

# Mountaineer

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April 11, 2003

## 3rd ACR troops hit ground in Kuwait



Photo by Spc. Chris Smith

Troopers from the 3rd Armored Cavalry Regiment load a chartered aircraft April 3 bound for the Middle East. Elements of the 3rd ACR left for Operation Iraqi Freedom last week and are joining the fight to liberate Iraq from Saddam Hussein's regime. For more on their departure, see pages 16 and 17.

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

**CAMP VICTORY, Kuwait** — The first elements of the 3rd Armored Cavalry Regiment arrived in the theater of operations from Friday to Monday, ready to assume any role assigned them during Operation Iraqi Freedom.

Regiment troopers have been conducting Nuclear, Biological and Chemical and driver training classes and intently watching the latest developments of the war on news channels in the dining facility at Camp Victory while waiting for their vehicles and equipment to arrive.

Some of the younger soldiers appear nervous in this initial stage of the deployment, staying close by their supervisors. For some, this is their first deployment.

"They're just young. They don't know what to expect," said Sgt. 1st Class Mike Perkins, the regiment's taskings noncommissioned officer.

"It's our job as senior NCOs to help them along because we've been there before," he said.

Troopers arrived in the sweltering heat of Kuwait after a 17-hour plane ride. Soldiers stayed at the Aerial Point of Destination where they in-processed and received a country in-briefing. They then were transferred to Camp Victory.

Soldiers have enjoyed good conditions since arriving in country, eating three hot meals a day at the camp dining facilities and sleeping in much more comfortable temperatures than they endure during the day. Temperatures have been in the high 90s in this arid desert region, conditions not as hot as the summer months when temperatures can reach into the upper 120s, but not being acclimated and the deceptive nature of arid climates have wearied the troops.

The regiment's troops are restless to get their vehicles and equipment so they can begin fulfilling their roles here. With their skills honed by recent training at the National Training Center and at a war-fighter exercise in Germany, as far as these troopers are concerned, the sooner they begin their mission here the better.

## No respect for glory: *Torn, tattered she waves*

by Spc. Matt Millham

14th Public Affairs Detachment

There are few things more American than the hot dog. It is, after all, the favorite snack food of America's favorite pastime — baseball. And what could make eating a hot dog more patriotic than eating it off a paper plate printed with a picture of the American flag? Well, a lot of things, actually.

The outpouring of patriotism that has gripped the country since Sept. 11, 2001, has resulted in an inadvertent disregard for the respect of our nation's colors. Flag fever has roused some people to unwittingly desecrate the symbol of our nation in rather careless ways.

"To me there's nothing worse than seeing these antennas with these little scraps of flags on them," said Paul Martin, director and curator of the 3rd Cavalry Museum.

Flag T-shirts, flag napkins, flag paper plates, even flags on hats are all violations of Section 8 of the Flag

Code, which describes respect for the flag. Section 8 states that the flag should not be printed or otherwise impressed on paper napkins or boxes or anything that is designed for temporary use and discard. It also says that the flag should never be used as wearing apparel.

Other disrespectful uses of the flag include its use as a drapery or bedding, as a covering for a ceiling or as an image in any sort of advertising — including military advertising. No part of the flag should ever be used as a costume or athletic uniform. It should not be embroidered on such articles as cushions or handkerchiefs and should never be used as a receptacle for receiving, holding, carrying or delivering anything.

Violation of respect for the flag is not limited to its improper use, though.

"Something imprinted like a yellow ribbon or an eagle on it — that's a violation of the flag code," said Martin.

See Flag, Page 6

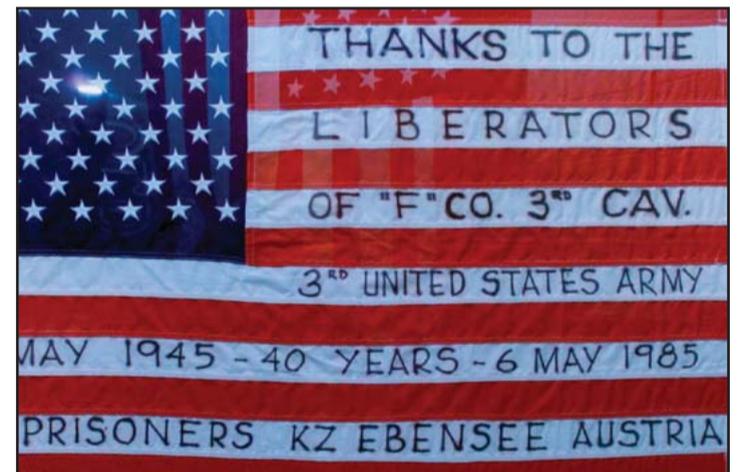


Photo by Spc. Matt Millham

This flag, part of the 3rd Cavalry Museum's collection, was presented to the 3rd ACR by Holocaust survivors on the 40th anniversary of their liberation from a Nazi concentration camp. In this case, a nice sentiment, but writing on the flag is not appropriate.

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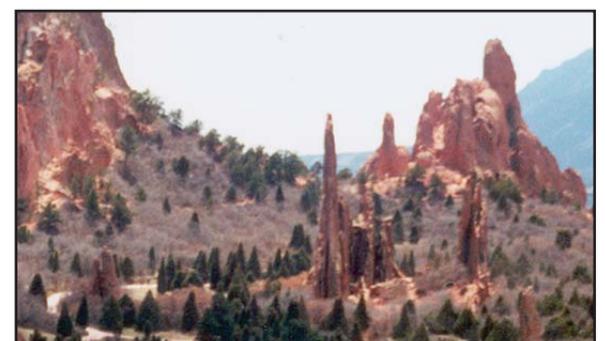
The 2003 All-Army wrestling team. Page 19

### Town hall meeting Wednesday

The Fort Carson commanding general and the garrison commander will meet with the Fort Carson community to address deployment and rear detachment operations at a town meeting Wednesday from 6 to 8 p.m. at McMahon Theater, building 1517. For more information, call 526-6452.

Free child-care will be provided at the East Child Development Center in the "red room," building 6058, across from Soldiers' Memorial Chapel. Call Faye Wilburn at 526-8220 about child-care.

### Happenings



The Garden of the Gods is a popular city park.

See Page 25.

# Commander's Corner

## Two topics from the CG: Thanks for the hard work — protect both our children, country



**Wilson**

I am very proud of the hard work and professionalism of all of the soldiers, civilians and families who have carried the Mountain Post through its largest deployment since World War II. In the past few months, the entire Mountain Post Team has moved mountains. You've safely loaded hundreds of rail cars with unit equipment and manifested thousands of soldiers for flights to Southwest Asia. I could not be more proud of the entire team. Thanks for the hard work in making all of this possible.

Rear detachment leadership and Family Readiness Groups are now taking on vital responsibilities. The key to meeting these challenges is communication. To facilitate this, a Fort Carson Community Town Hall Meeting will take place Wednesday from 6 to 8 p.m. in

McMahon Theater. The garrison commander and I will have senior staff representatives present that evening to disseminate information and discuss key issues. I look forward to seeing you there.

Looking ahead, this year marks the 228th Army Birthday. Plans are in progress to celebrate the Army Ball at the Sheraton Hotel in Colorado Springs June 7. It will be a first-class formal affair. The Army has chosen the theme "At War and Transforming." This theme reminds us that in addition to the ongoing war against terrorism, the Army is three years into a transformation effort to change its structure, equipment and doctrine to combat the threats of the 21st century. We also adopted our own theme for our June 7 celebration. Our theme is "Soldiers and Families — Service and Sacrifice." This theme appropriately speaks to the service and sacrifices soldiers and families have made to our nation during both peacetime and conflict like we now face in Iraq. I look forward to celebrating the Army's birthday with you June 7.

I could not be more proud of the accomplishments of the entire Mountain Post Team.

April is Child Abuse Prevention Month in the Army. Protect America's future by protecting America's children.

To all units:

It is the Army's duty to protect and defend our constitution, our country and its citizens. As soldiers, when we protect our children, we protect our nation's future.

Soldiers, civilian employees and family members can make a positive contribution to the growth and development of the children in their lives. Each of us can:

- Build strong commitments with family, friends, neighbors and community to keep all children safe.

- Instill confidence in our children so they can count on us as trustworthy adults.

- Acknowledge child abuse is one danger we can control.

Officially, April is the month when we celebrate the well-being of all children in our Army family. April is both the "Month of the Military Child" and "Child Abuse Prevention Month." This year, our campaign slogan is "Our Country, Our Children: Protecting Them Both."

Every member of our communi-

ty needs to understand:

- Any form of child abuse goes against Army values and undermines our mission.

- Everyone in our community has the responsibility for keeping children safe.

- Everyone in our community can take action.

- Keep yourself and your children safe.

- Reach out to other families and children.

- Stay informed and connected.

- If you see child abuse, report it.

- Volunteer and share your time and skills with other parents.

As commanding general, I support our Family Advocacy Program in its child abuse prevention mission. Turn to them for information and assistance.

Child abuse prevention is a command priority at Fort Carson. During April and throughout the year, join us in protecting America's future by protecting America's children.

Bayonet!

**Maj. Gen. Robert Wilson**  
7th Infantry Division and Fort Carson commanding general

### Letter to the community ...

## Fort Carson Post Office pledges to support deployed troops

My name is Jerry C. Quintana, and I am the acting manager of the U.S. Post Office on Fort Carson located in building 1519, between Burger King and the McMahon Theater. Our goal is to provide you, the customer, the services needed to conduct your mailing requirements.

I have been assigned to the post office since November 2002. I am a retired Air Force officer who has traveled the world. I spent eight years as an enlisted noncommissioned officer before attending Officer's Training School. My last 12 years of military service were spent as a Forward Air Controller.

I lived in my 151 Jeep, slept in a general purpose medium tent and lived on C-Rations. I know what each and everyone of you men and women will be going through in the next year. One of my happiest moments in the field was mail call.

I am not in the military any more, but as the manager of the Fort Carson Post Office, I still feel deeply committed to the troops. I will keep my commitment to the troops in the field as I did when I was active. I will direct my staff of dedicated clerks and carriers to process and deliver all mail every day. Our Motto is "Every Piece Every Day."

In concert with the officer's and enlisted spouses clubs, I will set up a table in the outer lobby of the Fort Carson Post Office. We have spouses with a lot of deployed mailing experience who can assist others when it comes to mailing packages. They have firsthand knowledge of what spouses really like in care packages and what can and can not be mailed.

It really can be a sad moment when a spouse discovers that all the time baking and carefully wrapping/sealing the packages was for naught,

because it was not authorized. The postal service will provide you with a list of acceptable items that can be mailed to spouses. Both the spouses' clubs will provide volunteers to assist in the packing and wrapping of boxes. Additionally, the Colorado Springs Postmaster, Kenneth R. Schoentag, has directed that some excess postal supplies may be used to support this combined effort.

The combined effort of this program will demonstrate that we at Fort Carson are one big happy family taking care of each other. If you have concerns about your mail, please contact me at 570-5454. I plan to attend the town hall meeting Wednesday to answer any questions you may have. Hope to see you there.

*Sincerely,*  
**Jerry C. Quintana**  
Manager, Customer Service

### MOUNTAINEER

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The deadline for submissions to the *Mountaineer* is close of business Friday. Submissions will run within two weeks of submission. The *Mountaineer* staff reserves the right to edit the submissions for newspaper style, clarity and typographical errors. Send submissions to [mountaineereditor@carson.army.mil](mailto:mountaineereditor@carson.army.mil). Please do not fax articles or briefs.

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# News

## Tips on mailing packages to deployed soldiers

### Courtesy of Fort Cason Post Office

The U.S. Postal Service reminds Americans that certain conditions and restrictions apply when mailing items to military and civilian personnel deployed to Operation Iraqi Freedom in the Middle East and Persian Gulf areas.

Programs that allowed the general public to send mail addressed to "Any Servicemember" were cancelled more than a year ago by the Department of Defense. While popular with the public during Desert Storm and other operations, the DOD's concern with security and transportation constraints led to canceling this program.

The DOD recommends that individuals and organizations wishing to mail letters and care packages to individual servicemembers overseas refocus their activities into supporting the servicemember's family members at home.

The DOD recommends visiting [www.defendamerica.mil](http://www.defendamerica.mil) and clicking the "Support Our Troops" icon as a means for the public to find out ways to support servicemembers.

### Addressing tips

The DOD has requested that those who send mail use the servicemember's full name (with or without rank or rating), unit and Air/Army Post Office or Fleet Post Office address with the nine-digit ZIP code (if one is assigned) and a return address.

