

# Mountaineer

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## INSIDE THE MOUNTAINEER

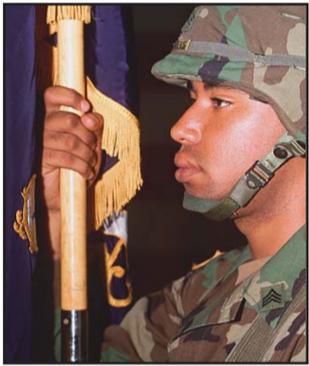
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### Feature



The Mountain Post bids farewell to members of several units during a deployment ceremony Wednesday.

See Page 16 and 17.

### Happenings



A Denver-area theme restaurant depicts a Mexican village at night. Enjoy the entertainment while dining.

See Page 25.

### Gate Construction

As a reminder, Gate 1 is still under construction. Please use an alternate gate unless you need to get a post pass at Gate 1.

Post Weather hotline:  
526-0096



Photo by Spc. Jon Christoffersen

### Newsorthy ...

Rhonda Scholting, Denver Channel 7, interviews Pfc. Frances Leake, Company B, 64th Forward Support Battalion, after the 3rd Brigade Combat Team deployment ceremony Wednesday. For more on their farewell, see page 16 and 17.

## New VTC systems to ease school transfers

by Spc. Jon Wiley  
Mountaineer staff

Life is about to get a little easier for local high school students with parents in the military, thanks to the efforts of the Pikes Peak Schools Parent and Military Alliance, an organization which facilitates smooth transitions from school to school for military children.

The alliance, along with Friends of the Military, a fundraising group in the area, has raised \$150,000 for the installation of a video teleconferencing system in every high school in El Paso County and plans to raise \$50,000 more toward this goal, said Shari Reese, PPSPMA chairperson and spouse of Brig. Gen. Robert Reese, deputy commanding general of Fort Carson. Called Interactive Counseling Centers, the systems provide secure, real-time communications and record sharing between schools that have them and allow guidance counselors, teachers, parents and students to see each other on a computer monitor and work out details of children transitioning from one school to another.

The average military child changes schools six to nine times from kindergarten to 12th grade. With each change, he or she must adjust to a new educational program and oftentimes a new set of graduation requirements as well.

With the aid of ICCs, students can meet with counselors in their new schools beforehand to work out differences in curriculum and academic requirements and find out what classes and special programs will be available to them.

Currently, 27 systems have been installed in school districts across the country and overseas. Locally, Fountain-Fort Carson High School has one up and running, and 20 more are expected to come on-line in schools throughout the Colorado Springs area before the end of the school year, Reese said.

Eventually, the organization that developed the system, the Military Child Education Coalition, aims to have ICCs in all schools that service military-connected children in the United States and abroad.

While each unit costs about \$5,000 to install and maintain, they are being made available to local schools virtually free of cost.

"All schools really need to provide is paper and ink for the printer," Reese said.

Also, once installed, the systems will be made available to every student in the area.

"These systems are for every child, not just military. They will help ease the transition of students whose parents do all kinds of jobs, so they're valuable for everyone," Reese said.

## 3rd ACR readies for deployment

by Spc. Jon Wiley  
Mountaineer staff

The 3rd Armored Cavalry Regiment received orders Saturday to deploy to the U.S. Central Command's area of responsibility to support the ongoing global war on terrorism and to prepare for future contingencies as may be directed.

The deployment is expected to be accomplished in the coming weeks.

"The regiment has been leaning forward in terms of soldier and training readiness over the past few months. This foresight has enabled it to be ready to deploy wherever (the regiment is) told," said Capt. Bren Workman, 3rd ACR public affairs officer.

While the president has made no decision about future military contingencies, the deployment will increase military capabilities and enhance flexibility.

Organized by the U.S. Congress May 19, 1846, the 3rd ACR has more than 157 years of service to the nation. During World War II, the regiment landed in France in August 1944 and became the spearhead of the XX Corps.

During the Gulf War, the regiment screened the XVII Airborne Corps' right flank. In the ground war that lasted 100 hours, the regiment moved more than 300 kilometers and left three Iraqi Republican Guard divisions combat ineffective.

"We're the only active duty armored cavalry regiment, and, in times of need, we're called upon to serve," said Workman.

The regiment, which has a total strength of more than 5,200 soldiers, operates independently over wide areas and is a highly mobile force that can conduct reconnaissance, security, offensive and defensive operations. It is considered the "eyes and ears" for a corps commander and has more than 300 armored vehicles and more than 80 aircraft.

"It's a very diverse unit with a substantial support mechanism," said Workman.

# Don't shy away from war talk with children

Courtesy of the 1st Armored Division's Mental Health Division  
Fort Hood, Texas

The events of Sept. 11, 2001, and the "war on terrorism" have prompted many children to ask questions about war. "What is war?" "Why are we having a war?" "Is the war going to be here?"

You may worry about the exposure your child is getting through the media, other adults or friends at school. You may wonder how much is too much for your child to understand. It's important not to shy away from talking about war with your child. As a parent, you are the best source of information. Talking about it with you may ease the fear and stress your child feels, and help clarify misconceptions.

Most children over age 4 are aware of the concept of war. They overhear adults talking about it. They may hear other children talking about it or see it on television. Some children have family members in the military who may be preparing for deployment. Children, however, don't have the ability to understand war as adults do. Instead, a child sees war through his or her own eyes, which may cause fears, concerns and misconceptions. When you begin to talk about war, remember to:

Try to anticipate the questions your child may ask. These may include, "Why are we at war?" "Will the war come here?" "Will I have to go to war?" "Do we know anyone who will be going to the war?"

Let your child talk first. Ask your

child to tell you what he or she knows about war and about what is happening in the news. You may be surprised at how much your child knows, or you may be alarmed at conclusions your child has drawn. Allowing your child to take the lead will help you give him or her the most appropriate information.

Ask your child questions such as, "What are you scared of?" "What bothers you most about the war?" "Do you feel angry or sad?" Children are often not able to draw abstract conclusions about complicated events such as war. Your child may conclude that since four planes crashed in the Sept. 11 hijackings, all planes aren't safe. Your child may worry that if you or other family members take a trip somewhere you won't come back. Talking about your

child's fears can help you address these misconceptions.

You can help clarify what your child knows by asking questions as well. If your preschooler asks, "Is this a real war?" you might clarify what he or she means by saying, "Tell me what you mean by a 'real war?'" Remember your child's idea of a real war may be very different from yours. Always remember to answer your child's question after he or she has answered yours.

Remember that children tend to look for simple answers. When explaining the actions of war, you may want to make a distinction between actions such as bombing or killing and a long-term war. Children may assume that the action of bombing a building or country will be enough to resolve the conflict.

## Avoid shortcuts while forming perceptions — get the facts

by Master Sgt. Samuel M. Ramos  
Equal Opportunity Office

Perceptions are reality. How many times have you heard this? However, what is perception and how do we get them?

The Army defines perception as the procedures by which we try to interpret information about the environment that surrounds us. Three factors contribute to our perceptions.

The first factor is the information we experience; think of it as the picture. The second factor is the mental process; think where have you seen this before? The third factor is the end product or our interpretation of the experience, the perception. That is the entire process one goes through to obtain a perception. There are times when a person does not go through the full process; an individual may use a perceptual shortcut.

A shortcut happens when an individual does not take the time to receive all the information or does not have enough information to make a decision. The most popular perceptual shortcut is first impressions.

How many times have you encountered a soldier who has a pressed uniform and highly shined boots? What would most soldiers think ... squared away soldier. Then something happens and then again and then again. Now you are trying to chapter the soldier out of the

Army.

What did you think about the soldier who arrived and was on profile or did not wear the pressed uniform and shined boots? The soldier turned out to be one of the best soldiers' in the company.

How does an individual get his or her perceptions? People get their perceptions from various sources, such as family, friends, mass media, books, and schools. What can someone do to avoid perceptual shortcuts and perceptions in general? Look at people objectively and not subjectively. Try saying, "I differ" rather than "you are wrong." Listen for understanding and not agreement. Let other people know how their behavior is affecting you and focus on the behavior and not the individual. Take ownership of your feelings and behaviors. Be open to feedback and try not to defend or rationalize your behavior; accept what others have to say.

Remember, you are listening for understanding and not agreement. Speak for self by using language that takes ownership of your feelings and behaviors by using "I" and not "we." Finally, yet importantly, avoid stereotyping.

Always remember that everyone is different with differing values and beliefs.

When interacting with others never assume, deal with facts.

## Black World War I hero receives his due honors

by Staff Sgt. Marcia Triggs  
Army News Service

WASHINGTON — For one veteran's son, Black History Month will be when the Army corrected an injustice by posthumously awarding his father the Distinguished Service Cross, 85 years after he earned it.

In the Pentagon's Hall of Heroes, Herman Johnson accepted the Army's second-highest military award Feb. 13 on behalf of his father, the late Sgt. Henry Johnson, for his heroic acts during World War I.

"This has been a life-long dream. Without this type of honor, this part of history for African-Americans would soon be lost," said Herman Johnson, a former Tuskegee Airman who was a baby while his father fought alongside America's allies.

African-American soldiers were not allowed to fight on the front lines during World War I, but the late Sgt. Henry Johnson and his unit from Harlem, N.Y., were so determined to fight for their country, they did so under the French flag.

Johnson distinguished himself as a hero while a private on guard duty. He and a fellow soldier were attacked by a raiding party of 24 Germans. In a hand-to-hand encounter, Johnson stopped his colleague from being taken prisoner. He kept fighting, despite receiving 21 wounds, until the Germans were chased away.

He was promoted to sergeant and received the Croix de Guerre with Gold Palm, the French's highest military award.

Although Johnson's heroic act was featured in former president Theodore Roosevelt's book, "Rank and File: True Stories of the Great War," and Johnson's name and likeness was used by the Army to recruit minorities in 1918 and 1976, he received no official recognition from his own government.

After the war he went back home and returned to his job on the railroad.

"People ask, why did my father fight for a country that didn't recognize him as an equal, and then they wonder why did I follow suit 25 years later and struggle against the same prejudices.

"The answer is simply, this is my country. I love it, I'll fight to protect it," Johnson said.

Johnson's first victory in getting his father recognized was in 1997 when Sgt. Johnson posthumously received the Purple Heart and in 2002 when he received a grave plot in the Arlington National Cemetery in Virginia.

Herman Johnson, who said his main goal is to eventually get the Medal of Honor for his father, accepted the Distinguished Service Cross in the Hall of Heroes, with the wall behind him listing the names of Medal of Honor recipients.

"This is truly an honor," Herman Johnson said referring to the Distinguished Service Cross. "But I would truly like to see him get the Medal of Honor. He should be recognized in that manner because that's how you honor your heroes."

### MOUNTAINEER

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# News

## Federal law gives mobilized soldiers peace of mind

by Staff Sgt. Marcia Triggs  
Army News Service

WASHINGTON — Inquiries about federal laws that give financial relief to mobilized troops have doubled in recent months.

Some soldiers are discovering that debts incurred after they were mobilized, along with car leases and cell-phone bills, are their personal responsibility, said an official from the Office of the Judge Advocate General.

Both the Soldiers' and Sailors' Civil Relief Act and the Uniformed Services Employment and Re-employment Rights Act were enacted for the protection of service members, and soldiers are fully briefed on their rights and benefits during the mobilization process, said John Meixell, a JAG attorney with the Department of the Army's Legal Assistance Policy Division.

The Employer Support of the Guard and Reserve provide answers to both employees and employers, but the questions have to be asked.

Benefits don't come automatically,

Meixell said. One of the benefits of the SSCRA is an interest cap. In order to get creditors to reduce interest rates to at least 6 percent on all debts that were made prior to active-duty, service members must provide their lenders with a written request, Meixell said.

In return, lenders must reduce the monthly payments and not increase the payments on principal to the point that they equal the pre-service payment amount, thereby paying the loan off early, the SSCRA states.

The cap is only for charges that were made prior to being mobilized, Meixell said, even if the card was acquired prior to service.

Federally guaranteed student loans are not protected by the interest cap. In addition to the interest cap, SSCRA provides mobilized soldiers with the option of terminating leases for property that was used for dwelling, professional, business, agricultural or similar purposes.

