

Mountaineer

Vol. 61, No. 3

Published in the interest of the 7th Infantry Division and the Fort Carson, Colo., community

Jan. 24, 2003



INSIDE THE MOUNTAINEER

Opinion/Editorial Page 2

Military Page 5

Community Page 11

Sports Page 19

Feature



Soldiers keep themselves ready to fight by making sure they are administratively deployable at the Soldier Readiness Process.

See Page 16 and 17.

Happenings



World War II Army Air Forces history can be seen at the Peterson Air Force Base Air and Space Museum, including some World War II aircraft.

See Page 25.

XTREMES grand opening

XTREMES entertainment and sports bar is holding its grand opening Sunday at 2 p.m. in building 1532, which was formerly Christopher's.

Post Weather hotline:
526-0096



Photo by Spc. Jon Christoffersen

All secure ...

Staff Sgt. Jennifer Stone, 10th Combat Support Hospital, secures an Environmental Control Unit to the back of a two-and-half-ton truck Wednesday prior to it being loaded onto a train. Wednesday was the first day units rail loaded vehicles for deployment.

All in the family ...

Children impacted by parent's absence

by Douglas Lehman

Treatment Provider of Social Work Service

When a military unit deploys, there is a ripple effect. Anyone with a close relationship to the servicemember is affected by his or her absence.

One portion of the military community greatly affected, but sometimes overlooked, is the children of the deployed servicemembers. Several large-scale studies have found that children suffer increased problems when one of their parents is deployed during a major, overseas deployment. Leading researchers on how deployment affects children found that psychological symptoms, such as sadness, were common during the Gulf War; however, few parents considered their child's problems to be serious enough to require professional help.

Additional research indicates that the amount and kinds of problems children experienced depended upon the length and frequency of absences, the ages of the children, and the quality of parenting given by the non-deploying parents. D. Bruce Bell, another researcher on children and deployments, summarized what he found to be winning deployment strategy for military spouses:

- Develop individual and family goals and



Photo by Sgt. Alicia Stewart

Jill Hagadorn, wife of Staff Sgt. Kelly Hagadorn, B Troop, 9th Cavalry, 3rd Brigade Combat Team, plays with her daughters, Jessica and Kaitlyn. When a parent is preparing to deploy, he or she should consider the effect it may have on their child.

use these goals to develop and maintain family routines.

- Accept the lack of control over deployment events.

- Concentrate on what you can control

See Children, Page 15

More troops pack up for deployment

Courtesy Fort Carson Public Affairs Office

The 3rd Brigade Combat Team, the 10th Combat Support Hospital and elements of the 571st Air Ambulance Medical Evacuation Company are deploying to the U.S. Central Command area of responsibility to support the global war on terrorism and to prepare for future contingencies as may be directed.

This deployment of the 3rd BCT, the 10th CSH and elements of the 571st AAMEC from Fort Carson is part of a larger deployment of the 4th Infantry Division, located at Fort Hood, Texas.

President George W. Bush has made no decision about any future military operations. These deployments are prudent steps to increase military capabilities and enhance flexibility.

This repositioning of forces provides increased military capabilities in the ongoing war on terrorism. Any further employment of those deploying forces in a future combat role is a presidential decision.

All Fort Carson units remain trained and ready to deploy on short notice as required to defend America's interests at home and worldwide.

For security reasons, specific numbers of troops deploying and deployment destinations will not be announced at this time.

President's Martin Luther King message

Dr. Martin Luther King Jr., served as a voice of conscience for our nation, and his words and actions continue to inspire courage, humility, and compassion. As a visionary leader of the civil rights movement, King helped to advance human dignity by working peacefully to resolve racial conflict through speeches, marches and countless nonviolent activities that helped our nation recognize the importance of upholding fully our founding ideals of equality, tolerance, and justice for all. King's enduring contributions to America remind us and countless others around the world that people should "... not be judged by the color of their skin but by the content of their character." He also taught us that lasting

achievement in life comes through sacrifice and service. His devotion to helping others reflected the true spirit of service and citizenship, and his example continues to motivate individuals to serve causes greater than themselves.

King wrote that "Injustice anywhere is a threat to justice everywhere." As Americans celebrate the 18th national commemoration of the life and legacy of this great leader, we recognize the lasting truth of his words and his legacy, and we renew our commitment to the principles of justice, equality, opportunity, and optimism that King espoused and exemplified.

As we honor King's accomplishments, we pledge to work for a nation in which all people of every

race realize the promise of America. No government policy can put hope in people's hearts or a sense of purpose in people's lives; but we can and will continue to support efforts that seek to secure a nation of dignity, liberty and compassion.

To achieve this goal, our nation must work to ensure that all American children have an equal chance to succeed and reach their full potential. One year ago this month, our country set a bold new course in public education with the passage of the No Child Left Behind Act, ushering in an era of accountability, local control and high standards. This Act affirmed our faith in the wisdom of parents and communities and our fundamental belief in the promise of

every child. Across America, states and school districts are working diligently to implement reforms called for by this important legislation, which will produce better results for all of our students. My administration is committed to these efforts, and I will continue working with the Congress to enact reforms and provide support to help build the mind and character of every child from every background in every part of America. By working together to advance King's ideals of equality and acceptance, we can achieve his dream of a nation united in understanding, defined in promise and guided by hope.

George W. Bush
President of the United States

More education needed?

Soldiers naive about punishment for crimes

Commentary by Gary Sheftick
Army News Service

WASHINGTON — Many of us cringed last week when five soldiers of the elite Old Guard were arrested for burglary.

The soldiers of the 3rd U.S. Infantry at Fort Myer, Va., are supposed to represent the best of the Army. They serve as the president's honor guard and stand vigil at the Tomb of the Unknowns. Underneath the starch and polish, we expect Old Guard soldiers to embody Army values.

Then five of these elite were charged with breaking into estates near the nation's capital to steal jewelry, computers and cars, to include a Porsche and a Mercedes.

News reports said the soldiers were part of a burglary ring that rappelled through skylights when owners were not home. The burglars reportedly wore black tactical BDUs and night-vision goggles to navigate through the mansions.

What in the world were these young soldiers thinking? Did they rent a video of "Mission Impossible" and decide to emulate Tom Cruise?

Maybe they missed the point that Cruise was doing it for the good of the nation.

Perhaps the suspects would have been better off if they viewed *Dragnet* or an old episode of *JAG*. Maybe that would have helped them realize that our CID agents are also elite and talented — that crimes will be solved and perpetrators punished.

Do we need to emphasize more to soldiers that crimes will be punished? Do we need more deterrents on post? Maybe more of our Army newspapers should include a weekly "police blotter" and perhaps even list punishments for those found guilty?

Well, if the "McBurglars" arrested at Fort Carson, Colo., a couple of years ago are any indication, perhaps more education on crime and punishment is necessary. These soldiers stole petty cash in an armed robbery of a McDonald's restaurant. They said they needed money to go home for Christmas. When arrested, one of the soldiers naively asked: "Will I get an Article 15 for this?"

Hard time behind bars awaits soldiers who commit such crimes, and they need to know it.

In the Old Guard case, even though the soldiers were arrested by county police, the military is seeking prosecuting jurisdiction, according to a CID agent assisting with the investigation.

"The military can try the suspects quicker and enforce harsher penalties to these soldiers than anyone else," the agent said.

Maj. Gen. James T. Jackson, Military District of Washington commander, pledged the Army's support to local authorities investigating the case, and promised to punish the soldiers, if guilty.

"As members of the community at large, we are committed to ensuring our soldiers abide by the law and behave as good neighbors," Jackson said.

"When they do not, we will ensure all the allega-

tions are thoroughly investigated and dealt with in an appropriate manner."

The Army tries hard to be a good neighbor around the nation and the world. Soldiers support charity drives, community events and activities such as the Special Olympics.

It's just a shame that a few bad apples can tarnish the good name of the Army for thousands of good-hearted, generous soldiers.

Luckily, many Americans realize that the vast majority of troops are law-abiding, model citizens. Surprisingly, the understanding public even includes one of the crime victims.

"It doesn't shake my trust in the military," said homeowner Dandria Michalak who lost her jewelry, car and other valuables. "I'm sure the military is very disappointed they have this type of people there, too."

"I think most of the military is probably very good," Michalak said. "It didn't make me feel bad about the military, it makes me feel bad about them."

Wow. How more understanding and insightful could a crime victim be?

Michalak even said: "It never would have occurred to me it would be soldiers."

Let's hope her opinion — and that of most Americans — never changes.

Editor's note: Information and quotes taken from a news report filed by Chris Walz, a staff writer for the *Pentagram* newspaper at Fort Myer, Va.

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.

MOUNTAINEER

Commanding General:

Maj. Gen. Robert Wilson

Public Affairs Officer:

Lt. Col. Thomas Budzyna

Chief, Command Communications:

Douglas M. Rule

Editor:

Sgt. Alicia Stewart

Staff Writers:

Spc. Stacy Harris

Spc. Jon Christoffersen

Happenings:

Nel Lampe

Sports Writer:

Bill Scharton

Layout/graphics

Cindy Tiberi

This newspaper is an authorized photo offset publication produced weekly in 15,000 copies for members of the Army. Contents are not necessarily the view of the Army or Fort Carson.

The *Mountaineer* is an unofficial publication authorized by AR 360-1. Editorial content is prepared, edited, and provided by the Public Affairs Office of Fort Carson. The *Mountaineer* is printed by Gowdy Printcraft Press, Inc., a private firm in no way connected with the Department of the Army, under exclusive written contract with Fort Carson.

The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of the Army or Gowdy Printcraft Press, Inc., of the products or services advertised. The Printer reserves the right to reject advertisements.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other nonmerit factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the printer shall refuse to print advertising from that source until the violation is corrected.

All correspondence or queries regarding advertising and subscriptions should be directed to Gowdy Printcraft Press, Inc., 22 North Sierra Madre, Colorado Springs, CO 80903, phone (719) 634-1593. The *Mountaineer's* editorial content is edited, prepared and provided by the Public Affairs Office, Bldg. 1550, room 2180, Fort Carson, CO 80913-5119, phone (719) 526-4144.

Releases from outside sources are so indicated. Army News Service (ARNEWS) releases are received from Headquarters, Department of the Army. The deadline for submissions to the *Mountaineer* is close of business the Friday before the issue the submission will appear in. The *Mountaineer* staff reserves the right to edit the submissions for newspaper style, clarity and typographical errors.

Public Affairs policies and statements reflected in the news and editorial columns represent views of the individual writers and under no circumstances are to be considered those of the Department of the Army.

Reproduction of editorial material is authorized. Please credit accordingly.

News

Top 3 Fort Carson quality of life issues

Courtesy Army Community Service

The Army Community Service hosted its 19th annual Army Family Action Plan Conference in November at the Doubletree World Arena Conference Center. All of the AFAP issues will be available for view by Feb. 10 on the official Fort Carson Web site, www.carson.army.mil. You can access them by clicking on the Army Community Service icon.