For packages, mailers are asked to print on one side

only with the recipient's address in the lower right portion.

### Prohibitions

While there are specific restrictions for each five-digit military post office ZIP code (APO/FPO), generally speaking, it is prohibited to mail the following to this region:

- Obscene articles (prints, cards, videotapes, etc.);
- Any matter containing religious materials contrary to the Islamic faith or depicting nude or seminude persons, pornographic or sexual items or nonauthorized political materials
- Pork or pork products.

Restrictions are updated every other Thursday at [www.usps.com](http://www.usps.com). Customers may also obtain this information by calling (800) ASK-USPS, or by visiting their local post office.

All military units are assigned an APO or FPO ZIP code. When planes arrive overseas, the mail is tendered to the military and transported via local military transportation to delivery points.

According to the Military Postal Service Agency, depending on where the servicemember is located, letters and Priority Mail parcels to Kuwait normally take 10 to 15 days. Parcel Post packages take longer because they don't travel by aircraft within the United States prior to overseas dispatch.

There may be size restrictions and customs declara-

tions form requirements to some locations, as mail going through the MPSA can be subject to the host country customs requirements. The time to deliver varies depending on the category of mail and the country of destination. Delivery may also take longer when armed forces are on the move during periods of heightened activity.

### Packaging tips

It's a good idea to keep the following in mind to ensure packages are delivered promptly.

- Desert temperatures typically exceed 100 degrees.
- Select a box strong and large enough to protect the contents and accommodate cushioning. Cushion the box then close and shake. If it rattles, add additional cushioning to keep items from shifting. If reusing a box, cover all previous labels and markings with a heavy black marker or adhesive labels.
- Be sure to remove and wrap the batteries separately. Occasionally a battery-powered item such as a radio or electric razor will turn itself on during shipment.
- Tape the opening of the box and reinforce all seams with two-inch wide tape. Use clear or brown packing tape, reinforced packing tape or paper tape.
- A card inside the package that lists the sender's and recipient's addresses along with a description of the contents helps in collecting items if a box falls apart during processing.

# Military

## Range hazard: *Wind, rain causing problems*

by **Michelle Rosenberger**  
**Land Rehabilitation and**  
**Maintenance Program Coordinator**

On land where howitzers shoot 155 millimeter artillery rounds and F-16s drop 2,000 pound bombs on a regular basis, it may be hard to believe one of the biggest hazards facing downrange Fort Carson is caused by wind and rain.

Fort Carson's climate is commonly called a temperate steppe, or "semi-desert," characterized by sparse vegetation and intense periodic storm events. This can be a dangerous combination. When large amounts of wind and water come in contact with bare ground, erosion problems will occur. Fort Carson and Pinon Canyon have more than a fair share of erosion areas. If left untreated erosion areas often become extremely dangerous vehicle hazards. Luckily for Fort Carson, the Army instituted the Land Rehabilitation and Maintenance program to deal with such areas.

The LRAM program has been identifying and treating erosion areas on Fort Carson for a number of years. One of the most recent large-scale projects was located on route 7, a main supply route. Route 7 is a major thoroughfare for north/south traffic on Fort Carson. What began as a minor rill in

the road had soon become a behemoth gully adjacent to the main supply route. The gully measured 30 feet deep, 20 feet wide and 150 feet long and bisected a major tank trail, causing tracked vehicles to merge onto the route. Considering the night maneuvers done at Fort Carson, it was only a matter of time before a tracked vehicle or Humvee wandered too far to the right and the crew found themselves at the bottom of this ravine, with disastrous results.

To conquer this problem, the LRAM program implemented an erosion control project immediately. The field crew, Hunter Washburn and Jason Musick, began by surveying the area with a state of the art global positioning system to create a blueprint of the area and inventory needed erosion control areas. Next, the LRAM coordinator worked with a number of experts to design an effective erosion control plan. It was determined that the best course of action would be to push down the sides of a neighboring hill to fill in the giant void, install a number of commonly used erosion control devices and reseed the entire area with a native seed mix. The implementation of the project was accomplished by a joint effort between Fort Carson Range



Courtesy photo

**What began as minor rill in the road on route 7 turned into a gully measuring 30 feet deep, 20 feet wide and 150 feet long, bisecting a major tank trail. The Land Rehabilitation and Maintenance Program was able to fix the road and design a plan to help prevent future problems.**

Control personnel and Hydroturf Inc.

To date, the project site appears to be a success. The tank trail has been restored parallel to the main supply route and consequently maneuverability has benefited in the area. The LRAM program will continue to monitor this area to ensure the problem does

not recur and continues to work on similar sites throughout Fort Carson and Pinon Canyon.

If anyone working on these installations discovers areas they think are or may soon become a severe hazard, call the LRAM program coordinator at 524-1493.

# Military Briefs

## Hours of operation

**Information, Tickets and Registration Office and the Outdoor Recreation Complex Information Desk** have been combined in an effort to better serve customers. Hours of operation are Tuesday through Saturday, 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 Monday through Friday 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: Monday, Tuesday, Wednesday and Friday 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: Monday, Tuesday, Wednesday and Friday 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: Monday, Tuesday, Wednesday and Friday 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 Processing 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. Powers of Attorney 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.

**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 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.

## 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.

## Flag

From Page 1

The flag should never have a mark, insignia, letter, word, figure, design, picture or drawing of any nature on it, according to the flag code. The 3rd Cav Museum exhibits some examples of flags bearing messages and unit identifiers. One such exhibit, featuring a flag presented by holocaust survivors on the 40th anniversary of their liberation, has the heading, "Nice sentiment, but inappropriate."

"Historically it's something we'll keep in the collection," said Martin.

Worn-out flags and flags that are irreparably stained or damaged should be properly disposed of, according to the flag code. Flying a worn-out flag, such as those often seen on vehicle antennas, is considered disrespectful. The recommended means of disposal is by burning.

Not necessarily disrespectful, but on the line

between desecration and freedom of speech is the upside-down flying of the flag.

"I've seen, locally, (people) flying the flag upside down and that's an international distress signal, regardless of your politics," said Martin.

However, representations of the flag, such as the painting of a flag motif on a car or motorcycle, do not violate the flag code.

"An artistic representation of the flag is not a violation per se because it's not technically the flag," said Martin.

Even if you should violate the flag code, it is unlikely you will get in any trouble for it, though.

"The flag code does not impose penalties," said Martin.

Intentions to show patriotism by displaying the flag can be achieved by its proper display, said Martin.

According to the flag code, the flag represents a living country and is considered a living thing. It

should never touch anything beneath it, such as the ground, the floor, water or merchandise. It should never be carried flat or horizontally, but always aloft and free and should never be fastened, displayed, used or stored in such a manner as to permit it to be easily torn, soiled or damaged. Lapel flag pins should be worn on the left lapel near the heart. Decals placed on car windows can easily take the place of antenna flags. Flags displayed on walls or windows should be hung with the starry portion, called the union, to the viewer's upper left.

The 3rd Cav museum accepts worn out flags for proper disposal by the Veterans of Foreign Wars or other patriotic organizations, said Martin.

While T-shirts and novelty flags may represent the spirit of patriotism, the sentiment is misplaced. More patriotic than flaunting the colors in such a manner is showing the proper respect for the flag by understanding how to use and display it.

# Dining Schedule

Week of April 11 to 18

## Weekday Dining Facilities

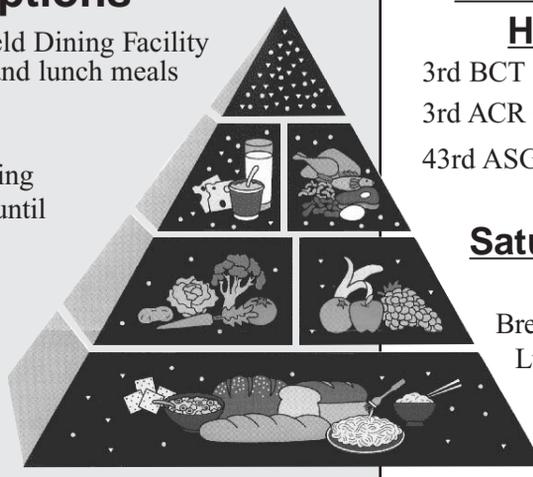
43rd ASG Cheyenne Mtn. Inn (building 1040)  
3rd ACR CAV House (building 2461)  
3rd ACR Butts Army Airfield (building 9612)  
3rd BCT Iron Bde. (building 2061)

## 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.

## 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

3rd BCT Iron BDE. (building 2061)  
3rd ACR Cav. House. (building 2461)  
43rd ASG (building 1040)

## 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.

# Greenback

## MyPay

# DFAS on-line pay inquires not for soldiers

by 2nd Lt. Theodore Stutz  
4th Finance Battalion

The Defense Finance and Accounting Service-Cleveland Center is receiving many e-mail pay inquiries from individual soldiers through the MyPay pay inquiry process. However, the MyPay electronic pay inquiry feature is currently only for Navy and Air Force personnel.

On the main page of the MyPay Web site there is a "Contact Us" section designed to take in questions. Although there is an option to choose "Army Member," DFAS will not respond to these questions.

At Fort Carson, pay inquiries are answered by submitting a Department of the Army form 2142 to your unit S-1. Finance should respond to the pay inquiry three working days. Rear Detachments should have someone identified as the rear S-1. If your pay inquiry is not back to your S-1 within five working days, bring this to the attention of your S-1 NCOIC.

If you are not satisfied with the answer you receive back from finance on your DA 2142, bring the DA 2142 signed by the S-1 to C Detachment, 4th Finance Battalion, building 1854. Customer service hours are Monday through Wednesday and Friday from 9 a.m. to 3 p.m., or call 526-6258.

## New Hardship Duty Pay

The Department of Defense signed and put into effect a memorandum March 31 designating the following changes for Hardship Duty Pay-Location:

Iraq — \$100 monthly  
Israel — \$50 monthly  
Kuwait — \$100 monthly

The requirement for entitlement is to perform duty for a continuous period of 30 days.

A soldier on operational flight duty, temporary duty or hospitalized in an area on the date it becomes effective shall be entitled to credit for (1) the number of consecutive days already served in the area immediately preceding the date of designation, and (2) the number of consecutive days served in a different designated area or areas if the soldier served in such area(s) immediately preceding arrival in the newly designated area. When the 30 days are accumulated under (1) and/or (2), HDP-L is authorized for the newly designated area from the date the area is designated.

This change will be reflected in an upcoming change to the DODFMR (Financial Management Regulation) Vol. 7A which is available on [www.dfas.mil](http://www.dfas.mil) under "Library."

## Child support

DFAS, Directorate of Garnishment Operations have been working with the Federal Office of Child Support to address issues relating to activated reservists and the payment of child support.

For example, an activated reservist has a child support order requiring payment based on the income the soldier earns at his civilian job.

Upon activation, if the reservist experiences a reduction in the amount of income and does not ask for a review and modification of the child support obligation from the child support agency, the soldier can incur a large child support arrearage while serving in the reserves.

To address this concern, the DFAS Garnishment Operations and the Federal Office of Child Support Enforcement have developed the following guidelines for reservists and asks they contact the state child support agency regarding a review of their child support obligation if:

- Their income level has changed, or will change, they may be eligible for the agency to review and adjust the amount of their support order.
- Their support payments are being withheld from their paycheck, the state agency can ensure the withholding is transferred to DFAS on a timely basis to prevent or minimize missed payments. Also, they should ask their current employer to notify the state agency of their deployment and to provide all needed information.
- They have a child support hearing scheduled, the agency can try to move it up or let the court or hearing officer know their service status.
- Their child support order includes health care coverage for the child (medical support), the child is eligible for the military health coverage TRICARE. The agency may be able to assist with signing the child up with DEERS.

*From the Inspector General's desk ...*

# Free vehicle storage for deploying troops

by Lt. Col. Terrance Steed  
Fort Carson Inspector General

Have you received orders to deploy but have no place to leave your vehicle? Many of Fort Carson soldiers do not know the Army will store their privately owned vehicle at no cost or the procedures for requesting storage prior to deployment.

The commanding general has made arrangements at the secured Pueblo Chemical Depot for all soldiers to store their vehicles inside three 200,000 square-foot warehouses. The first step for a soldier to store a car is to make his intentions known to the rear detachment commander, who is responsible for the accountability and security of all stored vehicles and will coordinate with Garrison Operations to gain access.

