

Mountaineer

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Army activates family hotline

Army News Service

ALEXANDRIA, Va. — The U.S. Army has established a toll-free Family Assistance Hotline for Operation Iraqi Freedom at (800) 833-6622.

The hotline was established by the U.S. Army Community and Family Support Center, in conjunction with the Army Family Liaison Office staff to provide referrals and information to the families of deployed or activated soldiers.

The hotline is toll free when called from the continental United States, Hawaii, Alaska, Puerto Rico, Guam and the Virgin Islands. The hotline staff will answer calls from 8 a.m. to 8 p.m. daily Eastern Standard Time to answer family support-related questions. Emergency assistance will be provided between the hours of 8 p.m. and 8 a.m. EST, officials said.

"Our staff will assist all callers by listening, explaining, and directing them to the most helpful resources we can," said Gail Lovisone, manager of CFSC's Family Assistance Hotline call center.

Lovisone emphasized that the first place families of active-duty soldiers should contact is Army Community Service or the unit rear detachment at the

See Hotline, Page 4



Photo by Spc. Stacy Harris

Fond farewell ...

Sgt. Josh Waugh, 3rd Armored Cavalry Regiment, plays with his daughter Kayla after the 3rd ACR farewell ceremony Wednesday. For more on the ceremony, see page 3.

Worried about your children?

Communication key to overall health

by Spc. Matt Millham

14th Public Affairs Detachment

Before the bombs start falling, before the troops hit the ground and before the battle plan is set, a child's state of mind can fall victim to war, especially if that child's parent is a soldier.

A child's ability to cope emotionally in times of war is perhaps more difficult in a day when 24-hour news channels stream images of destruction and death onto television screens, and hometown news channels give families at home intimate insights into the conflict.

Taking an active role in helping children manage the anxiety created by

separation and war can improve a child's state of mind and help them through a parent's deployment.

"It's not just deployment that affects kids," said Douglas Lehman, treatment provider of Social Work Service. "It's a cycle of pre-deployment, deployment and post-deployment. It's not that when the parent gets back it's over and everything's going to be wonderful."

Lehman has been working to develop a standardized format for dealing with children's issues relating to deployments Armywide. He points to the fact there are more than 14,000 active duty parents and more than 12,000 children of active duty soldiers

at Fort Carson in establishing a need for such a format.

"When I saw those numbers I thought, there's got to be a better way to deal with these problems," said Lehman.

Lehman likened the problems children have with a deploying parent to this analogy: "(Children) have a routine of going to school every day. Then, all of a sudden, they come up to spring break. How well do they deal with their free time? Can they figure out what to do with their free time or do they have to be entertained? If they can deal with that change, they're probably going to be okay (with a deployment)," he said.

Entertainment does not mean

watching hours of television, said Lehman. He recommends elementary and pre-school children receive fewer hours of television during wartime.

For older children, the current war in Iraq is a much more difficult issue to sum up.

"Because there's different sentiment about being in war versus not being in war, those kids that aren't in military families are being affected, too, and military kids are picking up on that," said Lehman. "Not all the kids are sheltered and live on Fort Carson. There's a wide range of reaction from kids who don't

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INSIDE THE MOUNTAINEER

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Carson has two athletes of the year. Page 19

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The Denver Art Museum has seven floors of art exhibits and a traveling Bonnard exhibit.

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Feature



U.S. troops begin liberation of the people of Iraq — a nation with a long, troubled history.

See Page 16 and 17.

Retirement ceremony

There will be a postwide retirement ceremony Friday at 10 a.m. at the Elkhorn Conference Center. The community is encouraged to attend to support the retiring soldiers.

Post Weather hotline:

526-0096

Deployments can be stressful ...

Talk to family members to help ease fears

Commentary by

Sgt. 1st Class Gary L. Qualls Jr.
3rd Armored Cavalry Regiment

The current world situation with Operation Iraqi Freedom makes for stressful times for all concerned. Perhaps nobody feels the stress of a wartime deployment more than family members.

While it's true that it's hard to have much more stress than when you are actually in combat, deployed soldiers at least have a hand in their fate by executing the mission to the best of their ability. The mission also keeps their minds occupied, and the knowledge and guidance provided by leaders helps take the edge off their fear. Meanwhile, family members sit at home helplessly watching the horrors of war on the nightly news and wondering whether or not they'll be told the worst about their deployed spouse or parent.

There are, however, measures deploying soldiers can employ to make the wartime experience easier for their families to endure. Communication, reflecting a positive outlook on the situation and utilizing helpful resources are three big ways that will help see families through a wartime deployment.

Communication is key. Soldiers should talk to their husband or wife and children about the wartime situation. Burying the subject just makes it scarier, especially for children. Talk to them about what's going on, why it's happening and why you have to go over there. Having an understanding of the situation will help them better cope with it, whatever the outcome may be.

And while you're talking to your family, make sure you're upbeat about it because they will mirror your attitude. Let them know that you believe in the cause you are about to be engaged in. Most importantly, share your faith – regardless of your religious preference – that everything is going to turn out for the best. Encourage them by sharing the confidence you have in U.S. forces and their allies, your unit and your own abilities. Let them know that, while you're a little bit nervous, you are also excited about testing your skills in a challenge you've been training your whole career for. Teach them – as well as yourself – to replace fearful thoughts with encouraging, uplifting thoughts. Our minds can't occupy two thoughts at once, so if you replace fearful thoughts with heartening ones, the latter will carry the moment.

War, though hellacious, is a time of great memorable experiences you can share with your posterity as well as a time of tremendous personal growth. Great challenges, like war, force you to dig down deep and deliver the best of what you are. Share these intangible benefits of your upcoming deployment with your family.

Finally, one benefit of military life is that soldiers and family members rarely have to "go it alone." There are a myriad of resources readily available for family members. For example, everyone knows about unit family readiness groups, but many people don't take advantage of this vastly helpful resource. There are many people with an abundance of useful skills in a family readiness group chain of concern that can help family members.

The Army has learned through experience that if things are OK at home, then a soldier is more productive in his or her mission; so it has put much money and emphasis into the family readiness group system. Don't overlook this state-of-the-art family program.

The American Red Cross is another invaluable resource for family members, relaying emergency messages from families to soldiers. The Red Cross also provides other services to families of deployed soldiers and vice versa. For more information on what the Red Cross can provide, call 526-2311.

Army Community Services is another great resource for families. Every third Wednesday, ACS has a meeting for family members of deployed soldiers to share concerns and ideas and to meet other family members of deployed soldiers. The monthly meetings are from 9 to 10:30 a.m. and from 6 to 8 p.m. For other services provided by ACS to families of deployed soldiers, call the ACS Family Readiness Center at 526-4590.

Child-care for families of deployed soldiers is provided through Child and Youth Services, free of charge under certain circumstances. For more details on the specifics of this program, call 526-6452 526-4188, 526-8220 or 526-3400 after hours.

The tough times of wartime deployments are hard for everyone concerned. Through openly talking about the situation, having a positive outlook on it and using great resources easily at our disposal, we can make a difficult time easier, especially for the ones we care about most – our families.

Sound off!

How do you help your children deal with the stresses of war, deployment?



"By talking to them and letting them know what's going on with their father and having them keep in touch with him by writing letters."

Ana Weber
Family member



"Let him know what I'll be doing. Let him know that I'll be okay and tell him like it is."

Sgt. David Roan
Company B,
1st Battalion,
8th Infantry



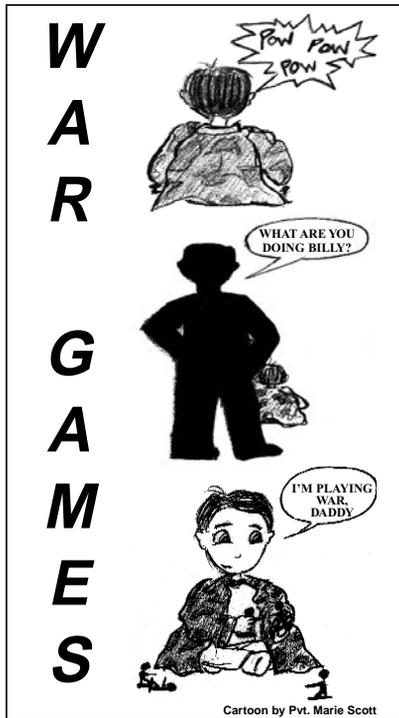
"Discussing what's going on and if they have negative feelings, we talk about it."

Sgt. 1st Class Debra
Rockwell
416th Facility
Engineer Group



"Talking to Sydney and Jaida and making tapes of reading books, prayers and some of the things I do at home."

Sgt. Eddie Woody
Company B,
1st Battalion,
8th Infantry



Cartoon by Pvt. Marie Scott

MOUNTAINEER

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News

'Brave Rifles' ready, waiting for deployment

by Spc. Jon Wiley
Mountaineer staff

Against a picture-perfect backdrop of the Rocky Mountains' front range, Fort Carson officially bid farewell to the post's largest combat unit in a ceremony on Pershing Field Wednesday.

Within days, the 3rd Armored Cavalry Regiment and supporting elements will deploy to Kuwait in support of Operation Iraqi Freedom, said Col. David Teeple, commander of the 3rd ACR.

The regiment combat team's departure will complete the largest deployment from Fort Carson since World War II.

"This is not the first time the 'Brave Rifles' have planted their colors in a foreign land, nor will it be the last. Like other generations of Americans, our nation has called upon (these troopers) to defend our freedom against aggression and acts of terrorism," said Maj. Gen. Robert Wilson, commanding general, 7th Infantry Division and Fort Carson.

The unit's last combat deployment was more than a decade ago as a part of Operation Desert Storm, where it

screened the XVIII 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.

Wilson said he expects 3rd ACR soldiers to continue to perform to the high standard they have set for themselves in past campaigns.

"Troopers, your actions, discipline and esprit de corps demonstrates one thing — you're ready to take up the task that lies before you," he said.

Pfc. Carlos Martinez, 3rd ACR, 3rd Squadron, echoed the general's words.

"I've been waiting to go for awhile. I'm ready," he said.

Still, saying goodbye to family members was difficult for many.

Debbie Ellis, whose husband Sgt. 1st Class Derrick Ellis will be leaving, said the reality of his absence hit her for the first time during the ceremony.

"It's hard. I'm worried, but I support him 100 percent. I want him and all of the soldiers to do what they have to do and come home safely," she said.

Ellis's father, who deployed to

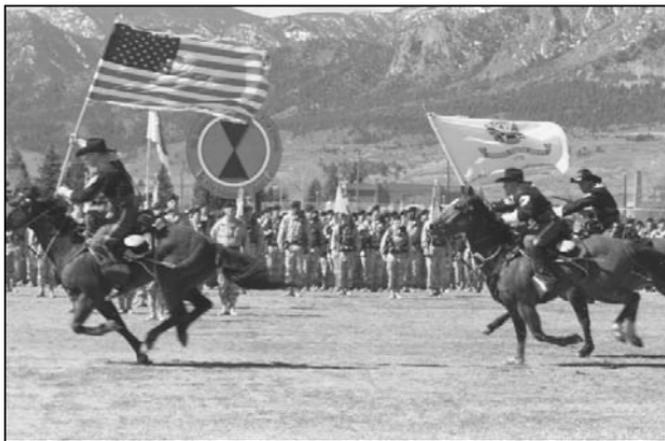


Photo by Spc. Jon Wiley

Fort Carson's mounted color guard race past 3rd Armored Cavalry Regiment soldiers in formation during a charge at the ceremony on Pershing Field.

Operation Desert Storm in 1990, attended the ceremony to show his support for his son-in-law and daughter.

"I hate that these guys have to go back to do what we could have taken care of, but it's necessary," said retired Sgt. 1st Class Wendell Greene.

He added that he would gladly take the place of any one of the 3rd ACR soldiers if he could.

While Greene will not get his wish, soon the regiment will depart, carrying the nation's commitment to freedom and democracy, along with their colors.

AER: 'Helping the Army help its own'

by Sgt. Roy Gomez
14th Public Affairs Detachment

To preserve its 61-year tradition of helping the Army take care of its own, the 2003 Army Emergency Relief Campaign kicked off March 1.

"Depending on our goal, we ask the Army community to donate a certain amount of money. However, because of all the deployments, we're asking people to contribute as much as they can in order to meet our goal this year of \$70,000," said Capt. Jesse McBride, Army Emergency Relief.