There were more than 100 attendees who served as delegates, subject matter experts and facilitators or recorders in seven different work groups. Work groups conferred on issues submitted from the community prior to the conference in the areas of: health services, family support, volunteers, and employment, children, youth, and education, benefits and entitlements, DCA and consumer affairs, force support and leadership and housing.

The top three Fort Carson issues are:

Retirement pay: The scope of this issue says the current calculated retire-

ment percentage is not adequate. The group stated that upon retirement additional expenses are incurred. Currently there is no compensation for the loss of Basic Allowance for Housing, Basic Allowance for Quarters and health care. The group recommended including base pay allowances in retirement percentages. They further recommended increasing retirement base pay from 50 percent to 60 percent of base pay plus allowances.

Lt. Col. Patrick Devine, assistant chief of staff, G1/AG, Fort Carson, responded to this issue. The Department of Defense Financial Management Regulation directs retirees' pay, he said. The proponent is the Office of the Under Secretary of Defense (Comptroller). Eligibility and various types of retirement, e.g. mandatory, disability and non-disability are governed by numerous sections of Title 10 of the U.S. Code. There are currently no provisions to include BAS/BAH for retired personnel, nor will there be without significant change to existing laws. This

issue must be forwarded higher where policy makers can implement change. The Army has recognized issues in this area and developed programs such as the Thrift Savings Plan that allow for additional savings. Devine has provided a detailed explanation of the Thrift Savings Plan and the three retirement programs for soldiers. More information on these programs may be found at the following Web sites: www.tsp.gov for the Thrift Savings Plan and www.odc-sper.army.mil for details regarding the retirement programs. This issue was forwarded to Forces Command for consideration at the FORSCOM Conference in April of 2003.

Retain BAS during field training:

The scope of this issue states that the loss of BAS during field training exercises causes financial hardship. Though the entitlement is meant for the soldier, it is often used to sustain the family budget. Soldiers lose BAS if their mission is a field training exercise. Soldiers who are deployed or temporary duty do not lose BAS. The group recommended

changing the regulation so soldiers retain BAS, regardless of mission.

Col. Sharon Duffy, commander, 43rd Area Support Group, responded to this issue. She responded that the current regulation, as covered in the Department of Defense Financial Management Regulation, Volume 7A Chapter 25, states military members may not receive full BAS and field rations at no charge for the same period of service. Servicemembers receiving full BAS of any kind must pay for meals consumed in a field environment. Army G1 is the starting point for a review of this policy and regulation change. This issue was forwarded to FORSCOM for consideration at the FORSCOM Conference to be held in April of 2003.

Laundry facilities in billets: The scope of this issue states that the current laundry facilities are inadequate. Washers and dryers were not designed to handle the current workload.

Ready to learn ...

Tony Fagnant, president, Rotary Club of Colorado Springs InterQuest, hands out Scholastic Children's Dictionaries to third grade students at Mountainside Elementary school Wednesday. Fagnant said the dictionaries only cost a small price — a smile, handshake and the child's name. The dictionaries handed out were just a few of more than 5,000 given to third graders in the Colorado Springs area.



Photo by Spc. Stacy Harris

AFAP

From Page 3

Consequently, the washers and dryers consistently break down. As a result, soldiers incur lost time and out-of-pocket expense to maintain hygiene. The group recommended replacing all existing washers and dryers with quality industrial grade washers and dryers.

Ed Whitcraft of Directorate of Public Works provided the following response. The Directorate of Logistics is now providing DPW (LB&B) with heavy-duty machines. Commercial grade machines are preferable. However, DOL does not currently have funding for commercial grade washers and dryers. The Fort Carson Army Family Action Plan Steering Committee, chaired by Col. Simeon Trombitas, Garrison commander, met in December of and reviewed this issue. The current washers and dryers will be replaced with industrial grade machines as quickly as funds become available.

To get additional information on any of the above issues or the Army Family Action Plan Conference contact Nancy A. Montville, the Fort Carson AFAP Coordinator. Montville can be reached at 526-4590, or at nancy.montville@carson.army.mil.

Military

Energy efficiency one Carson goal for 2003

by Susan Galentine-Ketchum
Directorate of Environmental
Compliance and Management

Sustainability is ... "Fully integrating environmental and resource planning into operational procedures in support of current and future installation missions."

Last September, in an effort to ensure Fort Carson continues to be a premier training facility for soldiers, senior staff and members of the community gathered in an effort to envision operations 25 years from now.

Issues identified include energy, water, transportation, waste and the impact of training on the land and the community. Twelve goals were approved by the garrison commander and deputy commanding general.

Each month of 2003, one of the 12 goals will be published, along with information on what is currently happening, as well as what is envisioned to achieve the established outcome.

"I'd put my money on the sun and solar energy. What a source of power! I hope we don't have to wait 'til oil and

coal run out before we tackle that."
- Thomas Edison

Energy sustainability Goals for Fort Carson:

- Establish 100 percent use of renewable energy in facilities by 2027 (solar, photovoltaic, geothermal, wind, etc.)
 - Ensure all buildings will meet the highest environmental design standards.
- Current Fort Carson energy sustainability data:**
- Only about 1 percent of Fort Carson's energy is generated from solar energy and only 3 to 5 percent of Fort Carson's power is considered "renewable" power. Fort Carson and U.S. Army Forces Command are striving to

increase energy efficiency, however, new housing seems to be increasing energy usage significantly and it will be a big challenge to meet the three percent reduction goal for fiscal 2003.

Due to simple, yet effective practices and equipment exchanges, Fort Carson's energy use overall has decreased by about 25 percent since 1985. The energy use reduction goal from the sustainability conference will support further reductions by requiring increased renewable energy sources and the construction of more efficient buildings.

Energy efficiency can be increased by several factors including:

- Demolishing inefficient buildings and replacing them with more energy

efficient buildings

- Purchasing energy efficient equipment for new facilities and replacing old equipment
- Turning off computers at night, using natural lighting, minimizing temperature levels in buildings, etc.

Ongoing energy-related projects:

- Energy Optimization Study. The U.S. Army Corps of Engineers Construction Engineering Research Laboratory is sending a four- or five-person team to Fort Carson to study the installation's two heat plants and 8000 series buildings and provide a written report outlining projects and funds that would be necessary to increase energy efficiency in these facilities.

- Hospital heating system optimization. The Energy Savings Performance Contractor recently submitted a proposal to move the boilers at the heat plant (building 6290) to the Evans Army Community Hospital. This project will save on heat/steam loss from building 6290 to the hospital. Other buildings on the system will get their own boilers decreasing energy use in this area.



Military Briefs

Soldiers on profile

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 Specialty 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.

GI Bill benefits

Soldiers who converted from VEAP to Montgomery GI Bill last year are reminded that it is their responsibility to individually check to 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.

Replacing identification cards

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.

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 "trav-elope" 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.

ETS/Transition briefing schedule — In order for soldiers to receive their ETS orders, soldiers must attend an End of Term of Service 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

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.

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.

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.

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, which include single parents, single officers and geographical bachelors, are invited to attend SnoFest Friday. 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 Saturday 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 Friday at 1:30 p.m. in the lower parking lot of the new Morale, Welfare and Recreation Xtreme Sports Bar. Departure from Keystone will be Sunday 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)

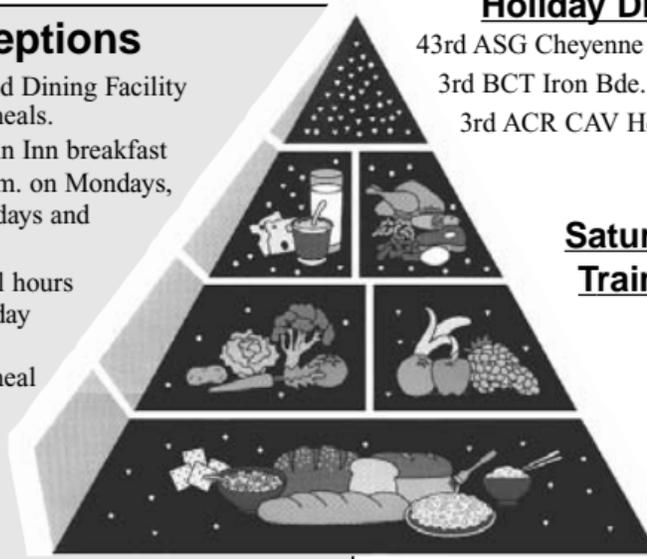
Weekday Meal Hours

<u>Mon., Tues., Wed. and Fri.</u>	<u>Thur.</u>
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. 25 to Jan. 31

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)
3rd BCT Iron Bde. (building 2061)
3rd 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 at Fort Carson dining facilities.

Greenback

Meeting your obligations — even while deployed

by 2nd Lt. Suzanne Love
4th Finance Battalion

People are expected to meet their financial obligations. There are no exceptions for military members or civilian government employees.

Meeting financial obligations is important while in garrison and equally so during deployments. The following information is provided for those individuals who may have situations where garnishments or involuntary collections of debts have been authorized.

Debt collections most often are involving child support/alimony payments and collection of commercial debts. If there are questions, please contact your PAC or servicing Finance Office.

Child support and alimony

Federal law authorizes the pay of active, reserve and retired members of the military and the pay of civilian employees of the federal government to be garnished (or attached) for the payment of child and/or spousal support. The law is found at 42 U.S.C. 659, and the implementing regulations are found at 5 C.F.R. Part 581.

In order to implement a garnishment or wage attachment against any member of the military or any civilian employee of the Department of Defense, an income withholding order, or similar process, must be served upon DFAS at the following address:

**Defense Finance and Accounting Service
Cleveland DFAS-GAG/CL
PO Box 998002
Cleveland, Ohio 44199-8002
(216) 522-5301 (Customer Service)**

The order submitted cannot be the divorce decree or other order that directs the individual (debtor) to make the payment. Rather, the order must direct the government, as the employer, to withhold moneys and remit payments to satisfy the support obligation. The withholding order need not name the specific government office in which the obligor is employed. The order must provide the appropriate information about the person to receive payment.

In order for your withholding order to be processed, it must include the debtor's full legal name and Social Security number. Other identifying information concerning the debtor, such as a home or work address, would expedite the processing of the order. Also, please be sure to include your return address on any correspondence, not only on the mailing envelope.

Questions concerning the child support and

alimony processes can be directed to (216) 522-5301.

Garnishment Operations Facsimile Information fax phone number: Commercial (216) 522-6960 or DSN 580-6960.

In improving the processes in the garnishment operations, we are now using a fax gateway directly into our Electronic Document Management System. To ensure your document is processed in a timely and efficient manner, you must include the following information on the fax document and follow the additional guidance provided:

- Member/Employee Social Security number — Court Orders/Documents will not be processed if the SSN is not on the document.
- Return phone number.
- Return fax number.
- Ensure original documents are clear and legible.