All vehicles are subject to search. Each bay at the PCD will have a list of points of contact posted to include name and phone number for use by PCD personnel to gain access in case of any emergency. If your vehicle has to be unlocked after turn-in for storage, an authorized PCD individual will use the roster of names and phone numbers of personnel with access to the warehouse to obtain the keys.

All soldiers requesting storage of their POV must present the following documentation to the coordinator before leaving Fort Carson and again when reclaiming vehicle after deployment:

- Valid driver's license
- Valid state registration, license plates and post registration (sticker), if required
- Proof of insurance
- Valid power of attorney, if required

The soldier is required to sign a release and storage agreement. Vehicle contents will be inventoried jointly by the owner and the POV Storage coordinator before the vehicle leaves Fort Carson. The coordinator must validate the inventory by signing the sheet once it is completed. If the coordinator doesn't sign the inventory the soldier will not be able to file a claim with the government for damages or any lost items. Copies of these documents will be given to the individual.

Anyone using the PCD for storing a POV is subject to the following terms:

- No weapons of any kind can be left in vehicle
- The vehicle will not be used as a storage bin
- The vehicle must be cleaned and all trash and food removed

Prior to leaving Fort Carson every vehicle must have a full tank of gasoline. For accountability purposes, each unit will convoy to the PCD. Soldiers will not be allowed to individually drop off their POV. The unit must provide a team to assist in the initial inspection at the PCD's main gate.

The PCD guards have the option to check a team and to verify the vehicle inspections were performed correctly. Subsequently, all vehicles to be stored will be moved to the storage areas and parked in the assigned bays.

The owner will conduct a final inspection of the vehicle for damages with the coordinator once the vehicle is parked in the assigned area. The keys and the completed paperwork will be secured by the POV Storage Coordinator once the vehicle is at PCD. A copy of these documents will be given to the individ-

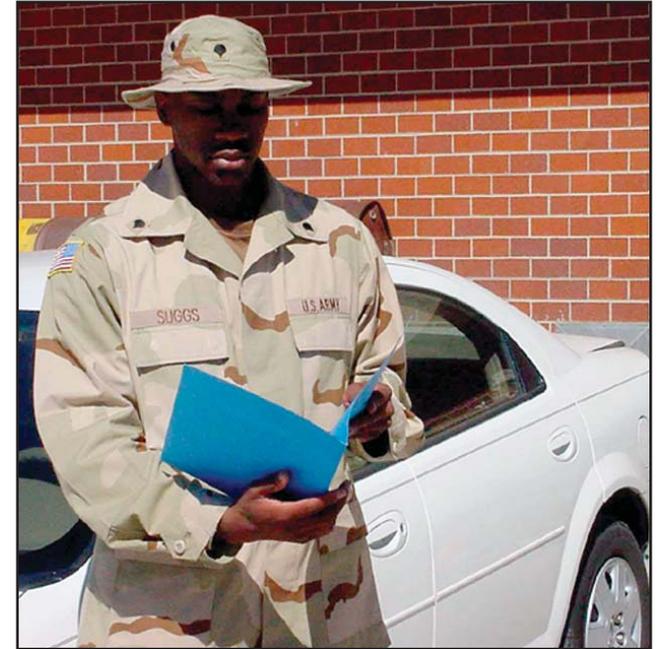


Photo by Sgt. Roy Gomez

**Spc. Rico Sugs, Company C, 52nd Engineer Battalion, looks over the requirements for storing his vehicle while he's deployed.**

ual owners for their records.

To keep the processing time at an absolute minimum at the PCD, the Unit POV storage coordinator will ensure all paperwork is on hand and completed before any vehicle leaves Fort Carson. This includes taking everything out of your vehicle before departing to the PCD.

Point of contact at Fort Carson is Maj. Mario at 524-0744.



Courtesy photo by Barbara Wright

## *Teddy bears galore ...*

About 800 deploying soldiers of the 3rd Armored Cavalry Regiment created teddy bears with personalized voice messages to leave behind with family members. The event was spearheaded by the 3rd ACR Family Readiness Groups Sunday at Waller Physical Fitness Center to strengthen the bond between families and deployed soldiers.

# 235th MP Company joins Carson team

by 1st Lt. Melissa Field  
Provost Marshal Office

The 235th Military Police Company has joined the military police team on Fort Carson.

After completing the 94-hour Enhanced Military Police Certification program and ride-along program, the 235th hit the road to perform law enforcement duties on the installation.

The enhanced certification program is taught by both active and reserve MPs currently stationed at Fort Carson and local civilian law enforcement personnel.

Soldiers complete courses of instruction including: fingerprinting, protecting a crime scene, field sobriety testing, radar certification, defensive driving techniques, responding to domestic violence situations, individual defensive techniques and pepper-spray certifica-

tion. The 235th MP Co. is out of Custer and Rapid City, S.D., and commanded by Capt. Doug Goshorn.

## Traffic tips

Last week 53 citations were issued for parking violations. This violation is easy to avoid if soldiers ensure they only park in a designated parking space. Places not to park: seeded areas, areas where parking would require driving up and over a curb, sidewalks and anywhere a sign prohibits parking.

## Traffic Roll Up

In the past week there were 111 total citations:

- 16 for speeding
- 53 for parking violations
- 14 for no safety restraint
- 28 for other violations (e.g.: malfunctioning equipment, lack of insurance or registration, expired plates and improper vehicle operation)

On Fort

Carson, all passengers in a vehicle are required to wear a safety restraint and children must be properly secured in an appropriate car or booster seat.

If you have any questions, contact the Fort Carson Military Police Desk at 526-2333.

# Community

## WARNING:

# It is never OK to abuse children

by Sgt. Alicia Stewart  
Mountaineer editor

Children don't come with warning labels — but maybe they should.

If they did, a warning label on an infant might read: *Shaking baby violently will not quiet her.*

Another on a toddler might read: *Burning child with hot water will not make him well-behaved.*

"Parents don't get instructions on the most important job they'll ever have," said Jeanne Koss, Soldier and Family Readiness Program Manager, Army Community Service.

We have people who don't understand that you can't shake a baby, said Koss. There are other parents who don't hit their children, but also don't discipline them and end up very frustrated with their children.

Not all abused children are physically abused. Abuse can be verbal or emotional. Frustrated parents can inflict just as much pain on their children by calling them names or blaming problems on them.

Child abuse is any act that endangers or impairs a child's physical or emotional health and development to include any damage done to a child which cannot be reasonably explained, such as an injury or series of injuries appearing to be nonaccidental in nature, according to Childhelp USA.

### Forms of child abuse:

**Physical abuse** — Any nonaccidental injury to a child to include hitting, kicking, slapping, shaking, burning, pinching, hair pulling, biting, choking, throwing, shoving or whipping.

**Sexual abuse** — Any sexual act between an adult and child to include fondling, penetration, intercourse, exploitation, pornography, exhibitionism, child prostitution, group sex, oral sex or forced observation of sexual acts.

**Neglect** — Failure to provide for a child's physical needs to include lack of supervision, inappropriate shelter or clothing for season or weather, inadequate provision of food, hygiene, or medical care and abandonment

**Emotional abuse** — Any attitude or behavior which interferes with a child's mental health or social development to include name-calling, shaming, negative comparisons to others, telling a child he is bad, no good, worthless or a mistake. Also the failure to provide the affection and support necessary for the development of a child's emotional, social, physical and intellectual well-being to include ignoring, withdrawal or lack of appropriate physical affection (hugs), lack of praise and positive reinforcement.

Parenting is stressful and with soldiers deploying, spouses may be left home with children and no one to share the duties with. Planning activities, having a friend over to talk, a neighbor to visit with or trade



Photo illustration by Spc. Matt Millham

**It is not OK to abuse a child. April in Child Abuse Prevention Month and the Fort Carson Army Community Services offer many classes to help parents. Call 526-4590 for help or information.**

babysitting days with can help minimize a stressful situation, said Koss.

Involvement in Family Readiness Groups can help worried spouses exchange information with other spouses and plan fun activities, said Koss.

Not communicating with children can lead to problems, Koss said. When a child has a deployed parent, he can be as stressed as the parent and perhaps become more difficult to deal with. Minimize the amount

of time a child spends watching television, explain what is going on and what job the deployed parent is doing

because it worries some children not to know what their father or mother is doing.

The Child Welfare League of America suggests the following actions if parents feel themselves nearing a breaking point:

- Stop. Take time to calm down
- Go for a walk or a run. Work off frustration through exercise
- Get a babysitter; go outside or to another room
- Turn negative energy into something productive such as cleaning house or yard work
- Turn on some music or read a book
- Talk to someone, call a friend, relative or hotline
- Write your feelings down on paper
- Don't let anger build. Get help

If a parent ever feels they are at point where they might harm a child, the best solution is to remove themselves from the situation, said Koss.

### Did you know ...

Many parents know to never shake a baby to quiet him, but did you know that playfully tossing a child or playing "airplane" with a child can be just as harmful? Infants are especially susceptible to injury the first 12 months of their life, but children as old as 4 years are also at risk to damage.

Infants and toddlers have large heads and weak neck muscles, so any strong whiplash motion can cause blood vessels to tear, creating subdural hematoma, or intracranial bleeding, and brain damage. The only indication of a problem is flu-like symptoms, but the damage could result in death, brain damage, paralysis, seizures, blindness, deafness, mental retardation, motor dysfunction or learning and developmental disabilities.

The cases of child abuse at Fort Carson are lower than the total Army average. Child abuse rates at Fort Carson for 2002 were 4 per 1,000 compared to the Army's 5.6 and Forces Command 7.2 per 1,000.

So while the goal is to have no cases, Fort Carson is on the right track, said Koss. Koss attributes some of the low numbers to prevention.

"Some of it may be prevention because we (ACS) have many good programs in place," Koss said. A few classes are listed below, but for a full list, call ACS at 526-4590.

Parenting can be a tough job and children don't come with warning labels, but there are many places around Fort Carson to get instruction. It is okay to ask for help, but it is never OK to abuse a child.

### A few of the classes offered at Army Community Services

#### Nurturing Baby

0 to 15 months  
Tuesdays from 11:30 a.m. to 1 p.m.  
Family University, building 1161

#### Breast Feeding Support Group

Second and fourth Thursday of every month from 1:30 to 3 p.m.  
Family University, building 1161

#### Boot Camp for Dads

Wednesdays from 11:45 a.m. to 12:45 p.m.  
Family University, building 1161  
Lunch is provided

#### Playgroup

All ages  
Fridays from 10 a.m. to noon  
Family University, building 1161

*One person can make a difference ...*

# School project benefits Carson families

by **Jeanne Koss**  
**Soldier and Family Readiness Program Manager**  
**Army Community Service**

Never underestimate the power of one person to make a difference, especially if that one person is Michael Barlow, a fourth grader from Highlands Ranch.

As part of his school requirements at Denver Academy, Barlow had to do a community service project. Though residing outside the Colorado Springs military community, he wanted to do something to help the families of young soldiers. He decided to hold a drive to collect items needed by military families with babies and young children.

Barlow made fliers and collection boxes which were distributed in his school and neighborhood. Over a month's period of time, he spent at least 10 hours on his project — and it was successful. On March 26, he came to Fort Carson with his mother and grandmother, taking time during his spring break,

to deliver a large carload of donated items to the New Parent Support Program at Army Community Service.

This project was successful beyond Barlow's expectations. Donations were made by his school-mates as well as by many families in his neighborhood near Denver. The items brought to ACS included multiple packages of disposable diapers, training pants, swim diapers and baby wipes. There were bags of new clothing, shoes, bedding, blankets, formula and baby food.

Additionally, he collected a swing, bouncy seat, bathtub, stroller, stuffed animals and toys. Contributions made by Learning Express and Pteradactyl Ptoys and a Safeway grocery store let Barlow select \$25 worth of baby products.

These donations/gifts will be distributed to young Fort Carson families by New Parent Support Program Home Visitors, with some to be placed at Family University and Family Connection to benefit multiple

families. As Cindy Barlow, Michael's mother stated, "Our family appreciates what the Army is doing for us; this is a small way to say 'thank you.'"



Courtesy photo

**Jeanne Koss, right, presents Michael Barlow with a certificate thanking him for his contributions to the Army Community Service.**

# Community Events

## Meetings, briefings and classes

**Town meeting** — The Fort Carson commanding general and the garrison commander will address the Fort Carson community at a town meeting Wednesday from 6 to 8 p.m. at McMahon Theater, building 1517. Free child-care will be provided at the East Child Development Center in the "red room," building 6058, across from Soldiers Memorial Chapel. Call Faye Wilburn at 526-8220 for child-care details.