From the donations collected throughout the yearly campaigns, AER has been able to offer emergency financial assistance to active, National Guard and reserve soldiers, their family members, retirees, and widows and orphans of soldiers.

"We're (AER) here to help anyone who needs and qualifies for the financial assistance," said loan officer Sgt. 1st Class Jean Thomas, AER. "We can even help dependents if their spouses are currently deployed."

In order to qualify for the financial assistance, those in need of it must meet certain AER criteria.

"The assistance AER offers is for unforeseen

financial emergencies like a family's essential (car) breaking down or for emergency travel due to a death in the family," said McBride.

Although some people might not qualify for financial assistance, AER personnel will always offer some type of help, according to McBride.

"What we're (AER) trying to do is to prevent future problems," said McBride. "If someone doesn't qualify for one of our loans, we can still offer them some help like budget counseling or another financial readiness program."

If a financial emergency does arise and you believe AER can help, there are several ways to contact AER, according to McBride.

"Soldiers should contact their AER unit representative or they can also visit the AER representative at the Mountain Post Welcome Center Monday through Friday, from 1 to 4 p.m.," said McBride.

This year's campaign runs through May 15. To contribute to the campaign, contact your unit's AER representative or send your contribution to AER National Headquarters at 200 Stovall St., Alexandria, VA., 22332-0600.

Hotline

From Page 1

installation from which the soldiers deployed.

The hotline is intended for use only by family members of soldiers on active duty as well as those in the Army National Guard and the Army Reserve called to active duty.

After hearing a short, recorded message, callers will be able to speak to hotline staff members who have access to extensive reference materials. Staff will be unable to answer questions about casualties or soldiers wounded or missing in action.

Because of the sensitivity of this information, the Army's Casualty Assistance Office will first contact the soldier's immediate family. Once the Army is certain that the soldier's next of kin have been notified, information about soldiers' deaths will then be released to the public through news releases and other means such as the media and Department of Defense Web sites.

Due to operational security and force protection concerns, CFSC hotline staff cannot provide locator services (addresses) for soldiers or units, or information about operational matters.

The Army National Guard and the Army Reserve state and regional support commands also operate assistance lines, though they may not always be toll free. Information is also available at www.guardfamily.org and www.army.mil/usar.

"We may often refer callers to the installation because installation ACS staff have local resource telephone numbers, and more detailed information," explained Lovisone.

In addition to local and Army-level assistance via telephone, family members can find answers to many routine questions about family readiness, Army Community Service, and deployment support resources online at the ACS Web site, www.goacs.org, and at the Army Family Liaison Office Web site, www.aflo.org.

Facts about Army Emergency Relief

What can AER offer financial help for?

Food, rent or utilities.
Emergency transportation and car repair.

Funeral expenses.
Medical and dental

expenses.

Personal needs when pay is delayed or stolen.

What kind of assistance does AER offer?

Interest-free loans.
Grants if repayment of loan

causes undue hardships.

Part loan and part grant.

Do you have to contribute to AER to get help?

No. You only need to be eligible for AER assistance and have a valid emergency.

Military

Store it, sell it or give it away ...

Don't just leave your car when you deploy



Photo by Spc. Matt Millham

The fee to recover an abandoned vehicle from the abandoned vehicle lot is a minimum \$40 towing charge and \$3 for every day the vehicle is stored in the lot. Deploying soldiers have the option of placing their vehicles in storage at no cost to prevent their vehicles from being towed and possibly sold.

by Spc. Matt Millham

14th Public Affairs Detachment

Ah, finally back from that six-month deployment. What would be great is a shopping trip to the mall or maybe a hike. Just jump in the car and ... where is the car?

If a soldier's car is left behind on post during deployment, he could come home to an empty parking space or an empty driveway.

Theft, while a possibility, is not the most probable reason for a vehicle's disappearance. It is far more likely post authorities considered it abandoned.

There are three ways a vehicle will be considered abandoned: if it has no state registration, if the registration is more than two-months expired or if its owner has left it behind after a move or during a deployment, said Sgt. 1st Class Daniel McClure, Fort Carson Housing Liaison noncommissioned

officer in charge.

"If soldiers deploy and they leave a vehicle not taken care of, it will be gone," said McClure.

Breaching post policy is another sure way to lose a vehicle. To be allowed on post, vehicles must also be insured and in good working order. Violating these requirements may also result in towing.

There are other rules for soldiers living in on-post housing. Those soldiers are allowed two vehicles per family. If the family requires an extra vehicle, say for a teenager who works part-time off post, a memorandum must be sent through the first O-5 in the chain of command to the garrison commander, who has the authority to approve an extra vehicle.

But some soldiers have tried to forgo the memorandum, buying a third vehicle without approval and

Military Briefs

Small pox Hotline

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

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.

Briefings

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

ETS/Transition briefing schedule — In order for soldiers to receive their end of time in service 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, 1 to 3 p.m. at McMahon Theater.

The following are dates for upcoming briefings: Wednesday, April 16 and May 21.

There will be a local Officer Candidate School board May 22 and 23. This board is required for all applicants. All participants must

report in Class A uniform. All packets must be turned in to the 502nd Personnel Services Battalion, Personnel Actions Section, building 1118, room 208, no later than May 7. For more information, call Sgt. Jacklyn Christensen at 526-1906.

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.

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.

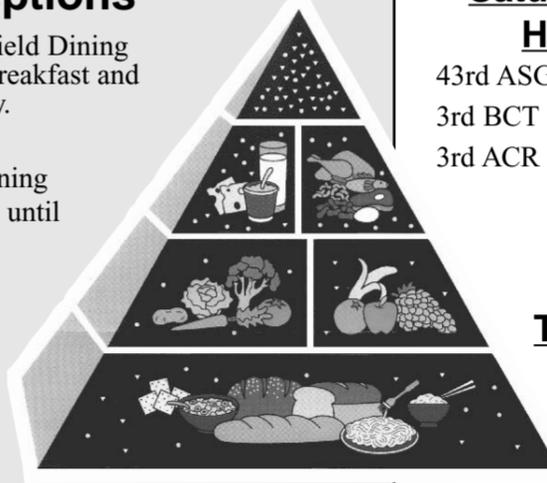
Editor's note: The deadline for submitting "briefs" to the Mountaineer is 5 p.m. Friday before publication.

Dining Schedule

Week of March 29 to April 4

Exceptions

- Butts Army Airfield Dining Facility serves breakfast and lunch meals only.
- 10th SFG (A) dining facility is closed until further notice.



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 7:30 to 9:30 a.m.
Lunch 11:30 a.m. to 1 p.m.
Dinner 4:30 to 6:30 p.m.

Weekday Dining Facilities

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

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.

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

Car

From Page 5

flouting regulations, said McClure.

“If someone lives in post housing and they are blatantly disregarding Fort Carson regulations, I can process eviction paperwork through garrison,” said McClure. “Housing is a privilege and it can be taken away.”



Photo by Spc. Matt Millham

An unloved bug sits in the abandoned vehicles lot awaiting to be sold to the highest bidder.

“Right now we’ve counted over 200 vehicles in the housing area alone that we are looking at for being considered abandoned,” said McClure.

Once a vehicle is considered abandoned, it is towed to the abandoned vehicle lot near Gate 20. The vehicle identification number is checked to determine ownership and the owner is contacted by certified mail and given three to six months to do something with the vehicle, said Louis Brown, a wrecker operator and mechanic at the Abandoned Vehicle Lot. After that time the vehicle is sold or given to a unit to be used in training, he said.

“Everything in the car goes with it, with the exception of sensitive items,” said Brown.

All vehicles are inventoried upon arrival at the lot to avoid accusations of theft and to ensure all items in the car make it back to the owner.

If the owner decides to keep the vehicle, he will have to pay a minimum \$40 towing charge and \$3 for every day the vehicle is stored on the lot.

Once a vehicle has been sold, however, the

original owner has no legal right to the vehicle, even holding a title for it. A new title is issued through the Colorado State Motor Vehicle Department.

“Everything in the car goes with it, with the exception of sensitive items.”

Louis Brown
Abandoned Vehicle Lot

There are other options for dumping off an unwanted vehicle that don’t result in a total loss for an owner. Donating a vehicle can at least bring a tax break. More than 100 state and local charities participate in vehicles for charity programs in Colorado (a list is available online at vehiclesforcharity.org). In many cases, the paperwork and towing for a donation will be carried out by the organization to which a donation is made.

You can also donate your car directly to the abandoned vehicle lot without having to pay any fees.

Deploying soldiers also have the option of putting their vehicles in storage at no cost. Exercising this option not only negates the risk of theft and vandalism that might occur in an on-post parking lot, it guarantees a vehicle will be right where it was parked when a soldier returns from deployment.

Author Barbara Coloroso to speak at Mountain Post

Courtesy Army Community Service

The Army Community Service Soldier and Family Readiness Program will sponsor two special presentations in April, which is Month of the Military Child as well as Child Abuse Prevention Month.

Barbara Coloroso, an internationally recognized speaker and author in the areas of parenting, teaching, school discipline, non-violent conflict resolution and reconciliatory justice, will be the guest speaker. She is an educational consultant for school districts, the medical and business community, the criminal justice system and other educational associations in the United States, Canada, Europe, Central America, Asia, New Zealand, Australia and Iceland.

Coloroso has served as a classroom teacher, a laboratory school instructor, and a university instructor. She is the author of two international bestsellers: "Kids Are Worth It! Giving Your Child the Gift of Inner Discipline" and "Parenting Through Crisis: Helping Kids in Times of Loss, Grief and Change," as well as two critically acclaimed video programs.

Coloroso's newest book is "The Bully, the Bullied, and the Bystander: From Pre-School to High School — How Parents and Teachers Can Help Break the Cycle of Violence."

Coloroso will speak on this topic Thursday, 10 a.m. to 12 noon, at the Family University Building 1161. It's the deadliest combination going: bullies who get what they want from their target, bullied children who are afraid to tell, bystanders who either watch, participate, or look away, and adults who see the incidents as simply "teasing" and a normal part of childhood.

Discussing her new book, Coloroso will give parents caregivers, educators — and most of all, children — the tools to break this cycle of violence.

Coloroso's topic will be "Parenting Through Crisis: Helping Kids in Times of Loss, Grief and Change," Thursday from 6:30 to 8:30 p.m., also at the Family University,

Each day offers opportunities to give children the gift of inner discipline. But what are parents to do when tragedy or traumatic events overshadow daily routines? What do we need to offer our children when they are faced with crisis or loss in their lives?

Coloroso will help parents navigate family waters when they get turbulent, offering practical answers to difficult questions and situations.

Doors prizes, refreshments and limited child-care are available. Pre-registration is required, call ACS at 526-4590.

Children

From Page 1

go to school at Fort Carson."

Social Work Service is organizing a number of ways to address the range of issues affecting children at every age level. In addition to workbooks, psychological screenings and one-on-one therapy sessions, a number of peer groups have been organized to help children discuss concerns with people their own age.

Though many of the deployments of soldiers from Fort Carson have been delayed, there is still overwhelming demand in the community for direction from Social Work Service in dealing with the multitude of issues concerning children and their parents. To attend to these concerns, Lehman and others from the civilian sector are teaming up to provide training for parents and other adults who work with children.

He recommends if a child is showing any of the major symptoms or behaviors associated with a deployed parent for more than a month, the family should come into Social Work Service for a screening. Those symptoms may include sadness, guilt, anger, clinginess, despondence, fear of rejection, denial of feelings, change in appetite, lowered self-esteem and lower performance in school, among others.

Nathaniel Nugin, troop adult education coordinator at Family Advocacy advised that parents and guardians encourage communication to keep deployment related stress from becoming an issue for children.

"Teach children to speak freely and express their feelings," said Nugin.

Nugin encourages parents to set models of behavior for their children by talking openly and honestly with them.

"The biggest key is for parents to be available and be there for their children," said Nugin. "Be as open and honest as possible with children, but don't lie to them. Don't make any promises that you can't keep," he said.

Now with boots on the ground in Iraq, the images and news of losses in the war are poised to take a more prominent position on television and in the news and a more prominent place in the minds of military children. Ensuring children are not overwhelmed by the conflict is part of the key to winning the war at home.

Soldiers interested in the services mentioned should contact Social Work Services at 526-4585 or 526-5050.

Fort Carson strives for ...

'Community of One' goal in 2003

by Susan Galentine

Directorate of Environmental
Compliance and Management

"If you are thinking one year ahead, sow seed. If you are thinking 10 years ahead, plant a tree. If you are thinking 100 years ahead, educate the people."