In each fax transmission, include only correspondence for one member or employee (if you have multiple documents for one member, they can be sent on one fax transmission.)

If there are additional questions, please contact your PAC or servicing Finance Office.



Don't get stuck footing another's bill

The dangers of co-signing a loan for a friend or family member

1st Lt. Shannon L. Rice

Office of the Staff Judge Advocate
Legal Assistance Division

"I co-signed a car loan for my boyfriend but we broke up and he has gone away with the car and stopped paying the note. The lender is now after me to pay. Why should I have to pay when he has the car?"

"I agreed to help out my daughter by co-signing for a credit card when she went to college. I am now stuck with \$20,000 of credit card debt. What do I do?"

These are typical problems of loan co-signers. Most people don't realize that whether the creditor is an automobile finance company, a credit card company, a landlord or a mortgage lender, being a co-signer makes them entirely responsible for paying the debt.

Studies have shown that for co-signed loans that go into default, as many as three out of four co-signers are asked to repay the loan. If someone asks you to co-sign, he may not have met the criteria for a loan on his own. If he did, he may not have needed a co-signer. When you are asked to co-sign, you are being asked to take a risk that a professional lender will not take.

What would you do if a friend or relative asked you to co-sign for a loan? Before you do, make sure you know what co-signing involves. When you co-sign a loan you are being asked to guarantee the debt. This means that if the borrower does not pay the debt, you will have to. You may also have to pay late fees or collection costs, which will increase the amount. Be sure you can afford to pay if you have to and you want to accept this responsibility.

If the borrower does not pay, the creditor can collect the debt from you without first trying to collect from the borrower. In Colorado, once a payment has not been made, the creditor must give you notice that

you have the right to cure the debt. This means that you can make the payment before the creditor goes after you for payment. The creditor can use the same collections methods against you that can be used against the borrower, such as suing you or garnishing your wages. Creditors obviously choose to seek repayment from the person who offers the best chance of recovering the money. A creditor could find it easier to garnish military income from a military member co-signer, than have to hunt down a civilian.

Know that if you co-sign for a mortgage, your name will go on the title as an owner of the property. Your credit report will list the mortgage as a debt. This can prevent you from getting a mortgage of your own because your debt load may be too high to qualify. Also, if the borrower does not pay, his creditors can seek debt repayment from you. This also applies to cars, furniture or other personal property. A co-signer takes on the same debt as the borrower.

Also, if you co-sign for a credit card, it is possible that you will not find out about unpaid bills until it is too late. In most states, a credit card company is not required to notify the co-signer until the primary borrower is in default. To avoid this situation and help your child or another person establish credit, you can become the primary borrower yourself, with the child as the co-signer. Your child will get the benefit of building credit, but you get the bills so you know how much is being spent and on what.

Despite the risks, there may be times when you want to co-sign for a loan. Before you co-sign, con-

sider the following:

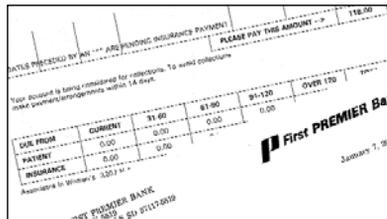
- Be sure you can afford to pay the loan. You might have to.
- Know that even if you don't have to repay the debt, your liability can keep you from getting other credit because the co-signed loan is considered your obligation.
- Know that if you pledge property to secure a loan, you could lose these items if the borrower defaults.

- Make sure you get copies of the loan contract and other related documents. The lender often is not required to give you these documents. You might have to get them from the borrower.

If you are already being asked to repay someone else's debt, you might try negotiating

to see if it can be reduced. Sometimes credit card companies will agree to a lower repayment rather than having to wait months to be repaid. Make sure that getting a clean credit record is part of the negotiations.

Consult the Fort Carson Legal Assistance Division at 526-5572 if you have any questions or concerns about this or any other non-uniform code of military justice legal issue. The Fort Carson Legal Assistance Division schedules appointments for the following week on the last day of the preceding week (normally 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. You may also call the office at 526-5572 or 526-5573 to make an appointment for the following week.



Soldiers,' Sailors,' civil relief act can offer protection

by Capt. Derrick Grace

Office of the Staff Judge Advocate
Legal Assistance Division

Have you recently enlisted, been commissioned, or been called to active duty? If so, you should be aware of a federal law that provides you economic and legal protections.

The Soldiers and Sailors Civil Relief Act provides protection for active duty soldiers in many circumstances. The SSCRA is especially relevant for those Reservists and National Guard soldiers who have recently been called to active status. The protections the SSCRA affords active duty soldiers extend to such issues as debts (credit cards), leases and civil court cases. However, while the SSCRA offers protection in many situations, it is not a "cure all," and, as you will see, it must be applied with caution.

If you incur a debt prior to entering active service, you may be entitled to a 6 percent cap on the interest rate once you enter active service. The holder of the debt must forgive any interest over that 6 percent in many circumstances. As most credit cards have a rate of 18 to 24 percent, this can create substantial savings. The savings is not limited to credit cards. It can also be applied to most other debts that you brought with you to active duty, such as car loans. In order to qualify, you must be on active duty at the time of the request, the debt must have been incurred prior to entry into active military service, and your military service must materially affect your ability to repay the loans.

The SSCRA gives no guidance regarding what the term "materially affects" means, but a general rule is that you have taken a "pay cut" by coming to active duty and leaving your civilian job behind. The burden

to prove that you do not qualify is on the creditor, and not on you, the servicemember. Many agencies do not question that your service commitment materially affects your ability to pay, but you should be prepared to provide proof that your active service has, in fact, materially affected your ability to repay. This 6 percent interest cap benefit will continue until the debt is repaid or you are released from active duty.

In order to take advantage of this benefit, you should contact your creditor in writing and state that you have entered active duty, that this change in your status has materially affected your ability to pay the debt, and that you are requesting the 6 percent interest rate cap. You may need to supply a copy of your orders or other information to your creditor. However, there are some loans that this provision does not apply. These are federally guaranteed student loans and debts for which the servicemember's spouse is solely responsible.

The SSCRA also provides for stays (delays) of legal proceedings to servicemembers in some court proceedings. The soldier can be either the plaintiff or the defendant in the case. The SSCRA will not stay criminal proceedings, however. The duration of this delay can be your period of service plus 60 days, but really the guideline is the reasonableness of the request. In order to request the stay, it is best to have your commander send a letter to the court stating the reasons why your service has materially hindered your ability to appear in court. Your commander can obtain a template of the request from the Fort Carson Legal Assistance Office, or you may consult with a legal assistance attorney and have a letter prepared for your commander to sign. Do not send a letter with your signature directly to the courts. This may count as an "appearance" on

your behalf, and a default judgment may be entered against you. The person with the default judgment may be able to garnish your wages.

The SSCRA also allows you to open default judgments in some circumstances. Your military service must have hindered your ability to defend and you must have an actual defense to the pleadings against you. Courts are very reluctant to open previous judgments, so this is something to avoid at all costs.

For those servicemembers who have recently come on active duty, the SSCRA allows a termination of pre-service leases. The lease must have been entered into prior to service and have been executed on behalf of the service member. It must be used for dwelling, professional, or business purposes and the person exercising the right to terminate the lease must be currently in service. The landlord may still be able to receive some benefit from the servicemember, however.

The SSCRA provides many protections to servicemembers. However, it does not stop all obligations that service members incur, even if those obligations have been entered into prior to being activated. Before you stop making payments or move out of your apartment, consult a legal assistance attorney for advice.

The Fort Carson Legal Assistance Division schedules appointments for the following week on the last day of the preceding week (normally 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. You may also call the office at 526-5572/5573 to make an appointment for the following week.

Community

LASIK eye surgery: clearly an option

by Rudi Williams

American Forces Press Service

WASHINGTON — The trend started a few years ago: throngs of professional boxers, football and basketball players, skydivers, pilots, police and firefighters flocking to get laser eye surgery — and coming out all smiles and keen sighted.

Military eye doctors were among those paying close attention. “All these people were getting these procedures done and seeming to do their jobs safely and without any problem,” Army Dr. (Col.) William P. Madigan said, one eye doctor observing the trend.

Madigan wears three hats: He’s the consultant to the Army surgeon general for ophthalmology; chief of ophthalmology service here at Walter Reed Army Medical Center; and ophthalmology division chief at the Uniformed Services University of Health Sciences, Bethesda, Md.

“We talked to a lot of policemen and firefighters who said they were in such better condition to do their jobs after having LASIK,” he said.

LASIK is the acronym for Laser-Assisted In-Situ Keratomileusis, which means to use a laser to reshape the cornea — the clear covering in the front of the eye — without invading adjacent cell layers. The surgeon cuts a flap in the cornea, leaving a hinge at one end. The flap is pulled back out of the way, and the surgeon then uses a laser to reshape the newly exposed corneal tissue.

After the surgery, which takes about one minute, the flap is put back and left to heal.

“A firemen said losing his glasses going into a burning building would sometimes create a life or death situation,” Madigan continued. “A policeman who loses his glasses in a scuffle could be at a disadvantage — perhaps he can’t see as well as the person he’s trying to apprehend.”

The same thing applies to a soldier on the battlefield, the colonel noted.

“He’s out there scrambling to get undercover from enemy fire, drops his glasses and can’t see more than five feet in front of him,” Madigan said. “Now he’s no longer an asset to his unit because he can’t see and needs somebody to help him get to safely. Then he needs to get to a place where he can get outfitted with glasses.”

Some Persian Gulf War veterans told Madigan about difficulties they had with eyeglasses in the desert. “In the ensuing years they had refractive surgery and were deployed to Afghanistan,” he said. “After returning, they said having laser eye surgery was the best thing the Army ever did to prepare them for combat missions — the single best thing the Army ever did for them.

Madigan said people who have LASIK are very comfortable because the surface of the cornea hasn’t been disturbed and the reshaped tissue is protected once the flap is back in place. “They typically see 20/20 within an hour after the procedure,” he said. “They’re very comfortable and do well right off the bat.”

The comfort level isn’t the same with the refractive surgery procedure called PRK, or photorefractive keratectomy. There’s no flap-cutting, but instead the laser burns right into the surface layers of the cornea. That’s similar to having a corneal abrasion, the doctor explained. Consequently, patients who have PRK have to wear a bandaged contact lens over the cornea for about four days after the procedure.

“With the PRK you don’t see real well right off



Courtesy photo

A surgeon performs Laser-Assisted In-Situ Keratomileusis, or LASIK, which as a procedure where an eye surgeon uses a laser to reshape the cornea. The surgeon cuts a flap in the cornea, leaving a hinge at one end. The flap is pulled back out of the way, and the surgeon then uses a laser to reshape the newly exposed corneal tissue.

the bat because the epithelium has to heal over the next few days,” Madigan said. “It can be a little uncomfortable. Some people require more pain medicine than others, but the visual results are the same overall.”