**TRICARE update briefing** — There will be a TRICARE update briefing in Cochrane Hall, Evans Army Community Hospital for all eligible active duty military members, retired service members and their families Thursday starting at 11 a.m. No reservation are needed.

**eArmyU** — Notice has been received from the Department of the Army that there are to be no new eArmyU program enrollments during the month of April in order to review how well the program is meeting its objectives. Soldiers already enrolled in the program can enroll in courses. For information, call Virginia Frazier at 526-5544.

**Red Cross** — The American Red Cross is offering an Adult, Infant, Child CPR, Automated External Defibrillator and First Aid class April 26 at the Red Cross office at Evans Army Community Hospital, room 1801. Call 526-7825 for class cost and more information.

## Change in hours

**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.

## Health care

**The Notice of Privacy Practices** — Patients of a military health system should be expecting a notice of privacy practices explaining how the military health system may use and share personal health information to carry out treatment, payment, health care operations, or other reasons allowed or required by law.

Personal health information is past, present or future physical or mental health or condition and related health care services. It could also include such things as age, ethnicity and other personal statistics.

The notice explains the patients rights to read and control protected health information, as well as the responsibility MHS has to protect you, the beneficiary.

Get a copy of the notice from your military treatment facility, or view it on the Evans Army Community Hospital Web site at [www.evans.amedd.army.mil](http://www.evans.amedd.army.mil) or on the TRICARE Management Activity Web site at [www.tricare.osd.mil/hippa](http://www.tricare.osd.mil/hippa).

Patients will be asked to sign a medical record label confirming receipt of the notice so the MHS can make certain all TRICARE beneficiaries have been informed of their right to privacy over their personal health information. The notice is provided for information only and will not affect eligibility to receive care.

Patients have the right to read and copy protected health information, ask for limits to be put on the use or sharing of your protected health information, ask that communications about your personal health information be done through ways

that further protect your privacy, ask to have corrections made to your protected health information and get a listing of where and when your protected health information was shared.

Contact your MTF Privacy Officer with any concerns or the TMA Privacy Officer or the Secretary of Health and Human Services. No actions will be taken against you for filing a complaint.

Contact your MTF Privacy Officer at 526-7046 or at [eachprivacy.officer@cen.amedd.army.mil](mailto:eachprivacy.officer@cen.amedd.army.mil)

## Misc.

**Harlem Ambassadors hoops team** — The Harlem Ambassadors basketball team will play an exhibition game against a makeshift Fort Carson team Tuesday at 6 p.m. at the post Special Events Center (building 1829 Specker Ave.).

The Fort Carson team is being assembled by Command Sgt. Maj. Terrance McWilliams, Fort Carson and 7th Infantry Division command sergeant major.

"Due to current deployments, the Fort Carson team will be comprised of civilian employees, officers and enlisted personnel," McWilliams said. "We hope to make it a fun and entertaining game."

The event is sponsored by the Fort Carson Directorate of Community Activities and there is no admission charge. For additional information, call 526-4494.

**Eggspereience** — It's egg hunt time again here at Fort Carson. The Directorate of Community Activities will host its annual Spring Egg Hunt April 19. This enjoyable event will be held at the Post Special Events Center, formerly the Post Physical Fitness Center, building 1829, from 10 a.m. to 2 p.m. The Easter bunny will make his yearly visit for pictures and to assist the kids with their egg hunt. Additional activities include: rapel demos from the ceiling, archery demonstrations and opportunities to learn about vacation Bible school and more. There will be plenty of food and drink as well as space to relax and spend time with the family.

**Army Community Service  
Family Readiness Center  
719-526-4590**

## A Couples Journey

"Love, Friendship & Communication"

A monthly workshop that helps revitalize your relationship.



3rd  
Thursday

of the month

6:30  
to  
8:30pm

"Come with or without your partner."

Thursday, May 15  
"Meeting the Challenges of Deployments"

Limited childcare, prior registration required.  
Call Soldier & Family Readiness at 526-4590.

Financial Readiness presents a "Shopping on a Budget in style"

## Fashion Show

17 April, 4-6pm



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

In addition, the DCA will hold an Information Fair. The purpose of this fair is to provide information on the Fort Carson Experience and "one-stop shopping" to anyone looking for information on programs and services available on Fort Carson and in the surrounding communities.

To showcase the Fort Carson community spirit, the major military units on Fort Carson have been invited to provide information displays about their units and Family Readiness Groups are taking advantage of this opportunity to set up food booths for fund raising.

Organizations that will attend include 3rd Cavalry Museum, Army Community Service, the Grant Library, the commissary and the Vet Clinic to name a few. For more information on this event, please call 526-4494.

# FRG gains priority at AFAP conference

## Courtesy Army Community Service

One of the 20 Army Family Action Plan issues prioritized at the 2003 Fort Carson AFAP Conference held in November was again prioritized at the Forces Command AFAP Conference held in March in Atlanta. This following issue will be submitted to the Department of the Army AFAP Conference for consideration.

**Family Readiness Group training:** The scope of this issue states that current Army Regulations do not require commanders, noncommissioned officers and family liaison officers to be Family Readiness Group trained. Leadership at all levels is required to ensure FRGs comply with regulations. Lack of mandatory training results in leadership's inability to effectively manage FRGs. The FORSCOM work group recommended the existing regulation be amended to establish sequential mandatory leadership training at all levels.

This issue was raised at the Fort Carson AFAP Conference for the second year. Fort Carson delegates expressed their concern that while FRG leaders attend training and are educated in the legal decisions affecting operations of FRGs at Fort Carson, commanders are not. Due to the commander's lack of training, FRG

leaders are frequently advised to conduct business in a manner contrary to legal interpretations, putting FRG leaders in a difficult situation, especially when the commander is informed of the ruling and still tells the FRG leader to proceed in a direction contrary to how he has been trained. Additionally, many company level commanders have not had experience in the management of an FRG. Training would be a tremendous benefit to family readiness for these commanders.

The National Guard and Reserve Component Family Programs structure requires commanders and FRG leaders to attend a one to two day FRG training program. The purpose of the program is to build common knowledge, teamwork and cooperation in preparing families to be ready and self-sufficient during mobilizations and deployments.

Local response to this issue was received from Judy Woolley, director, Army Community Service. She recommended that 7th Infantry Division and Fort Carson Regulation 608-47 be changed to require commanders attend installation level FRG training. She further recommended the installation training be changed so there are two levels of training provided to commanders. An introductory level training should be developed for company-level leaders. Advanced level

training should be developed for battalion command level leaders.

She defined this in the following way:  
Recommend that 7th ID and Fort Carson Regulation 608-47 be changed to require commanders attend installation level FRG training.

Recommend that installation training be changed so there are two levels of training provided to commanders. An introductory level training should be developed for company command level leaders. Advanced level training should be developed for battalion command level leaders. Woolley further recommended this issue be forwarded to higher headquarters conference to be addressed as a change to DA pamphlet 608-47.

The AFAP Steering Committee recommended the FRG training be added to the commanders/first sergeant course at the installations level. The AFAP Steering Committee meets quarterly to review the status of Fort Carson AFAP issues.

For additional information on AFAP issues or the Army Family Action Plan Conference, contact Nancy A. Montville, the Fort Carson AFAP Program Director. She can be reached at ACS at 526-4590, or [Nancy.Montville@carson.army.mil](mailto:Nancy.Montville@carson.army.mil).

# Chaplain's Corner

Season to rejoice ...

## Celebrate Christ's resurrection Easter Sunday

### Courtesy Fort Carson Chaplain's Office

For many religious people, Christians especially, a week is the basic unit of time in the cycle of faith and life.

Originally, all the seconds, minutes and hours were piled up, measured and snipped off by the Shabat, the Day of Rest.

"Remember the Sabbath day by keeping it holy. Six days you shall labor and do all your work, but the seventh day is a Sabbath to the Lord your God" (Exodus 20:8-10).

The hallowing of time was meant to direct the attention of all creation to its Creator. His people were to remember this day not for the sake of the day alone, but to acknowledge and worship the one who called into existence all that is, and entered into a special relationship with his people.

In the economy of salvation, that sacred day was radically transformed and shifted from last to first: "When the Sabbath was over, Mary Magdalene, Mary the mother of James and Salome bought spices so that they might go to anoint Jesus' body. Very early on the first day of the week, just after sunrise, they were on their way to the tomb and they asked each other, 'Who will roll the stone away from the entrance of the tomb?'" (Mark 16:1-3).

Little did they imagine that was the least of their concerns, for the God whom Jesus called

father, raised his beloved, obedient son from the tomb "with great and mighty power," and set the clocks ahead forever. From that time on, it was not the end of the week, but the beginning of the week — the Lord's Day — by which all time was and is and forever will be marked and divided.

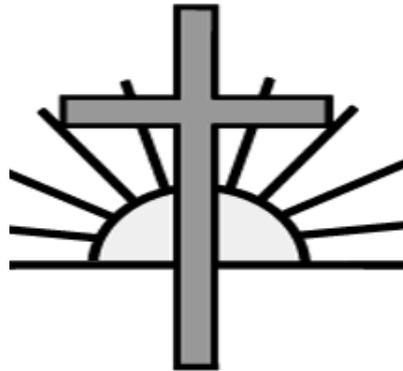
Palm Sunday, also known as the passion of our Lord, observed this year on Sunday, will mark the beginning of the most sacred period of time in the Christian church year — Holy Week. Now Jesus' "hour" has come and he takes his final steps from this world to his father's side. It is the last week of the "old order," ushered in by triumphal entry to the Holy City, Jerusalem, Zion built on a hill. But in short order "the crowds," who so eagerly welcomed him at one moment as their last and best hope for a better tomorrow, then plotted his downfall in concert with the established religious authorities.

Monday, Tuesday, Wednesday — business as usual, SOP. Thursday — Jesus planned a farewell dinner, an evening Passover meal, the most important of Israel's feasts and remembrances, with his disciples. Then to the Gethsemane Garden. Betrayed. Arrested. Abandoned. Friday — hauled before a religious and civil kangaroo court in a travesty of the justice system. Physically abused and tormented. Hoisted on a cross. Executed. But, quickly now, before quitting time, before the Lord's Sabbath, when even removing a corpse

from a cross would be in direct violation of Commandment three. Yet astoundingly, unbeknownst to all humanity, God the creator rested on this day from his new creation as his own offspring lay in his Sabbath, Saturday, last-day-of-the-week tomb.

Then the off-hand time signature, "Very early on the first day of the week ..." God acted and time stood still. Now, for Christian people, all the time of one's life is understood through the prism of the cross and the empty tomb. Each week begins with the Son's day, and each day of each week receives the designator, A.D., Anno Domini, "In the Year of Our Lord."

I encourage all members of the Mountain Post Team who proclaim the Christian faith to devote themselves to the observance and celebration of this most significant season in the Christian church year — The Passion of Our Lord — Palm Sunday; Maundy Thursday; Good Friday (April 18); Easter Vigil (April 19); and The Feast of the Resurrection of Our Lord, Easter Day. You are invited to attend the Catholic and Protestant services offered on the chapel worship schedules.



### Chapel briefs

#### Coming events at Prussman Chapel:

Thursday Night Community prayer meeting  
— each Thursday at 7 p.m.

"Christ in the Passover" dinner and service  
April 18. (Watch for more information on this exciting Easter season event.)

## 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 are April 18.

**Holy Week and Easter Schedule:**

**Protestant:**  
**Maundy Thursday Liturgy and Communion**, Thursday, 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 retired Chap. (Col.) Chuck Adams. A continental breakfast will follow service.