— Chinese proverb

Sustainability has many definitions. One accepted way of explaining the concept of sustainability is the use of resources to meet the needs of the present without compromising the ability of future generations (or soldiers) to meet their own needs (mission).

"Community of One" is a sustainability goal for Fort Carson: To improve communication to foster understanding and attain a community of one.

The future holds limitless possibilities on how we can improve our interaction with the local community to attain a better understanding. This sustainability goal is harder

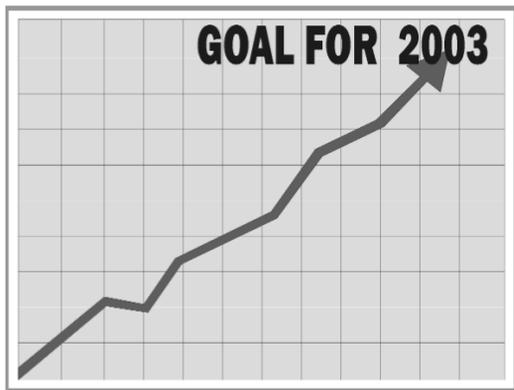
to measure in terms of success than other goals because it deals with perception, however, in some respects it is easier to attain. Each individual can influence community perception simply

by how they interact with community members. You can serve as an ambassador for your installation.

Current ways Fort Carson is reaching its Community of One goal:

Fort Carson works with the public in a variety of ways to get the word out on what we do and why we act. Attaining a community of one in understanding not only means educating our neighbors on who we are, but it also means lending a hand to those on post who may need to have a better understanding of the community in which they live.

Public affairs efforts include working with the local media to support requests of news stories, as well as providing news stories generated on post.



A plan is in development for a speaker's bureau with military members supporting requests for speaking engagements at local schools, civic groups and other organizations

interested in the Fort Carson story.

Fort Carson has an active wildlife education program where Fort Carson wildlife officers give classes at local schools on Fort Carson and its wildlife

SUSTAINABLE FORT CARSON

Enduring GEM* of the West

resources.

Things people can do on an individual level to help improve understanding:

Get to know your neighbors and co-workers in the community. Help them to understand what Army life is like to help clear up any misconceptions. This has an added benefit of extending your support network.

- Join local civic or nonprofit groups to share in the community experience and add your personal expertise.
- Participate in on-post volunteer programs through the Army Community Services (526-4590) to assist our own military family members in need.

Future Community of One initiatives:

- Conduct annual sustainability workshops to enhance understanding of Fort Carson and community interaction.
- Set up educational materials about Fort Carson and its mission at display venues, such as malls, libraries

and regional events.

- Maintaining support of community events by such groups as the mounted color guard and allowing no more than a five percent decrease in that support. This initiative is heavily dependent on mission requirements.

- Support all speakers bureau requests provided within reasonable time constraints.

- Increase positive versus negative news stories over time.

- Reduce complaints about mission-related activities through education measures by 5 percent each year.

- Pursue a Web-based virtual reality tour of Fort Carson (as Fort Carson becomes more "isolated" behind fences this would be a way to allow people to see what life is like on an Army post).

- Research opportunities to develop or modify a "SIM (simulated) City" — type program to show sustainability opportunities and learn more about military life.

- GEM stands for Green Environment/economy Model.

Mountain Post AFAP issues taken to higher level

by Judy Woolley

Army Community Services

Fort Carson sent six representatives to the Forces Command Army Family Action Plan Conference March 17 to 21 in Atlanta.

Kathy Devine was selected as a facilitator and Karen Lloyd was selected as an issue support expert. Fort Carson delegates included: Chap. (Lt. Col.) Scottie Lloyd, Sgt. Maj. Julia Woodhouse, Spc. Kara Hines of the Better Opportunities for Single Soldiers program and Marie Langford. All Fort Carson representatives participated in the local AFAP Conference held in November.

The top issue prioritized by the Force Support workgroup at the Fort Carson conference requires higher headquarters attention. That issue was sent to FORSCOM for consideration at the Department of the Army level conference.

Promotion standards: The scope of the issue states soldiers are being promoted to noncommissioned officer grades without adequate technical/tactical knowledge of military occupational specialty and are ill-prepared, ineffective leaders and trainers.

The group had three recommendations. The first was that the Army institute a MOS skill qualification test to be directly linked to promotion for grades E-4 through E-8. The second recommendation was continued education on MOS knowledge be concurrent with force modernization. Lastly, a system should be developed to incorporate new technology and ways of doing the job.

Both Lt. Col. Patrick Devine of G-1 and Command Sgt. Maj. Terrance McWilliams, Fort Carson command sergeant major, were asked to respond to this issue.

Devine responded that the issue cannot be totally resolved at the local level. This issue must be forwarded to Department of the Army where the policy makers can implement a change. The Army has recognized issues in this area and developed programs. The evaluation reporting system supports the evaluation of soldier's promotions based on their duty performance and are indicators during boards. Possible courses of action could include board members of Semi-Centralized Boards incorporating MOS-specific questions during the boards.

NCOs are promoted within different systems based on the promotion authority.

The following systems exist:

a) Semi-centralized promotions (sergeant and staff sergeant): Field-grade commanders in units authorized a

commander in the grade of lieutenant colonel or higher are the promotion authorities. Promotion boards are conducted to determine the soldier's potential for increased responsibility. These boards are typically held locally at battalion level and chaired by a command sergeant major. Soldiers up for promotion appear before these boards.

b) Centralized promotions (sergeants first class, master sergeants, sergeants major): Personnel Command is the promotion authority for these grades. The soldier does not appear before these boards.

c) Evaluation Reports: Evaluation reports ensure the selection of the best-qualified NCOs to serve in positions of increasing responsibility by providing rating chain review of performance/potential for use in centralized selection, assignment and other Enlisted Personnel

Management System decisions.

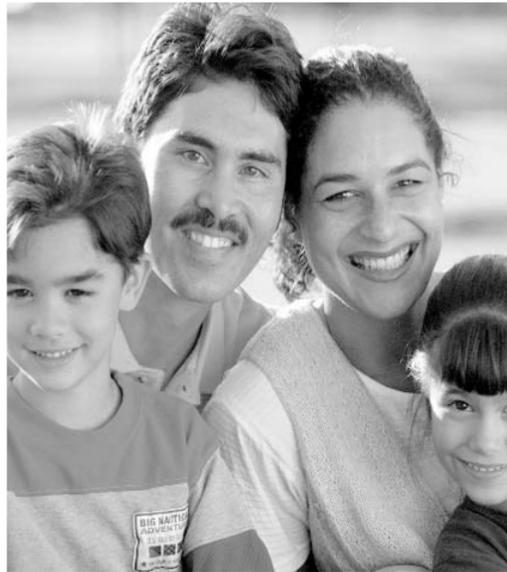
The information in evaluation reports, the Army's needs, and the individual NCO's qualifications are used together as a basis for such personnel actions as school selection, promotion, assignment, military occupational specialty classification, command sergeant's major designation and qualitative management.

McWilliams took the issue to a panel of senior command sergeants major during the SMA Conference Jan. 4 to 10 at Fort Bliss, Texas. A pilot study will be implemented in

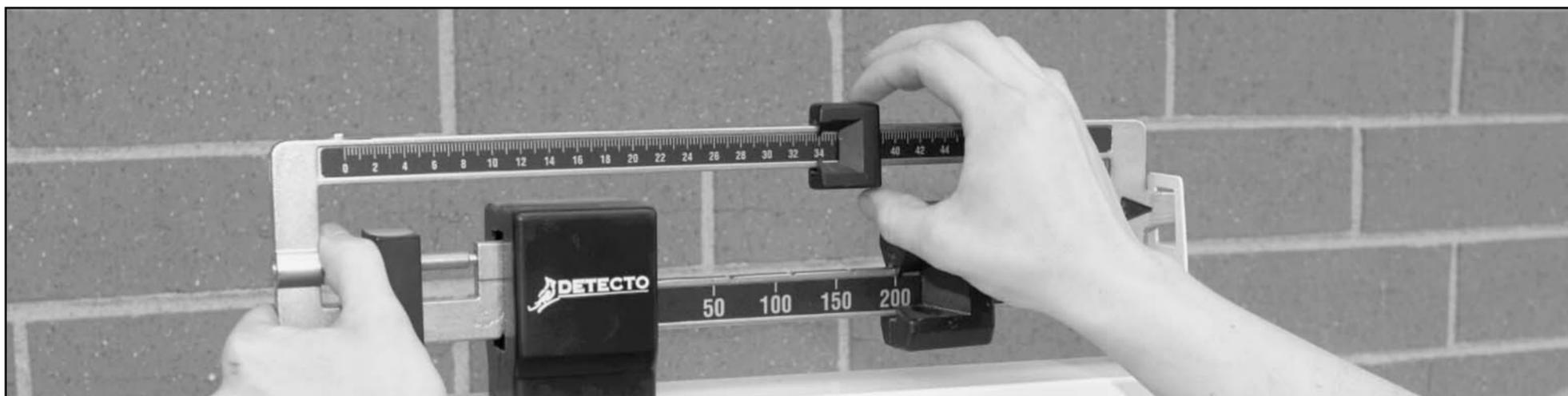
2004. The testing will not be MOS specific. The rank of E-4 through E-7 will be included in the pilot testing.

The testing will be in three areas to include: Army values, Army history and military customs and courtesies. McWilliams said the testing gets back to the basics.

To get additional information on any of the issues or the Army Family Action Plan Conference, call Nancy A. Montville, the Fort Carson AFAP coordinator, at 526-4590 or e-mail her at nancy.montville@carson.army.mil.



Community



Eating disorders: When body image weighs too heavy on your mind

by Sgt. Alicia Stewart
Mountaineer editor

Spare tire. Love handles. Pot belly. Fat.

Everyone has at least a little body fat, but it doesn't matter what you call it, what matters is how you handle it. Managing your weight through proper diet and reasonable exercise is healthy, but trying to manage your weight through purging, starvation and excessive diet or exercise is not. It's a disorder, an obsession with food, said Lt. Col. Christine Parker, chief, Nutrition Care Division, Evans Army Community Hospital.

"People who have eating disorders place too much emphasis on how they eat and how they look instead of what's healthy," said Parker. Their whole day revolves around food — whether its food they're not going to eat or food they will eat and purge.

Eating disorders

There are three common eating disorders. Anorexia nervosa is one in which a person refuses to maintain a normal body weight for their age and height. People who have anorexia usually weigh 15 percent less than their normal weight, are terrified of becoming fat and often have a distorted body image, thinking they look fat when they're actually very thin.

Bulimia nervosa is a disorder in which a person will binge eat, feel guilty afterwards and choose to make themselves vomit, misuse laxatives, fast or exercise to make up for the binge. People who suffer from bulimia are usually at a normal, or near normal, weight.

Binge eating disorder is yet another disorder in which a person may binge eat frequently, or rapidly and secretly, has a history of diet failures and tends to be depressed and obese. People who have a binge eating disorder do not regularly vomit, over exercise or abuse laxatives.

A lesser-known eating disorder is anorexia athletica, or compulsive exercising, in which a person is fanatic about diet and exercise, repeatedly exercising.

An eating disorder opposite of anorexia, is muscle dysmorphia, in which a person obsesses about being too small or too frail.

Who it affects and why

Eating disorders can affect people of all ages, but will most often affect:

- **People with low self-esteem.** People with eating dis-

orders tend to feel insecure, inadequate in their relationships, unworthy of praise and care deeply about what others think

- **Perfectionists.** People with eating disorders tend to be perfectionists, good students and athletes. They strive to be the best at all they do and are usually very self-critical, especially concerned about how they look and being accepted by others

- **Females.** More females suffer from eating disorders than males

Health problems

Eating disorders can lead to serious health problems ranging from dehydration and anemia to heart attacks and death.

Health problems from anorexia include: a stop in menstrual cycles for females, delayed growth and physical development in teens, thyroid problems, dehydration and anemia. People with anorexia can also suffer from heart problems.

Health problems from bulimia include: an absence of menstrual cycles due to reduced hormone levels; destroyed tooth enamel from frequent vomiting, which can also cause severe tooth decay and damage gums; irregular heart rhythm, heart failure and death may result if the body's fluid balance is upset; the digestive organs can be affected causing everything from nausea, stomach cramps, ulcers and colitis to a fatal rupturing of the stomach.

Other problems include: weakened muscles from a loss of potassium; swollen or infected salivary glands and a damaged esophagus from too much vomiting.