"Automobile leases and cell phone contracts are not covered under the act," Meixell said.

The Soldiers' and Sailors' Civil Relief Act of 1940 protects Army Reserve and National Guard members who are called to active duty. Protection covers their mortgage foreclosures and adverse court proceedings. The protection begins on the date the reservist enters active-duty service and ends upon release from active duty.

A collector or landlord may not seize property or evict a servicemember, or his family members, if the rent does not exceed \$1,200 monthly, during a period of military service, unless the landlord can show that the soldier can financially afford to pay the rent.

A defendant in a civil lawsuit may request a postponement of court proceedings. The provision only applies to civil lawsuits, suits for paternity, child custody suits and bankruptcy, debtor and creditor meetings, the SSCRA states.

"Re-employment and financial security are family issues too," said Dorothy Ogilvy-Lee, chief of Family Programs for the National Guard Bureau in Arlington, Va.

Under the Uniformed Services Employment and Re-employment Rights Act, enacted in 1994, employers must rehire servicemembers returning from a period of active duty, if the employees meet certain criteria.

In order to receive protection under USERRA, the servicemember must have had a civilian job; provided timely notification to the employer; not have served on active duty more than five years continuously; not have been released from service under dishonorable or other punitive conditions; and have reported back to the civilian job in a timely manner or have submitted a timely application for re-employment.

The fact that 43 governors have signed statements of support for the re-employment law and that three more will do so shortly is another sign of success, ESGR officials said.

For more information on Employer Support of the Guard and Reserve go to <http://www.esgr.org/>, or for information on the Soldiers' and Sailors Relief Civil Act go to <http://www.jagcnet.army.mil/legal>.

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# Soldiers stabilize their high school seniors

by Jim Caldwell

Army News Service

**FORT MONROE, Va.** — Almost 2,200 military families have joined the stabilization program for soldiers with high school senior students.

Officially called “Stabilization for Soldiers — High School Seniors,” the program began in April 2001. It allows soldiers to extend their tour of duty at their current duty station for an additional year so family members can graduate from their current school.

As of Feb. 6, the Army’s Personnel Command had approved stabilization requests for 1,826 enlisted soldiers, disapproved four and had 20 requests pending. On the officer side, 353 were approved, six disapproved and two requests were pending. For enlisted soldiers, that’s a 99.8 percent approval rate and 98.3 percent for officers.

“In my book, that is a success,” said Col. Julie Manta, Training and Doctrine Command adjutant general. “This is a super initiative by the Army leadership to stabilize families. That’s a key component of

Army well being, to provide some stability and predictability for family members.”

Soldiers who have children in high school must request stabilization from PERSCOM before their children begin their high school junior year.

The request is made on a DA Form 4187. A soldier must list known scheduled temporary duty for a training course and other purposes.

“Officers need to contact their branch assignment officers if they are scheduled for training at the end of their current tours,” Manta said. “That will tell the branch that the training requirement may have to be deferred.”

Soldiers overseas must indicate they will extend their tours there if the request is approved.

A letter from the high school, stating when the student is expected to graduate from the school, must be attached to the DA Form 4187.

The program is spelled out in Military Personnel Message Number 01-135. It is on the PERSCOM web site at <http://www.perscom.army.mil>. A list of MILPER messages can be found on the AG page.

“When soldiers’ requests are approved, that does not preclude them from being deployed or being alerted for deployment,” Manta said. “But at least family members do not have to suffer the additional disruption of having to move while the soldier mothers or fathers are deployed.”

She said PERSCOM does not track approval rates by major command.

“That’s because assignments are made as individual replacements.”

PERSCOM said 48 percent of enlisted soldiers who have received approval are sergeants first class.

“That sounds right,” Manta said. “Many soldiers in that rank are old enough to have children in high school. I suspect that on the officer side, mostly field grade officers request stabilization for a family member of high school age.”

The stabilization program was one of the 10 top recommendations from a July 2000 Army Education Summit. Gen. Eric K. Shinseki, Army chief of staff, approved it in time for it to take effect the following April.

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# Military

## Army Space Command support teams deploy

by Maj. Laura Kenney

### Army Space Command Public Affairs Office

Three Army Space Command Support Teams have deployed to Southwest Asia from Peterson Air Force Base.

The deployments, part of the normal rotation schedule, spurred goodbyes at a ceremony Jan. 23.

Team 1 deployed to support V Corps. The team completed certification training in September, supported Exercise Victory Strike in Poland in October, deployed to Kuwait to support V Corps during Exercise Internal Look in November and returned home just before Christmas. Their current deployment is scheduled to end in six months.

Team 3 journeyed to support U.S. Army Forces, U.S. Central Command, Combined Force Land Component Command. The team also deployed to Kuwait in early November for Exercise Internal Look and had returned home just before Christmas.

Team 5 left to support Marine Expeditionary Force 1, in a move called, "a unique opportunity for us to support our sister service," by 1st Space Battalion commander, Lt. Col. Scott Netherland. This team recently returned from a deployment to Southwest Asia, where they were part of the global war on terrorism. They also participated in Internal Look, and returned home before Christmas.

Col. Kurt Story, Army Space Command chief of staff, led the farewells to each team, saying, "In the normal run of things, these soldiers do a great job with

scheduled deployments, bringing space products to the commanders in the field. They've been especially critical as part of the global war on terrorism, and many of the people you see here today in desert battle dress are on their second or third deployment for that purpose.

"But, with world events being what they are today, and in the event that this country goes to war with Iraq, there is a great possibility that these soldiers will remain in theater to assist in that war," said Story. "So, in essence, this is a deployment with many more potential levels and responsibilities than ones that have gone before."

A member of Team 1, Staff Sgt. Jessica Adams, agreed that the pace of deployments has been hectic and that this particular one has people a bit more anxious.

"I can't say you get used to it, but ... deploying is what we do. This one, I'll have to admit, has me a bit more nervous, but at the same time excited. Whatever the circumstances, we'll continue to do our job," she said.

Her husband, 1st Sgt. Travis Adams, Headquarters and Headquarters Company, 1st Satellite Control Battalion first sergeant, attended the farewell ceremony, in his woodland battle dress — a colorful contrast to his wife in her desert camouflage uniform.

"Yeah, I'm left behind again," he said jokingly. But he quickly became serious, talked about his pride in his wife and described how they handled the deployments.

"It might be easier on us because we're both mili-



Photo by Sharon Hartman

**Sgt. Gregory Singer, left, and Spc. Joshua Foye from Army Space Command Support Company's Team 1, prepare items for their deployment.**

tary, and understand the system and how to cope. But of course I worry about her and miss her, and part of me wishes I was going. But, we each have a mission."

Netherland led the standing-room-only crowd gathered to see the teams off in a crescendo of applause.

"Know that our hearts and prayers are with you, as we know that you will continue to do superbly your mission of supporting the warfighter with the very best Army Space (Command) has to offer," Netherland said.

# Military Briefs

## Smallpox Hotline

**Smallpox vaccination hotline** — The Preventive Medicine Careline has established a smallpox hotline to give information on the status of smallpox vaccinations in the community. The number is 526-6422.

## 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 Spc. Thomas Burns 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 \$12,000. 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 (sergeant first class or above) or a commissioned officer.

## Hours of operation

**Mountain Post Wellness Center** — The wellness center, located next to the commissary, hours of operation are now 6 a.m. to 4 p.m. Mondays through Fridays.

## Information, Tickets and Registration Office and the Outdoor Recreation Complex

**Information Desk** have been combined in an effort to better serve customers. Hours of operation are Tuesdays through Saturdays, 10 a.m. to 5:30 p.m. For information, call 526-2083 or 526-5366.

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

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

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

## Central Issue Facility hours of operation are:

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

**Legal assistance adjusted schedule** — Due to the increase of deployments and the need for attorneys to staff the Soldier Readiness Packet site, walk-ins to see attorneys are now Wednesdays only; sign in is at 12:30 p.m. on a first-come, first-served basis. Power of Attorneys and notaries are done on a walk-in basis 9 a.m. to 4 p.m., Tuesdays, Wednesdays and Fridays. Open Thursdays 1 to 3 p.m.

## 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.

## Amnesty Turn-in

**Fort Carson Ammunition and Explosives amnesty turn-in** — When military A & E are 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.

## Siren Test

**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.

## Laundry Service

**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.

# Dining Schedule

## Weekday Dining Facilities

### A La Carte Facilities

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

### Standard Facilities

3rd BCT Iron Bde. (building 2061)  
10th Special Forces Group (A) (building 7481)

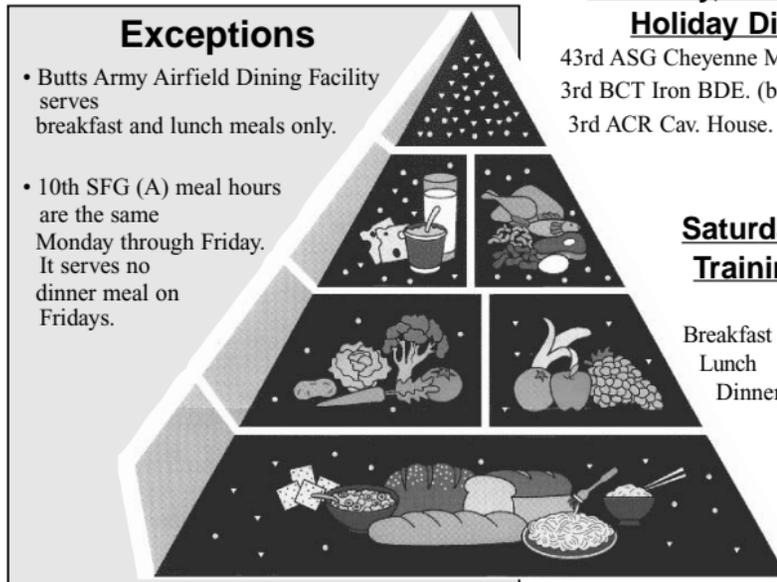
### Weekday Meal Hours

Breakfast 6 to 9 a.m.  
Lunch 11:30 a.m. to 1 p.m.  
Dinner 4:30 to 6:30 p.m.

## Week of Feb. 22 to Feb. 28

### Exceptions

- Butts Army Airfield Dining Facility serves breakfast and lunch meals only.
- 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

Breakfast 6 to 9 a.m.  
Lunch 11:30 a.m. to 1 p.m.  
Dinner 4:30 to 6:30 p.m.

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

In Kuwait ...

## Looming threat of war increases NBC training

by Spc. Jacob Boyer  
Army News Service

**CAMP DOHA, Kuwait** — With the possibility of war looming, the soldiers of the 3rd Infantry Division (Mech.), are honing their nuclear, biological and chemical warfare training.

“All NBC training is important because it’s a situation we could face at any given time,” said Sgt. 1st Class Bryant Reid, division tactical operations center noncommissioned officer in charge. “It’s like an insurance policy to save lives.”

The NBC staff at the division tactical operations center, or DTAC, trained soldiers on a variety of tasks, from donning protective masks to skin decontamination, said Reid, a Chicago native, who is responsible for setting up training for the DTAC’s soldiers.

“We try to cover all the bases so the soldiers can cover themselves and their buddies at the same time,” he said.

Recently, the DTAC staff trained soldiers on how to operate a patient decontamination area.

Soldiers took “patients” through the different stations they would go through to be decontaminated before being treated on a chemical battlefield.

“It was just as good as all of the training

we’ve received out here,” said Staff Sgt. Mike Rodgers, Headquarters Company, 123rd Signal Battalion, information systems operator.

“They simulated to perfection what to expect, and what to do,” Rodgers said.

In addition to learning how to react to hazards, it is also important for the soldiers to be prepared with the proper equipment, Reid said. Soldiers participated in mission-oriented protective posture gear exchanges, pressure tests on their protective masks and cleaning their masks.

“We’ve been getting feedback from the soldiers that come to the classes, and they say they do get something out of the training,” Reid said.

Most soldiers are aware of the importance of the training they receive.

“Being here makes a big difference,” said Rodgers, a San Diego native. “The writing’s on the wall, and people are taking this stuff very seriously. Nothing’s impossible here.”