Although doctors have done LASIK internationally for more than 10 years, the first U.S. clinical trials started in 1995.

But the Navy started studying the effects of laser eye surgery even earlier. In 1993, then-Navy Cmdr. Steven C. Schallhorn started a refractive surgery program at Naval Medical Center San Diego. He was doing preliminary studies on the Navy’s special operations SEAL teams using PRK, Madigan noted. Schallhorn, now a captain, found that after PRK, SEALs no longer had to worry about losing their

glasses or having a contact lens float or fly away when they were in water or parachuting from an aircraft. And they could wear protective masks without a special refractive insert that limits their peripheral vision.

That was harmonious music to the ears of Madigan and other Army officials studying the possibility of using PRK/LASIK to

improve readiness.

“We said, ‘maybe this has some applicability to the broader military,’” Madigan recounted.

“Servicemembers are a physically active, relatively young population. They’re often in remote sites that don’t have optical shops if they lose their glasses or break a lens.”

The Army’s first PRK/LASIK site opened in May 2000 at Fort Bragg, N.C. More than 5,000 soldiers from XVIII Airborne Corps and the Special Operations Command have since been treated with outstanding results, he said.

“Our results are even better than civilian studies have quoted,” Madigan noted.

“I think that’s because of how careful we are in our patient selection. We can just pick the patients we think it’s going to be most helpful for.”

The current policy among the services says that just about any active duty person can have either PRK or LASIK. Those who have had PRK can get a blanket waiver for the Special Forces Qualification, Combat Diving Qualification and Military Free Fall courses. PRK and LASIK are both waived for Airborne, Air Assault and Ranger schools.

However, those who have had LASIK must enroll in an observational study, if a slot is available, to undergo training in Special Forces qualification and aviation school. LASIK is strictly disallowed for combat divers and free-fall parachutists: Researchers want to ensure the flap does not create problems in these unique environments before granting routine waivers.

Madigan noted that the Air Force is providing PRK for certain of its personnel, but the service isn’t conducting LASIK studies in its aviation community yet. But the Air Force will take people who have had PRK and allow them to enroll in a study they’re doing for Air Force pilots.

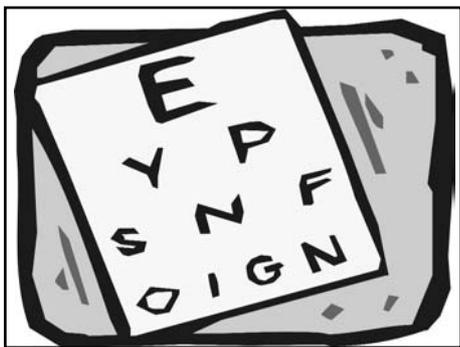
Madigan emphasized that PRK and LASIK aren’t part of the TRICARE program.

“It’s a readiness program,” he noted. “It’s to make soldiers better at their jobs so they can do their missions more effectively and safely. That’s why it’s called the Warfighter Program.”

The Walter Reed Center for Refractive Surgery had its first patient in March 2002 and has since performed the procedure on more than 600 patients. The waiting list today is more than six months long.

Since PRK and LASIK are readiness issues, line commanders in the Army, Navy and Air Force prioritize the waiting list, the colonel noted. “They tell us who we’re doing — infantrymen, artillerymen, armor, special operations and Special Forces. Anybody who is going to be at the line of battle or behind the enemy’s line of battle has first priority,” he said.

The Army offers refractive surgery to soldiers, the Air Force to airmen, and the Navy to sailors, Marines and Coast Guardsmen.



Community Events

Taxes

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 8 a.m. to 6 p.m., Thursdays from noon to 5 p.m. and Feb. 8 and 22, March 8 and April 12 from 10 a.m. to 3 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), or call at 524-1012 or 524-1013.

Getting fit

New Year's resolutions — 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

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.

Valentines Day

Valentine Dinner and Dance — The Southeast and Armed Services YMCA, which is located at 2190 Jet Wing Drive, next to Sierra High School, will host a Valentine Dinner and Dance on Feb. 14. The start time is 6:30 p.m. The menu will consist of chicken, mashed potatoes, vegetables, bread and a special dessert. Music will be provided by a local disc jockey. This free event is open to families of military and YMCA members only. Please call 622-9622 to make reservations or for any questions.

EEO training

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:

Video Session:

“Dealing with Crisis and Transition” —

Wednesday

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

Stolen equipment — Between Sept. 6 and Sept. 16, unknown person(s) by unknown means gained access to the regimental headquarters and Headquarters Troop, 3rd Armored Cavalry

Marine Base, Calif.; and Naval Station Bremerton, Wash.

The Air Force performs PRK at Wilford Hall Medical Center, Lackland Air Force Base, San Antonio; Air Force Academy, Colo.; Wright-Patterson Air Force Base, Dayton, Ohio; Keesler Air Force Base, Miss.; and Travis Air Force Base, Calif. LASIK is only done at the academy and Wilford Hall.

Madigan, a U.S. Military Academy graduate and former artillery officer, expounded on the many advantages for servicemembers not having to depend on optical devices — eyeglasses or contact lens — to see clearly. He remembers the difficulties he had with his glasses on maneuvers with the infantry and sleeping in the boonies wrapped up in a shelter half.

“You'd be taking off your glasses every two minutes to wipe off the raindrops so you could see,” Madigan noted. “Hygiene in the field is terrible, so you're at much greater risk for

corneal ulcers and other problems if you wear contact lenses.”

He pointed out soldiers do better when they don't need glasses to use such things as binoculars or the night-vision goggles used by Apache helicopter pilots. Preliminary studies on aviators show enhanced cockpit performance after laser treatment. Night-vision lab researchers at Fort Belvoir, Va., discovered that servicemembers perform better, with higher marksmanship scores after PRK or LASIK, Madigan noted.

“LASIK correction is a permanent change to the cornea that should last you your lifetime,” he said. “But there's an enhancement rate that runs around 10 percent. That is, about 10 percent of all the cases you do will need a second laser treatments weeks or months down the road to fine-tune the prescription.”

Madigan said PRK and LASIK are best used for nearsighted people, but they also work for farsightedness and

Army Community Service
Family Readiness Center
526-4590



WANTED

Army Spouse Focus Groups - Armywide Assessment

March 3 to 7

Call ACS now to pre-register (deadline is Feb. 21), 526-4590.



Don't miss this opportunity to voice your concerns about the effects of deployment on the family, coping with extended absence of your spouse, developing support systems and more.

Focus group target:

- ▶ 75 spouses (E1-E4)
- ▶ 15 Spouses (E5-9)
- ▶ 15 Spouses (junior level officers)

CALIBER
The measure of excellence
Nationwide research
consulting firm.

Call now, limited spaces!

Regiment conference room, building 2352.

The person(s) pried away a locked security cable 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.

Eye surgery

From Page 11

“In May 2000, the Army was doing laser eye surgery at Fort Bragg, the Navy at San Diego, and the Air Force wasn't doing it anywhere at the time,” Madigan noted. But, he said, it has since expanded:

The Army has operating laser centers at Fort Hood, Texas; Fort Campbell, Ky.; Madigan Army Medical Center, Fort Lewis, Wash.; Tripler Army Medical Center, Hawaii; Landstuhl Regional Medical Center, Germany; Brooke Army Medical Center, San Antonio; Bragg; and Walter Reed.

The Navy does LASIK surgery at Naval Medical Center San Diego, Calif., and National Naval Medical Center Bethesda, Md. PRK is offered at the naval hospitals in Portsmouth, Va., and Jacksonville, Fla.; Camp Lejeune, N.C.; Camp Pendleton

astigmatism. The procedures don't work for cataracts or diseased retinas, the doctor said.

“We just fine-tune the physical optics,” he said. “We're getting 98 percent to 100 percent of our soldiers to 20/40 or better uncorrected vision (without spectacles). About 85 percent are 20/20 or better.” A 20/40 correction concerns many patients — that's the cutoff states generally use before drivers have to wear corrective lenses whenever they operate a vehicle, he rem.”

“It's the best thing around. If I hadn't thought this was safe, effective and predictable, I never would have promoted it as something good for the Army.”

Servicemembers at Fort Carson should see their Primary Care Manager to see if they qualify for PRK/LASIK. These procedures are not a TRICARE Benefit.

For more information, contact 526-7626.

Why not to warm up your car when it's cold

by Steve Blanchard
Clean Air Campaign

We have all done it. On those cold mornings, fearing terminal frostbite, we go out and start the car and quickly retreat back into the house while the engine, and more importantly, the interior, warms up. "What's the big deal," you say? Well there are some good reasons why letting the metal beast idle in front of your house may not be so good. Consider these points:

- The engine doesn't need it. Newer model cars can be driven immediately after engine oil pressure has stabilized, which takes about 30 seconds. It is also true that older model cars with standard carburetors need to heat choke coils for smooth driving, but this has been replaced with modern fuel injection and sophisticated computer systems.

- Your engine is burning "rich." Rich exhaust has far greater carbon monoxide and hydrocarbons than when

the catalytic converter is hot, which is required for it to function. Rich fuel emissions actually create hydrogen sulfides, which at higher concentrations are poisonous. The smell can be offensive to some people.

- Many catalytic converters can not reach the required 500-degree internal temperature needed to clean up the emissions while the engine is idling. You need to actually drive the car for at least 30 seconds before the converter starts working. So your car is emitting its dirtiest pollutants the entire time it idles cold. Many drivers idle for 20 minutes or more in the morning.

- Excess morning idling can actually deteriorate vital engine parts. This happens when moisture builds up in the engine and can't evaporate because the engine isn't hot enough.

- You are polluting your neighbor. Most of the phone

calls the Clean Air Campaign receives from the public are in regard to "smoking cars," inconsiderate neighbors who allow their vehicle to generate clouds of emissions that often drift into homes.

- You are wasting gas and money.

Of course, we warm up our cars to avoid those first chilly moments before a cold engine can heat the air inside the car. So keep your jacket and gloves on and brave the elements for a few more minutes. You are making your local environment cleaner, which is important here during the winter months when temperature

inversions trap pollutants. You are also being kinder to those you live with. If you must have a warm interior before driving, consider a plug-in block heater.

For more information, contact the Clean Air Campaign at 633-4343.



West Nile Virus Risk sparks blood shortage; military seeks to refill inventory

by Spc. Chuck Wagner, USA

Special to American Forces Press Service
WASHINGTON — The Armed

Services Blood Program Office has asked the military to withdraw all frozen blood supplies donated during last summer's West Nile virus epidemic to avoid transmitting the potentially fatal disease to recipients.

Meanwhile, blood collection centers and blood plasma manufacturers are scurrying to replace military stockpiles as a potential war looms in Iraq.