Treatment

"Eating disorders can't be cured with a pill," said Parker. People with eating disorders can be treated successfully though if the person admits to having a problem and accepts help.

It's not a food issue, so the first step in treating an eating disorder is finding out why the person has one and getting counseling for the underlying issue, said Parker.

Parker knows firsthand about eating disorders.

"I was so tired of it ruling my life," said Parker, who suffered from anorexia while she was in high school.

Some signs of an eating disorder:

Changes in appearance — With anorexia, fine hair may grow on the face, arms, shoulders and back; a poor diet will lead to hair loss. With bulimia, purging may cause skin rashes and dry skin, changes in the texture and quality of fingernails and hair, swollen salivary glands.

Abuse of purgatives — Watch for the use of laxatives, diuretics or diet pills.

Abnormal interest in food — People with bulimia spend an unusual amount of time thinking and talking about food, dieting and their weight.

Signs of secrecy — People with bulimia may attempt to hide their binges by eating in the car or wanting to be alone at meal times.

Severe dieting and exercise — People with bulimia may combine strict restrictions on eating with extreme physical exercise.

Weight changes — With bulimia, frequent binge eating and purging may cause weight to rise and fall dramatically. With anorexia, a person may lose 25 percent of more of their body weight over several months.

Changes in health — With anorexia, poor nutrition can damage teeth and gums causing cavities and gum disease. Also, with anorexia, loss of fat and muscle tissue makes it hard for the body to keep itself warm.

See Eating, Page 12



Community Events

Claims against the estate of:

With deepest regrets to the family of Spc. Jose Ernesto Rodriguez, deceased. Anyone having claims against or indebtedness to his estate should contact Capt. Tommy D. Bowling Jr. at 524-2329 or 338-0994.

Automotive Service Examination

Soldiers wanting to take the Automotive Service Examination must be registered for the test already. Three funded exams are available for service-members 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.

Child and Youth Services

There is a change in hours of operation for Child and Youth Services central registration office. Walk-in hours are from 7:30 a.m. to 5

p.m. Monday and Thursday. Appointment hours are 7:30 a.m. to 5 p.m. Tuesdays, Wednesdays and Fridays. There is now a clerk on duty every Saturday at the Youth Center, building 5950, from 8 a.m. to 4:30 p.m. You may register for any CYS program during this time.

The following is required to register: Up-to-date immunization record, health assessment, proof of income, three emergency designees, child's Social Security Number and an up-to-date physical. For more information, call Faye Wilburn at 526-8220.

Yard sales

Would you like to make a fistful of money from that gold mine of unwanted stuff? The annual Fort Carson Mayors yard sales are scheduled to begin April 5. Yard sales are held the first Saturday of every month, between April and December, from 8 a.m. to 3 p.m. Participation is open to all Fort Carson village residents.

Single soldiers and military families (active or retired), who reside off-post, also have the opportunity to participate. On-post residents can set up in front of their homes, while single soldiers and off post residents can set up at the Beacon School parking lot. All residents and sellers must comply with the following guidelines:

1. Yard sales are only held on days provided in the annual schedule. Residents holding yard sales on days other than those stated (first Saturday of the month, April to December) will be issued a citation.

2. Individuals are responsible for the conduct of their own yard sale.

3. Commercial organizations/individuals will comply with those regulations related to commercial solicitations.

4. Individual occupants and/or sellers are responsible for removal of trash and must have it removed no later than 5 p.m. on the day of the sale. The Housing Liaison and/or Area Coordinator will issue citations for items left on the curb, unless it is the resident's regular trash day.

5. All sellers are prohibited from offering the following sale items: drugs, guns, food or any other items which do not conform to the rules and regulations of Fort Carson, the state of Colorado or the federal government.

6. Civilian visitors are required to comply with all Fort Carson regulations.

What should you do at the end of the day with leftovers? Perhaps, you can donate those items to a local charity or there is always the next yard sale. Remember, to have a successful yard sale, plan ahead and have a good time. For more information, contact your village mayor/deputy mayor or the Mayoral Program Coordinator at 526-1082 or 526-1049.

Stress management

Everyday stress about to make you pop a cork? The Mountain Post Wellness Center has an Anger Management Class designed to help you cope with life stressors in healthy ways.

This basic class helps individuals cope and deal with those events that may lead to anger or angry outbursts. It is

Army Community Service
Family Readiness Center
526-4590

A Parents Journey

Special Guest Speaker



April 3

"The Bully, the Bullied
& the Bystander"
10 a.m. to Noon

"Parenting Through Crisis:
Helping Kids In Time
of Loss, Grief and Change"
6:30 to 8:30 p.m.

Family University, Bldg. 1161. Limited childcare. For details, call 526-4590.

open to all active duty personnel, family members over the age of 18, retirees and Department of Defense employees. Anyone wishing to attend must have a screening with the instructor.

Classes are held at the Mountain Post Wellness Center, next to the commissary, telephone number 526-3887. The next class will be April 7.



Photo by Sgt. Roy Gomez

City makes pact with soldiers ...

Colorado Springs Mayor Mary Lou Makepeace shakes the hand of Staff Sgt. Spencer Polwort, 3rd Battalion, 3rd Armored Cavalry Regiment, after presenting Maj. Gen. Robert Wilson, Fort Carson and 7th Infantry Division commander, with a resolution supporting deployed and mobilized soldiers and airmen from the city of Colorado Springs Tuesday at the Colorado Springs City Hall. Polwort, Sgt. Myles Leehang, left, Company B, 1st Battalion, 12th Infantry Division and Spc. Morgan Wakefield, 59th Military Co., represented Fort Carson soldiers at the city council meeting.

Eating

From Page 11

"Eating disorders are very much about control, said Parker, who was trying to fit into a new school. Her weight was the only thing she thought she could control.

"I try to help people because I know how unhappy it can make a person," she said.

Eating disorders really take over — until you step in to take control in the right direction, said Parker.

Counseling is the first step to overcoming eating disorders. To learn about the counseling options offered through TRICARE, call (888) 874-9378.

"We're all so busy we're not as focused on what we're eating," said Parker. It takes planning to eat healthy.

Any person who would like to learn how to make healthy dishes, can do so at the Mountain Post Wellness Center Healthy Cooking Demonstration. The healthy-cooking demos were created for education, but

are also a great place to get some healthy recipes and find new ways to cook food healthier, according to Capt. Karen Brasfield, community dietician and deputy director, Mountain Post Wellness Center.

The dietician cooking for the class will also answer questions on nutrition topics ranging from decreasing body weight to recipe modification. When the cooking is finished class participants sit down to eat the meal. Classes are the first Friday of each month from 11 a.m. to noon. Call the

Mountain Post Wellness Center at 526-3887 to book an appointment.

Purging, starvation and over exercise aren't healthy ways to lose weight. Whether its five pounds or 50 pounds, losing your life just isn't worth it.

Editor's note: Portions of this article were taken from the "About Anorexia Nervosa" and "About Bulimia Nervosa" pamphlets, which are available at the Nutrition Care Office, Evans Army Community Hospital.

Chaplain's Corner

The work of his hands — created to do his good

**Commentary by
Retired Chap. (Maj.) Warner B. Simo
Contributing writer**

There was a popular saying when I was a young Christian: “Don’t ask God to bless what you are doing, rather, ask him to make you part of what he is blessing.” Jesus said, in essence, throughout the gospel of John: I only say what my Father tells me to say. I only do what my Father tells me to do. My words and actions and judgments are not my own. I come to do his will. In fact, I so perfectly reflect the heart and mind and will of God that if you have seen me, you have seen my Father.

Even Jesus did not initiate works of his own. Rather, as he walked in relationship with his Father, listening to his voice, yielding to his purpose, he was the perfect manifestation of God upon the earth. And yet the message I often receive from the church has a slightly different tone. I am asked by the church to dedicate my life to the work of God, to be a worker in the field of the Lord and to work in the church to care of others, all well intentioned admonition, but often motivating me to engage in efforts not authored by the Lord.

The scriptures give evidence that this is not what God wants of us. Ephesians 2:1-10 concludes with, “For it is by grace you have been saved, through faith — and this not from yourselves, it is the gift of God, not by works, so that no one can boast. For we are

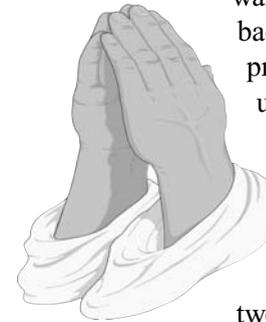
God’s workmanship, created in Christ Jesus to do good works, which God prepared in advance for us to do. God is the workman and we are the worked upon, the worked over. We do not initiate our good works, but rather respond to God as he performs his will in us. Our task is to cooperate with him in order to allow him to do what he desires with our lives.

Ephesians is clear that God provides salvation for us through his loving kindness. It is not a reward for our fine efforts. If it were, we would boast and be arrogant about our relationship with him. Rather, salvation is a free gift. We cannot earn favor with God by what we do, but we can please him with our faith.

The question then is “What is faith?” Faith is simply believing that God will do what he has said. It is faith in God’s faithfulness and not in our ability to perform righteousness. God has declared that through the sacrifice of his Son, I am forgiven of my sins and made clean in his sight. I believe it and he does it. God has declared that by the power of his Spirit, I am regenerated and filled with his goodness. I believe it and he does it. God has declared that I will do good works as evidence of his life in me. I believe it and he does it!

My task is to love him, listen to him, trust him and obey him. And out of this relationship I will find myself doing things I never dreamed possible. I will do the works of God as he works on me.

When my son was small, he and his mother



wanted to make a bird-feeder for the back yard. They talked about the project and that same day happened upon a trash pile full of wood scraps. Obtaining permission to take the wood home, they tried arranging the wood in the form of a feeder. There was a large v-shaped piece formed where two boards had been nailed together by somebody else. They thought they might turn it upside down, nail on a floor and have an A-frame feeder. But as my wife turned the wood in her hands, our son said “Mom, it already is a bird-feeder!”

Sure enough! The angle formed a bottom and slanted roof. There was even a small hook attached to hang it from a tree. They hadn’t realized they were working to create something that already was. Our efforts for the Lord are much the same. He gives us the idea, he formulates the plan in our thinking. He leads us to provision for the undertaking and then sovereignly accomplishes through us the thing that he has already done. It is a mystery, but no small feat for the one who in infinite holiness first calls us holy, then proceeds to make us so. Both salvation and the works that follow are the product of his imagining and power to perform. The psalmist declared “Establish thou the works of my hands.” He will if they are his own.

Chapel

Special Fort Carson Lenten Services:

Christian Ecumenical — Midweek devotions and lunch, 11:30 a.m. Wednesdays at Soldiers' Memorial Chapel.

Catholic — 5:30 p.m. Fridays — Soup/Bread Supper; 6 p.m. Fridays — Stations of the Cross at Soldiers' Memorial Chapel.

Coming events at Prussman Chapel —

Thursday Night Community Prayer Meeting, every Thursday at 7 p.m.; *"Christ in Passover"* Dinner and service is April 18.

Holy Week and Easter Schedule:

Protestant:

Maundy Thursday Liturgy and Communion,

April 17, Evans Army Community Hospital, 10 a.m.; Soldiers Memorial Chapel, 11:30 a.m.; Good Friday Liturgy, Christian Ecumenical, April 18, Soldiers' Memorial Chapel, noon.

Easter Sunday: Easter Sunrise Service, Soldiers' Memorial Chapel, 6:30 a.m. Featured Speaker is Chap. (Col.) Ret. Chuck Adams. A continental breakfast will follow service.

Note: Regular Sunday schedule at all chapels.

Catholic:

Holy Thursday, April 17, Soldiers' Memorial Chapel, 7 p.m.

Good Friday, April 18, Soldiers' Memorial Chapel, 7 p.m.

Holy Saturday (Vigil), April 19, Soldiers' Memorial Chapel, 7:30 p.m. (No regular Saturday 5 p.m. mass)

Easter Sunday: No 8 a.m. mass at Prussman Chapel. Soldiers' Memorial Chapel, 9:30 a.m. mass. Provider Chapel, 12:15 p.m. mass.