**Note:** Regular Sunday schedule at all chapels.

**Catholic:**  
**Holy Thursday**, Thursday, Soldiers' Memorial Chapel, 7 p.m.

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

**Holy Saturday** (Vigil), April 19, Soldiers' Memorial Chapel, 8 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
<b>ROMAN CATHOLIC</b>					
Sunday	8 a.m.	Divine Liturgy	Soldiers'	Nelson & Martinez	Chap. Olson/526-5772
<b>EASTERN ORTHODOX</b>					
<b>PROTESTANT</b>					
Sunday	9 a.m.	Protestant	Healer	Evans Army Hospital	Chap. Simmons/526-7387
Sunday	9 a.m.	Protestant	Provider	Barkeley & Ellis	Chap. 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	2 p.m.	Latter Day	Provider	Nelson & Martinez	Dr. Scheck/526-5626
Sunday	6:30 p.m.	PYOC	Soldiers'	Nelson & Martinez	Ms. Scheck/524-1166
<b>LITURGICAL PROTESTANT</b>					
Sunday	10:45 a.m.	Protestant	Provider	Barkeley & Ellis	Chap. Bauer/526-5279
<b>JEWISH</b>					
For information and a schedule of Jewish Sabbath services, call the U.S. Air Force Academy Cadet Chapel at 333-2636.					
<b>WICCA</b>					
2nd and 4th Tuesday	6:30 p.m.		Spiritual Fitness Center	Barkeley & Ellis	Ms. Costantino-Mead/ (303) 428-7703

**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 119:33-41 & 1 Corinthians 15-16

**Saturday** — Psalms 119:41-48 & 2 Corinthians 1-4

**Sunday** — Psalms 119:49-56 & 2 Corinthians 5-7

**Monday** — Psalms 119:57-64 & 2 Corinthians 8-10

**Tuesday** — Psalms 119:65-72 & 2 Corinthians 11-13

**Wednesday** — Psalms 119:73-80 & Galatians 1-3

**Thursday** — Psalms 119:81-88 & Galatians 4-6

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 1st INF DIV (Mechanized), the Big Red One, headquartered at Wuerzburg, Germany. **Army:** For us as we live out the Army values of Loyalty, Duty, Respect, Selfless Service, Honor, Integrity and Personal Courage. **State:** For all soldiers and their families from the state of South Dakota. Pray also for Gov. Mike Rounds, the state legislators and municipal officials of the Mount Rushmore State. **Nation:** For the Speaker of the House of Representatives, Dennis Hastert, who ensures House members effectively craft public policy that benefits all Americans. **Religious:** For the Christian celebration of Holy Week, which begins with Palm Sunday and continues through Maundy Thursday, Good Friday and Holy Saturday.

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

# Send in the Cavalry: 3rd ACR deploys in support of Operation Iraqi Freedom



Soldiers from the 3rd Armored Cavalry Regiment load a chartered aircraft for the long flight to the Middle East Thursday. Fort Carson soldiers have been deploying recently in support of Operation Iraqi Freedom.

**Story and photos by Spc. Chris Smith  
14th Public Affairs Detachment**

After weeks of waiting, one of Fort Carson's largest units began leaving April 3.

Troopers from the 3rd Armored Cavalry Regiment received their marching orders for Operation Iraqi Freedom, which came as a relief to many in the regiment.

"It's good to finally be going," said Sgt. Gerrick Johnson, Medical Troop, Support Squadron, 3rd ACR. "We've been waiting for so long that it's good to just be getting it over with."

The departing units first manifested prior to busing to their planes. Manifesting involves checking soldiers to ensure they have identification tags and cards and checking to see if everyone is there.

While waiting to manifest, the soldiers passed the time by playing cards, telling jokes, and of course, sleeping. One soldier who was observed sleeping with a stuffed tiger claimed he'd borrowed it for use as a pillow.

Still others used their final time on Fort Carson to chat with friends they possibly won't see again. Spc. Miranda Lee, 52nd Engineer Battalion, visited her friend Pfc. Kevin Kinnelly, Headquarters Troop, 3rd ACR.

"We're just really good friends," Lee said. "I wanted to say goodbye before he left."

Lee is also slated to deploy soon and said she hopes to meet up with Kinnelly when they do deploy.

Some soldiers needed to find last-second solace in phone calls. Pvt. Theresa Rojas, Headquarters Troop, Support Squadron, talked to her cousin up until the time they left.

"It's just comforting to hear a voice from back home," Rojas said. "(My cousin) is a close friend, and I'm going to miss her."

Whether it was a false façade or not, many of the soldiers denied being nervous and claimed excitement in the face of war.

"It's a big adventure," said Spc. Wayne Mockerman, Regimental Headquarters Troop, 3rd ACR. "This is what we train for. The people in my unit are ready, and so am I."

The 3rd ACR troopers are deploying to support forces already involved in Operation Iraqi Freedom. While no specific location for their deployment has been given, they will be in the Central Command area of operations, which has operation control in the Middle East and most of Africa.

The 3rd Brigade Combat Team, 10th Combat Support Hospital and other smaller elements are also deploying to support Operation Iraqi Freedom. Most of the units have already left, and the remainder are scheduled to leave soon.

As the Fort Carson units leave for war, the soldiers remain upbeat and excited about the deployment.

"This is it," said Spc. Shuan Walls, Headquarters Troop, 4th Squadron, 3rd ACR. "We're ready, I'm ready to do it. Saddam (Hussein) should really be worried now, the 3rd ACR is coming."



**Pfc. Ian Webber, Medical Troop, Support Squadron, sleeps snugly with "Tiger," a stuffed tiger while waiting to manifest for deployment.**

*"We're ready, I'm ready to do it. Saddam (Hussein) should really be worried now, the 3rd ACR is coming."*

**Spc. Shuan Walls**  
Headquarters Troop, 4th Squadron, 3rd Armored Cavalry Regiment



Command Sgt. Maj. John Caldwell, 3rd ACR command sergeant major, shakes hands with his troops as they load the plane to deploy.



Spc. Wayne Mockerman, Regimental Headquarters Troop, 3rd ACR, sits alone with his thoughts while waiting to manifest before deploying to the Middle East.



Above: Spc. Miranda Lee, 52nd Engineer Battalion, spends some final moments with her friend Pfc. Kevin Kinnelly, Headquarters Troop, 3rd ACR, before he left for Operation Iraqi Freedom.



# Out & About

11 - 18 Apr 03

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



**AMBASSADORS**  
HARLEM  
15 April 2003  
6 to 8:30 pm

Special Events Center  
Bldg. 1829 Specker Ave,  
Formerly the Post Field House

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



CANDLEWOOD SUITES  
Our Place, Your Space

(719) 526-4494

**Spring Fling**  
Dinner & Dance  
6 p.m. - 10 p.m.  
Thursday, 17 April 2003  
at the Elkhorn

LIVE 5-PIECE BAND ..  
Only \$15.95

Don't sit on the bench,  
make your reservations  
TODAY!

576-6646

Hosted by the  
Fort Carson Garrison Team  
RSVP by 12 noon Tuesday, 15 April  
EVERYONE IS INVITED TO ATTEND THIS FUN EVENT

Smith Woodcraft Center  
Bldg. 2426 Wetzel Ave.

## Memorial Day Prize Drawing

WIN this Entertainment Center!  
Drawing will be held  
Saturday, 24 May 2003

You do not have to  
be present to WIN!  
For more information please call  
719-526-3487



## ALPINE TOWER PROGRAMS

### 2003 SEASON GRAND OPENING

The Alpine Tower Facility begins the  
2003 Season on 26 April  
Rappel, Climb and Teambuild for Free!  
10 am - 4 pm

The Alpine Tower is located across the  
street from the Outdoor Recreation Center  
(corner of Specker and Wetzel)

For more information call  
719-526-5176



## Women's Golf Clinic

Join Us  
at the  
Fort Carson  
Golf Club  
Bldg. 7800 Titus Blvd.

May 12 - 15, 2003  
6:00 pm - 7:00 pm

To Register Call 526-4102  
or stop by and see us

\$15 per Night  
\$5 Returned to you  
in prizes and awards

Maximum Class Size 30

## RU UP 4 THE TUP CHALLENGE AT XTREMES AND COUNTERTOP GAME CONTEST 1-30 APRIL



BLDG. 1532 SPECKER AVE  
FORT CARSON  
719-576-7540

BLDG. 1511 CHILES AVE  
FORT CARSON  
719-526-5542

FORT CARSON YOUTH SERVICES 2003

## Sports Page



### Spring Sports Preview

Spring Soccer & In-Line Hockey

Registration Date: Season Dates:  
Apr 4 Apr 19 - May 17

Central Registration: Age Groups: (Coed)  
BLDG. 5950 HARRIS AVE. 3-4, 5-6, 7-9, 10-12;  
(Mesacon School) 13-15, 16-18  
526-1100/1101

Last Chance Registration: For More Information:  
Saturday Apr 5, 9:30 am - 4 pm  
at the Fort Carson Youth Center Fort Carson Youth Sports  
Bldg. 5950 Warr Street 526-1233/6810/6811

## HOOK a SOLDIER for LIFE

At the Fort Carson  
Golf Club  
7800 Titus Blvd.  
526-4122  
"Win a FREE set of Golf Clubs,  
a FREE Golf Bag, a FREE T-Shirt  
and 10 FREE Small Buckets of Balls"  
Only active duty E1 - E4

"Win a FREE Round of Golf for 4  
with a Cart"  
Only active duty E5 - O10  
Enter to WIN by filling out a  
Comment Card at selected DCA facilities.  
Prize Drawings are held  
every Monday evening  
at Xtremes

For more information please call 719-526-4122  
Must be present to Win

## "Messages From Home"

For Family Members of Deployed Soldiers  
Send a voice message to your loved one  
wherever they might be! **FREE!!!**  
Call 719-884-1115 today or visit  
[www.absolutemessaging.com](http://www.absolutemessaging.com)

## Joining Forces at Six Flags

Elitch Gardens  
Saturday,  
19 April 2003

Transportation will be available  
for only \$5.00 per person.

Park Open Noon - 6 pm  
Tickets only \$17.00  
Discounted meal only \$6.00  
Regular Gate prices \$33.99  
Shuttle will depart  
10:30 am from  
X-tremes Entertainment & Sports Bar,  
Bldg. 1532 Specker Ave.  
1 pm from The Special Events Center  
Bldg. 1829 Specker Ave.  
Please contact your Fort Carson  
ITR Office for tickets and  
more information.  
Bldg. 2429 Specker Ave.  
719-526-2083

## Denver Nuggets Tickets FREE!!!!!!

For detailed information call today!!!  
719-526-0423

## Fort Carson Eggsperience & Information Fair

Egg Hunt Too!  
19 April 2003  
10 am - 2pm

Special Events Center  
Bldg. 1829 Specker Ave.  
Formerly the Post Field House  
For more information please call  
719-526-4495

## FREE MOVIES!

Latest & Greatest  
Every Day of the Week!

## McMahon Theater

Bldg. 1517 McDonald Street

FREE Evening Movies Start 7 pm

FREE Saturday Matinee Starts 2 pm  
Snacks are available for purchase

For more information call  
719-526-4629



Every Evening, FREE Movie Starts at 7 pm

Dates	Movie	Rating
April 1	John Q	PG-13
2	The Scorpion King	PG-13
3	The Rookie	G
4	Star Wars: Attack of Clones	PG-13
5	Wind Talkers	R
6	Roller Ball	PG-13
7	High Crimes	PG-13
8	Black Hawk Down	R
9	Big Fat Liar	PG
10	The Sum of All Fears	PG-13
11	Undercover Brothers	PG-13
12	Crossroads	PG-13
13	Showtime	PG-13
14	The Time Machine	PG-13
15	Dragon Fly	PG-13
16	Deuces Wild	R
17	The New Guy	PG-13
18	Scooby-Doo	G
19	Bad Company	PG-13
20	Changing Lanes	R
21	Hey Arnold	PG
22	The Bourne Identity	PG-13
23	About a Boy	PG-13

Every Saturday, FREE Matinee Starts at 2 pm

Dates	Movie	Rating
April 5	Hey Arnold	PG
12	Big Fat Liar	PG
19	Snow Dogs	PG

## ARMWRESTLING CHAMPIONSHIPS

SATURDAY APRIL 26, 2003 AT 3:00 PM



BLDG. 1532  
FT. CARSON

FOR MORE INFORMATION CALL: 719-576-7540

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# Sports & Leisure

## Takedown!

### Shoulders to the mat for a pin

All-Army wrestling trial camp ends, 2003 team heads to Armed Forces Championships in Idaho

by Bill Scharton  
Mountaineer staff

Several spirited and highly competitive challenge matches brought the 2003 All-Army Wrestling Team trial camp to a conclusion Friday.

The challenge matches and camp produced the 2003 All-Army Wrestling Team. Maj. Michael Hagen, commander of the Army World Class Athlete Program at Fort Carson, was impressed with the wrestling he watched during the challenge matches on the final day of the trial camp.

"I am proud of the effort you all put out here at the camp," Hagen said. "To those of you who did not make the team, I encourage you to stay with it. Keep fit, stay in shape and come back for another try."

Fort Carson WCAP wrestlers Michael Santos and Anthony Gibbons had two highly competitive Greco-Roman challenge matches against each other in the 55 kilogram weight class. In the morning match, Gibbons pulled out an exciting 3-2 decision in overtime by scoring the winning points just before the time clock expired in the extra session.