“I hope it saves some of our lives,” said Pfc. Richard Brandon Littlefield, a command and control vehicle driver with HHC, 3rd Inf. Div. from Headland, Ala. “I’ve been trained, but I wouldn’t want to test my training at all.”

*Editor’s note: Spc. Jacob Boyer is a member of the 3rd ID public affairs team.*

***“It’s (NBC training) like an insurance policy to save lives.”***

**Sgt. 1st Class Bryant Reid,**  
Division tactical operations center  
noncommissioned  
officer in charge.



Photo courtesy 3rd Infantry Division

**Staff Sgt. Tracey Rosser, 3rd Infantry Division, decontaminates the skin of his mock patient, Pfc. Kristi Holmes.**

## Staying Army

# Soldiers re-enlisting for month of January

### 3rd Armored Cavalry Regiment

**Sgt. 1st Class:** Robert Foutain.

**Staff Sgt.:** Maurice Larry, Aaron Floresencinas, Russ Pierson, Cari Vandekamp, William Vanscoy.

**Sgt.:** Anthony Moore, Brian Nagel, Victor Zabelka, Francisco Fematt, Aida Gonzalez, Anthony Luna, Antonio Kingsberry, Tomeki Saunders, Calvin Bell, Troy Rudolph, Lioneo Bascomb, Jackie King, Brian Mackay, Shelley Davis, Matthew Bernard, James Sides, Kevin Pohl, Matthew Leggett, Marco Santonil.

**Spc.:** Erick McCray, Daniel Jackson, Gloria Hunt, Joshua Soelzer, Jeremy Phillips, Richard Merritt, Barrett Cole, Tennille Wren, Raymond Howe, Robert Hausken, Martin Patrick, Steven Humphreys, Ted Bradley, James Barrett.

**Pfc.:** Vernon Williams.

### 3rd Brigade Combat Team

**Sgt. 1st Class:** Aaron Johnson.

**Staff Sgt.:** Christopher Sabin, David Shoup, Jeremy Ellis, Johnny Palma.

**Sgt.:** Priscilla Uttermark, John Fowler, Daniel Wallace, Brent Klaiber, Edwin Larkin, Francis Simpkins, Jeffery Thurman-Roberts, Daniel Somesan, Winston Chambers, Robert Wiggins, Todd Neroni, Shane Carvella, Michael Lopes, Joshua Clark, Robert Brookins.

**Spc.:** Matamuli McCollough, Damequa Veasley, Shane Bender, Dennis Vancamp, Nathan Uraine, Charlie Robinson, William Allen, Dana Havron, John Cassidy, Armando Guba, Carlos Echeverri-Avillar, Sherman Panzy, Clark Johnson, Taurence Hancock.

**Pfc.:** Christopher Williams.

### 43rd Area Support Group

**Sgt. 1st Class:** Scott Ion.

**Staff Sgt.:** John King.

**Sgt.:** Kimberly Causer, Christopher Shafer, Guillermo Gonzalez, Jeffrey Johnston, David Rice, Uraiah Peralta, Randolph Shah, Christian Ramirez, Robert Cooley, Michelle Anderson.

**Spc.:** Ronaldo Hernandez, Urbon Thompson, Jessica Gonzalez, Tara Hall, Michael Bowers, James Korne, Markeith Meloncon.

### U.S. Army Garrison

**Command Sgt. Maj.:** Terrance McWilliams.

**Sgt. 1st Class:** Nasser Saddler.

**Sgt.:** Dale O'Neal, Jeremy Burratt.

**Spc.:** Rondale Mason, Donna Hall, Michael Hall.

### Reserves and National Guard

**Sgt.:** Richard Aldridge, Christopher Doyle, William Dudsic, Michael Leach, Skip Reed, Rebecca Willmet.

**Spc.:** Christopher Zallaha, William Walker, Aldaz Terrazas, Jennifer Schneider, Joseph Paivarinta, Kevin Norman, Joseph Morgan, Lora Morales, Brian Mattingly, Gabriel Mainwaring, Jeremy Kanagawa, Timothy Haddenham, Benjamin Gerace, Robert George, Nicholas Fraijo, Christopher Diaz, Brandon Dean, Luis Alayzaerquiaga.

**Pfc.:** Alicia Naraysingh.

**Pvt.:** Barbara Harmon.



# Greenback

## Updated information on Family SGLI, stop movement

by 2nd Lt. Suzanne Love  
4th Finance Battalion

Family Servicemembers' Group Life Insurance is a program extended to the spouses and children of members insured under the SGLI program. Family SGLI provides up to a maximum of \$100,000 of insurance coverage for spouses, not to exceed the amount of SGLI the insured member has in force, and \$10,000 for dependent children. Spousal coverage is issued in increments of \$10,000.

If you have questions — if you can't find the information you're looking for, please contact the appropriate office listed below.

- Servicemembers should contact their Personnel Office for changes to basic SGLI or Family SGLI coverage

- Servicemembers should contact their flight, payroll and/or Finance Office for SGLI and Family SGLI premium payment information and SGLI and Family SGLI premium refunds

- Servicemembers and their beneficiaries should call, e-mail or write the Office of Servicemembers' Group Life Insurance for pending SGLI or Family SGLI claims.

Note: OSGLI does not have information concerning SGLI or Family SGLI premium payments, refunds or changes to coverage. OSGLI can be reached by toll-free telephone: (800) 419-1473

### Who Is Eligible for Family Coverage?

Family coverage is available for the spouses and children of active duty servicemembers and members of the Ready Reserve of a uniformed service.

Note: Family coverage is available only for members insured under the SGLI program. It is not available for those insured under the Veteran's Group Life Insurance program. The following are the current rates:

As of July 1, the new premium rate for basic SGLI will be 6.5 cents per \$1,000 per month, down from 8 cents per \$1,000 per month. This translates into an almost 19 percent savings for servicemembers with the maximum \$250,000 of coverage. Overall, the reductions will save service members about \$96 million annually in basic SGLI premiums.

### Family SGLI Premium Rate Reduction

As of July 1, spousal premium rates will be reduced for every age group. In addition, some age groups, such as those from age 35 to 39, will see their rates drop substantially; those in that bracket will see a 42 percent reduction in premiums. The reductions will save servicemembers about \$42 million in family policy premiums.

In addition to the reduced rates, Veterans' Affairs

### Amount of insurance costs

Amount of insurance	Age of Spouse						
	Under 35	35-39	40-44	45-49	50-54	55-59	60 and over
\$100,000	\$6	\$7.50	\$10	\$19	\$28	\$42	\$55
\$90,000	\$5.40	\$6.75	\$9	\$17.10	\$25.20	\$37.80	\$49.50
\$80,000	\$4.80	\$6	\$8	\$15.20	\$22.40	\$33.60	\$44
\$70,000	\$4.20	\$5.25	\$7	\$13.30	\$19.60	\$29.40	\$38.50
\$60,000	\$3.60	\$4.50	\$6	\$11.40	\$16.80	\$25.20	\$33
\$50,000	\$3	\$3.75	\$5	\$9.50	\$14	\$21	\$27.50
\$40,000	\$2.40	\$3	\$4	\$7.60	\$11.20	\$16.80	\$22
\$30,000	\$1.80	\$2.25	\$3	\$5.70	\$8.40	\$12.60	\$16.50
\$20,000	\$1.20	\$1.50	\$2	\$3.80	\$5.60	\$8.40	\$11
\$10,000	\$.60	\$.75	\$1	\$1.90	\$2.80	\$4.20	\$5.50

has added two additional age brackets. By taking two of the current age brackets and dividing them into smaller age ranges, additional spousal members will now be able to receive more substantial premium reductions. VA hopes these reductions will allow even more service members to obtain coverage for their spouses.

### Reduced Spousal Premium Rates — Effective July 1

SGLI coverage for children is free. Please consider the information above when reviewing your SGLI coverage annually or during an SRP (Soldier Readiness Program). Your local PSB servicing office should have the forms available or you can have them ready prior to your SRP by going to [www.insurance.va.gov](http://www.insurance.va.gov).

### Stop movement

If you have permanent change of station orders with a reporting date later than Feb. 28, you will need a memorandum from your unit commander that you are

still authorized to PCS out of Fort Carson unless you belong to one of these units:

- Veterinary Command
- Medical Command
- Dental Command
- 984th Military Police
- U.S. Army Garrison
- Headquarters and Headquarters Company, 7th Infantry Division

You can also PCS if you have a requirement to reclassify to another Military Occupational Skill due to Military Medical Review Board result, or if you are an officer and you belong to 291st Reserve. (All officers are exempted from the stop movement message, but their units can have their orders deleted or deferred, based on its requirements).

Ask the Finance Customer Service clerk for the memorandum to be signed by your unit commander. Your travel and advance pays will not be processed without this memorandum.

## Filling up without paying? It could cost your license

Courtesy Provost Marshal Office

The Fort Carson Provost Marshal has a military police training program that enhances and develops MPs to better protect you; the public they serve, as well as the officers on patrol. This supplementary training, which is more than 100 hours long and includes:

- Additional weapons certifications
- RADAR qualifications
- Conducting safe traffic stops
- Domestic Violence training
- As well as a re-emphasis on military police ethics

### Filling Up? Pay up!

Some people may not be aware of the frequency of the "gas and go" offenses on post, but as gas prices continue to tap heavily into personal budgets the temptation to fuel a vehicle and not pay becomes an increasing temptation for some people.

The next time you're topping off your vehicle at the convenient Army, Air Force Exchange Service fuel station (or any other station), take note of the

new stickers posted on the pumps. Just a friendly reminder; if you drive off without rendering payment you can lose your license (Colorado Statute 42-2-127), and AAFES uses a closed circuit monitoring system, which will ensure you pay; better to pay now than after Uniform Code of Military Justice actions; cheaper too.

### D.A.R.E. graduation

On-post fifth graders are graduating from the Drug and Alcohol Resistance Education program this April; Mountainside Elementary graduation is April 18 at 1 p.m., and Abrams Elementary April 25 at 1:30 p.m.

### Construction

Gate 1 is still under construction and can get congested at times, especially weekends and holidays when it is the only gate accessible from Highway 115; plan accordingly

Remember: During duty hours, Magrath Avenue (where posted) is a 20 mph zone to keep soldiers safe while walking.

**Traffic roll-up**  
In the past week, there were 66 total citations:  
• 17 speeding violations  
• 15 parking violations  
• 34 other violations

# Community

## Operation Heart to Heart

### Students send Valentines to overseas troops

by Gerry J. Gilmore

American Forces Press Service

WASHINGTON — U.S. troops serving overseas in support of the war on global terrorism and military families are getting handmade valentines courtesy of “Operation Heart to Heart.”

Thousands of cards bearing messages of support fashioned by fourth- and fifth-grade students from across the nation are being distributed to servicemembers and their families.

Driving forces behind “Operation Heart to Heart” are the International Neighbors Club One and the National Association of Elementary School Principals in Alexandria, Va. Also involved are the National Military Family Association, the bipartisan White House Commission on the National Moment of Remembrance, the Army and Air Force Exchange Service, the International United Service Organization, and the USO of Metropolitan D.C.

International Neighbors Club One, based here, consists of the spouses of ambassadors, of U.S. government leaders including members of Congress and Supreme Court justices, and of journalists.

Mary Jo Myers, a member of the spousal group and wife of Air Force Gen. Richard B. Myers, chair-

man of the Joint Chiefs of Staff, said valentines were collected from about 2,500 elementary schools with the help of the school principals association.

The National Military Family Association coordinated delivery of valentines to military families, Myers explained, while the USO is helping to distribute cards to servicemembers overseas.

Myers called the handmade valentines “a real expression” of national support for U.S. service members going in harm’s way in support of the war on global terrorism.

Many valentines have already been given to servicemembers and their families, Myers said, noting that officials are hopeful to deliver the rest on or about Valentine’s Day.

School principals “were delighted to participate in encouraging children to be patriotic and involved in public service projects such as this,” said principals association spokeswoman June Million. She noted 2003 is her organization’s second year in a

Valentine’s Day program for servicemembers.