Chapel Schedule

Day	Time	Service	Chapel	Location	Contact Person
M-W-F	noon	Mass	Healer	Evans Army Hospital	Fr. Gagliardo/526-5769
Tues., Wed., Thurs.	noon	Mass	Soldiers'	Nelson & Martinez	Chap. Stahl/526-5769
Saturday	5 p.m.	Mass	Soldiers'	Nelson & Martinez	Chap. Stahl/526-5769
Sunday	8 a.m.	Mass	Prussman	Barkeley & Prussman	Chap. Stahl/526-5769
Sunday	9:30 a.m.	Mass	Soldiers'	Nelson & Martinez	Chap. Stahl/526-5769
Sunday	10:45 a.m.	CCD	Soldiers'	Nelson & Martinez	Jim Sciegel/526-5744
Sunday	11 a.m.	Mass	Healer	Evans Army Hospital	Fr. Gagliardo/526-7386
Sunday	12:15 p.m.	Mass	Provider	Barkeley & Ellis	Chap. Stahl/526-5769
ROMAN CATHOLIC					
EASTERN ORTHODOX					
Sunday	8 a.m.	Divine Liturgy	Soldiers'	Nelson & Martinez	Chap. Olson/526-5772
PROTESTANT					
Sunday	9 a.m.	Protestant	Healer	Evans Army Hospital	Chap. Simmons/526-7387
Sunday	9 a.m.	Protestant	Provider	Barkeley & Ellis	Chap. Drake/526-4206
Sunday	9:30 a.m.	Protestant	Veterans'	Magrath & Titus	Chap. Atkins/524-1822
Sunday	11 a.m.	Protestant	Soldiers'	Nelson & Martinez	Chap. Kincaid/526-8011
Sunday	11 a.m.	Prot./Gospel	Prussman	Barkeley & Prussman	Chap. Pair/526-2811
Sunday	9:30 a.m.	Sun. School	Soldiers'	Nelson & Martinez	Dr. Scheck/526-5626
Sunday	9:30 a.m.	Sun. School	Prussman	Barkeley & Prussman	Chap. Pair/526-2811
Sunday	6:30 p.m.	PYOC	Soldiers'	Nelson & Martinez	Ms. Scheck/524-1166
LITURGICAL PROTESTANT					
Sunday	10:45 a.m.	Protestant	Provider	Barkeley & Ellis	Chap. Bauer/526-5279
JEWISH					
For information and a schedule of Jewish Sabbath services, call the U.S. Air Force Academy Cadet Chapel at 333-2636.					
WICCA					
2nd and 4th Tuesday	6:30 p.m.		Spiritual Fitness Center	Barkeley & Ellis	Ms. Costantino-Mead/ (303) 428-7703
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 111 & Luke 18-19

Saturday — Psalms 112 & Luke 20-21

Sunday — Psalms 113 & Luke 22

Monday — Isaiah 64:1-9 & Luke 23-24

Tuesday — Isaiah 25:1-9 & Romans 1-3

Wednesday — Psalms 114 & Romans 4-6

Thursday — Psalms 115 & Romans 7-9

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 101st Airborne Division (Air Assault), the Screaming Eagles, headquartered at Fort Campbell, Ky. **Army:** For the dedicated officers, warrant officers, noncommissioned officers and soldiers of the Aviation Branch, whose regimental home is at Fort Rucker, Ala. **State:** For all soldiers and their families from the state of Kentucky. Pray also for Gov. Paul Patton, the state legislators and municipal officials of the Bluegrass State. **Nation:** For the thousands of employees of the Department of Justice, who daily uphold the laws that ensure our citizen's safety and our country's order. **Religious:** For all chapel choir directors, musicians and choirs, that our hymns and songs might give praise and honor to God and uplift our people.

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.

War on Iraq

by Spc. Jon Wiley
Mountaineer staff

March 20, 5:45 a.m., with just a crack of light breaking through the dark cover of early morning, more than 40 satellite-guided Tomahawk missiles blazed across the pre-dawn sky and lit up a target of opportunity in Baghdad. With that, months of anticipation drew to a close. The United States-lead coalition to oust Saddam Hussein from power in Iraq began.

Even though the missiles exploded thousands of miles away, their impact rippled throughout the Mountain Post. For weeks, Fort Carson's largest combat units have had deployment orders to the Central Command's area of responsibility, which includes the Middle East and much of North Africa. Now, the guessing game is over.

Like most conflicts, this one has a long history. For more than a decade, the United States has been at odds with Iraq, but the roots of violence in this country run much deeper.

Iraq occupies what was once known as Mesopotamia, or the land between the rivers Tigris and Euphrates. It is often referred to as the cradle of civilization because around 4,000 B.C. humanity's first civilized culture arose there. In this area, an ancient people known as the Sumerians developed many of the technologies that took humankind from pre-history to history. They were the first to develop agriculture, the wheel, urban centers, banking and writing. Also, the mathematical system they invented, centered around the numeral 60, is still in use today as the basis of time.

The history of modern Iraq is much more brief, beginning with World War I. At the outbreak of the war, the area now referred to as Iraq, along with the rest of the Middle East, was part of the Ottoman Empire. The empire was run by the Turks, whose sphere of influence is now limited to the nation of Turkey. During the war, the Turks sided with Germany against Britain and France, but the Arabs entered into a pact with Britain. They agreed to rebel against their rulers in exchange for their independence after the war.

In 1917, British forces invaded Mesopotamia and occupied Baghdad, bringing the Ottoman Empire to an end. The League of Nations made the territory of present-day Iraq a British protectorate in 1920. It remained so until 1932, when the British-backed Emir Faisal ibn Hussain became the ruling monarch of the newly established kingdom.

Unfortunately, the British didn't take the natural frontiers or traditional tribal and ethnic settlements into account when defining the territorial limits of the new country. The result was a nation mostly occupied by Kurds in the north, Sunni Arabs in the center and Shiite Muslims in the south. The composition remains the same today and is a source of tension within Iraq's borders.

In 1927, huge oil fields were discovered in the southern part of the country and became a source of wealth for the fledgling state.

Despite its wealth, political unrest rocked the nation, and in 1936 it experienced the first military coup d'etat in the modern Arab world, after the monarchy was overthrown by General Bakr Sidqi.

Sidqi was an unpopular ruler, however, and by 1938 the monarchy was back in power. That year, King Ghazi announced plans to annex Kuwait, an idea Saddam Hussein would take up again more than five decades later. Nothing came of Ghazi's attempted invasion of Kuwait because the king died in a car crash in 1939.

For the next two decades there was a series of failed coups, but the monarchy eventually did fall when Brigadier Abdul-Karim Qassem an Colonel Abdul Salam Arif executed King Faisal II in his palace July 14, 1958.

Just a year later, a new group rose against then prime minister Qassem led by the Baath party. After a failed attempt on Qassem's life, the Baath party was ruthlessly suppressed. A young Saddam Hussein was among those who tried to kill Qassem.

Over the next 10 years, the Baath party struggled for control of Iraq, succeeding July 17, 1968, with a bloodless coup organized by Hussein. Under the new government, Hussein was appointed as acting deputy chairman of the Revolutionary Command Council. He used the position to order the deaths of opponents of the Baath party.

Hussein's power continued to grow in the Baath party. In 1970, he was put in charge of its militia, and in 1972 he directed the nationalization of Iraq's oil fields. By 1977, he became the defacto leader of the country, a position he assumed officially July 16, 1979, after being appointed president.

A year later, Iraq became involved in a costly eight-year war with its northern neighbor, Iran, over a border dispute. Combined, both nations suffered an estimated 1 million casualties, even though the war ended in a stalemate. When a

cease-fire agreement went into effect Aug. 20, 1988, neither side had made significant gains against the other.

Throughout the course of the war, Hussein directed attacks using chemical weapons that had been outlawed by the international community. He also used the illegal weapons to quell rebellions by the Kurds in northern Iraq.

Two years after the cease-fire with Iran, Hussein began a second war of aggression, this time directed at his southern neighbor, Kuwait. Using the charge of unfair business practices by the Kuwaiti government in oil deals as justification, Hussein ordered the invasion of the tiny country Aug. 2, 1990.

The United Nations responded swiftly by imposing trade sanctions against Iraq four days later. A series of UN resolutions ordering the withdrawal of Iraqi troops followed, all of which were ignored. After months of failed diplomatic attempts to dislodge Iraq from Kuwait, the United States lead a 33-nation coalition force in a six-week campaign to liberate the country. During the war, known as "Operation Desert Storm," coalition forces suffered fewer than 150 casualties.

Even though the war ended March 3, 1991, with Iraq accepting a cease-fire agreement, hostilities between the nation and the international community were far from over. As a part of the agreement, Iraq conceded to the destruction of its chemical, biological and nuclear weapons programs and to regular inspections by the UN to monitor the effort. Also, the UN established "no-fly" zones in the southern and northern parts of the country for the protection of Kurds and Shiite Muslims. However, Iraq has failed repeatedly to honor these agreements leading the United States to conclude the country is continuing its illegal weapons programs.

In Dec. 30, 1998, Iraq expelled UN inspectors and declared its intention to violate the "no-fly" zone agreements.

Three years later, President George W. Bush declared an international war on terror in response to the Sept. 11, 2001, terrorist attacks. Bush vowed to disarm Iraq and depose Hussein as part of this campaign. Operation Iraqi Freedom began March 20.

Editor's note: Information for this article was gathered from www.home.achilles.net/~sal/iraq_history.html and www.historyguy.com/GulfWar.html.



Photos courtesy of Department of Defense
Operation Desert Storm was the first time the United States led a multi-nation coalition to liberate a people from Saddam Hussein's rule. Here, a M-3 Bradley from the 2nd Squadron, 4th Cavalry, 24th Infantry Division, waits for its turn on a live-fire range Dec. 19, 1990 in Saudi Arabia, weeks before the "Operation Desert Storm" air strikes against Iraqi forces began.



In the Gulf War, the United States set up Patriot missile launch units in strategic places throughout the Middle East to guard against Iraqi SCUD missiles. Seen here, a unit from Battery A, 2nd Battalion, 7th Air Defense Artillery became the first to successfully engage a SCUD missile Jan. 18, 1991.



Soldiers wait in line for their small pox and anthrax shot outside the Morale, Welfare and Recreation tent at Camp Virginia, Kuwait March 18. The soldiers are deployed in support of Operation Enduring Freedom. They are part of the second U.S.-led international force to check Hussein's power and liberate a nation from his grip.



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Sports & Leisure

Best of the year ...

2 Carson soldiers chosen as Army's male, female athletes of 2002

by Bill Scharton
Mountaineer staff

World champion Greco-Roman wrestler Dremiel Byers and world runner-up freestyle wrestler Tina George have been selected as the Army's male and female athletes of the year for 2002. Both athletes train with the Army World Class Athlete Program's wrestling team headquartered at Fort Carson.

Byers and George will be formally presented with the prestigious honor tonight at an Armed Forces "Pride of the Nation" banquet in Washington, D.C.

Each year, Army post sports directors are invited to nominate athletes for the athlete of the year award. The nominations are sent to Karen White, chief, Army Sports and Fitness for the U.S. Army Community and Family Support Center. A CFSC panel of judges then chooses the yearly winners.

Byers follows in the footsteps of his current head coach Shon Lewis. In 1993, Lewis was honored as Army male athlete of the year for Greco-Roman wrestling.

Lewis said Byers went from a diamond in the rough to a polished diamond in a fairly short period of time due to dedication and hard work.

"At his first trial camp in 1996, we could tell Byers was a diamond in the rough," Lewis said. "His raw talent allowed him to compete with the

WCAP wrestlers right away. The rest is history. He became the first ever Armed Forces wrestler to win a world championship in Greco-Roman wrestling."