"There is some additional urgency" about the need to replenish supplies under the prospect of war, said Col. G. Michael Fitzpatrick, blood program office director.

The armed services have already replaced at-risk blood supplies within the European and Central commands, which would be front-line in a conflict with Iraq.

The withdrawal went into effect Dec. 13, after a statement by the American Association of Blood Banks. The American Red Cross, America's Blood

Centers and the Armed Services Blood Program Office coordinated the withdrawal, which includes the Defense Department and civilian blood banks nationwide.

The ultimate goal is to replace all the frozen blood withdrawn from the current inventory. "The withdrawal is focused on frozen products (particularly plasma products) that were collected in states experiencing mosquito-borne transmission of West Nile virus to humans in 2002," according to a blood program office press release.

The release said services will accelerate the production of frozen plasma products to replace withdrawn stocks and begin stockpiling frozen plasma for the summer.

Most of the liquid red blood cells collected during the height of the West Nile virus epidemic have already been transfused," the release said.

The blood program office estimates it will take until mid-March to replace the

entire inventory. Blood banks were asked to quarantine, but not destroy, at-risk blood products. Meanwhile, blood banks are prioritizing their supply by sending out the safest stocks first.

The Defense Department's supply of frozen red blood cells stored for contingency operations will not be affected by the withdrawal, Fitzpatrick said, because these units were not collected during the 2002 West Nile epidemic. This includes blood stored on Navy ships.

The services have three major repositories for contingency blood supplies — one in Italy, two in Korea. Frozen blood plasma stored in these banks was donated in the late 1980s to early 1990s, prior to the first West Nile virus outbreak in New York during the summer of 1999.

Doctors identified 13 transfusion recipients who acquired West Nile through blood collected from eight donors last year, according to the Centers for Disease Control and Prevention. The eight donors resided in states where doctors document-

ed mosquito-borne West Nile infections to humans. Since Dec. 3, 2002, doctors have reported 3,775 human cases of the virus, with 216 deaths. Only three deaths were related to blood transfusions.

Military and civilian blood collection organizations have asked donors to help fill the sudden dip in supply. Fitzpatrick said donors with Type AB blood are especially welcome, because AB is the universal blood plasma type. There are 21 defense collection sites.

No Food and Drug Administration-licensed test yet exists to detect the presence of West Nile in blood. The Armed Services Blood Program Office has issued donor screening and deferral guidelines to military collection sites to help identify donors who may have West Nile symptoms. This measure is intended to decrease the risk of infecting recipients in the event a test is not available by summer 2003.

Editor's note: Spc. Chuck Wagner is a staff writer on the *Pentagram*, the newspaper of the Military District of Washington.

Chaplain's Corner

Part II: Making your marriage last a lifetime

Commentary by

Chap. (Capt.) David Deppmeier
4th Squadron, 3rd Armored Cavalry
Regiment

Meeting the needs of your spouse involves taking active steps, but that alone doesn't ensure intimacy, trust and happiness in your marriage.

While sheer commitment can keep a couple together, research indicates it doesn't necessarily make them happy. Nearly every marriage goes through times of intense anger. That's not unusual. But when those feelings keep smoldering over time, they can produce a sort of toxic bitterness that kills intimacy and trust. University of Wisconsin researcher Mary Ann Fitzpatrick reports that nearly half the married men in America experience this type of "emotional divorce" from their wives.

Keeping your marriage alive and happy takes a commitment to keep feeling for the other person, no matter how angry you get. In "A Second Chicken Soup for the Woman's Soul," a woman named Lynne Kinghorn tells how one couple made that choice years ago.

She writes, "In 1939, in a small town in Oklahoma, a young couple had been married a few short and disappointing months. He never dreamed there were so many ways to ruin fried chicken. She couldn't imagine why she ever thought his jokes were funny.

"Neither one said aloud what they were both thinking — the marriage was a big mistake.

"One hot afternoon, they got into a terrible argument about whether they could afford to paint the living room. Tempers flared, voices were raised, and somehow one of the wedding gift plates crashed to the floor. She burst into tears, called him heartless and a cheapskate. He shouted that he'd rather be a cheapskate than a nag, then grabbed the car keys on his way out. His parting words, punctuated by the slam of the screen door, were, 'That's it! I'm leaving you!'

"But before he could coax their rickety car into gear, the passenger door flew open and his bride landed on the seat beside him. She stared straight

ahead, her face tear-streaked but determined.

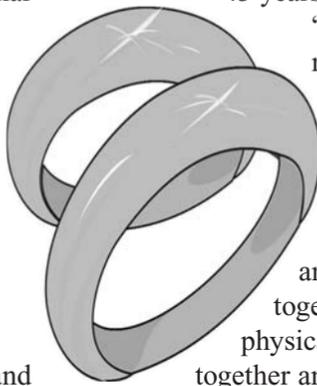
'And just where do you think you're going?' he asked in amazement.

She hesitated only a moment before replying, just long enough to be sure of the answer that would decide the direction of their lives for the next 43 years.

'If you're leaving me,' my mother said, 'I'm going with you.'

Your marriage doesn't have to be ruined by emotional divorce. You don't have to be held hostage by anger. When you stick together, emotionally as well as physically, your marriage can stay together and go the distance.

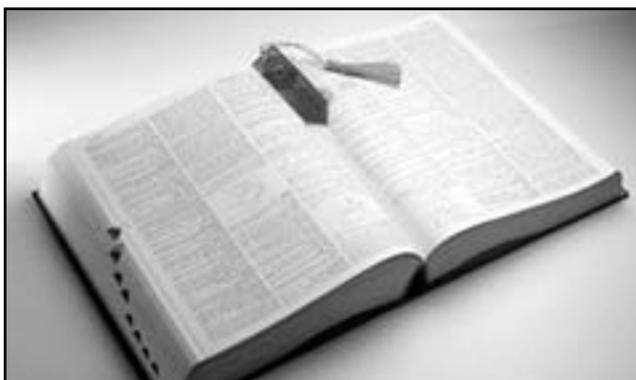
Want to make your marriage last? Strive to meet the needs of your spouse and resolve to keep feeling for them, no matter what. Producing a happy marriage involves radical, personal change on the part of both partners. As Robert Browning once said, "Success in marriage is more than finding the right person: it's being the right person."



Chapel

Young couples — There is a new study for young couples at Soldiers' Memorial Chapel, building 1500 (next to the Post Exchange), Sundays at 10 a.m. This group is for young 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 of the Bible. For information, contact Soldiers' Memorial Chapel 526-8011.

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



Chapel

Faith Weaver — Faith Weaver is Sundays at Soldiers' Memorial Chapel and is a traditional Protestant Sunday school for all ages, including adults. The program meets at 9:30 a.m. with 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 Youth are Tuesdays 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 at 10:45 a.m. Sundays, Soldiers' Memorial Chapel.

Wicca group meets at Fort Carson — There are many "traditions" within Wicca and the tenets, practices and politics vary as they do in many religious groups. The goal for the Fort Carson Open Circle is to allow people of all traditions to come together and learn from each other. They are openly eclectic in that their members are not all of the same faith group but of many different faiths and traditions. They are here to teach each other and to learn from one another. They invite those who have years of experience in their tradition and those who are still seeking their path to come together. The group meets every Tuesday at 6:30 p.m., at the Family University Building, next to McKibben Physical Fitness Center, at the corner of Ellis and Barkeley. If you have any questions please call (719) 229-8948 or 634-7243, or via e-mail ftcarsonopencircle@hotmail.com.

Chapel Schedule

ROMAN CATHOLIC					
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
PROTESTANT					
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

LUTHERAN

Sunday 10:45 a.m. Protestant Provider Barkeley & Ellis Chap. Bauer/526-5279

JEWISH

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

WICCA

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.

Friday — Psalms 52 & Genesis 28-30

Saturday — Psalms 53 & Genesis 31-33

Sunday — Psalms 54 & Genesis 34-36

Monday — Psalms 55 & Genesis 37-39

Tuesday — Psalms 56 & Genesis 40-42

Wednesday — Psalms 57 & Genesis 43-45

Thursday — Psalms 58 & Genesis 46-48

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

Unit: For the soldiers, families and leaders of the 2nd Armored Cavalry Regiment, headquartered at Fort Polk, La.

Army: For the dedicated officers, noncommissioned officers, soldiers and veterans of the Cavalry Corps, with its regimental home located at Fort Knox, Ky.

State: For all soldiers and their families from the state of Louisiana. Pray also for Gov. Mike Foster and the state legislators and municipal officials of the Pelican State.

Nation: For the five members of the Joint Chiefs of Staff, chaired by Gen. Richard B. Myers, and their task of advising the president and secretary of defense on all military issues.

Religious: For the clergy and congregations of the American Baptist Churches, 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.

Children

From Front Page

today, yourself, your family, your job, etc.

- Stay busy. Get a job, volunteer, or take up a hobby.

- Become informed about the Army, military helping agencies and your family member's mission on the deployment.

- Seek social support from friends, relatives, Family Support Groups and families of other deployed soldiers.

- Communicate with your soldier, and open channels of communication within your own family.

- Check out rumors, and don't believe everything you hear.

What can be offered to help children with deployed parents from suffering adverse effects of a

deployment? The Mental Health Care-line at Evans Army Community Hospital is offering support for children with deployed parents via the Deployment Therapy Group. This group is for junior high age children whose parents are deployed or scheduled to be deployed. This group originally was started in November 2001 at Carson Middle School. The deployment group will now be offered at Evans Army Community Hospital at Social Work Service. This group has addressed such topics as terrorism, anthrax, stress management, fear, military families and school safety. We have also discussed regions of the world where soldiers are deployed from Afghanistan, Kuwait, Russia, Korea

and Germany, as well as "down range."

The goal of the group is to offer an outlet for children to adapt, change, and identify healthy coping skills. This will be accomplished through education, group interaction, discussion and planned activities. This process will facilitate a better understanding about parental deployment.

The elementary age group will be held Thursday afternoons at Social Work Service Evans Army Community hospital. This deployment group will begin Feb. 6. Please call 526-4585 for more information. At Carson Middle School, the group will meet held Fridays during the school day. Please contact Kim Rhodes, school counselor, at 382-1610.



Behavioral problems to look for in children of deployed parents

Courtesy Army Community Service

Researchers have compiled the following list that indicates common feelings and behaviors associated with children of deployed parents. The impact of a parent deploying can be more significant if the child has pre-existing emotional and behavioral problems. The stability of their parents' marriage can also play a role in how the child handles the deployment of a parent.