The two grapplers faced each other again in the afternoon session. Santos maintained a slight edge in points in the match when he executed a hard takedown of Gibbons. As a result, Gibbons' head slammed the mat and the blow prevented him from continuing the match. Santos earned the Greco-Roman 55 kilogram team slot with the injury default victory. WCAP wrestlers Glen Nieradka and James Johnson battled for the 60 kilogram Greco-Roman slot and the roster position went to Nieradka.

Lance Schwabenbaur, a non-WCAP wrestler from Fort Drumm, N.Y., pulled off an exciting 5-3 decision over Fort Carson WCAP wrestler Charles Daniels in an 84 kilogram freestyle match during the morning session. Daniels bounced back in strong

#### 2003 All-Army Wrestling Team

**55 kilograms:** Freestyle — Eric Albarricin, Greco-Roman — Michael Santos;

**60 kilograms:** Freestyle—Jason Kutz, Greco-Roman—Glen Nieradka;

**66 kilograms:** Freestyle —Glenn Garrison, Greco-Roman—Oscar Wood;

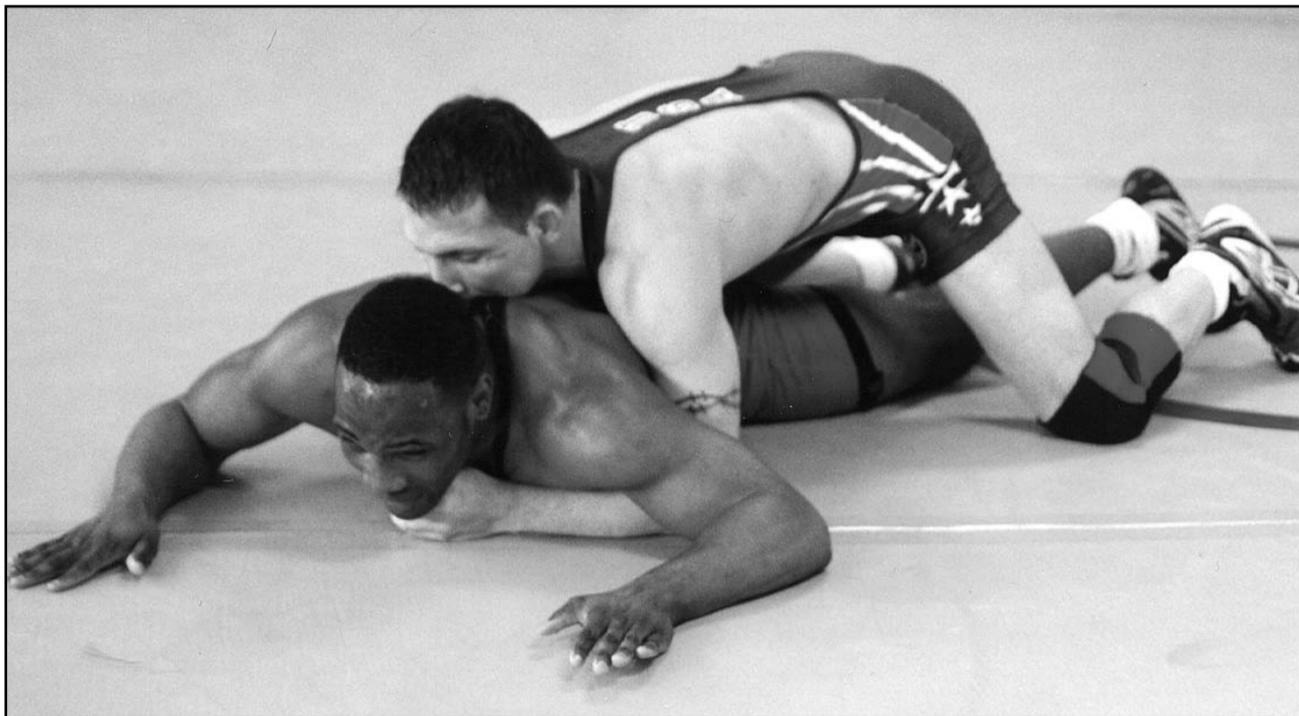
**74 kilograms:** Freestyle —Maxwell Shingara, Greco-Roman—Keith Sieracki;

**84 kilograms:** Freestyle —Charles Daniels, Greco-Roman—Kenny Owens;

**96 kilograms:** Freestyle —Franklin Lashley, Greco-Roman—Jason Loukides;

**120 kilograms:** Freestyle — Dominique Black, Greco-Roman—Dremiel Byers.

**Female freestyle wrestlers** — Tina George and Iris Smith are also members of the 2003 All-Army Wrestling Team.



Photos by Bill Scharton

**Maxwell Shingara, top, and Kenyatta Carter had two highly competitive challenge matches on the final day (April 4) of the 2003 All-Army Wrestling Team trial camp at the WCAP wrestling facility on post. Shingara recorded two narrow victories by decision to earn the 74 kilogram slot on the team.**

fashion in the afternoon match. He dominated the match and scored a lopsided decision over Schwabenbaur to earn the slot on the All-Army Team.

Fort Carson WCAP wrestler Maxwell Shingara recorded two close decisions over Kenyatta Carter to land the 74 kilogram freestyle slot.

Fort Carson WCAP wrestlers Franklin Lashley (96 kilograms, freestyle) and Oscar Wood (66 kilograms, Greco-Roman) earned their All-Army Wrestling Team slots with two big challenge match decisions.

Fort Carson WCAP wrestlers Jason Kutz (60 kilograms, freestyle), Glenn Garrison (66 kilograms, freestyle) and Dremiel Byers (120 kilograms, Greco-Roman) had to win only one challenge match to secure their slots on the All-Army Wrestling Team.

Byers, the reigning world champion in his Greco-Roman weight class, had to go against another Fort Carson WCAP grappler, Paul Devlin, in the super heavyweight challenge match. Byers scored a 4-0 decision to maintain his slot on the All-Army Wrestling Team.

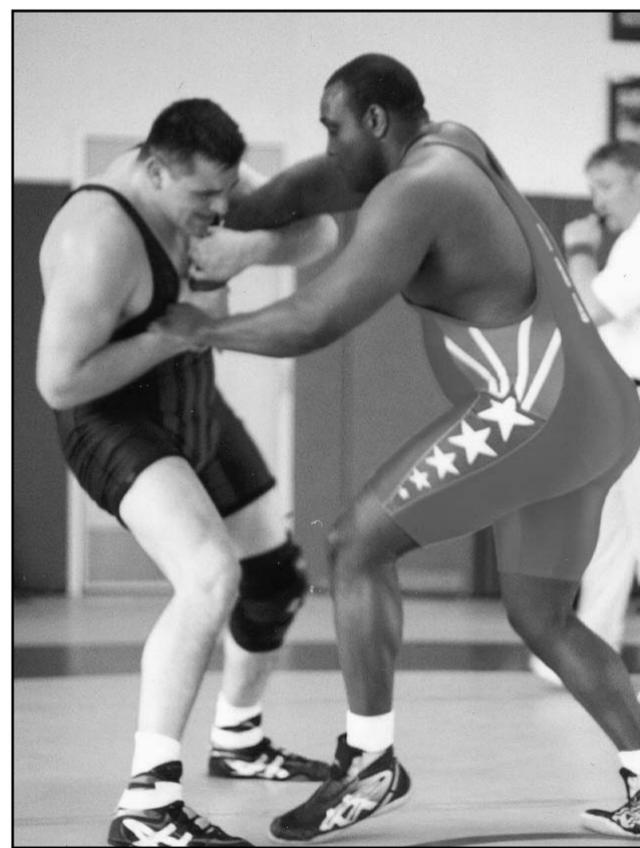
"It was a tough match, as usual," Byers said.

Following the match, Byers thanked Khoren Papayan for his help during the camp. Papayan is a super heavyweight Greco-Roman wrestler from Armenia who has been working out with the WCAP wrestlers.

All-Army Wrestling Team and Army WCAP head wrestling coach Shon Lewis gave the wrestling team members a pep talk following the challenge matches and the selection of the 2003 team.

"This Army wrestling program has a lot of pride behind it," Lewis said. "You must be willing to pay the price, right here in practice.

"Tournament matches are won before we ever leave here. They are won in practice. Your hardest work should already be done before the tournament starts. The will to win starts here."



**Dremiel Byers, right, tries to get a good grip on opponent Paul Devlin during a 120 kilograms challenge match April 4 at the 2003 All-Army Wrestling Team trial camp. Byers, the reigning Greco-Roman super heavyweight world champion, earned a 4-0 win over Devlin in this challenge match.**

The 2003 All-Army Wrestling Team will be in Mountain Home, Idaho, Saturday and Sunday to defend its Armed Forces Championship. The Armed Forces tournament Greco-Roman action will take place Saturday and the freestyle competition will be held Sunday. Records dating back to 1976 show Army winning 15 of 26 possible Armed Forces Championships including the 2002 crown.

*U.S. Challenge vote is in ...*

# WCAP Army boxer loses by decision

by **Bill Scharton**  
Mountaineer staff

Army boxer Keith Mason and his coach, Army World Class Athlete Program head boxing coach Basheer Abdullah, are now quite aware of what it will take for Mason to reach the next level.

This awareness came about the old fashioned way — head-to-head competition in the ring. In the past two weeks, Mason went up against two of the best boxers in the country in his weight class (141 pounds).

Two weeks ago, in the semifinals at the 2003 national boxing championships, Mason battled the defending national champion Rock Allen and lost by decision. Last weekend at the U.S. Challenge at the Olympic Training Center in Colorado Springs, Mason fought the new national champion Lamont Peterson.

Peterson beat Allen at the 2003 national tournament and, therefore, was the number one seed at 141 pounds for the U.S. Challenge. Mason and Peterson had a spirited bout, but Mason had trouble penetrating Peterson's defense and Peterson landed the heavier blows.

"I thought Peterson had more force behind his punches," Abdullah said following the bout. "The heavier blows are more impressive to the judges."

Abdullah also said the two most recent bouts should prove to be valuable learning experiences for Mason.

"Those two bouts let him know firsthand what he is up against," Abdullah said. "Keith must hit the weights. More strength will enable him to put more force behind his punches. We will also work on perfecting his tech-

nique. His speed and quickness are as good as anybody's at 141 pounds. He needs to get stronger."

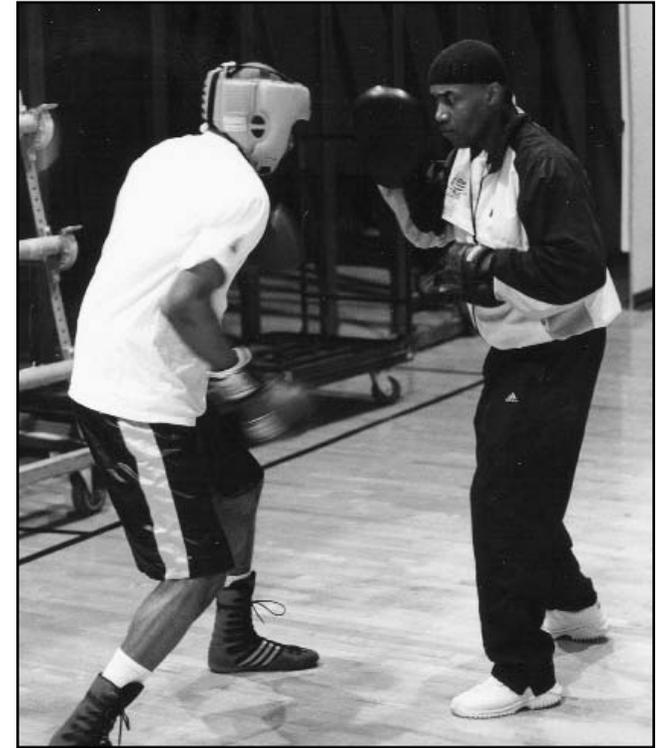
Mason was in agreement with his coach following the loss to Peterson. "The experience I gained from the last two bouts let me know what I need to do in order to improve," Mason said. "One thing for sure, I have to get stronger."

Mason was awarded third place at 141 pounds at the U.S. Challenge due to a walkover win against Allen because he failed to make weight.

The Army WCAP boxers at Fort Carson are now training for the upcoming state, regional and national Golden Gloves competition.