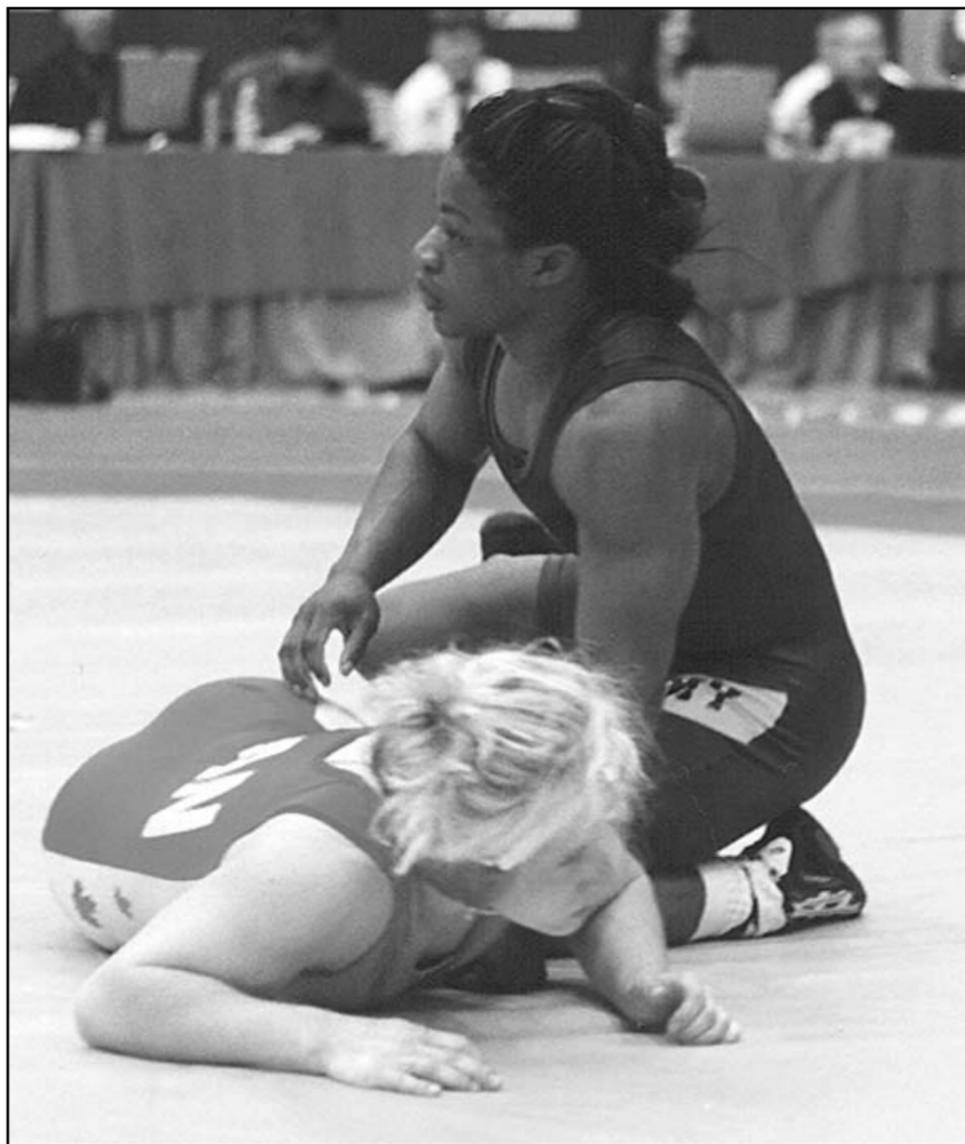
The historic world championship feat took place last October in Moscow. Byers defeated Mihaly Deak-Bardos of Hungary to become only the fourth American to win Gold at the Greco-Roman world championships and the first from the Armed Forces.

"A lot of good things have happened to me because of wrestling," said Byers. "This Army male athlete of the year honor is amazing. It is equal in importance to winning the world championship."

Byers is proud to be a member of the Army's WCAP and appreciates the opportunity. "Great people walk through the doors here," said Byers. "I am fortunate to be around them. I would like to remain in the program. But I am a soldier first, and I will go where the Army needs me."

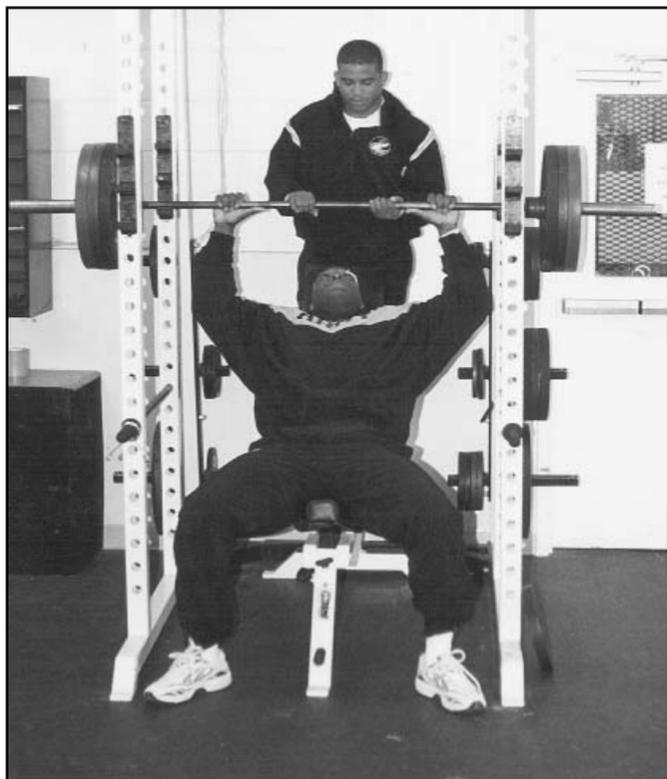
Currently, Byers is involved with the All-Army Wrestling Team Trial Camp and will be wrestling to keep his slot on the All-Army Wrestling Team that will be defending its Armed Forces title next month in Idaho. The USA National Championships in May, the Pan American Games in August and the

See Wrestling, Page 22

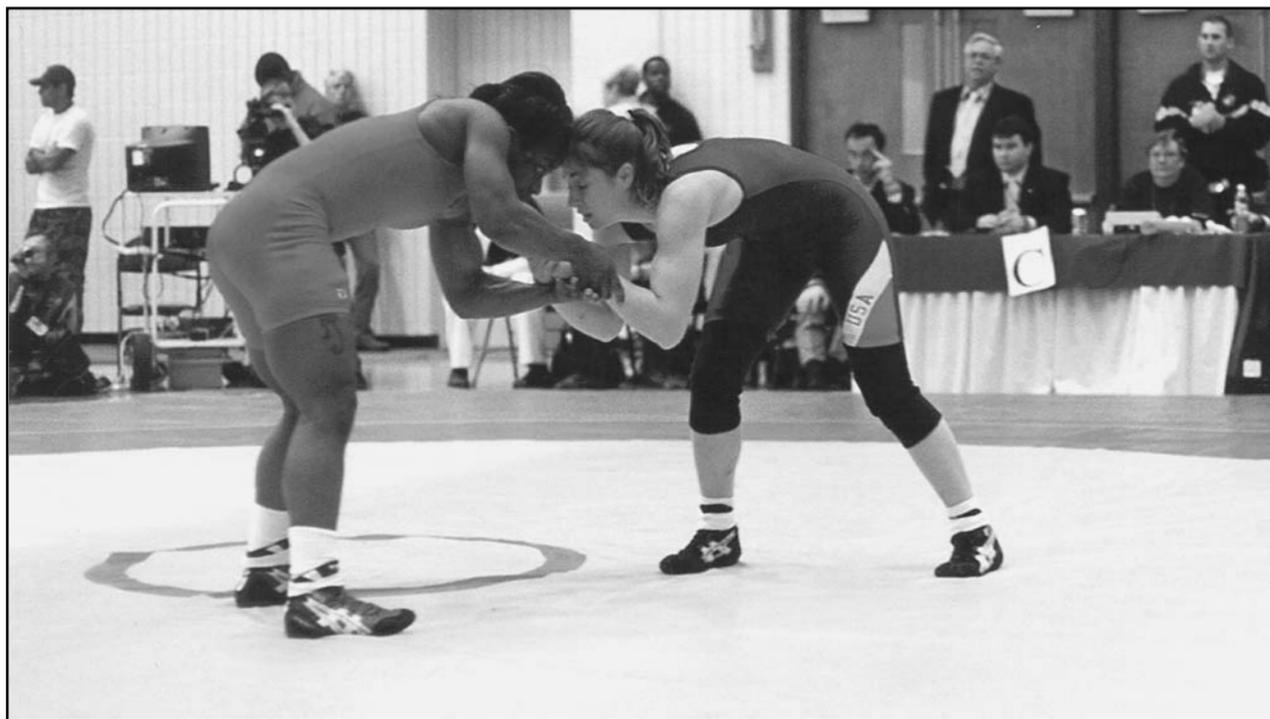


Photos by Bill Scharton

Tina George, top, was chosen Army female athlete of the year for 2002. George, a freestyle wrestler, trains at Fort Carson with the Army World Class Athlete Program wrestling team. She placed second at the Women's World Wrestling Championships in 2002.



World champion Greco-Roman wrestler Dremiel Byers does some weight training under the watchful eye of Army World Class Athlete Program head wrestling coach Shon Lewis. Byers followed in the footsteps of his coach by being named Army male athlete of the year for 2002. Lewis received the award in 1993.



Tina George, left, tries for a takedown during tournament action earlier this year. George will be in Washington, D.C., tonight to be honored as the 2002 Army female athlete of the year.

Get ready to rumble ...

National boxing finals slated for tonight

by **Bill Scharton**
Mountaineer staff

A team championship and 11 individual weight class titles will be on the line tonight in Colorado Springs at the finals of the 2003 USA Boxing National Championships.

The All-Army Boxing Team, headquartered at Fort Carson, is battling 16 regional teams and the other Armed Forces teams for the national team title. Army has not captured the national team title since 1992.

The tournament got under way Monday and the finals start at 7 p.m. today at the Olympic Training Center sports complex. Admission cost for the finals is \$10.

The USA Boxing National Championships have been held annually since 1888, making it the longest running boxing tournament in the United States. Twenty former national amateur champions including Pernell Whitaker, Oscar De La Hoya, Sugar Ray Leonard and Muhammad Ali went on to earn gold medals at the Olympic Games and professional titles.

Not only is a coveted national individual title at stake tonight, so too are the four slots in each weight class for the 2003 U.S. Challenge. The U.S.

Challenge will take place April 4 to 5 at the same Olympic Training Center site. It will be the first U.S. Olympic Trials qualifier for USA Boxing and will determine participants for both the 2003 World Championships in Bangkok, Thailand, July 4 to 14, and the Pan American Games in Santo Domingo, Dominican Republic, August 1 to 17.

All-Army boxers at the national tournament this year included Adrian Brown (112 pounds), Torrence Daniels (119 pounds), Jason Franco (125 pounds), Aaron Bensinger (132 pounds), Keith Mason (141 pounds), Rondale Mason (152 pounds), Julius Fogle (165 pounds), Jeffrey Spencer (178 pounds), Charles Leverette (201 pounds) and Carlos Ibarra (201+ pounds).

Fort Carson Army World Class Athlete Program boxers Clarence Joseph (165 pounds) and Mahlon Kerwick (132 pounds) boxed for the Four Corners regional team at nationals.

The United States Marine Corps boxing team had nine athletes in the national tournament while Air Force had eight boxers and Navy had four representatives.

“Everybody in WCAP realizes and



Photo by Bill Scharton

Army boxer Keith Mason blocks a punch with his left hand and gets ready to counter with a right during his opening-round bout Monday in the 141 pound weight class. Mason won by decision and advanced to the next round at the 2003 USA Boxing National Championships at the Olympic Training Center in Colorado Springs.

has some torn feelings that other soldiers are in a much more dangerous situation and feel fortunate to be in this program,” said Maj. Michael Hagen, commander of the Army WCAP at Fort

Carson. “But while they are here, they are going to focus on their mission of doing well in their sport, realizing that at any time they could be called to serve.”

Hoops ...

Youth basketball season comes to a close

by Bill Scharton
Mountaineer staff

Fort Carson Youth Services Center youth basketball league action is finished for the winter season and soccer will now become the main sports activity for the children this spring.

The 7- to 9-year-old group and the 10- to 12-year-old group completed their basketball league action a week ago. Seven teams played in the 7- to 9-year-old division this year while five teams made up the 10- to 12-year-old league.

The Youth Services Center will continue to have midnight basketball on the first Friday of each month. The 6 to 8 p.m. time slot will be for players in the sixth through eighth grades. At 8:30 p.m., the Youth Services Center staff will play against the youth in attendance. From 9 p.m. to midnight, the gym will be for ninth through twelfth grades.

The Youth Services Center Open House Family Night for the second quarter will be from 5:30 to 7:30 p.m. April 18. The cost is \$5 per family and you must R.S.V.P. by April 15 by calling 526-2680.

The outdoor youth soccer league and bam-bam soccer will begin April 12.

