre. Starting price for the season ticket is \$130. Call (303) 893-4000 or go online, [www.denvercenter.org](http://www.denvercenter.org).

### Disney on Ice

**Disney on Ice brings "Toy Story 2"** to the World Arena March 19 through 23. Call the box office at 576-2626 for information.

### Great films

Every second Tuesday, from January through May, the Fine Arts Center presents a series of five of the American Film Institute's 100 greatest films. Before the film's showing, a discussion about the making of the film, filming techniques and interesting details of the film will be discussed. The discussion begins at 7 p.m., the film is at 7:30 p.m. Admission is \$6. "North by Northwest" is Tuesday; "Dr. Strangelove" is set for Feb. 11. Tickets are at the box office, 634-5583. The Fine Arts Center is at 30 W. Dale St.

### Western stock show

For 97 years, the **National Western Stock Show** has been in Denver. It runs Saturday through Jan. 26, at the coliseum at 4655 Humboldt St. The stock show includes barn tours, livestock shows and auctions, exhibits and educational displays, sheep shearing contests, matadors and rodeos. There are miniature horses, bison, yak, sheep, hogs, goats, llamas and stock dogs. Tickets are available at King Soopers stores, on line at [nationalwestern.com](http://nationalwestern.com) and by phone at (888) 551-5004.

### Theater

"**Bus Stop,**" is the Star Bar Players production Friday and Saturday nights, beginning today and running through Feb. 1 The production is in the Lon Chaney Theatre, 221 E. Kiowa St. Tickets start at \$10; call 573-7411.

"**Harlem**" is an Imagination Celebration event in the Pikes Peak Center at 7 p.m. Jan. 28. at 7 p.m. The performance is by the Kennedy Center on Tour group. Activities precede the show and start at 6 p.m. Tickets are \$9, call 520-7469.

**The Encore! Dinner Theatre presents "Sylvia,"** Fridays and Saturdays at the Red Lion Inn in Colorado Springs on West Bijou, just west of the interstate. Tickets for dinner and show, beginning at

6 p.m., are \$30; call 471-7529.

"**A Closer Walk with Patsy Cline**" is at the Country Dinner Playhouse at 6875 S. Clinton in Denver. The show runs through Feb. 23, and begins with a noon buffet or a 6 p.m. dinner buffet. Both meals are followed by the show. Call (303) 799-1410; prices are \$25.50 or \$37.50.

"**Chicago**" is Feb. 7 through 23, Fridays and Saturdays at the Fine Arts Center Theater. Tickets are \$25, and available at the box office, 634-5583.

### Travel films

The Fine Arts Center presents **Horizons Travel Film Series**, introduced and narrated by the film maker. Tickets are \$7 at the door. The next film is "In Search of the Albino" March 9 and 10, and "Australia" April 13 and 14. Films are in the theater at the Fine Arts Center, 30 W. Dale St.

### Model rockets

The **Pueblo Weisbrod Aircraft Museum holds a model rocket assembly and launching exercise** at the Pueblo Memorial Airport Jan. 18, starting at 9 a.m. The cost is \$5 per rocket motor and museum admission of \$5 for anyone 12 and older. The rocket building will be in the south end of the new hangar and the rockets will launch by 11 a.m.

### Music groups

The **Chieftans** are at the Paramount Theatre, 1621 Glenarm Place in Denver Jan. 17, and Jan. 18 at the Pikes Peak Center. Tickets are at Ticketmaster, 520-9090.

**Rolling Stones** are at the Pepsi Center in Denver Feb. 1. Call Ticketmaster, 520-9090.

**Vince Gill** is in the Paramount Theatre Feb. 7, off the 16th Street Mall. Call Ticketmaster, 520-9090.

**Phish** is at the Pepsi Center in Denver Feb. 18. Tickets are at 520-9090, Ticketmaster.

**The Glenn Miller Orchestra** makes an appearance at the Pikes Peak Center March 9. Call Ticketmaster, 520-9090 for tickets.

### Broadway road shows

**Pikes Peak Center's Broadway series** has "Shockwave" Thursday and Jan. 17 at the Pikes Peak Center, Next in the series is "Fosse," Feb. 22, "Saturday Night Fever," March 25 and 26, "The Music Man," April 15 and 16, and "Lord of the Dance," May 28 and 29.

# Happenings



Courtesy photo

## *Dragon tales ...*

**Straight from television, one of the top rated children's shows will be in the World Arena beginning Thursday. Call the box office at 576-2626 for tickets and show-times.**

Program Schedule for Fort Carson cable Channel 10, today to Jan. 16.

Army Newswatch: includes stories on the U.S. Army Reserve, Army mariners and the Army Family Action Plan conference. Airs at 7:30 a.m., 12:30 p.m., 7:30 p.m. and 12:30 a.m.

Navy/Marine Corps News: includes stories on Operation Enduring Freedom, the film "Antwone Fisher" and a mass casualty exercise in Portsmouth, Va. Airs at 8 a.m., 1 p.m., 8 p.m. and 1 a.m.

Air Force News: the annual "Year in Review" show. Airs at 8:30 a.m., 1:30 p.m., 8:30 p.m. and 1:30 a.m.

Channel 9 daily broadcasts SCOLA, foreign

language news broadcasts. Access the schedule at the Fort Carson Web site.

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

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

If you wish to have a training videotape shown on Channel 9 only, contact the Regional Training Support Center at 526-5111.

For additions to the Community Calendar, please submit an e-mail or clean, typewritten copy of the information to the Public Affairs Office, room 2180, 6151 Specker Ave., Fort Carson, CO 80913-5119 or fax information to 526-1021 no later than the Friday before airing time.