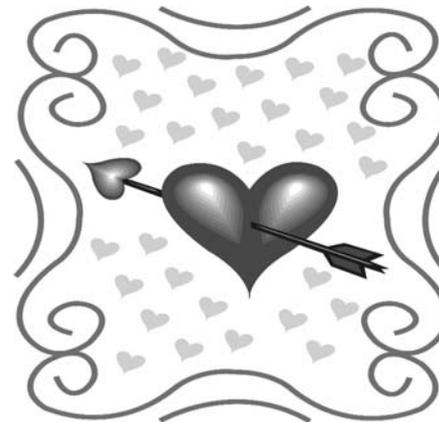
Valentine’s Day became “much more meaningful for the children when they could write to our troops overseas,” she said. Schoolchildren nationwide also made banners with messages of support for troops.

“The children realize that servicemembers are keeping our country safe,” Million said.

Indeed, Ji-Sun, a Lindbergh School student from Palisades Park, N.J., wrote, “Without brave individuals like yourself, the freedom and rights of the American people and all people around the world would be at risk.”

About 15,000 valentine cards in all were collected, according to Donna St. John at USO World Headquarters here. Banners sent from all 50 states are being placed in Army and Air Force exchanges, she said, adding some will also be displayed at the USO center at Fort Hood, Texas.

“It’s a wonderful way for children to express their appreciation for our servicemembers,” St. John said.



# Community Events

## Parent's workshop

**School transition workshop** — Did you know that military-connected children move through six to nine schools from kindergarten through 12th grade?

The Military Child Education Coalition is presenting two Parent/Professional Workshops titled, School Transitions: The Essential Ingredients.

Topics include:

- Learning about K-12 school transition, research
- Preparing to move to a new school
- Testing and assessment
- Fitting in — social and emotional support
- Preparing for college, transcripts

Parents of preschool children through 12th grade and professionals working with military families are invited to this workshop. Come learn how to improve the education of all military-connected children.

Place: Sheraton Colorado Springs Hotel, 2886 S. Circle Drive (Interstate 25, Exit 138)

Date: Monday

Time: Session I, 9 a.m. to noon or Session II, 6 to 9 p.m.

Please call Hope Metzler at 526-1071 to join this workshop or e-mail [hope.metzler@carson.army.mil](mailto:hope.metzler@carson.army.mil).

For more information about MCEC, visit [www.MilitaryChild.org](http://www.MilitaryChild.org).

## Charitable auction

**A Trash to Treasure Charitable Auction**, sponsored by the Fort Carson Officers' Spouses' Charitable Association and Morale Welfare and Recreation, will be Feb. 28 at the Elkhorn Catering and Conference Center at 6:30 p.m. where everything old is new again and the potential is only limited by your own imagination. You know the saying "someone's trash is another person's treasure." Well, you can test that theory by attending. You never know what you might find.

Also to be auctioned are theme baskets, jewelry, art, pottery and many more tantalizing surprises.

Door prizes have been donated by local businesses.

The following items are among the things to be auctioned: two La-Z-Boy recliners, a pair of diamond and opal earrings, Ethan Allen Framed Prints, sporting equipment, a 27-inch TV, a Waterford vase, and an assortment of coupons for use at DCA facilities. Come enjoy this evening of casual fun and find someone else's trash to bring home as your new treasure. The admission is \$5 for singles and \$8 for couples, and includes pizza as well as hot and cold hors d'oeuvres.

All money raised will be put back into our military community. This adult-only event is open to the public. For more information, call 559-7055 or 526-9977.

## 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 St.

**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 Saturday and

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
- Information on child-care, Individual Retirement Account 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 524-1012 or 524-1013.

## 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 and 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.

## 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 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.

## New hours for ID cards

**Effective immediately and until further notice, the ID Card/DEERS Section will have extended hours.** New duty hours are Mondays, Tuesdays, Thursdays and Fridays from 7 a.m. to 9 p.m. and Wednesdays from 7 a.m. to 7 p.m. If you have any questions, e-mail Mary Foster at [mary.foster@carson.army.mil](mailto:mary.foster@carson.army.mil).

## Daddy Daughter Dance

**Attention dads and daughters:** Celebration Station is proud to announce the Daddy Daughter Dance, a wonderful way to spend quality time with your daughter, March 7 or 8, 5:30 to 9 p.m. The cost is \$37 per couple and includes dinner for two, a daddy/daughter picture and dancing. Sign up for either night. For more information, call Dan Hugill at 271-0242.

## Deployment support child-care

**Deployment support child-care for children 6-weeks-old to 18 years** will be provided 24-hours-a-day, seven-days-a-week for soldiers, Department of the Army civilians and contractors at no cost. No registration and no shot records are required.

Units and supervisors should coordinate through Child Youth Services at 526-6452, 526-4188 or 526-8220

Parents who need after hours "no-notice" care requirement should call the Emergency Operations Center at 526-3400.

Individuals may call, but the need for child-care must be validated by a supervisor. Call CYS Registration Office 526-1101 for more information.

## Red Cross

**Dental program** — applications are being accepted for the Red Cross Volunteer Dental Assistant Program beginning Monday to March 17. Applications can be picked up at the Red Cross office, building 1526, room 272, Mondays through Fridays from 8:30 a.m. to 4 p.m. Applicant interviews will be held March 19 and classes begin April 7.

The dental assistant training program is open to military family members only (to include retirees). Must be 21 to apply.

For more information, call the American Red Cross at 526-2311.

## eArmyU

Enrollment in the eArmyU program has resumed. Enlisted soldiers meeting the following eligibility criteria are encouraged to attend mandatory information briefings held at the Mountain Post Training and Education Center, building 1117, room 223, Tuesdays at 9 a.m. and 11:30 a.m. and Wednesdays at 1:30 p.m.

To be eligible for eArmyU, a soldier must meet the following basic criteria:

Regular active duty or active guard reserve enlisted soldier

High school diploma or General Educational Development certificate

Three years remaining time in service

For more information, call the eArmyU office at 526-3971.

## Automotive Service Examination

Soldiers wanting to take the ASE in May must register for the test prior to 4 p.m. March 14. Three funded exams are available for servicemembers who intend to utilize test results for college and have, or previously held, a Military Occupational Specialty in the following automotive/mechanical service specialties: 52B, 52C, 52D, 61C, 62B, 63B-H, 63B-S, 63B-T, 63B-W and 63B-Y. Soldiers currently enrolled in an associate degree program in automotive technology are also eligible for three funded exams.

For more information, call 526-8071.



**Army Community Service  
Family Readiness Center**  
526-4590

**Financial Readiness presents a**



**Fashion Show**

"Shopping on a Budget in style"



**April, 17 4 to 6pm.**

Register to attend, limited childcare available.  
Call ACS at 526-4590 for details.

*In memory of ...*

# Training area evolves into getaway spot

## Courtesy Tenth Mountain Division Hut Association

As a memorial to the 975 men who were killed in action and the 3,891 who were wounded in the Apennine Mountains of Northern Italy in the spring of 1945, the surviving veterans of the 10th Mountain Division, led by 10th veteran Fritz Benedict of Aspen, established the Tenth Mountain Division Hut Association in 1982.

It was modeled after the Appalachian Trail Club system and Europe's Haute Route to provide a system of huts in so that families, young people, men and women of every age could enjoy the back country experience, year-round, in some of Colorado's most spectacular mountain terrain. The location of the huts is in the center of the 10th's World War II training area bordered by Vail, Aspen and Camp Hale at Pando.

To say the program has been a success is an understatement. Each year, some 24,000 people climb to the huts to enjoy the exhilaration gained from the views and the accomplishment itself. Belvedere Hut alone books more than 2,000 over-nighters each year. Starting with two huts in 1982, the system gradually has grown to 13. Each of the huts has been acquired as a consequence of gifts from admirers and friends of the 10th Mountain Division, foundations, friends and family of the person after whom the huts are named.

During the summer of 2002, the TMDHA found it had a real problem on its hands. One of its most visited huts, Belvedere, was privately owned, and the two Leadville owners had received an unsolicited offer to purchase the hut (think chalet). Unfortunately the would-be buyer was a large commercial snowmobile tour operator located just east of Leadville on Colorado 91 with plans to turn the hut and the 40 acres of fee land on which it stands into his mountain operations center. Cross-country skiing, snowshoeing and hiking through quiet forest and alpine meadows would be "out" while hundreds of snowmobiles plus the noise and smoke associated with them would be "in."

Fortunately for the TMDHA, the hut owners, who were most supportive of and friendly to the 10th, had previously provided a right-of-first-refusal to the TMDHA. Aware that Denver's F. Charles Froelicher's brother, Staff Sgt. Sangree Mitchell Froelicher, 1st Platoon, Company B, 1st Battalion, 86th Mountain Infantry, had been killed in action in Sassomolare, Italy, the TMDHA invited him to lead an effort to raise the money needed to purchase the hut and endow it.

Near Sassomolare, Italy, during the assault of an enemy-held mountain village March 4, 1945, Froelicher, though wounded, had refused to be evacuated but continued to lead his men onward. When an enemy machine gun held up the



Photo courtesy of the Erling Omland

**On the first morning of the Trooper Traverse, winter 1944 — the 10th soldiers stayed in this cabin, the first 10th Mountain Hut.**

advance, he went forward with his rocket launcher to knock the emplacement out. He entered an enemy-held house, and took six prisoners, thus reducing another enemy stronghold. When the final objective had been captured, Froelicher braved the fire to organize defensive positions and place his men in cover until an enemy bullet instantly killed him.

He was posthumously awarded

the Silver Star for his "courageous and aggressive leadership" on the day he died. The TMDHA has raised more than 80 percent of the money necessary to acquire the Belvedere Hut and hopes soon to add its newest hut in honor of Froelicher.

For more information on using the Hut system, the Tenth Mountain Division Hut Association and Belvedere Hut Acquisition Fund, visit [www.belvederehut.org](http://www.belvederehut.org).

# Rumsfeld outlines military options in Iraq

by Kathleen T. Rhem

American Forces Press Service

WASHINGTON — Possible outcomes in Iraq could lead to vastly different levels of outside military intervention in that country, Defense Secretary Donald Rumsfeld said today.

Rumsfeld told the Senate Armed Services Committee that at this stage, there are basically four possibilities regarding Saddam Hussein's future in Iraq: He could voluntarily step down and cede power to someone who would voluntarily disarm the country; he could step down and put someone else who is "equally unacceptable" in charge; forces within Iraq could overthrow Hussein; or a U.S.-led coalition could overthrow him.

"Depending on what happened and what the circumstance in the country was would determine how long and what role the military would have to play,"

Rumsfeld said. "Clearly the goal would be to go in and see that what resulted was better than what was there beforehand."

He said that means the United States "simply has to be willing to stay there (Iraq) as long as is necessary to see that that is done, but not one day longer."

Regardless of how Hussein leaves power, there will be necessary steps for the U.S. military to take in Iraq. Military forces will have to find and destroy weapons of mass destruction and find and deal with terrorist networks operating inside Iraq, Rumsfeld explained.

Humanitarian and reconstruction efforts will demand additional military forces, but the secretary predicted other countries will step up to offer assistance in these areas.

Finally, Iraq must be put on a path to self-governance, much like what has happened in Afghanistan.

Rumsfeld said U.S. and international officials will work with the Iraqis to find a solution that is appropriate for Iraq. In Afghanistan, military and civilian aid organizations assisted the people in that country in setting up a loya jirga, a traditional Afghan system for forming a government and choosing leaders.

"The goal would be to get them on a path so that increasingly more and more was handled and managed by the Iraqi people themselves and that less and less was managed by the international community," Rumsfeld said.

He disagreed with oft-heard suggestions that the United States is only interested in controlling Iraq for economic reasons. "We have no interest in other people's land or territory," the secretary said. "We have no interest in other people's oil, as some articles seem to suggest."

## Defense officials honor Reserve family readiness programs

by Jim Garamone

American Forces Press Service

WASHINGTON — With more than 150,000 reserve component members called to active duty, the nation understands the crucial role they play in the defense of the United States, Thomas F. Hall, assistant defense secretary for reserve affairs, said at the Pentagon today.