**Army boxer Keith Mason, right, bobs and weaves during his 141-pound weight class U.S. Challenge bout April 4 against Lamont Peterson, the new national champion.**



photos by Bill Scharton

**Army World Class Athlete Program head boxing coach Basheer Abdulla, right, conducts pre-fight drills with Army boxer Keith Mason prior to his U.S. Challenge bout April 4 at the Olympic Training Center in Colorado Springs. Mason lost a decision to Lamont Peterson in this bout but finished third in the 141-pound weight class.**

## Fort Carson WCAP tae kwon do athletes head to trial camp

by **Bill Scharton**  
Mountaineer staff

Army World Class Athlete Program Tae kwon do athletes from Fort Carson left this week to participate in the 2003 All-Army Tae Kwon Do Team trial camp.

The trial camp is being conducted at Fort Indiantown Gap, Pa. The trial camp will run through April 25. On that day, the 2003 All-Army Tae Kwon Do Team will be selected. The All-Army team will then compete for the 2003



Armed Forces Tae Kwon Do Championship April 26 at Fort Indiantown Gap. Following the Armed Forces Championship, the All-Army team will compete in the United States Tae Kwon Do Union National Championship May 21 to 26 in New Orleans.

The Fort Carson WCAP athletes participating in the 2003 All-Army Tae Kwon Do Trial Camp are Petra Kauai, Yelena Pisarenko, David Bartlett, Casey McEuin, Louis Torres, Darnell Rydholm, Jay Utter and Rigoberto Ocegüera. Army WCAP Tae Kwon Do coach Hyun Suk Lee will also attend the trial camp.

## Sports, leisure briefs ...

### What's going on around post

#### Female softball team signup

If there is enough interest, the Mountain Post will have a female softball team this spring and summer. Catherine Satow is organizing the effort to put the team together. The team will play in the Colorado Springs City Parks and Recreation League. For additional information or to sign up for the squad, call Satow at 526-9373.

#### April ITR trips

**Saturday** — Museum of Natural History/IMAX/Denver Zoo.

**April 19** — Six Flags/Elitch Gardens in Denver.

**April 26** — Cabela's, World's Foremost Outfitter, in Sidney, Neb.

Call 526-5366 for details about any of the trips.

#### Skate night

Skate Night takes place every Saturday from 3 to 8:30 p.m. at the Youth Services Center. Beginners skate from 3 to 5 p.m. followed by an all-skate from 5 to 8:30 p.m. For more information, call 524-1388.

#### Free Denver Nuggets tickets for soldiers

Registration for Saturday's free Denver Nuggets game tickets is taking place at the Information, Tickets and Registration office

located in the Outdoor Recreation Complex (building 2429). Registration must be done in person by close of business today.

Tickets are for active duty servicemembers and families. Game tickets will be distributed on the buses. Buses begin loading at 2:30 p.m. at McMahon Theater and depart at 4 p.m.

#### Family swim night

Family swim night is every Thursday from 6 to 8 p.m. at the indoor pool. The cost is \$4 per family and \$3 for guests. For more information, call 526-3107.

#### Harlem Ambassadors

The Harlem Ambassadors basketball team will perform at Fort Carson Tuesday. The performance will begin at 6 p.m. at the Special Events Center (building 1829 on Specker Ave., formerly the Post Physical Fitness Center). The performance is free. For additional information, call 526-4494.

#### Carson Middle School track and field

The Carson Middle School Eagles will have its first track and field meet of the season at 3:30 p.m. Thursday at the Fountain-Fort Carson High School sports complex. Opponents will be Fountain and Cheyenne Mountain middle schools.

# Skate night: Fun on wheels at youth center

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

Skating, basketball, soccer, pool, music room, arts, crafts and computer lab. These activities and more are offered weekdays and Saturdays at the Fort Carson Youth Services Center (bldg. 5950 Ware Street).

Skate Night (Saturdays, 3 to 8:30 p.m.) was moved to the small gym in the center and continues to be a popular activity among Fort Carson families.

Last Saturday, Tanya Ford and her two sons, 5-year-old Michael Wilburn

and 11-year-old Kendryc Guydon, were having a good-time family outing at Skate Night. Michael was watching his mom skate backwards and pondering the future.

"I don't know how to go backwards," Michael said. "I won't know how until I'm older."

Four-year-old Connor Morris, his 8-year-old brother Kaleb Morris and their 9-year-old friend Arron Baber also had fun in mind as they cruised around the gym during their Skate Night outing. They said they also had a chance to go ice skating a few days ago and Connor said he liked roller skating and ice skating equally.

Sisters Robin (3 years old) and Michelle (5 years old) Tawater were learning to skate and having a blast. At this stage of the game, they were happy they didn't have far to fall during frequent trips to the floor.

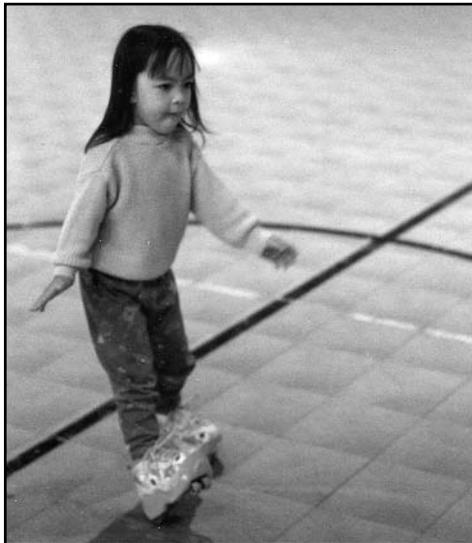
Beginners skate from 3 to 5 p.m. and the all-skate portion of Skate Night runs from 5 to 8:30 p.m. According to Directorate of Community Activities recreation division employee Becky Rudder, Skate Night will remain at the Youth Services Center until the post Special Events Center becomes available again.

Loren Morris, the Youth Director at the Youth Services Center, wants to pro-



Photos by Bill Scharton

**Sisters, 5-year-old Michelle, left, and 3-year-old Robin Tawater, skate together Saturday at a Skate Night outing at the Youth Services Center. Skate Night was moved to the Youth Services Center and will remain there until the Special Events Center again becomes available.**



**Robin Tawater concentrates on keeping her balance while learning to roller skate.**

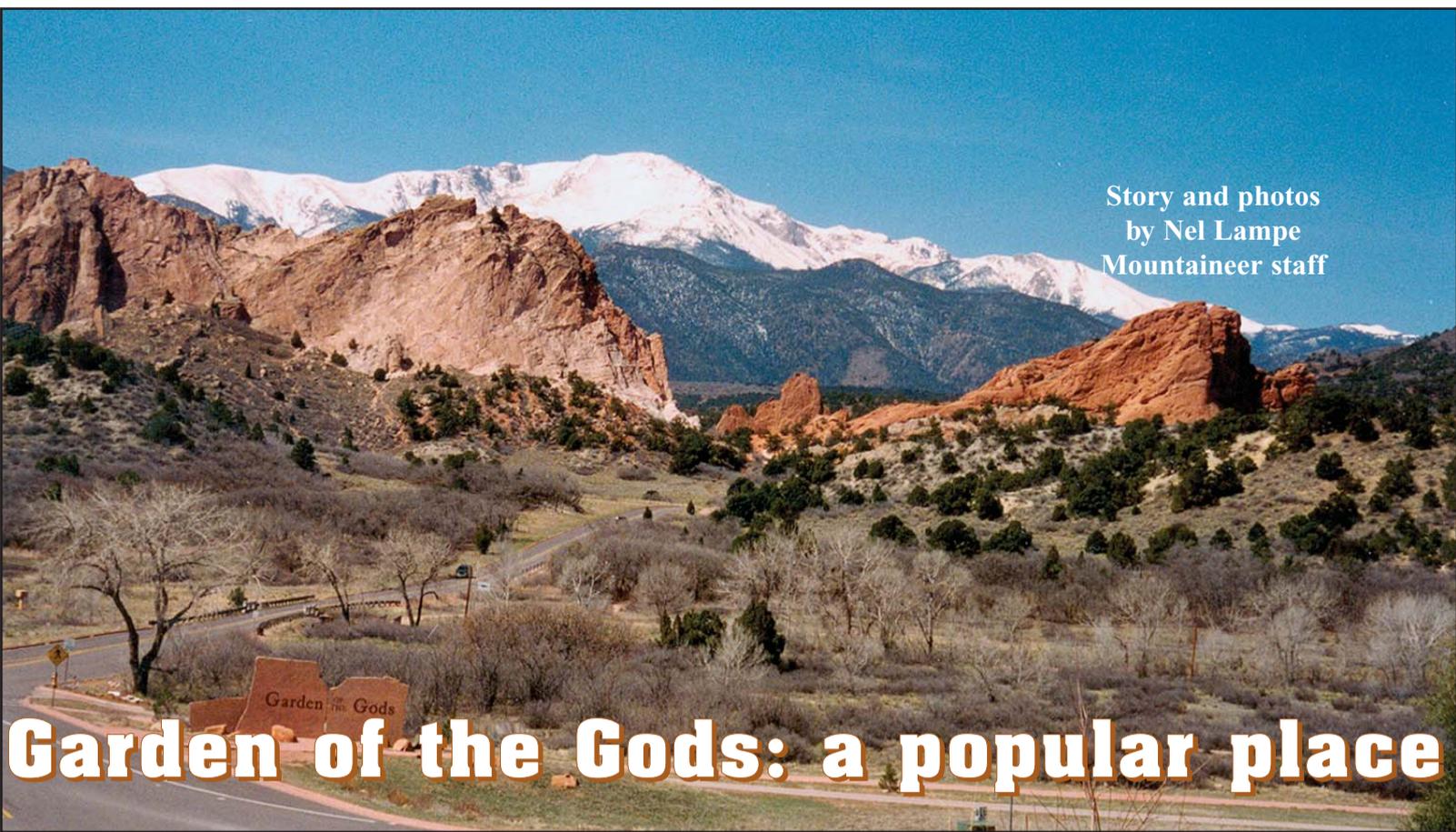
vide as many activities as possible to the Fort Carson community. "April is the 'Month of the Military Child' and we want the center to be a fun and special place for military families," Morris said. "We teach sewing and cooking basics. With the arts and crafts, we try to be creative while doing a service for the community at the same time. For example, for National Service Day, we are making happy hats for children with

cancer."

Morris said the computer lab is one of the most popular places at the center. "We usually have a waiting list to use the computer lab," Morris said. "Computer classes like Internet use and Web page building are offered here at the center."

For additional information regarding any of the Youth Services Center activities, call 524-1388 or 526-1233.

Story and photos  
by Nel Lampe  
Mountaineer staff



## Garden of the Gods: a popular place

The most photographed spot in Colorado is the famous gateway rocks framing Pikes Peak at the Garden of the Gods entrance.

**T**he red rocks on the city's west side reflect the early morning sun. Once horizontal layers of sandstone, these now vertical red rocks were thrust to the surface about 35 million years ago, when continental plates collided. These scenic red rocks frame Pikes Peak at the entrance and draw local citizens and tourists to the park known as the Garden of the Gods.

The site was sacred to the Ute Indians who wintered in the area for hundreds of years.

More than a million and a half visitors from around the world visit the Garden of the Gods each year.

The Garden of the Gods has been a visitor destination since the area was settled. Early on, one clever entrepreneur fenced off the balanced rock and charged visitors a fee. Someone else thought a beer garden would be perfect for the Garden of the Gods. One person put in a lemonade stand.

Colorado Springs' founder, Gen.



Rock formations in intriguing shapes are traversed by hiking trails.

William J. Palmer, chose property for his home in a valley just north of the Garden of the Gods. Red-rock formations, similar to those in the park, are on the property near where he built his home, Glen Eyrie.

Palmer suggested to fellow railroader and friend, Charles E. Perkins, that he purchase the Garden of the Gods. Perkins was president of the Burlington Railroad. Perkins bought a large portion of the Garden of the Gods in 1879, and later purchased another 240 acres.

Perkins allowed the public to visit the Garden of the Gods. Palmer wanted to help protect the area and purchased land in the area from private owners. After Perkins' death, his children donated the park to the city of Colorado Springs in 1909. Special ordinances have made the park free to the public forever. The park contains more than 1,300 acres and is a National Natural Landmark.

A building was constructed in the Garden of the Gods park in 1915. It was in the style of a Pueblo and served as a caretaker's home, souvenir stand and snack bar. It was nestled

between rocks near the park's entrance and painted to match

the rocks. It was called the "Hidden Inn." Many of the park's visitors stopped for refreshments or souvenirs. The Hidden Inn was dismantled several years ago when buildings were removed from the park as a conservation measure.