Before the deployment: Preschool children

Confusion, clinging, surprise
Irritability, guilt, sadness
Increase of attention seeking

Adolescents

Regressive behaviors
Guilt or anger
Angry outbursts mixed with clinging, sadness
Feels lonely prior to parent leaving
Alloofness, "I don't care" attitude
Fear of non-deployed parent rejection
Friends take on increased value

Denial of feelings

During the deployment: Preschool children

Sadness, change in appetite and feelings of abandonment
"Father hunger"
Separation anxiety and lower self-esteem
Attempt to care for parent

Adolescents

Boys feel like the man around the house/like mom's companion
School problems
Loneliness

Swing from very responsible to very irresponsible
Feelings of abandonment
Bathroom accidents increase
Fear the separation between mom and dad will be permanent
May act out non-deployed parent's distress
Confusion over masculinity (boys)
Increased aggressive or hypermasculine behavior
Sadness
Anger
Resentment

SRP: Preparing soldiers to fight

by Spc. Stacy Harris
Mountaineer staff

A soldier's primary job is to be ready to fight when called upon. But, to be ready to fight, soldiers have to make sure all of their paperwork is in order so if they were to deploy, they don't have to worry about money, medical or family issues and can concentrate on the job needing to be done. The Soldiers Readiness Process at Fort Carson makes sure soldiers are ready to deploy at all times.

All active duty units, before deploying or on an annual basis and Reserve or National Guard members upon mobilization, are required to go through the SRP, said 1st Lt. Lindsey Fultz, officer in charge, SRP.

About 300 soldiers a day from units around post go through the SRP at Fort Carson, as well as all in-processing soldiers before they get sent to their units, Fultz said.

The SRP is a checklist that makes sure soldiers are administratively ready to deploy. Stations at the SRP include legal affairs, finance, chaplain, medical, dental, records, identification cards and tags, and Army Community Service.

"It (being ready administratively) is just as important as being ready training-wise," she said. "If those things aren't taken care of, it's going to stop a soldier from doing his duties at war."

According to Staff Sgt. Ponce D. Shepard, medical noncommissioned officer in charge, SRP, the medical aspect of the SRP is the most difficult and time-consuming part of the process, and he suggests that soldiers make sure they are prepared before going to the SRP site.

"It (SRP) pretty much should be a system of checks and balances," Shepard said. "Units are supposed to have a readiness status at all times. When they get up here, we just verify whether they are deployable or nondeployable."

The medical aspect of SRP includes Human Immunodeficiency Virus/DNA, vaccinations, optometry and a check to make sure the soldier has a current physical, he said.

"When they get here (to the medical part), it's a little more intense," he said. "A lot of things in medical makes them nondeployable, more so than anything else in the SRP."

Fultz said that after the Sept. 11, 2001, attacks, the SRP site at Fort Carson has been extremely busy. With the greater number of soldiers going through the SRP site, Fultz said it is important that soldiers do not bring their family members with them because of the lack of space in the building and for safety reasons.

Now with the probability of units on post deploying, more units are making sure the soldiers are prepared.

"Now things pop up on the radar screen so it is a little bit more hectic and busy here."

To schedule an appointment with SRP or for more information, call 526-2014.



A soldier from 10th Combat Support Hospital gives vaccinations during the Soldier Readiness Process Jan. 16. Photo by Spc. Stacy Harris



Photo by Spc. Stacy Harris
Staff Sgt. Linda Roof, 10th Combat Support Hospital, signs the checklist for soldiers at the chaplain's station. During the Soldiers Readiness Process, the soldiers state their religious preference to make sure their religion of choice is accessible when deployed. A chaplain is also available.



Photo by Spc. Stacy Harris
Sp. Jeffrey "Doc" Payne, 10th Combat Support Hospital, tests soldiers' vision at the optometry station Jan. 16.



Photo by Spc. Stacy Harris
After each station, soldiers must have their checklist signed.

Family Assistance Checklist

1. Do you have a Family Care Plan?
2. Have you tested your Family Care Plan?
3. Do you have an allotment to provide money for your family?
4. Do you have a Power of Attorney or Special Power of Attorney?
5. Do you have a will?
6. Does your spouse/next of kin have a copy of your will?
7. Do all family members have an ID card?
8. Dual military — All family members should have an ID card?
9. Does spouse know how to enroll an unborn child in DEERS?
10. Does any family member have a medical condition?
11. Reserve/National Guard — After entering active duty, do you have any financial problems?
12. Reserve/National Guard — Do you know your entitlements under Title 10 or Title 32?
13. Active Component — Do you have any financial problems with special circumstances?
14. Is there any reason that you have that will disenpower you to perform your job?



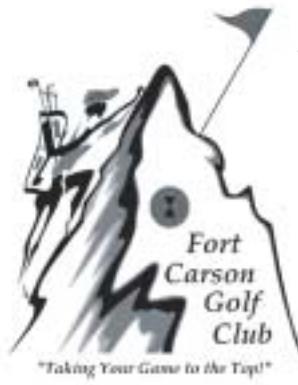
Photo by Spc. Stacy Harris
Sp. Karisa Beacham, B Company, 10th Combat Support Hospital, left, hands Sgt. 1st Class Hallinston Robbins, B Co., 10th CSH, his Soldiers Readiness Process records, along with a checklist for each station needing to be cleared at the SRP site.



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



Thunder Alley Bowling Center
Bowl Your Guts Out!
Bldg. 1511 Chiles Ave.
526-5542



Take your game to a New Level at the Fort Carson Golf Club
Bldg. 7800 Titus Blvd.

For more information, please call **719-526-4122**



For information about exciting upcoming events and services provided by your Fort Carson Child and Youth Services please call, **719-526-8220/1100**

Community Center
Craft
Classes and More!
Bldg. 1510, Chiles Ave.
In The Mini Mall

Laser Engraving Personalized
• Plaques •
• Awards •
• Gifts •

Come in and see our Display.

Mon, Tue & Holidays - Closed
Wed, Thur & Fri - 11 am - 6:30 pm
Sat & Sun - 9 am - 4:30 pm
\$2.00 per hour user's fee

Preregistration is necessary for all classes. Should any scheduled class go unfilled, it may be canceled. All classes are subject to change or cancellation. For more detailed information please call 526-0900

Tax Forms Available!

Every State Federal too!

At your Fort Carson Grant Library
Bldg. 1528, 4950 Flint Street
Fort Carson

719-526-2350

4 February 2003
6 to 8:30 pm
Special Events Center
Bldg. 1528, Specker Ave,
Post Field House

AMBASSADORS HARLEM

Postponed! Until April

It's Better than Your Grandfather's Basketball Show
FREE!!!

Look for upcoming details

Sponsored by & **CANDLEWOOD SUITES**
Our Place. Your Space

(719) 526-4494

XXTREMES

ENTERTAINMENT & SPORTS BAR

Grand Opening

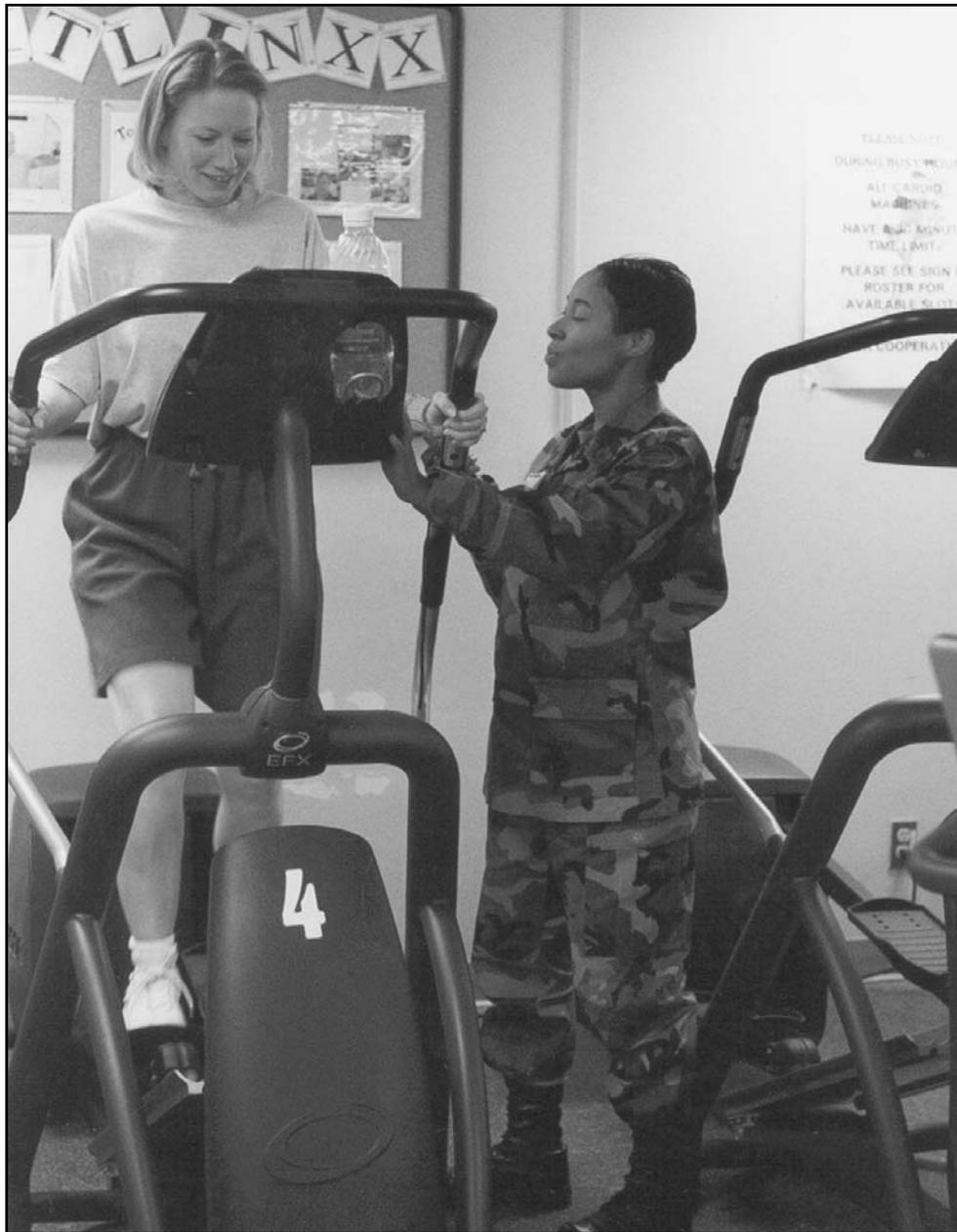
Xtreme Times Start at 2 pm
Super Bowl Sunday
26 January 2003
Bldg. 1532 Specker Ave.
Formerly the old Christopher's Bldg.

FREE Food!!!
Prize Giveaways
Caricature Artist
Sports Trivia Contests
Special Surprise Guests
Signature Sports Gear
Ticket Drawing & Halftime Goodies

Sponsored by: Budweiser, Omni Military Loans, AT&T and Miller Lite

Sports & Leisure

Wellness center: helping Fort Carson get fit



Photos by Bill Scharton

Donna Locke, left, receives encouragement from fitness technician Sherwanda Bell while exercising at the Mountain Post Wellness Center. "They have an awesome staff here," said Locke. "It is my favorite place to exercise."