Hall spoke at a ceremony honoring the U.S. armed forces six reserve components for the 2002 Reserve Family Readiness Awards. The award recog-

nizes that family readiness programs enhance the deployability of reserve component units.

"Families are a critical element in all our lives," Hall said. "How we support them, how we take care of them in crisis, war or peace is absolutely critical."

Hall pledged the Defense Department's support to family members of those called to active duty. He also assured reserve component service members that DOD will not call up "one more reservist or one less reservist

to active duty than we absolutely need."

Hall vowed that the services will return the reserve component members to their families as soon as possible. He said defense officials are attempting to spread the burden around.

"We know if you've been mobilized one, two or three times, that creates strains with the families and employers," he said.

DOD is trying hard not to extend reservists on active duty beyond a year's service, Hall said. Defense officials also want to ensure "reservists arrive with

the right equipment, at the right time, with the right training so they can help with any conflict and get them home safe," he said.

The 2002 award recipients are:

- The 263rd Army Air and Missile Defense Command of the South Carolina National Guard. The unit's family readiness initiatives and networking have reached far beyond the command's boundaries. The family readiness group has been relentless in ensuring

# Chaplain's Corner

## Twist to a classic: Japanese 23rd Psalm

Commentary by Chap. (Lt. Col.) Scottie Lloyd  
deputy command chaplain

The last time I went through a similar experience to the one we share in the Fort Carson community presently with deployments and mobilizations was during Desert Shield/Storm, 12 years ago. I was a young chaplain (captain) then, scared, overseas, and stressed to the max for the same reasons I see so many are now. A wise old chaplain supervisor of mine gave me a different version of the famous 23rd Psalm that helped me keep perspective and focus during those days and ever since. I give copies away, especially to overworked staffers, harried commanders, anxious noncommissioned officers and worried family members. Now, 12 years later, I'm the older, wiser, chaplain who wants to pass this psalm on to you.

God has a way of working through simple, but profound words. After all, in John's gospel it

reads, "In the beginning the Word already existed. The Word was with God, and the Word was God." (John 1:1) In words there are promises. God promises to be with us and walk with us wherever we go. His promises are powerful because the God of creation, the God of our salvation, and the God who makes us holy people backs them up.

Jews, Muslims, Christians and others recognize the 23rd Psalm as God's holy word. In a recent survey, this psalm was the most recognized piece of comforting literature in America. Even people who don't know what they really believe in cling to this word for clarity in the midst of chaos. So I give you a Japanese version of this holy word that suits our time well. Read it. Study it. Listen to it. Soon, it will become a part of you.

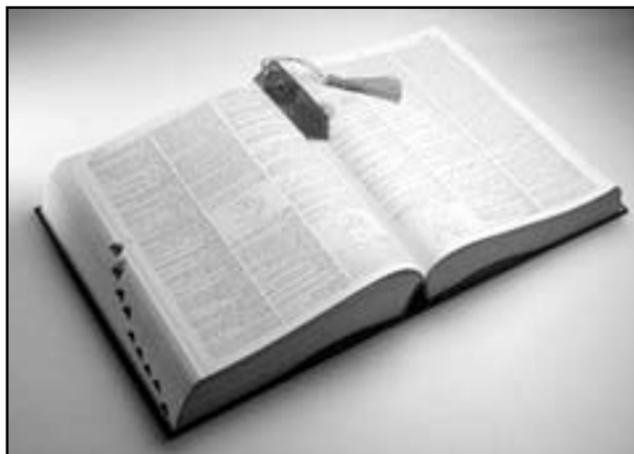
### The 23rd Psalm

The Lord is my pacesetter, I shall not rush. He makes me to stop for quiet intervals; he provides me with images of stillness, which restore my serenity. He leads me in ways of efficiency

through calmness of mind, and his guidance is peace. Even though I have a great many things to accomplish each day, I will not fret because his presence is here. His timelessness, his all-importance, will keep me in balance. He prepares refreshment and renewal in the midst of activity by anointing my



mind with the oil of tranquility. My cup of joyous energy overflows. Surely, harmony and effectiveness shall be the fruits of my hours. And I shall walk in the pace of the Lord, and dwell in his house forever.



### 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.

**SCUBA is coming** — a "Super Cool Undersea Bible Adventure" or SCUBA, will be our 2003 Vacation Bible School June 16 to 20. Volunteers are need for station leader and crew leader positions. For information, call Dennis Scheck at 526-5626.

### Family

From Page 14

every spouse, family member and sponsor is aware of all available support and is ready for deployment.

• The 4th Combat Engineer Battalion received the award for the Marine Reserve. The unit is based in Baltimore. As a combat-arms unit, the

battalion uses a multi-pronged interdependent approach to form a support network that reaches out to members and families, and enhances readiness.

• The 155th Air Refueling Wing of the Nebraska Air National Guard also received the award. The unit's up-to-date family readiness plan has enabled service members to participate in Operation Noble Eagle and Operation

Enduring Freedom. The unit has developed "The Morale Link" that keeps service members and their families connected during deployments.

• The 910th Airlift Wing from Youngstown, Ohio, received the award for the Air Force Reserve. The unit provides support for all components — active, reserve and Guard, and retired. A guiding principle has been that family

readiness is important through each phase of the deployment cycle.

For the second year in a row, Port Security Unit 307 is the Coast Guard Reserve recipient of the award. The unit, based in St. Petersburg, Fla., has an aggressive program to educate unit family members about the unit's mission, their rights, benefits, privileges and responsibilities.

### Chapel Schedule

Day	Time	Service	Chapel	Location	Contact Person
<b>ROMAN CATHOLIC</b>					
M-W-F	noon	Mass	Healer	Evans Army Hospital	Fr. Pat Battiato/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	Pat Treacy/526-5744
Sunday	11 a.m.	Mass	Healer	Evans Army Hospital	Chap. Stahl/526-7386
Sunday	12:15 p.m.	Mass	Provider	Barkeley & Ellis	Chap. Stahl/526-5769
<b>PROTESTANT</b>					
Sunday	9 a.m.	Protestant	Healer	Evans Army Hospital	Chap. Kincaid/526-7387
Sunday	9 a.m.	Protestant	Provider	Barkeley & Ellis	Chap. Satterfield
Sunday	9:30 a.m.	Contemporary	Veterans'	Magrath & Titus	Chap. Deppmeir/526-4416
Sunday	11 a.m.	Protestant	Soldiers'	Nelson & Martinez	Chap. Fox/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. Lee/526-2811
Tuesday	9 a.m.	PWOC	Soldiers'	Nelson & Martinez	Chap. Kincaid/526-8011
<b>LUTHERAN</b>					
Sunday	10:45 a.m.	Protestant	Provider	Barkeley & Ellis	Chap. Bauer/526-5279
<b>JEWISH</b>					
For information and a schedule of Jewish Sabbath services, call the U.S. Air Force Academy Cadet Chapel at 333-2636.					
<b>WICCA</b>					
Tuesdays	6:30 p.m.		Family University	Barkeley & Ellis	Information: 526-8013

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

**Daily Bible readings: In order to assist in regular scripture reading, the following scriptures are recommended. These scriptures are part of the common daily lectionary which is designed to present the entire Bible over a three-year cycle.**

**Friday — Psalms 78 & Leviticus 19-21**

**Saturday — Psalms 79 & Leviticus 22-24**

**Sunday — Psalms 80 & Leviticus 25-27**

**Monday — Psalms 81 & Numbers 1-3**

**Tuesday — Psalms 82 & Numbers 4-6**

**Wednesday — Psalms 83 & Numbers 7-9**

**Thursday — Psalms 84 & Numbers 10-12**

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 Infantry Division, forward deployed in the Republic of Korea.

Army: For the dedicated officers, noncommissioned officers, and soldiers who serve the Army on isolated tours around the world. Pray for their families at home

State: For all soldiers and their families from the state of Washington. Pray also for Gov. Gary Locke and the state legislators and municipal officials of the Evergreen State.

Nation: For the 100 elected members of the U.S. Senate, and their task of crafting both the public and foreign policies that lead the United States.

Religious: For the clergy and congregations of the Church of God of Prophecy, and for the chaplains endorsed for military ministry by that community of faith.

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

# Farewell ...

## Mountain Post bids adios to team members

by Spc. Jon Christoffersen  
Mountaineer staff

Mountain Post team members gathered Wednesday at the Post Physical Fitness Center to say farewell to members of Task Force Ironhorse.

The task force, made up of 3rd Brigade Combat Team, 4th Infantry Division; 10th Combat Support Hospital and 571st Medical Company, is deploying to the U.S. Central Command's area of operation, in support of the on-going war on terrorism.

Standing in formation, the soldiers of the task force heard from Maj. Gen. Robert Wilson, 7th Infantry Division and Fort Carson commanding general, and Col. Frederick Rudesheim, 3rd BCT commander, as they both gave words of encouragement.

"Your soldiers and your leaders are up to the task to do the nation's bidding," Wilson said. "As guardians of peace you do not desire war, but (you) will do your duties as directed by the commander in chief. It's not the first, nor will it be the last (time) that Iron Brigade will display colors overseas."

As the capacity crowd in the building looked on, Rudesheim stood at the podium and addressed

his soldiers and their family members in attendance.

"Our motorpools are empty, equipment is loaded on ships ... but here we stand surrounded by friends and loved ones, with one of the most difficult tasks at hand, saying goodbye," Rudesheim said. "This ceremony is for you; the family and friends of our soldiers."

With the possibility of war with Iraq on the forefront of many soldiers' minds, this deployment ceremony took on a unique level of importance, according to

Megan Bernstein whose husband will be deploying soon.

"It's tough saying goodbye," Bernstein said. "I see how much they train so I'm sure he'll come back to me safe."

Although the possibility of war is hanging heavy over the nation, the soldiers of Task Force Ironhorse — soldiers who could be on the front line of a conflict — are upbeat.

Confident in their abilities and dedicated to the profession of soldiering, Rudesheim said the soldiers are ready to tackle any challenge presented to them.



Family members of deploying soldiers look on during the deployment ceremony Wednesday at the Post Physical Fitness Center.



Photos by Spc. Jon Christoffersen

Soldiers from the 3rd Brigade Combat Team, 4th Infantry Division stand in formation during their deployment ceremony Wednesday at the Post Physical Fitness Center. The soldiers are deploying to the United States Central Command area of operation.



With the capacity crowd of family, friends and other soldiers looked on, Col. Frederick Rudesheim, 3rd Brigade Combat Team, 4th Infantry Division, commander, speaks to his soldiers during the deployment ceremony Wednesday at the Post Physical Fitness Center.



Sgt. Jose Flowers, Company A, 1st Battalion, 8th Infantry, 3rd Brigade Combat Team, 4th Infantry Division, holds his battalion's colors during the deployment ceremony Wednesday.



Jeanette Hynes, Channel 11, interviews a soldier after the 3rd Brigade Combat Team deployment ceremony Wednesday at the Post Physical Fitness Center. Fort Carson has become a hot bed for civilian media as numerous units prepare for deployment.



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# Sports & Leisure

## 2003 Army boxing team seeks another Armed Forces championship in California

by Bill Scharton  
Mountaineer staff

All-Army Boxing Team and Army World Class Athlete Program head boxing coach Basheer Abdullah has been training the 2003 All-Army Boxing Team here at Fort Carson with one mission in mind.

"We are on a mission and that mission is to defend the Army's Armed Forces championship," said Abdullah. "Our goal will be to win every weight division."

The 2003 Armed Forces boxing championship will be decided tonight at Naval Station, Ventura, Calif. Preliminary bouts leading up to tonight's finals took place throughout the week.

In order to get the All-Army team ready for the defense of its Armed Forces title, Abdullah and his staff put the boxers through a rigorous training schedule six days a week.

The Monday, Wednesday and Friday training routine goes like this. Boxers are on the road at 7:30 a.m. for a three to four mile run. After the run, detail work and personal hygiene fit into the schedule.

From 10 a.m. to noon, the boxers do various weight training exercises. Noon to 2 p.m. is lunch and nap time.

At 2 p.m., the boxers are back in the gym for technical training. "At this time, they do bag work, shadow box-

ing, rope jumping, calisthenics and stretching," said Abdullah. The boxers are finished for the day at 5 p.m.