Players in the 7- to 9-year-old basketball league

Suns

Terrance Martin, Jamil Cousett, Kelvin Alexander, Savannah Mydell, Jodie Hight, Desmond King, Aaron Pullium, Brandon Phillips, David Fowles, Kenneth Johnson, head coach Davalyn Alexander and assistant coach Karon Martin;

Bucks

Brandon Napier, Tori Becks, Jaelin Manifold, Jacob Arbogast, Ian Murphy, Winston Young III, Bridget Quintero, Ryan Smith, Brian Griffin, head coach Gorjis Jones and assistant coach Shawn Napier; Hawks-Ricardo Parker, Kevin Brown Jr., Nico Richardson, Braxton Richardson, Arthur Robinson, Elika

Posey, Andrea Shears, Forest Spellman, Christopher Green, Nicholas Green, head coach Linwood Parker and assistant coach Kevin Brown;

Hornets

Kayla Roberts, Savana Chartier, Christopher Golden, Brein Wells, Joseph Kim, Thomas Griffin, Geremiah Satele, Ross Charleston, Tyrone Luckett, Wayne Dawkins, head coach Timothy Randolph and assistant coach Tammy Craig;

Pistons

Derrick Meineke, Chelsea Meineke, Cole Walker, Adam Hensley, Michael Devenecia, Justin Spencer, Geoffrey Langenberg, Christian Clark, Benjamin

Selby, Mack Cary, head coaches Felton and Monica Walker and assistant coach Kurt Coleman;

Blazers

Patrick Callahan, Matthew Ochoa, Alexander Davis, Anthony Davis, Tyler Schleiker, Megan Qualls, John Douthit, Michael Zankes, Kailey Keesee, Kristopher Olivera, head coach Kevin Callahan and assistant coach Orlando Ochoa; Kings-Fabian Gobert, Dustin Tatina, Dillon Tatina, Zachary Tatina, Rachelle Fields, Antonio Freeman, Montez Bonner, Stephen Clay, Troy Fields, Taylor Holt, head coach Lathario Barnes and assistant coach Montez Bonner.

Players in the 10 to 12-year-old basketball league

Clippers

Horace Jackson, Nikyal Carter, Susan Legore, Linsey Mitchess, Annequa Clarks, Julian Qualls, Nicholas Welshofer, Matthew Martinez, Jarin Crutcher, Stephen LeFontaine, head coach Horace Jackson and assistant coach Andre James.

Cavs

Milton Roberts, Leandrea Anderson, Zachary Bosier, Chander Bastiste, Antoinette Carradine, Anthony Manifold, Samantha Gonzales, Robert

Clark Jr., Desmunn Correy, Salvador Rueda, head coach Milton Roberts and assistant coach Brian Manifold.

Heat

Jamarius Mathis, Lauren Talavera, Cardiy Watson, Christopher Davis, Zachary Robinson, Devin Meineke, Alexis Thomas, Jessica Arney, Jennifer Arguello, Jasmine Phillips, head coach Antonio Kingsberry and assistant coach Christina Phillips.

Warriors

Alex Langenberg, Carlos Torres,

Ariel Tucker, Timothy Kim, Justin Massie, Jacob Benjamin, Oliva Seipel, Katelyn Smith, Allen Griffin, Anthony Olivera, head coach Larry Langenberg and assistant coach Jeffrey Massie.

Grizzlies

Noah Jernigan, Chanice Alexander, Ryan Thomas, Angela Hensley, Nathan Wilson, K.J. Harris, Linnette Rodriguez, Marcus Drain, Frank Osuji, Jeremy Green, head coach Peter Marshall and assistant coach Jerry Hensley.

All-Army Wrestling Team Trial Camp continues on post

by Bill Scharton
Mountaineer staff

Week number one of the All-Army Wrestling Team trial camp is complete. All-Army Team and Army World Class Athlete Program head wrestling coach Shon Lewis is directing the camp at the WCAP wrestling facility on post.

Wrestlers are training and competing for a spot on the 2003 All-Army Wrestling Team that will be seeking to defend its Armed Forces Wrestling Championship April 10 to 14 at Mountain Home, Idaho.

Weight class competitive matches will take place Thursday and April 4 at the WCAP wrestling facility.

The All-Army Wrestling Team will train at Fort Carson following the camp. The team will leave April 10 for the Armed Forces Wrestling Championship.



Photo by Bill Scharton

Franklin Lashley, left, looks his opponent in the eye during a practice session at the All-Army Wrestling Team trial camp at the wrestling facility on post. The 2003 All-Army Wrestling Team will be selected at the camp and will compete for another Armed Forces Championship April 10 to 14 in Idaho.

Wrestling

From Page 19

World Championships in October are Golden goals for Byers in 2003.

George placed second at the Women's World Freestyle Wrestling Championships last November in Greece. This was the highest finish for any of the USA women wrestlers at the World Championships. As a result, George also received the female

wrestler of the year award from USA Wrestling.

The Army female athlete of the year honor is quite astonishing to George. "I have never received an honor like this before," said George. "It's pretty exciting."

George will get to share the excitement with her mother. Her mom will meet her in Washington, D.C., and accompany her to the awards banquet.

"Mom is really proud of me," said George. "Having her there will make the event even more

special."

George thinks the award will motivate her to push harder. She plans to train hard for the big competitions of 2003. Gold is on her mind for the USA National Championships, the Pan American Games and the World Championships.

"It is now time to refocus on my technique training," said George. "The competitions earlier in the year are under my belt and I need to learn and build from this."

Let the games begin ...

Rocky Mountain State Games set for August

by **Bill Scharton**
Mountaineer staff

The 2003 Rocky Mountain State Games, an event sponsored by the Colorado Springs Sports Corporation, will be Aug. 1 to 3 in Colorado Springs.

The U.S. Air Force Academy has again been confirmed as the primary venue for the games. Competition will also take place at Air Academy High School, Skyview Adult Sports Complex and Nexed Inline Hockey Arena. In the event the Air Force Academy is forced to remain closed to the public, the Colorado Springs Sports Corporation has a backup plan

in place that includes multiple venues in Colorado Springs.

Competitive sporting events will include archery, badminton, basketball, billiards,



bowling, field hockey, football, golf, inline hockey, martial arts, racquetball, soccer, softball, table tennis, track and field, triathlon, weightlifting and a five-kilometer road race.

The Rocky Mountain State

Games is an Olympic-style sports festival open to all Colorado residents, Colorado military families and Colorado college and university students.

Competition will be based on skill level and divided into age groups. Medalists from the Rocky Mountain State Games qualify to participate in the State Games of America.

In 2002, the Colorado Springs Sports Corporation brought Colorado's State

Games back to Colorado Springs as the Rocky Mountain State Games. For more information about the games, call the Colorado Springs Sports Corporation at 634-7333, Ext. 1012.

Sports Briefs

Soccer registration extended — In order to accommodate families involved in the deployments, Child and Youth Services is extending the spring soccer registration for ages 3 to 18 until April 5. For more information, call 526-1100 or 526-1101.

McKibben Fitness Center reopens — The reopening is effective immediately, subject to usage in support of military missions. The hours are Mondays through Fridays from 6:30 a.m. to 10 p.m. and Saturdays, Sundays and holidays from 6 a.m. to 1 p.m. For more information, call 526-2137 or 526-2597.

Skate Night is every Saturday night — Every Saturday night Skate Night is held in its new location, building 5950, Youth Services Center. The event offers music, games and fun. In addition to skating, there is a computer lab, arts and crafts and music rooms with instructors available. For more information, call 524-1388.

Alpine Tower Facility begins 2003 season — On April 26, rappel, climb and teambuild for free from 10 a.m. to 4 p.m. during the 2003 season grand opening. The Alpine Tower is located across the street from the Outdoor Recreation Complex. For more information, call 526-5176.

Denver Art Museum

Family activities help introduce children to art

The Denver Art Museum has a large collection of almost 50,000 pieces of world art, although less than 10 percent of the collection is displayed at any time.

The museum itself was founded in 1893 as the Denver Artists' Club. For many years the art collection was housed in several buildings until an art museum building was completed in 1971 after several years construction.

The building was designed by Italilan Gio Ponti, in collaboration with James Sudler Associates of Denver. Although many people thought the building looked more like a prison than an art museum, with its gray exterior and slit-shaped windows, the building itself is a work of art. The building has two towers, 28 sides and an exterior covered with more than a million faceted gray tiles designed by Dow Corning especially for this building. There are seven floors of gallery space.

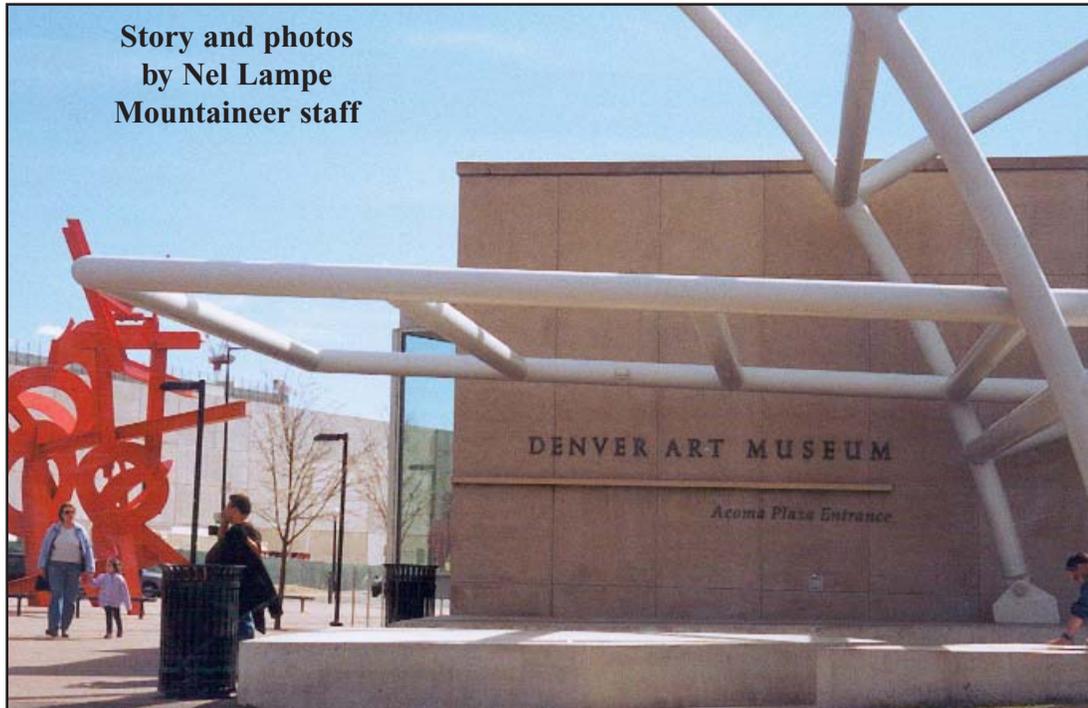
But the Denver Art Museum is too small. Only a fraction of the museum's permanent collection is on display.

That's destined to change. The museum will add a 146,000-square-foot expansion, which will almost double the museum's exhibition space and permanent collection galleries. The expansion is set to begin late this year and to be completed in 2006. The expansion design is by Architect Daniel Libeskind, who designed the Jewish Museum in Berlin. Libeskind was also selected as the designer of the Ground Zero memorial in New York City.

The Denver Art Museum's permanent collection includes architecture, design and graphics which are displayed on the second and seventh floors.

An Asian collection, the only one in the Rocky Mountain region, is devoted to the arts of India, China, Japan and Southwest Asia.

The modern and contemporary collection of 20th century art contains more than 4,500 works. Some of the collection is shown on the museum's



Story and photos
by Nel Lampe
Mountaineer staff

An outdoor sculpture by Mark di Suvero, "Lao-Tzu," marks the Acoma Plaza Entrance to the Denver Art Museum.

first floor and photography exhibits are on the seventh floor. A first floor exhibit showcases the work of Rocky Mountain area artists.

The native art collection is large in scope and depth, with 16,000 objects from more than 100 American Indian tribes throughout the United States and Canada. Displays are on the second and third floors.

New World art includes Pre-Columbian pieces which are displayed on the fourth-floor.

The painting and sculpture collection, including American and European paintings, sculptures and prints, are displayed on the sixth floor.

Western American art is shown on the seventh floor.

Textile art are on the sixth floor and in displays in the Asian and New World galleries.

The sixth and seventh floors have a "Discovery Library," where adults and children can do research, try on costumes or participate in hands-on activities.