Larry Atencio tries out the recliner chair in the Mountain Post Wellness Center relaxation room. The chair's features, along with other amenities, make the room an increasingly popular place to visit.

Story and photos by Bill Scharton
Mountaineer staff

The Mountain Post Wellness Center could very well be the ultimate get-well card. If so, the verse on the inside of the card would probably be the center's vision and mission statements.

Vision: Maximize our customer's health, wellness and fitness potential.

Mission: Provide for and assist health promotion through active partnership with the community; build comprehensive and practical programs; educate individuals regarding their level of risk for disease; teach disease and injury prevention; and empower and motivate people to maintain healthy lifestyles.

The get-well process begins with a visit to the center. It is located on the second floor of building 1526 at 1500 Wetzel Ave. Step number one will be to fill out a personal wellness profile. This profile provides the staff with a fitness assessment.

"This profile provides a fitness snapshot that helps the technicians decide the health goals of the individual," said Bridget Minihane, director of the Mountain Post Wellness Center.

A plan to achieve the health goals is put in place and the process begins.

Educational programs might be a part of the plan. Current programs include: cholesterol management, diabetes education, weight management, shape up after pregnancy, back health, arthritis management, healthy cooking, tobacco cessation, stress management, anger management, time management

and spiritual fitness.

If exercise and physical fitness are needed, the center offers a variety of services including strength and flexibility assessments, body composition analysis, sub-maximal cycle ergometry tests, and exercise prescriptions. Clients are medically screened prior to entering a new exercise program. The screening process includes cholesterol, blood pressure, body composition, strength and flexibility.

Donna Locke has exercised at several gyms on post, but the Mountain Post Wellness Center is her favorite location. "The wellness center staff is awesome and this makes the experience much more personal for me," said Locke.

The relaxation room at the center continues to increase in popularity. In the center of the room is a recliner chair that features a variety of massage movements. The room also has a Chi machine that helps with oxygen circulation.

"You can pray, meditate, read, listen to music, or all of the above in the relaxation room," said Minihane. "Ten minutes in the relaxation room does wonders for you." The room is open from 6 a.m. to 6 p.m. Mondays through Thursdays and 6 a.m. to 4 p.m. Fridays.

Karen Brasfield is a registered dietician and the deputy director at the center. She conducts the popular healthy cooking classes and also works in the nutrition and weight management areas.

"We demonstrate how to prepare a healthy meal on a tight budget," said Brasfield. "An entire meal is prepared using low fat cooking techniques."

The Mountain Post Wellness Center educational classes for February will be: active duty weight control, civilian weight management, anger management, cholesterol management, stress management, tobacco cessation, nutrition and exercise, sports nutrition, high BP diet, here's to wellness, NCO taping certification, healthy cooking, and Thursday brown bag lunch topics.

The Mountain Post Wellness Center is open and free for active duty, family members, retirees, and Department of Defense civilian employees. To sign up for classes or for additional information, call 526-3887.



Mountain Post Wellness Center staff members, including director Bridget Minihane, far right, dressed up for the post's annual Turkey Trot. The staff coordinated the children's race at the Turkey Trot event.

Grand opening!

XTREMES opens its doors Super Bowl Sunday

by Bill Scharton
Mountaineer staff

The master plan for XTREMES Entertainment and Sports Bar calls for an extremely large dose of fun, according to Steve Barness, chief of business affairs for the Directorate of Community Activities.

The fun will begin for this new Fort Carson establishment at grand opening festivities at 2 p.m., Super Bowl Sunday. XTREMES is located at building 1532 Specker Ave. (formerly Christopher's) across the street from Burger King.

Maj. Gen. Robert Wilson, 7th Infantry Division and Fort Carson commanding general, will kick off the grand opening activities with a ribbon-cutting ceremony.

Following the ribbon cutting, Barness said there will be free pizza, sports trivia contests with prize giveaways, the appearance of special guests and sports celebrities.

The sports and entertainment bar project actually started two years ago but experienced a one-year delay due to the Sept. 11 terrorist attacks. "This did set us back, but we are glad to be back on track," said Barness.

Barness also said that Morale, Welfare and Recreation and Army Air Force Exchange Services will be total partners in this venture. "I was told this type of partnership never happened before," said Barness. Godfather's Pizza will be the food outlet.

According to the Barness, XTREMES will be a community club and will not be rank sensitive. "The lead-



Photo by Spc. Stacy Harris

Sean Stewart, Directorate of Community Activities, puts up a banner outside the building to advertise XTREMES Entertainment and Sports Bar, which is located on Specker Ave.

ership felt it was time to create an establishment that would meet the needs of the soldier," said Barness. "XTREMES mission will help take care of this."

XTREMES will have six satellites feeding 35 televisions, including two large screen TVs. "We can show eight NFL games at a time if we want to," said Barness.

The disc jockey area features state-of-the-art audio equipment for music and dancing entertainment. Dancing, karaoke and contests will be a regular part of

the schedule at XTREMES.

Video games are located all over the building. Video game contests and tournaments, with coordinators, will happen regularly. XTREMES also features a large pool room.

During the day, XTREMES will have meeting space available, along with rooms for private parties. It will be open seven days a week, 11 a.m. to midnight Sunday through Thursday, and 11 a.m. to 2 a.m. Friday and Saturday.



Photo by Bill Scharton

'The New Beginning'

The Elkhorn Catering and Conference Center celebrated "The New Beginning" Jan. 16. Manager Stephanie E. Camp said "reduced prices with the same high standard of service" was one of the main themes behind the celebration. Booths were set up to display the center's catering and party services.

Kiki the clown (Cara Lundstedt), right, has her caricature drawn by artist Cedric Taylor during the celebration. Kiki the clown was part of the birthday party booth at the event.

Carson youth participate in art competition

Winning artwork will be sent to Texas for regional level judging

Story and photo by Bill Scharton
Mountaineer staff

The Boys and Girls Club of Fort Carson is one of more than 3,300 across the country competing in the club's national fine arts exhibit program.

The site and sponsor for the Boys and Girls Club of Fort Carson is the Youth Services Center.

This national fine arts exhibit program is a comprehensive initiative promoting young people's creativity and encouraging artistic skills and cultural enrichment.

Members of the Fort Carson club submitted artwork for the exhibit and it was on display from Jan. 6 to 10 at the Youth Services Center. A panel of three judges selected age-group winners in six categories.

The Fort Carson club winners by category and age group were:

Monochromatic:

Antonette Carradine (10- to 12-years-old), Anthony Norton (13- to 15-years-old), Lowell Lucas (16- to 18-years-old);

Multicolored:

Pricilla Garza (10- to 12-years-old), Quelynn Dowdy (13- to 15-years-old), Lowell Lucas (16- to 18-years-old)

Watercolor: Lowell Lucas (16- to 18-years-old);

Oil or Acrylic: Corey Laurel (10- to 12-years-old), Anthony Terrazas (13- to 15-years-old), Lowell Lucas (16- to 18-years-old)

Mixed Media:

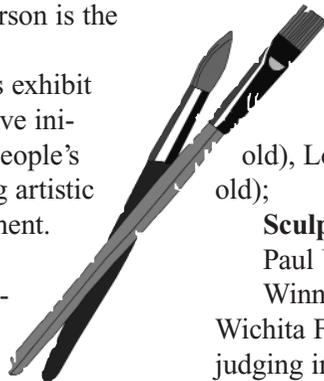
G.O. Surrat (13- to 15-years-old), Lowell Lucas (16- to 18-years-old);

Sculpture

Paul Untalan (10- to 12-years-old).

Winning artwork will be sent to Wichita Falls, Texas, for regional level judging in February. Regional winners move on to national level judging at the Boys and Girls Club national headquarters in Atlanta. Forty national winners will be named and their artwork displayed at special events throughout the year. Regional winners will get certificates and national winners receive plaques.

Michael Rose, a lead educational technician at the Youth Services Center, was the coordinator for the Fort Carson Boys and Girls Club fine arts exhibit program.



Winning artwork from the Fort Carson Boys and Girls Club fine arts exhibit program is displayed at the Youth Services Center. The winning artwork is being shipped to Wichita Falls, Texas, to be judged at the regional level.



Andy Searles, No. 21, a member of the 66th Military Intelligence Company intramural basketball team, rejects a shot during intramural action last week at McKibben Physical Fitness Center.



Photos by Bill Scharton

Hoops for all ages ...

This 5-year-old member of the Mavericks youth basketball team gets off a jump shot during a game Saturday morning at the Youth Services Center.

Story and photos
by Nel Lampe
Mountaineer staff



Peterson Air and Space Museum is in the 1941 Colorado Springs Airport Terminal building.

FROM AIRPORT TO ARMY AIR BASE TO AIR FORCE BASE: EXPLORE HISTORY IN MUSEUM

A museum at Peterson Air Force Base gives visitors insight into the Army influence which played a part in the development of Colorado Springs, as well as the history of the Air Force, Aerospace Defense Command, North American Aerospace Defense Command and U.S. Space Command.

Colorado Springs was a tourist town in the 1940s. It had two railroad stations — the Denver and Rio Grande on Sierra Madre and the Santa Fe on East Colorado. Leading hotels were the Antlers and the Broadmoor. Colorado Springs even had an airport with a gravel runway, a city hangar, a Broadmoor hangar and a recently completed terminal building known as the Continental Building.

But Dec. 7, 1941, Pearl Harbor Day, brought great change to Colorado Springs. As America became involved in World War II, military installations began springing up.

Camp Carson was established in January 1942, south of Colorado Springs. A few months later another Army facility began taking shape east of Colorado Springs. An Army Support Command Base was established in May 1942, under the Army Air Forces. The Army took over the new airport terminal for a headquarters building. Army aviators would train at what



Cub Scouts and their leaders visit the EC-121 in the air park by the Peterson museum.

became known as Colorado Springs Army Air Base.

It was a little unusual for a town the size of Colorado Springs to have an airport back in 1927 when it was established. A local aircraft manufacturer, Alexander Aircraft Factory, one of the nation's largest producers of airplanes, frequently used the runway. Guests at the Broadmoor Hotel sometimes flew their own planes, landing at the local airport.

In 1943, still another Army facility came into being in Colorado Springs when the Army took over buildings previously used by the Methodist Sanitarium at Boulder Street and Union Boulevard. It became home to the Army Air Force's 2nd Air Force, which was eventually named after the 2nd's commanding general, Gen. Uzal G. Ent.

The Army base at the airport was named Peterson Army Air Base, for Lt. Edward J. Peterson of Denver, a pilot at the base. He was the first Colorado resident killed in line of duty at the base, and was a P-38E Lightning pilot, which was called an F-4 when configured for photo reconnaissance. He was in the 23rd Photo Reconnaissance Squadron.