At 7:30 a.m. on Tuesdays and Thursdays, interval training on the track takes place. "We put them through several different interval runs to build up the cardiopulmonary system," said Abdullah.

Following interval training, the boxers do not have to return to the gym until 1 p.m.

Sergeant's time falls into this morning time frame on Thursdays.

Technical training in the gym starts at 1 p.m. and lasts for about 90 minutes. Abdullah goes one-on-one with the boxers during this session.

The boxers rest from 5 to 7 p.m. and return to the gym for evening sparring sessions.

"The sparring sessions usually last two hours, but can go longer," said Abdullah.

The Saturday training schedule includes the morning interval training, followed by rest and personal time and then a 1 p.m. sparring session. Sunday is a day off for the boxers.

Ten of the 12 boxers representing the 2003 All-Army men's team are from the Army's World Class Athlete Program at Fort Carson. The WCAP boxers are Torrence Daniels (119 lbs.), Jason Franco (125 lbs.), Aaron Bensinger (132 lbs.), Keith Mason (141 lbs.), Rondale Mason (152 lbs.), Julius Fogle (165 lbs.), Charles Leverette (201 lbs.) and Eric Prindle (201+ lbs.). The other two men's team members are Adrian Brown (112 lbs.) from Fort Lewis, Wash., and Jeffrey Spencer (178 lbs.) from Fort Riley, Kan.

The 2003 All-Army women's team roster features four boxers. They are Christina Boilard (114 lbs.), Fort Huachuca, Ariz., Raeklina Shinn (119 lbs.), Gieblestadt, Germany, Cherie Retamozzo, Fort Bragg, N.C., and Tanisha Moore (165 lbs.), Fort Eustis, Va.

Abdullah expects the Marines boxing team to provide the stiffest competition for the Armed Services title. "They bring a full roster and are usually the most competitive boxers for us to face," said Abdullah.

The All-Army men's team members will return to Fort Carson following the Armed Forces championships where they will train for the USA Boxing National Championships March 24 to 28 at the United States Olympic Training Center in Colorado Springs.

The women will return to their assigned post and will have their own national championship in the summer.



Photos by Bill Scharton

All-Army Boxing Team and Army World Class Athlete Program head boxing coach Basheer Abdullah, right, provides one-on-one instruction to All-Army team member Julius Fogle. Fogle is the defending Armed Forces champion at 165 pounds.



Rondale Mason placed second in his weight division last year at the Armed Services boxing championships. This year his goal is to win the title at 152 pounds.



All-Army Boxing Team members and Army World Class Athlete Program boxers sit on the edge of the ring while listening to chalk talk from the coaching staff. The boxers go through a rigorous training routine six days a week.

# All-Army cross country team defends its Armed Services title in 2003 championship

by Bill Sharton  
Mountaineer staff

The 2003 All-Army Cross Country Team successfully defended its Armed Forces Championship last weekend in Houston.

The 2003 Armed Forces Cross Country Championship was held in conjunction with the 2003 U.S. Track and Field Winter National Cross Country Championships.

Three races were contested over the weekend — the four-kilometer and 12-kilometer distances for men and the eight-kilometer distance for women. To determine the Armed Services champion, the top times (top two for men's four-kilometer, top four for men's 12-kilometer and top three for women's eight-kilometer) were added together. The fastest combined time determined the Armed Services champion.

In the men's four-kilometer race, Army's Sandu Rebenciuc was the top Armed Services runner with a time of 12:58. He placed fifth overall (just five seconds behind the winner) and this earned him a spot on the United States national cross country team that will compete in the World Cross Country Championships March 29 to 30 in Switzerland. Army's Ryan Kirkpatrick was second among military runners (27th overall) in this event.

Army's Michelle Kelly finished first among the Armed Services runners in the women's eight-kilometer race in a time of 34:22 (26th overall). Kelly is also an Army World Class Athlete Program pentathlete. Army's Kate Forehand was the third place military runner in this

event.

Army runners dominated service rivals in the men's 12-kilometer race by capturing six of the top seven places among Armed Services competitors. Army's Scott Goff, Shawn Found, Christopher England, Philip Castillo, Shannon Swords and Bill Raitter placed 1-2-3-4-6-7 among military runners.

By virtue of their finishes at the Armed Forces Cross Country Championship, Rebenciuc, Kirkpatrick, Kelly, Forehand, Goff, Found, England, Castillo, Swords and Raitter earned spots on the United States military cross country team that will compete in the 2003 Conseil International Du Sport Militaire Cross Country Championship Feb. 26 in Dordogne, France. Rebenciuc, Kirkpatrick, Kelly, Goff, Found, England and Castillo are from the Army WCAP detachment assigned to Fort Carson.

Rob Coley, an Army WCAP sports specialist at Fort Carson, coached the All-Army Cross Country Team to victory at the 2003 Armed Forces Championship.

He has also been selected to be the coach for the United States military cross country team that will compete in the CISM Championship in France.

"This is the world championship for military cross country teams," said Coley. "Morocco is the defending champion."

Coley is retired Army and has been an Army WCAP sports specialist at Fort Carson for four years. He works with all the Army WCAP coaches and athletes at Fort Carson, in addition to working with the runners.



Photo by Bill Sharton

**Rob Coley, an Army World Class Athlete Program sports specialist at Fort Carson, was the coach of the All-Army cross-country team that successfully defended its Armed Services title last weekend in Houston.**

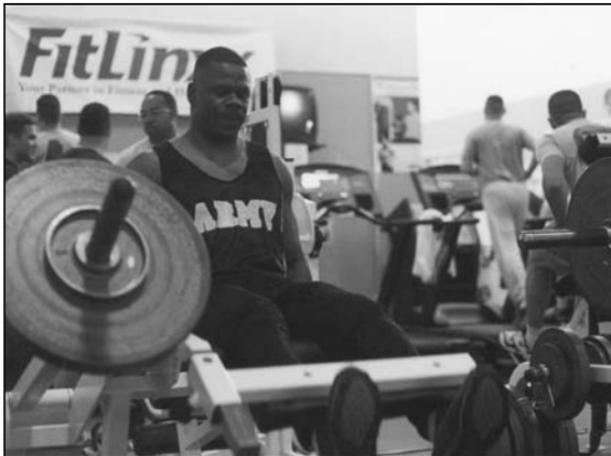
*Running for the gold ...*

# Carson runner prepares to conquer World

by Bill Scharton  
Mountaineer staff

Raphael August likes to run. He likes to run real fast.

At the age of 42, his plan is to sprint faster than anyone else his age in the world. He recently learned he will get a chance to execute this plan in July when he competes at the XV World Masters Athletics Championships in Carolina, Puerto Rico.



Raphael August strengthens his legs at Forrest Fitness Center. August says leg-strength training is an important part of his overall training regimen.

USA Track and Field selected August to represent the United States in his age group at the world championships. He will compete in the 100- and 200-meter sprints and hopes to be a member of the USA's 4 X 100-meter relay team.

According to August, the selection was based on past performance times and current world rankings in the events. He is currently ranked in the top 25 in the world in four sprint events for his age group.

In his most recent competitive outing at the USA Track and Field Mid-America Region Masters meet, August set a new age group (40 to 44) meet record of 5.86 seconds in the 50-meter dash. He also placed first in the 200-meter sprint.

August, a staff sergeant in Fort Carson's 2nd Brigade, 91st Division, Training Support Battalion, has been assigned to the Mountain Post for a little more than a year. "I work mainly with reserves as a schools coordinator," said August.

When this real job ends, you can find him training indoors and outdoors at Forrest Fitness Center.

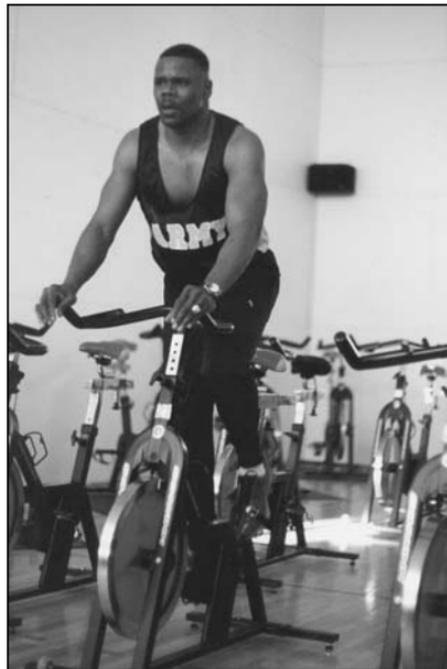


photo by Bill Scharton

August, a world class masters age group (40-44) sprinter, rides the bike at Forrest Fitness Center to improve his endurance.

See Runner, Page 22

# Coach Lewis, wrestlers head to Cuba for tourney

by Bill Scharton  
Mountaineer staff

All-Army Team and Army World Class Athlete Program head wrestling coach Shon Lewis was chosen to be one of the coaches for a USA wrestling contingent that will compete in a wrestling tournament today through Sunday in Matanzas, Cuba.

The Army WCAP wrestlers who will be competing in the tournament in Cuba are Glenn Nieradka (60 kg), Kenny Owens (84 kg) and Dremiel Byers (120 kg).

Following the tourney in Cuba, Byers will join fellow Fort Carson WCAP wrestler Keith Sieracki in Hungary for another tournament. This tournament is scheduled for March 1 and 2 in Nyiregyhaza, Hungary.

At the Titan Games Saturday in San Jose, Calif., Army WCAP wrestler Tina Wilson lost a championship match to Canadian Jen Ryz for the second week in a row.

Two weeks ago, Ryz decisioned Wilson 3-0 in the women's freestyle 55-kilogram weight division title match at the Dave Schultz Memorial International Tournament in Colorado Springs.

This time, at the Titan Games, Ryz put Wilson's shoulders to the mat and registered a pin fall.

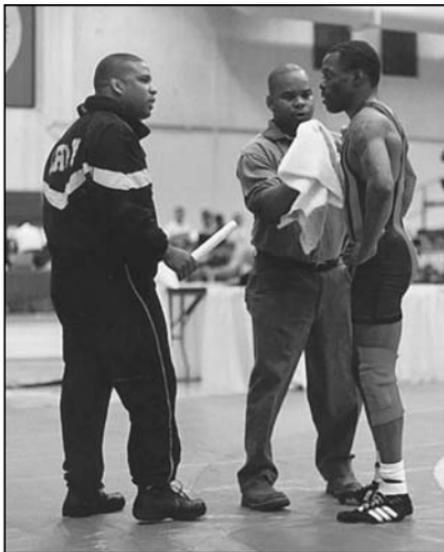


Photo by Bill Scharton  
**Army World Class Athlete Program head wrestling coach Shon Lewis, left, provides instruction to one of his wrestlers at a tournament earlier this year. Lewis is coaching a USA contingent of wrestlers in a tournament today through Sunday in Matanzas, Cuba.**

## Runner

From Page 21

"I do my strength and endurance work indoors at Forrest," said August. "For this training, I ride bikes and lift weights. I can also do some technique training indoors."

When the weather cooperates, August trains on the 400-meter track next to Forrest. "I try to get outdoors as much as possible," said August. "I do my sprint and interval training on the Forrest track."

August has been competing in track sprint events for a long time. He started sprinting in high school in New Orleans. After high school and prior to enlisting in the Army, he had a brief stint as a wide receiver on a semi-pro football team in New Orleans.

Following a two-year time period in the Army reserves, August went on active duty when he was 27 years old. The majority of his active duty time, nine years, was spent in Germany.

"When I get to the world championships, I might run into some of the guys I used to compete against in Germany," said August.

August is a member of the Joe Gentry Track Troop, a running club that gets together and works out at Fort Carson. Gentry is a retired colonel who has coached USA Olympians in the past. He now provides coaching tips to current members of the troop.

August hopes to run in as many meets as possible between now and the world championships in July. His next competition will be Saturday at an open indoor meet at Colorado University-Boulder.

# Army grabs 28th at Daytona

by David Ferroni  
U.S. Army Racing

**DAYTONA BEACH, Fla.** — Performance doesn't always translate into results.

While the record book will show that Jerry Nadeau finished 28th in Sunday's rain-shortened Daytona 500 (109 of 200 laps completed), it won't show the strong performance that Nadeau and the U.S. Army No. 1 Pontiac displayed in NASCAR's season opener.