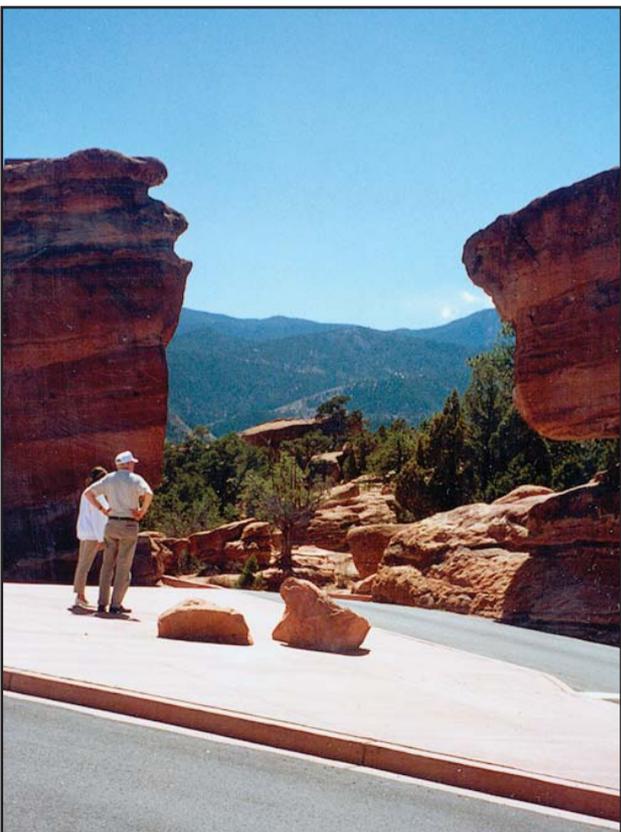
The Garden of the Gods Visitor Center is a public/private partnership which opened in 1995. It's a first-class facility with historic and educational exhibits, classes and lectures, and is across the street from the park's entrance.

The first stop park visitors make should be the Gardens of the Gods Visitors Center. Entry is free, and visitors can learn about early inhabitants of the park. Giant paintings depict what the area is thought to have looked like during the Jurassic age. Photographs allow visitors to see early visitors and historic events occurring in the park.

Displays show wildlife, trees and plants which are in the park. A relief map helps visitors grasp the makeup of the terrain.

The visitor center is open from 9 a.m. until 5 p.m. daily until Memorial Day. Summer hours are from 8 a.m. until 8 p.m. daily.

The visitor center shows a film,



Visitors look at the Balanced Rock formation. Steamboat Rock is at their left.



Places to see in the Pikes Peak area.

April 11, 2003

**Garden of Gods**

From Page 25

“How Did Those Red Rocks Get There?” which is shown every half hour. It costs \$2 for adults and \$1 for children and addresses 300 million years of history of the park area.

Free nature walks are led at 10 a.m. and 2 p.m. each day.

Free lectures are presented daily throughout the year. Lectures range from the history of the Garden of the Gods, prehistoric life and landscape, and the life of the rattlesnake and other wildlife. Call the visitor’s center at 634-6666 for a schedule.

The visitor center has special activities set for Earth Day, being marked April 19 at the park with music, American Indian dancers, birds of prey, a tepee setup, face painting, clowns and activities for children between 9 a.m. and 3 p.m.

A second floor patio provides a great view of the park. Three gift shops are in the visitor center and a snack bar has breakfast items for \$1.50, cold sandwiches for about \$5 and a selection of side salads. A cup of soup is \$2 and a bowl is \$3.50. Nachos are available as are hot sandwiches such as hamburgers, a buffalo burger and a barbecue sandwich. Homemade fudge is also sold.

The gift shop has a wide selection of books about nature, Colorado and the local area.

Gifts include Southwestern decorating items, jewelry and collectables as well as flutes, vases

and candles. Pictures, postcards and posters of Garden of the Gods are sold.

Visitors who prefer to ride rather than walk or drive through the park may purchase a ticket for a bus tour during the summer. A bus leaves the visitors center about every half hour from about 9 a.m. to 5 p.m. Tickets are about \$4 for adults and about \$3 for children.

For do it yourself tours, pick up a free map at the information desk and take a drive through the Garden of the Gods on your own. The tour takes perhaps 20 minutes to take a scenic drive through the park. It’ll take a little longer if you pull off in designated parking areas to look at rock formations or to take pictures.

The roads are winding and some are one-way and others have designated bicycle lanes. Visitors should not park by the roadway except in official parking areas.

The Garden of the Gods is popular with hikers, bikers, dog walkers and people just out for a stroll.

Be sure to see the Balanced Rock and Steamboat Rock. Other nature-carved formations are also such as the Tower of Babel and Kissing Camels.

The Garden of the Gods is popular for picnics and cook-outs. Unfortunately, there is a limited number of grills and picnic tables available in the park.

The Garden of the Gods Trading Post, just outside the park at the southern edge, near the Manitou Springs exit, was established in 1900. Built in a Pueblo style, the trading post has been expanded several times. Rooms are filled with Southwest-style decorative items, such as rugs, lamps, paintings and pottery. There are also drums, moccasins and jewelry. Souvenirs and T-shirts are abundant.

The Balanced Rock Café is in the trading post and serves buffalo burgers, sandwiches, salads, soft drinks and snack items. The dining area is furnished with log tables and chairs or diners can choose to eat on the covered deck.

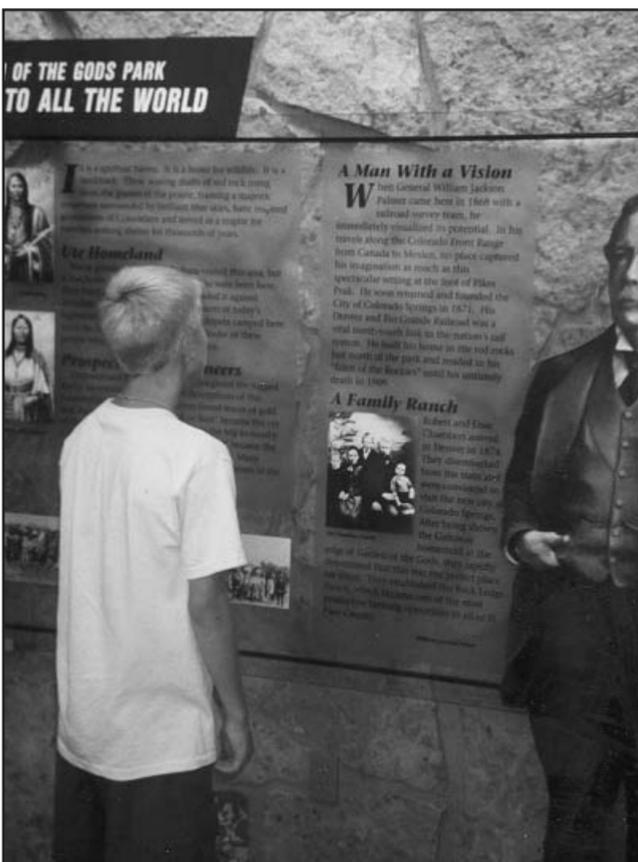
The Garden of the Gods Trading Post is open from 9 a.m. to 5 p.m. in winter and from 8 a.m. to 8 p.m. during summer. The Web site is [www.co-trading-post.com](http://www.co-trading-post.com). The trading post is at 324 Beckers Lane.



Visitors look at the relief map in the Garden of the Gods visitor center.



Balanced Rock Cafe, inside the Garden of the Gods Trading Post, has a rustic decor.



Historic displays in the visitor center tell the history of the Garden of the Gods area.



Visitors head to the theater to watch the film, passing other visitors at the interactive exhibits.

The Academy Riding Stables, south and east of the trading post, at 4 El Paso Blvd. rents horses for one-hour, two-hour or three-hour guided tours of the park. Rides are available at 10 a.m. in the off season and at 9 a.m. in summer. For reservations, call 633-5667.

Visitors to the Garden of the Gods may see people climbing the rocks, and indeed it may be tempting. But rock scrambling — climbing more than 10 feet above the base of the valley without technical equipment — is illegal. Scramblers are subject to a \$500 fine and/or 90 days in jail. If rescue is necessary, scramblers may have to pay for the rescue costs.

Technical climbers must register at the visitor’s center and read over the current rules and regulations. Technical climbing is allowed for two or more people who are using proper climbing equipment.

The Garden of the Gods is reached by taking Interstate 25 north to Garden of the Gods Road, then head west, following signs to the visitor center on 30th Street.

The Garden of the Gods main entrance can also be reached off 30th Street on the west side of Colorado Springs and the southern entrance reached off Manitou Avenue in Manitou Springs.

**Just the Facts**

- **Travel time** 20 minutes
- **For ages** Families
- **Type** Natural park
- **Fun factor** ★★★★★ (Out of 5 stars)
- **Wallet damage** free

\$ = Less than \$20

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

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

(Based on a family of four)

# Happenings

## Get Out!

### Academy concert series

**The Air Force Academy Concert Series** last show of the season features Lee Greenwood and Sandi Patty, Saturday. 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. "Australia" is in the theater Sunday at 2 p.m., 30 W. Dale St.

### Mining museum

**The Western Museum of Mining and Industry** hosts "Super Saturday" Saturday. 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.

### 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](http://www.denvercenter.org).

**"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.

**"Les Miserables"** is at the Buell Theatre in downtown Denver May 14 through 24, with ticket prices starting at \$15. Go to [www.denvercenter.org](http://www.denvercenter.org) or call (303) 893-4000.

### 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.

**"Montana Serenade"** is at the Manitou Springs Iron Springs Chateau, 444 Ruxton through September. Dinner and show cost \$23.50 and tickets are available by calling 685-5104. Dinner is at 6 p.m., with the show at 8 p.m. There's parking around the theater.

### Broadway road shows

**Pikes Peak Center's Broadway series next show is** "The Music Man," Tuesday and Wednesday, 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

**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.

**"George Lopez"** is at the World Arena at 8:30 p.m. May 10.

**"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](http://www.worldarena.com).

### Exhibit at Denver Art Museum

**A traveling exhibit in the Denver Art Museum is "Bonnard,"** which runs through May 25. More than 100 of Bonard's works are in the exhibit, which has a special admission price, in addition to the regular museum admission. The museum has free general admission for Colorado citizens on Saturdays.

### Philharmonic concert

**The newly created Colorado Springs Philharmonic** has a concert featuring Beethoven's Piano Concerto No. 2 May 1 and 2, at 8 p.m. at the Pikes Peak Center. All tickets are \$21.

### 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 Sunday. 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.

### Denver events

**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.

**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.

### Nature program

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

### Six Flags honors servicemembers

**Six Flags Elitch Gardens marks Military Day** April 19, from noon to 6 p.m. to show support for Colorado servicemembers. Tickets are available for half-price at Information, Tickets and Registration.

### Magic

**David Copperfield** is at the Pikes Peak Center May 3 and tickets start at \$27. Call Ticketmaster, 520-9090, for tickets.

### Comedy

**The Pikes Peak Community College Masquers present "Five Women Wearing the Same Dress,"** a comedy, each Friday and Saturday through the end of April. The theater is at the campus, 5675 S. Academy Blvd. Call 540-7418 for information or tickets, which start at \$5.

### Alice in Wonderland

**An Imagination Celebration production "Alice in Wonderland"** is April 22 at 7 p.m. in the Pikes Peak Center, 190 S. Cascade. Lobby activities begin at 6 p.m.. Tickets are \$9, call 520-show.

### Theatreworks

**"The Cherry Orchard"** is presented by the University of Colorado at Colorado Springs Theatreworks, on campus, though May 4. Performances are Thursdays, Fridays and Saturdays at 7:30 p.m. There are also Sunday matinees. Call 262-3232 for tickets.

# Happenings



Photo by Nel Lampe

## *Bent's Fort*

**Bent's Old Fort, near La Junta, celebrates the site's wildlife Saturday. The Fins and Feathers program features bird watching at 8 a.m. Historic fly fishing and birds of prey demonstrations are also on the agenda.**



Program Schedule for Fort Carson cable Channel 10, today to April 18.

Army Newswatch: includes stories on Operation Iraqi Freedom, combat medicine and family readiness. 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 USNS Comfort medical support, Task Force 51 and Operation Iraqi Freedom. Airs at 8 a.m., 1 p.m., 8 p.m. and 1 a.m.

Air Force News: includes stories on bombing Baghdad, the Wright Flyer and Incirlik Air Base evacuations. Airs at 8:30 a.m., 1:30 p.m., 8:30 p.m. and 1:30 a.m.

Channel 9 daily broadcasts SCOLA, foreign language news broadcasts. Access the schedule at the Fort Carson Web site.

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

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

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

For additions to the Community Calendar, please submit an email or 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.