During the 1940s, P-38s, B-24s, B-17s, B-25s, C-45, and the AT-9 were frequently on the flightline.

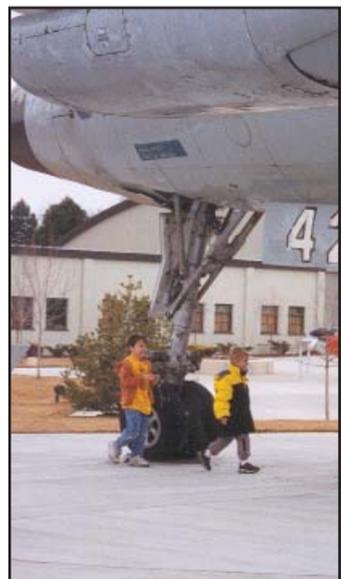
While simple, one-story tar-paper covered buildings were being constructed, incoming soldiers were housed in the city auditorium, the North and South Junior High Schools and Colorado College. Other soldiers lived in tents on the flat, windy prairie that was becoming an air base.

Today there is little evidence of Peterson's World War II Army days — just a few buildings, warehouses and hangars.

And the original airport's two hangars are next to its terminal. The city hangar will house new exhibits; the Broadmoor Hangar is used by the base's contracting office. The historic



A P-40 "Flying Tiger" is on a pedestal near the museum at Peterson Air Force Base.



Places to see in the Pikes Peak area.

Jan. 24, 2003

Peterson

From Page 25

airport terminal is among the oldest surviving airports anywhere in the United States.

The original airport buildings are in a designated historic district on the National Register of Historic Places. The airport's caretaker's home, called the Spanish House, is nearby.

The 1941 art deco terminal building now serves as the Peterson Air and Space Museum.

The Peterson museum contains exhibits depicting history of the flying field, World War II and the history and mission of the Army Air Base and Peterson Air Force Base.

Music from the 1940s sets the mood as visitors browse through the exhibits from the early '40s.

Artifacts and belongings of Lt. Peterson were donated by his family members. His Army Air Corps uniform, his pilot and log books, his ID card, dog tags and other personal mementos are in a showcase. A letter General Hap Arnold, commanding general of the Army Air Forces wrote to Peterson's parents, is displayed.

Several photographs depict the base's World



Early pictures of the air base and personal effects of Lt. Edward Peterson in the museum.



Canadian Forces have an extensive, colorful display in the Peterson museum's hangar.

War II photo-reconnaissance mission, construction phase and aerial views of the base.

One exhibit includes World War II souvenirs and Prisoner of War artifacts.

Called "The Home Front," another exhibit has information about rationing, V-mail and the Blue Star flags which were displayed in servicemen's families' front windows.

A display of American aces in several wars features pilots with Colorado ties.

The mission of Peterson Army Air Base changed over the years. From its first photo-reconnaissance mission, the base went on to conduct combat crew training for the B-24 Liberators and in 1943 and 1944, trained P-40 pilots. After the war ended, Peterson became an Army Air Forces Instructors School, until it was inactivated in December 1945. Peterson Field was reactivated, then declared surplus twice more, before its reactivation in 1951 to serve as the flying facility for Ent Air Force Base, which occupied the property now housing the Olympic Center near Boulder and Union Streets in Colorado Springs.

When Ent Air Force Base was inactivated in 1976, remaining military organizations and units were moved to Peterson Air Force Base.

The base served support functions for North American Aerospace Defense Command and Aerospace Defense Command headquarters. Air Force Space Command and U.S. Army Space Command are headquartered on the base, as is the new Northern Command.

The 302nd Airlift Wing, an Air Force Reserve unit with C-130 aircraft, is also on base.

The museum has a satellite, a model of an early warning radar station and a model of the underground NORAD facility at Cheyenne Mountain Air Station.

The U.S. Army Nike "Hercules" surface to air missile and the U.S. Army Nike Ajax surface to air missile are displayed in the air park.

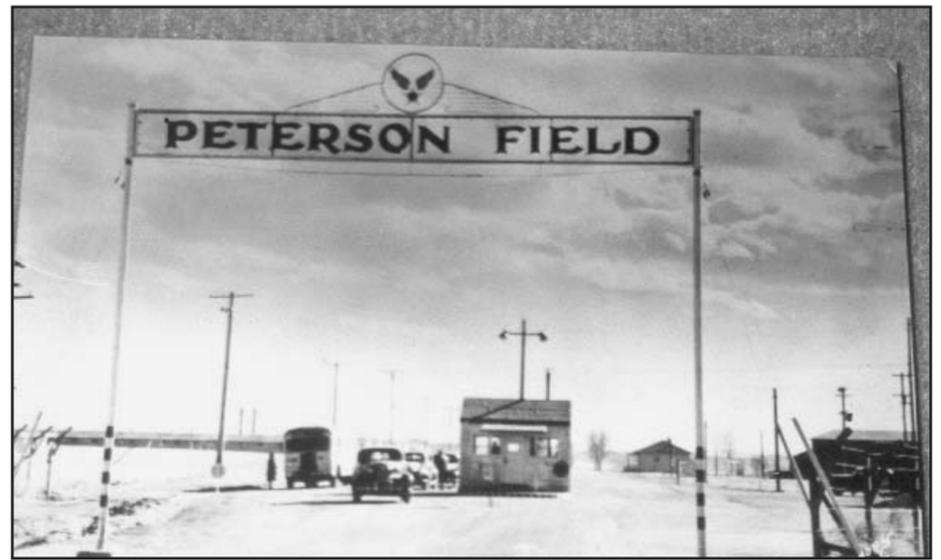
A Curtiss P-47 is in the old city hangar. It is being refurbished and will be part of the air defense exhibit. A display about the Canadian forces is also inside the hangar. As the hangar exhibits are in progress, the hangar is not always open; ask the attendant on duty.

Aircraft on display in the new airpark include an EC-121, an F-94, a T-33, an F-15, an F-4C, an F-86, an F-89, an F-106A and two Canadian aircraft.

A 37-seat theater in the museum accommodates visitors who watch a video screening. Several video tapes are available such as "Memphis Bell," "Canopies Up," "Women of Courage," "Guardians of the High Frontier," "Americans in Space," "America's Spy Plane," and "Flying the Fighters." Let the attendant know which video you'd like to see.

Some historic video tapes are sold in the museum. Souvenir coffee cups, military patches, pins and posters are also for sale, as well as a selection of scarves, models, hats, T-shirts, souvenir coins and compact discs.

The museum is open Tuesday through Saturday, from 8:30 a.m. until 4:30 p.m. and entrance is free.



Peterson Army Air Field looked sandy and forlorn in the early '40s.



Visitors check out the aircraft in the air park by the Peterson Air and Space Museum.

Peterson Air Force Base entry requires visitors to have a Department of Defense decal on their vehicle or to stop at the visitor center at the front gate, reached off East Platte Avenue (East Highway 24) and Peterson Road. Visitors without valid DOD stickers on their cars must obtain a two-hour visitor pass to visit the museum. Such a pass requires proof of insurance, vehicle registration and a driver's license.

Peterson Air Force Base is located on the eastern edge of Colorado Springs, east of Powers Boulevard, off Highway 24 at Peterson Road.

From Fort Carson, take Academy Boulevard to East Platte Avenue and take the exit to Peterson, turning right on Peterson Road to the main gate. Cars without valid DOD stickers must stop at the visitor center, the building just west of the main gate. Once on base, continue along Peterson through three traffic lights, turning left on Ent Avenue to the museum, building 981. For information about the museum or to make arrangements for Scout groups, call 556-4915.

Just the Facts

- **Travel time** 25 minutes
- **For ages** all
- **Type** military museum
- **Fun factor** ★★★★★ (Out of 5 stars)
- **Wallet damage** free

\$ = Less than \$20

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

(Based on a family of four)

Get Out!

Band of the Rockies

The Air Force Band of the Rockies has a concert Feb. 2, 3 p.m. at the Air Force Academy Arnold Hall Theater. Tickets are required. Obtain the free tickets from Ticketmaster outlets or the Arnold Hall Theater Box Office. The Band of the Rockies will play along with guest band "The Flying W. Wranglers."

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.

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.

Western stock show

The National Western Stock Show in Denver runs through Sunday, 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, online at www.national-western.com and by phone at (888) 551-5004.

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.

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 are part of the exhibit. The Money Museum has free admission.

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.

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. "Dr. Strangelove" is the movie Feb. 11. Tickets are at the box office, 634-5583. The Fine Arts Center is at 30 W. Dale St.

Theater

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

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 at the Fine Arts Center, 30 W. Dale St.

Music groups

Liza Minelli makes an appearance at the Colorado Springs World Arena Feb. 10. Tickets start at \$61 and are available at the World Arena Box Office, 576-2626 or at King Soopers.

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 next show is "Fosse," Feb. 22, followed by "Saturday Night Fever," March 25 and 26, "The Music Man," April 15 and 16, and "Lord of the Dance," May 28 and 29. All shows are in the Pikes Peak Center. Call Ticketmaster at 520-9090.

Family Day

The Fine Arts Center has Family Day Feb. 15, from 11 a.m. to 1 p.m. Family activities are centered around the exhibits in the museum. Family days are free and open to the public.

Fine Arts Center

The Fine Arts Center hosts a fiesta for the Hispanic celebration of Dia de la Candelaria Feb. 2 at 6 p.m. The celebration will include entertainment, food and a cash bar. The celebration is free and open to the public. The Fine Arts Center is at 60 W. Dale.

Bent's Fort

A blacksmith from Santa Fe, N. M. demonstrates the art of blacksmithing at Bent's Old Fort Saturday from 9 a.m. to 4 p.m. Bent's Fort is a historic site near La Junta. Admission is \$3 for adults and \$2 for ages 6 to 12.

Buell Children's Museum

"Abracadabra! Weaving the Magic of Who We Are" is at Pueblo's Buell Children's Museum through the end of May. Children can create a house of cards, learn magic tricks and other creative activities. Admission is \$4 for adults and \$3 for children. It is open Tuesday through Saturday, 11 a.m. to 4 p.m., at 210 N. Santa Fe Ave., at exit 98b off Interstate 25 south, in Pueblo.

Happenings



Photo by Nel Lampe

Free concert ...

The Flying W Wranglers, above, join the Air Force Band of the Rockies in a free concert at the Academy's Arnold Hall Theater at 3 p.m. Feb. 2. Pick up free tickets at Ticketmaster.

Program Schedule for Fort Carson cable Channel 10, today to Jan. 31.

Army Newswatch: includes stories on the US Army Reserve, Army mariners and the Army Family Action Plan conference (repeat). 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. (repeat). 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.

Martin Luther King Day and Black History Month Special: Martin Luther King III presentation at Fort Buchanan, Puerto Rico (39 minutes): Airs at 6:50 a.m., 9 a.m., 6:50 p.m. and 9 p.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.

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.