After starting 42nd, Nadeau was in the top 20 by lap seven. He continued to run strong and was in 15th place when the race was red flagged for rain on lap 63.

"We knew we had a good car at that point and felt the opportunity was there to have a great day of racing," said Nadeau. "The car was awesome and responded to whatever changes we made."

After a one-hour delay, action resumed and within a few laps Nadeau was running in the top five. He raced with the lead group until a pit road incident on lap 96 stalled the momentum of the

U.S. Army car.

"We got blocked in by Kurt Busch," said Nadeau. "I backed up and couldn't get it into first (gear). Then he backed up and it was just a whole mess. When I finally got back onto pit road I got into Mike Skinner and tore up a fender."

The incident cost Nadeau 29 positions — he fell from fifth to 34th. However, the rain returned on lap 109, forcing NASCAR officials to once again red flag the race. A short time later, the race was called.

"I hate it for all of my guys because they all worked hard and did a superb job today. They deserved better. But, we'll just take it and go to Rockingham next week and try to win there," Nadeau said

Crew chief Ryan Pemberton also expressed mixed feelings.

"I'm disappointed with (the) finish, but happy with the performance," said Pemberton. "I'm mad that we were 28th, but in another breath, I'm happy how competitive we were.

## *Sports briefs*

### **Intramural basketball tournament**

The post-season intramural basketball tournament got under way this week. Sixteen teams are competing for the post-season crown, according to Al Gambala, intramural sports director at Fort Carson.

The remaining tournament games are scheduled for tonight, Saturday, Monday and Tuesday. The semifinals will be at 6:30 and 7:30 p.m. Monday The championship contest will tip-off at 7 p.m. Tuesday at Waller.

### **Wrestling season**

The 2003 wrestling season started this week at Carson Middle School.

Jeremy Cipiti is the new head coach for the Eagles' grapplers.

Cipiti wrestled and coached in Ohio before coming to Carson Middle School. He also teaches 8th grade science at the school.

The Eagles have home matches scheduled for Feb. 27 and March 6. Home matches begin at 3:30 p.m. in the main gym.

# Casa Bonita: a place to find food, mariachi music, fun

**L**ooking for a family activity which is out of the ordinary? Or maybe you're just tired of burgers and fries at the local fast food joint the children always choose.

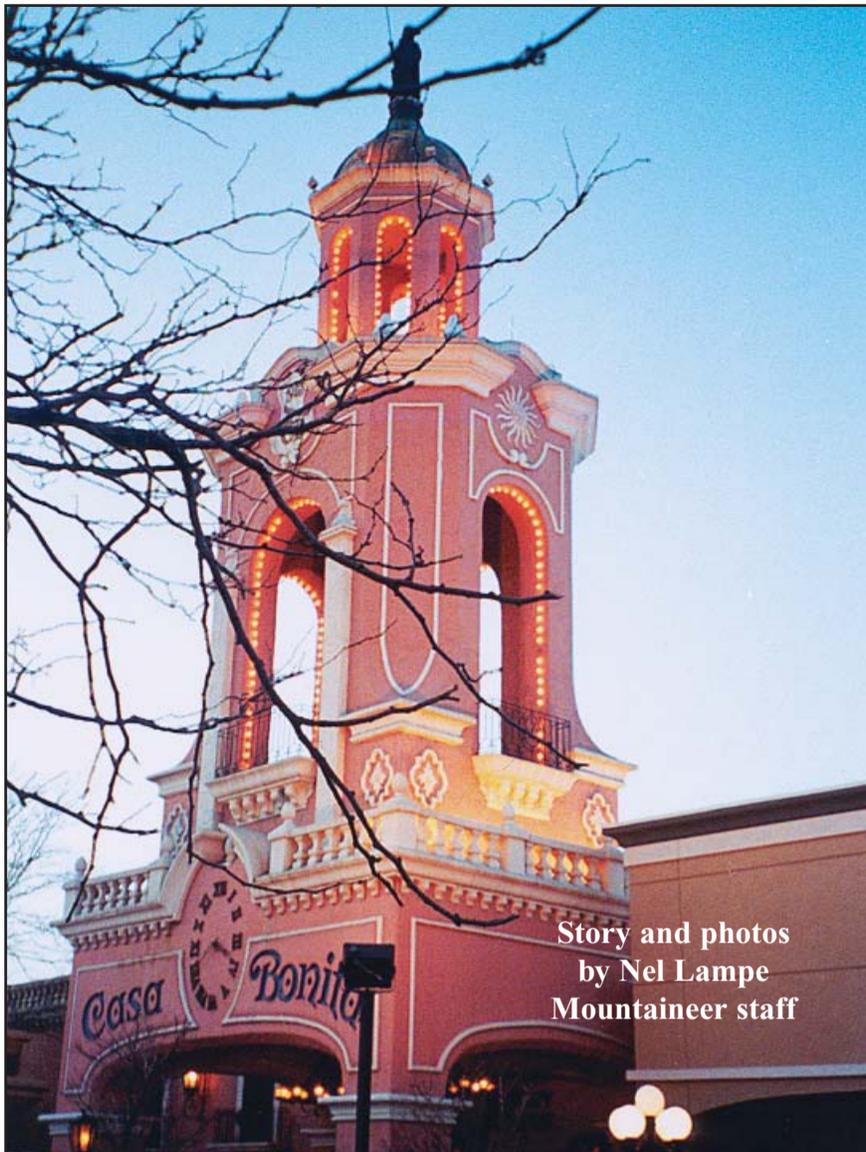
For something different, take a drive to Denver's west side and discover a theme restaurant called "Casa Bonita." A little more than an hour

away, in the Denver suburb of Lakewood, Casa Bonita is similar to a

Mexican village, complete with palm trees, gardens, a plaza, a mine and a cave. There's a 30-foot waterfall which cascades into a pool. The village also includes Black Bart's Cave, a gold mine, a puppet theater, a jail and a mercado. Make a wish at the wishing well, watch the fireflies, the actors putting on a skit or the divers jumping into the pool, all while musicians and mariachi bands play.

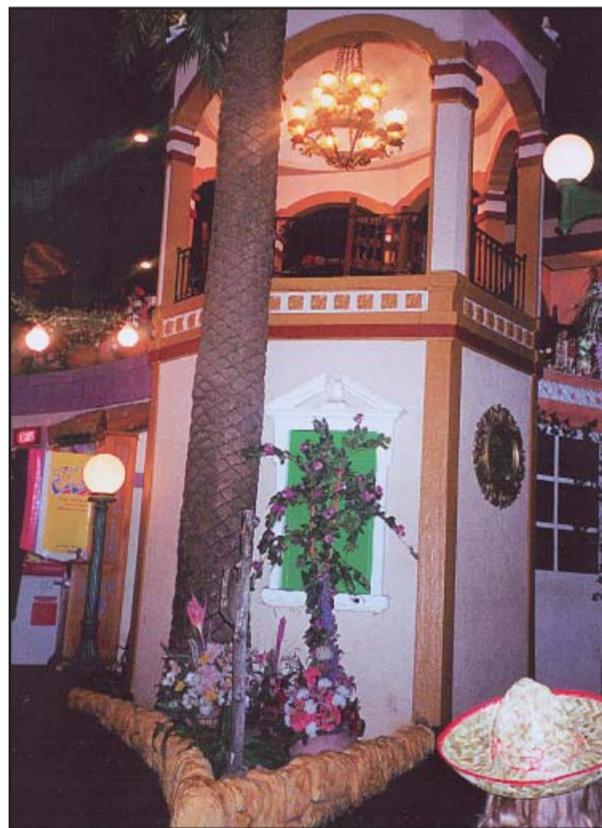
The village is inside a former department store with 52,000 square feet of space which accommodates 1,000 diners. The décor seems authentic. The indoor village takes on the feel of a Mexican village at night, as stars twinkle against a black ceiling.

Don't plan a fast meal and a quick getaway, for the very popular restaurant may have a long line of people waiting to enter.



Story and photos by Nel Lampe Mountaineer staff

Casa Bonita's pink bell tower, topped with gold, houses the restaurant/village. It's in a strip mall in Lakewood.



A visitor, wearing a souvenir hat, walks through the village at Casa Bonita.



A cliff diver, covered with a bag, dives into the pool as part of a skit.

The lines usually move rather quickly, and the waiting patrons are good-natured and friendly. And once the food is served, the real fun begins.

Once dinner is over, explore the village thoroughly and expect children in the party to linger.

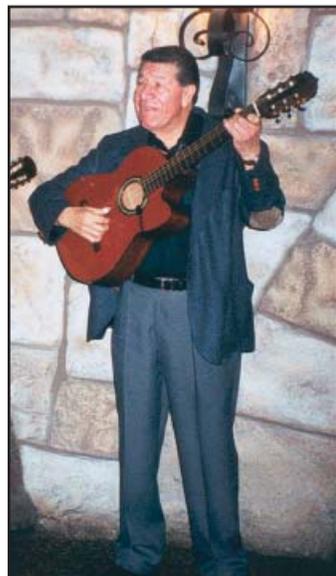
Sometimes there's a piñata party or a puppet show. There's an arcade to feed tokens. There's even a special meal package which includes a bag of tokens to use at the game arcade.

Although the entertainment and the village itself may be primary attractions, Casa Bonita is a restaurant. The price of admission is the price of a meal for anyone over the age of 2. The menu includes, not surprisingly, mostly Mexican food. Enchiladas, fajitas or tacos are served in assembly-line style



Visitors walk toward the exit after dining and visiting El Mercado, the gift shop at Casa Bonita.

# SAVINGS



Places to see in the Pikes Peak area.

Feb. 21, 2003

# Casa.

From Page 25

and the quality is similar to fast food. A taco salad and chicken fajitas are good bets; or opt for gringo selections of fried chicken or chicken-fried steak.

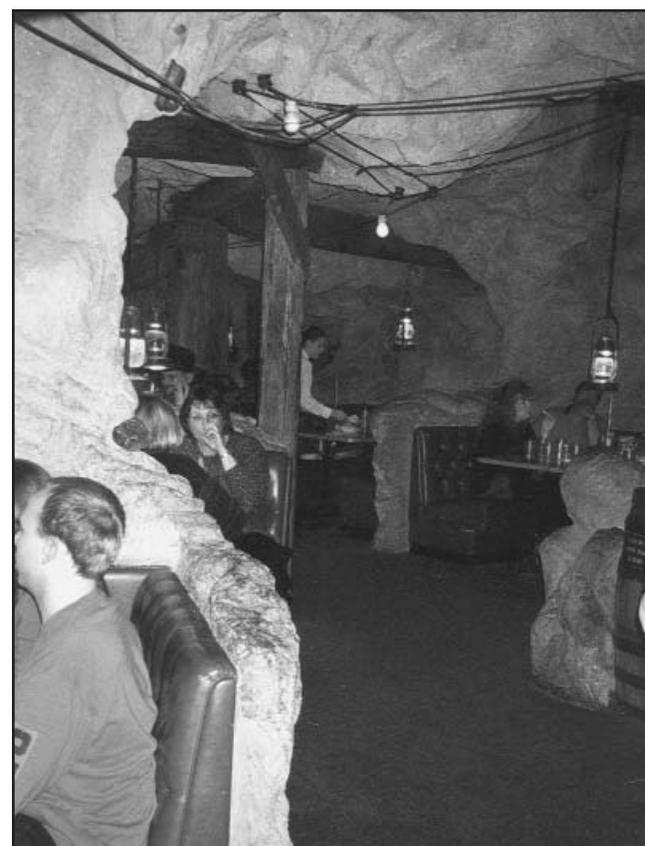
When your line reaches the order station, be ready to place orders for your party. Stay in line and the plate and drinks are ready to be put on your tray at the serving station. You'll be seated by a host or hostess inside the mine shaft, matador room, the grand palace, the governor's mission, terrace, the cave or in the vineyards. Ask to be seated near the waterfall, if possible, as that's the center of entertainment. Prices range from about \$7 to \$9 for adult meals, including an all you can eat choice. Children can opt for Little Amigos dinners which are about \$3.