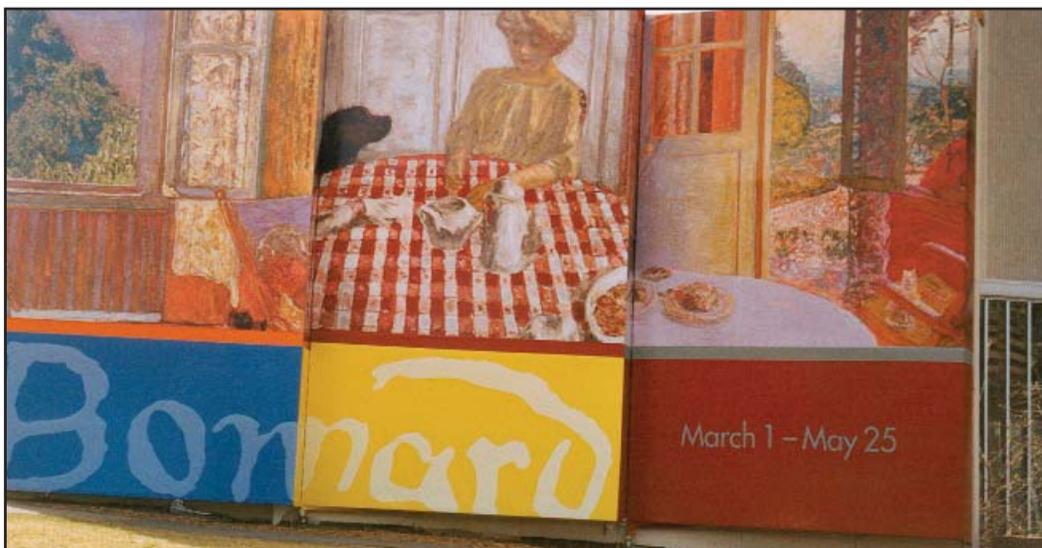
The Denver Art Museum brings special traveling exhibits to Denver, such as the Pierre Bonnard exhibit now in the museum. More than 100 works by Bonnard are displayed. Although



The Denver Art Museum building, designed by an Italian architect, was completed in 1971.

Bonnard was not as well known as some of his contemporaries, artist Matisse called him "the greatest among us." He broke existing rules and took risks, often using color and light to express his memories and ideas. The works displayed were collected from 50 public and private institutions, and include sculptures, prints, photographs, drawings and paintings. The exhibit came to Denver from Washington D.C., where it was shown at The Phillips Collection.

There is a special exhibition ticket required for the Bonnard exhibit which is shown through May 25. Tickets for a specific time may be purchased at the box office or in advance at www.denverartmuseum.org. Admission to the Bonnard exhibit is \$12 for adults, \$10 for college-age students and senior citizens and \$6 for children ages 6 to 18. Children 5 and under are admitted free. Included with admission is an audio guide which describes several of



The Pierre Bonnard traveling exhibit is in the Denver Art Museum through May 25.

ARTS



Places to see in the Pikes Peak area.

March 28, 2003

Art museum

From Page 25

Bonnard's works. There is an adult version and a children's version.

Outstanding exhibits hosted by the Denver Art Museum in recent years have included an exhibit of Toulouse Lautrec works from the Metropolitan Museum of Art, "Searching for Ancient Egypt," featuring art, architecture and artifacts from the University of Pennsylvania Museum of Archaeology and Anthropology, "Painters and the American West," "Art & Home: Dutch Interiors in the Age of Rembrandt," "Impressionism — Paintings Collected by European Museums," as well as "Alice Neel," "Cos Cob Impressionists" and a "Matisse" collection.

Although the special, large, traveling exhibits give Coloradoans the opportunity to see major collec-

tions, the museum is filled with art to see at any time.

The Denver Art Museum has the largest collection of art between St. Louis and Los Angeles.

Although art museums may tend to be for adults, that's not the case of the Denver Art Museum. Efforts are made to involve children in art. For instance, at the Bonnard Exhibit currently showing, children are seen with their parents in the collection. The audio tour allows them to learn about the art, to look for hidden images, etc.

A work station is set up for children to try to replicate the works of Bonnard and they may take their art home or display it at the museum.

Admission is also favorable for young visitors. Visitors 12 and under receive free general admission.

The Just for Fun Center is a place where families can enjoy seven world culture stations which correspond with the museum's art collections. The fun center is open Saturdays from 10:30 a.m. to 4:30 p.m., and Sundays from noon to 4:30 p.m.

A family backpack program is available Saturdays from 10:30 a.m. to 4 p.m. and noon to 5 p.m. Sundays. Each family takes a backpack filled with hands-on games and activities, leading to adventures in the galleries. Backpacks are checked out free of charge on the museum's first floor.

Art stop is a program in which young visitors find touchable art objects and materials throughout the museum. Interpreters are available to answer questions about the art on view.

Art classes and children's events are available year-round at the museum. Call (720) 913-5437 for course details and reservations.

Seymour, the monkey mascot, pops up all over the museum, which is a signal that family activities are nearby.

Plan to spend some time in the Museum Gift Shop. The shop has a large collection of posters, books, gifts, post cards and souvenirs, with an art theme or related to special exhibits.

The museum has a snack bar, Palettes Express, which serves sandwiches, salads and pastries from 10 a.m. until 5 p.m. Tuesdays



Laurel McChon tries to interest visitors in a family backpack. Each backpack is filled with hands-on games and activities.



Some items from the American Indian collection are displayed.



Families enjoy a Sunday afternoon visit at the Denver Art Museum.



Ornate furniture is part of the permanent collection in the Denver Art Museum.



Tessa and Alex Schmit work on an art project at the Denver Art Museum.

through Saturdays and noon to 5 p.m. Sundays. A selection of soft drinks, coffee and snacks are also available.

The museum's upscale restaurant, Palettes, serves lunch from 11 a.m. to 3 p.m. Tuesday through Saturday, and Sundays from noon until 3 p.m. Palettes is open for dinner from 5 to 9 p.m. on Wednesdays when the museum is open late.

The Denver Art Museum is closed Mondays. It is open Tuesdays through Saturdays, from 10 a.m. until 5 p.m. and Sundays from noon until 5 p.m. The museum is open Wednesdays until 9 p.m. Admission to the museum is \$6 for adults and \$4.50 for senior citizens and students 13 and older.

However, general museum admission is free to Colorado residents on Saturday. Show a Colorado driver's

license or military ID card.

The museum is at 13th Avenue and Acoma Street, just south of the Civic Center and park in downtown Denver. There are metered parking spaces and commercial parking lots near the museum.

A new parking garage, located at Broadway and 12th, is now open. Parking in the 900-space garage is \$1 per hour for the first three hours, then doubles to \$2 per hour for the fourth hour. Saturdays and Sundays there is a flat \$4 fee for parking in the garage.

Just the Facts

- **Travel time** One hour
- **For ages** Families
- **Type** art museum
- **Fun factor** ★★★★★ (Out of 5 stars)
- **Wallet damage** \$

\$ = Less than \$20

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

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

(Based on a family of four)

Get Out!

Academy concert series

The Air Force Academy Concert Series last show of the season features 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 "Australia" April 13 in the theater, 30 W. Dale St.

Denver theater

Denver Center Attractions' season tickets for the 2003 musical season are for sale. "42nd Street" is 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.

Theater

"Same Time Next Year" is now playing at the 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.

Jimmy Buffet is in the Pepsi Center April 24. Tickets start at \$35. Call Ticketmaster, 520-9090.

Christina Aguilera and Justin Timberlake appear together June 23 at the Pepsi Center. Call Ticketmaster at 520-9090. Prices start at \$39.50.

Grammy winner Norah Jones is at Red Rocks Amphitheatre in the Denver area Aug. 15. Tickets are at Ticketmaster, 520-9090.

Broadway road shows

Pikes Peak Center's Broadway series next show is "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.

World Arena lineup

Home Show today through Sunday, 1 to 9 p.m. today, Saturday from 10 a.m. until 9 p.m. and Sunday from 10 a.m. to 6 p.m.

An Auto Show is set for April 4 to 6.

Professional Bull Riders are scheduled for the arena April 18 at 8 p.m. and April 19 at 1:30 p.m.

Hallmark Skating Showcase is April 25, with tickets starting at \$19.50.

Tim Conway and Harvey Korman are "Together Again" May 8, at 7:30 p.m.

"Yanni" is in concert at the arena May 22.

Tickets for all these shows are available at 576-2626 or online at www.worldarena.com.

Dinner theater

"Never Too Late" is the new dinner theater feature at the Country Dinner Playhouse in south Denver, at 6875 S. Clinton St. Tickets start at \$25.50 for a noon buffet and performance. There's also a dinner and evening performance. Call (303) 799-1410 or go online at www.countrydinnerplayhouse.com.

Exhibit at Denver Art Museum

A traveling exhibit in the Denver Art Museum is "Bonnard," which runs through May 25. Pierre Bonnard is a lesser known renaissance artist. More than 100 of his works will be in the exhibit, which has a special admission price, in addition to the regular museum admission. However, the art museum has free general admission for Colorado citizens on Saturday. The museum is in downtown Denver.

Acrobats

The Peking Acrobats, a world renowned troupe of tumblers, contortionists, gymnasts, jugglers and cyclists bring their 2,000 year-old tradition of acrobatics to the Sangre de Cristo Arts and Conference Center April 12. There will be three shows available: 11 a.m., 2 p.m. and 7:30 p.m. Tickets are \$20 for the evening performance and \$5 for the shorter daytime performances. Call the box office at (719) 295-7222. The theater is at 210 N. Santa Fe Ave. in downtown Pueblo.

Imagination Celebration

A free family festival day is at the Pikes Peak Center, 190 S. Cascade Ave. Sunday, beginning at 1 p.m. for lobby activities. The Green Chili Jam Band performs at 2 p.m. The event is free. For further

information, call 597-3344.

Denver events

Marcel Marceu, the renowned mime, performs in Denver at the Buell Theater April 8 and 9. Tickets start at \$15 and are on sale at www.denvercenter.org.

Big Head Todd and the Monsters and Hootie and the Blowfish perform at Red Rocks Amphitheater May 17. Check with Ticketmaster, 520-9090 for tickets, which start at \$39.50.

Tim McGraw is scheduled for a Denver appearance at the Pepsi Center April 29. Check with Ticketmaster, 520-9090 for tickets.

Jerry Seinfeld has added a fourth show at 9:30 p.m. April 6 at the Buell Theatre in downtown Denver, as three others have sold out. Tickets start at \$45 at Ticketmaster, 520-9090.

Nature programs

Bear Creek Nature Center has "Folklore of Wild Birds" April 5 at 1 p.m. and "Birds and Bagels" April 26, from 8 to 10 a.m. Call the nature center at 520-6375 for reservations.

Fountain Creek Nature Center has "Ute Indian Heritage Day" April 5, from 10 a.m. until noon. Austin Box will discuss the history, language and culture of the Ute nation, and there will be a bear dance. Call 520-6745 for reservations.

Fine Arts Center

"Stuart Little" is the presentation by the Theatre for Children June 9 to 14. Tickets are \$3 for all ages. The Fine Arts Center's productions are quite popular and sell out quickly.

Mining museum

The Western Museum of Mining and Industry hosts "Super Saturday" April 12. The theme is "Mining Camp Newspapers" and participants learn about communicating through print. The activity is from 1 to 4 p.m., and costs \$3 per person. Reservations are requested, call 488-0880.

Philharmonic concerts

The newly created Colorado Springs Philharmonic has two upcoming concerts:

April 6, the group performs a pops concert, along with the Flying W Wranglers, at 7 p.m. at the Pikes Peak Center, 190 S. Cascade; \$21, 520-7469.

Beethoven's Piano Concerto No. 2 is May 1 and 2, at 8 p.m. at the Pikes Peak Center; \$21.

Happenings



Photo by Nel Lampe

Money Museum ...

“Rendezvous with Destiny: The Money of WWII,” is the current special exhibit at the Money Museum, 818 N. Cascade Ave. The exhibit shows how important money is to war. Admission to the museum is free.



Program Schedule for Fort Carson cable Channel 10, today to April 4.

Army Newswatch: includes stories on military deployments to Southwest Asia. 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 Black History Month, the high-speed vessel Joint Venture and USS Russell sailors (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 (repeat). Airs at 8:30 a.m., 1:30 p.m., 8:30 p.m. and 1:30 a.m.

Channel 9 daily broadcasts SCOLA, foreign

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

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

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 a clean, typewritten copy of the information to the Public Affairs Office, room 2180, 6151 Specker Ave., Fort Carson, CO 80913 or fax information to 526-1021 no later than the Friday before airing time.