Soft drinks are \$1.89. There's also beer (including Mexican import) and limited choice of mixed drinks or wine available.

One of the special treats at Casa Bonita is the unlimited supply of sopaipillas — fried, hollow dough squares which are traditionally spread with honey. The sopaipillas are delivered piping hot to the table after the meal. Just summon a server by raising the miniature Mexican flag which is on a stand on the table.

A dessert of fried ice cream is available. Either order it at the order station or from your server.

Lucky diners by the waterfall get to watch



Some people are dining in the Mine Shaft dining room, complete with rock walls and hanging lanterns.



A puppet show on the Puppet Stage entertains youngsters.

the skits and divers over and over and catch performances by the wandering musicians regularly as well. By request, the musicians will render their version of "Happy Birthday."

If you weren't lucky enough to get a front row seat, plan to spend some time hanging out by the pool after eating to watch the divers and the skits.

The restaurant location can be easily recognized by the tall pink stucco bell tower outlined with white lights in a corner of the strip mall. A statue on top of the 85-foot tower depicts the last Aztec emperor Quahuatunec. The tower's roof is covered in goldleaf.

A large, tiered fountain was brought from Mexico in 1981 and placed in front of the building's entrance. In spring and summer, a profusion of flowers surround the fountain.

According to Peer Osby, assistant general manager at Casa Bonita, Bill Waugh created the "Mexican village at night," based on stories he had heard about Mexico. One story was from the time of the Mexican Wars. In this story, a man named Gar Serata opened his home, called "Casa Bonita," to the soldiers. It was a place they could eat, relax, be entertained and forget the war for a while.

Based on this story, Waugh built the Denver area Casa Bonita. At the time Waugh owned a few other Casa Bonita restaurants. He had a cafeteria-style restaurant in Oklahoma City, another in Tulsa and a third restaurant in Little Rock, Ark. Each restaurant contained a few more amenities or attractions than the last. The Denver restaurant is the only one which is a village, filled with entertainment, ambiance and fun, along with food.

The former department store was converted to the village/restaurant in 1974, and basically looks the same now as when completed. Once in a while maintenance is done on the pool or rocks, or perhaps new carpeting installed, but the restaurant remains the same.

For almost 40 years, Denver residents as well as out-of-towners continue to visit the "pretty house." First-time visitors mingle with veteran diners, many of whom came here as children and now bring their own children and grandchildren, perhaps several times a year.

Waugh no longer owns Casa Bonita, which is now operated by Star Buffet, in the same style.

Casa Bonita is open from 11 a.m. until 9:30 p.m., Sunday through Thursday. Friday and Saturday, the restaurant is open from 11 a.m. until 10 p.m.

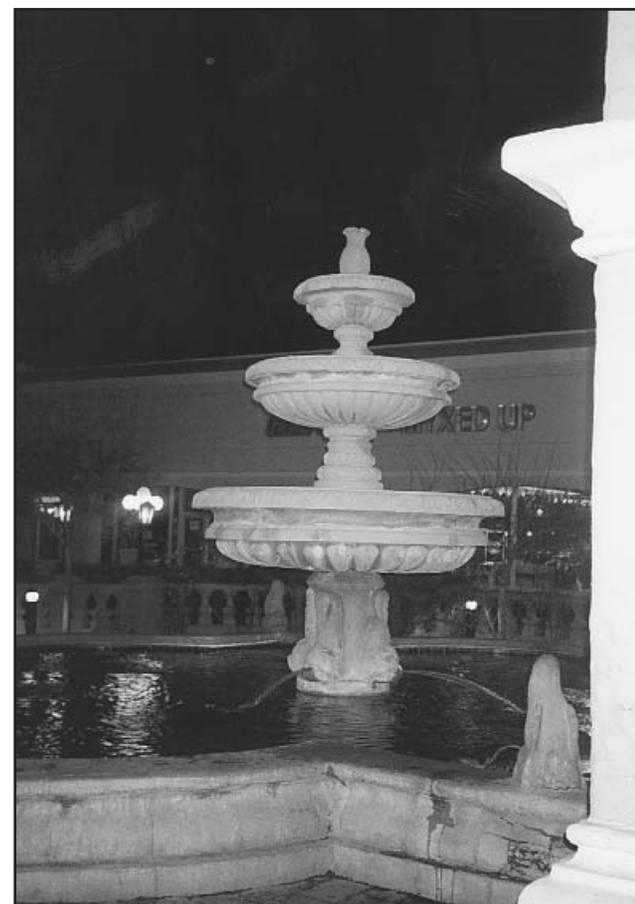
The mariachi band performs from 5:30 until 9 p.m. each day.

Osby said the restaurant has up to 300 employees and 21 managers in summer, the restaurant's busiest season.

In summer months at dinner time, the wait to get in can be an hour or longer. Lines are much



Casa Bonita is reminiscent of a Mexican village. Visitors wander among the buildings, palm trees and walking paths.



The large tiered fountain was imported from Mexico.

shorter during the daytime, winter months and weekdays.

Casa Bonita has birthday party packages that can be arranged in advance for a minimum of 6 or 7 guests.

If notified ahead, the restaurant will try to accommodate large parties of 25 or more people. The phone number is (303) 232-5115.

To reach Casa Bonita, take Interstate 25 north to Denver, take the Colfax exit west to the 6700 block, watching for the Bell Tower Shopping Center, the former JCRS Shopping Center, on the right-hand side. Casa Bonita is at 6715 W. Colfax. There's parking in the mall parking lot.

### Just the Facts

- **Travel time** one hour plus
- **For ages** Families
- **Type** Theme restaurant
- **Fun factor** ★★★★★ (Out of 5 stars)
- **Wallet damage** \$\$ (meal, entertainment)

\$ = Less than \$20

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

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

(Based on a family of four)

# Happenings

## Get Out!

### Disney on Ice

**Disney on Ice** brings "Toy Story 2" to the World Arena March 19 through 23. There are several daytime performances. Call the box office at 576-2626 for tickets, starting at \$15.75.

### Academy concert series

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

### Travel films

**The Fine Arts Center presents Horizons Travel Film Series**, introduced and narrated by the film's 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.

### Buffalo Bill's Birthday

**William F. Cody, also known as Buffalo Bill**, was famous throughout the world for his Wild West Show. Cody spent a lot of time in Colorado and one of his favorite saloons was the Buckhorn Exchange, the oldest saloon in Denver, established in 1893. Each year the Buckhorn celebrates Buffalo Bill's birthday, and Saturday's the day. The celebration includes a Buffalo Bill look alike contest and other activities, all free, beginning at 11 a.m. Call (303) 534-9505 for information or go online at [www.buckhorn.com](http://www.buckhorn.com).

**The Buffalo Bill Museum** in Golden celebrates Cody's 158th birthday Sunday. There's free admission at the museum all day, from 9 a.m. until 4 p.m.. The birthday celebration is from noon to 3 p.m. and includes birthday cake, entertainment, Buffalo Bill lookalikes and Old West re-enactors. The event is family oriented. The museum is in Golden, at 987 Lookout Mountain Road. Call (303) 526-0744 or visit [www.buffalobill.org](http://www.buffalobill.org). It's reached by taking Interstate 70 West, exiting at Exit 256.

### Denver theater

**Denver Center Attractions' season tickets for the 2003 musical season are for sale.** The season starts with "Saturday Night Fever," starting Tuesday and running through 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. Call (303) 893-4000 or go online, [www.denvercenter.org](http://www.denvercenter.org).

**"Stomp"** is in Denver's Buell Theatre March 11 to 16. Tickets for the percussion group are available at (303) 893-4100 or online at [www.denvercenter.org](http://www.denvercenter.org).

### Band of the Rockies concert

**The Concert Band of the Air Force Band of the Rockies presents a concert** Sunday at 2 p.m. in the theater at Arnold Hall. The concert is free, tickets are available at Ticketmaster outlets and the Arnold Hall Theater box office. Seats are released 15 minutes before show time to those without tickets.

### Great films

**Every second Tuesday 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 film takes place. The discussion begins at 7 p.m.; the film is at 7:30 p.m. The next film is "It Happened One Night," March 11. Admission is \$6. Tickets are at the box office, 634-5583. The Fine Arts Center is at 30 W. Dale St.

### Theater

**"Chicago"** nears the end of its run with performances today and Saturday at 8 p.m. and Sunday at 2 p.m. 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.

**"Same Time Next Year"** is now playing at the "Elite" Castaways Dinner Theater, 103 Manitou Ave. in Manitou Springs. Dinner and show are \$33. Show only tickets are available for \$22. Call 685-3700 or 685-3300 for tickets.

### Music groups

**The Glenn Miller Orchestra** makes an appearance at the Pikes Peak Center March 9 at 2 p.m. This orchestra started in 1956 and is directed by trombon-

ist Larry O'Brien. Tickets are \$25. Call Ticketmaster, 520-9090 for tickets.

**"Cher"** is in the Pepsi Center in Denver, March 17. Tickets start at \$34.50 at Ticketmaster, 520-9090.

**"Bon Jovi and the Goo Goo Dolls"** are in Denver's Pepsi Center April 3. Tickets start at \$40, 520-9090.

**"Barrage"** is in the Paramount Theatre, 1621 Glenarm Place on the 16th Street Mall March 21 and 22. Call 520-9090 for tickets, starting at \$26.50.

**"The Lawrence Welk Show,"** featuring members of the orchestra, is in the Paramount Theatre on the 16th Street Mall in Denver, March 19. Call 520-9090 for tickets, which begin at \$39.50.

### Broadway road shows

**Pikes Peak Center's Broadway series next show is Emmy winner "Fosse,"** Saturday, 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.

### 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. 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.

### New exhibits

The Fine Arts Center has new exhibits: Collected Visions: African American self-taught artists from the Southeastern United States, "Flowering Mountain Earth," and "Transcendant Spirit." The exhibits are included in admission of \$5 for adults, and \$3 for children. However, the Fine Arts Center, 30 W. Dale St. is free on Saturdays.

### Carnivale

**The traditional "Carnivale" parade,** Mumbo Jumbo Gumbo Cook-off and ball are in Manitou Springs March 1. Participants are wanted for the parade, which begins at 1 p.m. Call 685-5089.

### St. Patrick's Day Parades

This year's St. Patrick Day parades are scheduled for March 15. The annual parade in Old Colorado City is along Colorado Avenue at noon. The annual St. Patrick's Day parade in Denver begins at 9 a.m. in downtown Denver.

# Happenings

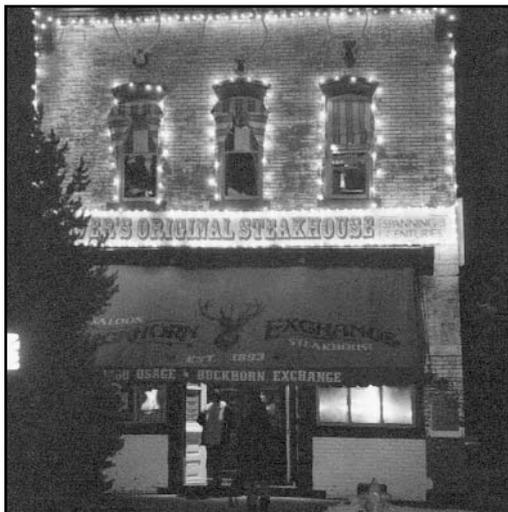


Photo by Nel Lampe

## *Buffalo Bill ...*

**Denver's Buckhorn Exchange, above, is site for a celebration of Buffalo Bill's 158th birthday Saturday. Free activities begin at 11 a.m. Call (303) 534-9505 for information and directions.**



Program Schedule for Fort Carson cable Channel 10, today to Feb.28.

**Army Newswatch:** includes stories on the 3rd Infantry Division, Lewis and Clark bicentennial and "Sergeant's Time" on Soldier's Radio (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 support to Navy SEALs, aboard the USS Abraham Lincoln and the State of the Union address (repeat). Airs at 8 a.m., 1 p.m., 8 p.m. and 1 a.m.

**Air Force News:** includes stories on shuttle security, the Columbia disaster and the U.S. Space and Missile Center. 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](mailto:CommandInfo@carson.army.mil).

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

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

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