

Mountaineer

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Guidelines for donating items to Carson soldiers

by Spc. Matt Millham

14th Public Affairs Detachment

Steaks, candy, clothing, toothbrushes and virtually all other items donated to Fort Carson in support of deployed soldiers must now be processed through the Directorate of Community Activities before being distributed to troops overseas, according to Col. Simeon G. Trombitas, Garrison commander, Fort Carson.

All donations will be referred to DCA in order to maintain central tracking, documentation and coordination, and to ensure items are appropriate for soldiers in the battlefield.

In general, only gifts promoting health, comfort, convenience and morale will be accepted.

Donors must also pay all transportation charges for donated items from the point of origin to recipients.

Restrictions on donations include:

- Advertising marked on donated items must not discredit the military.
- Soldiers will not be used to redistribute items.
- Donors cannot restrict public release of information regarding the donation.
- The Department of the Army will make no public announcement of donations except in rare cases authorized by the Secretary of the Army.
- No special concessions or privileges will be arranged for the donor.
- Commanders, not donors, will decide to whom the donations are distributed.



Courtesy photo by Terry Amhed

Road guards ...

Soldiers from 3rd Brigade Combat Team remove grenade-filled tubes and boxes of ammunition from a taxi that was stopped April 24 about 19 miles southwest of Tikrit, Iraq.

Con artists target soldiers' families

by Spc. Matt Millham

14th Public Affairs Detachment

Families of deployed soldiers have become the targets of con artists as anxiety over the fate of loved ones in operations overseas hangs thick over military communities such as Fort Carson.

Fort Carson Casualty Assistance is trying to calm some of this anxiety by providing information to families about what to expect if a soldier is killed or wounded in a military operation.

When a soldier is wounded in a military operation, the next of kin is normally notified by telephone, said Deryline Watts, casualty officer at Casualty Assistance.

"Usually it will be the doctor or someone taking care of the soldier who understands the situation and can explain it who makes the call," said Watts. "If (the soldiers are) well enough, they can make the call themselves."

selves."

Usually, notification for a wounded soldier does not take as long as it does for a soldier who is killed.

For soldiers killed during an operation, the notification process may take days or weeks. The time it takes for next of kin to receive notification of death depends on where the casualty is located, if the casualty is recoverable, and acquiring a positive identification. After the identity of a casualty is verified by the Casualty and Memorial Affairs Operation Center in Washington D.C., the casualty area of command holding the casualty's next of kin information is notified.

With the next of kin information provided on the victim's DD form 93, the casualty area of command arranges for one or more soldiers in Class A uniforms, with a chaplain if one is available, to notify in person the primary and secondary next of kin of the death.

"We must get someone out there as soon as possible," said Watts. Occasionally only one soldier will be sent to notify the next of kin because time is a major consideration.

When a notification team goes to notify next of kin of the death of a soldier, the Army already has all the information needed for funeral and benefit arrangements. If anyone is unsure as to whether or not the notification is real or a hoax, Watts suggests asking the notification team for identification.

A separate person, a casualty assistance officer, makes funeral arrangements and helps set up benefits and assists with applying for unpaid pay and hiring attorneys. The casualty assistance officer may ask for information to speed the benefit application process, including dates of birth, addresses of other relatives and social security numbers of children.

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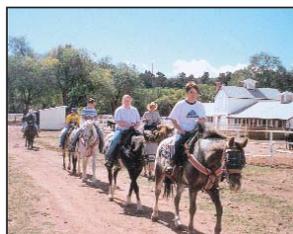
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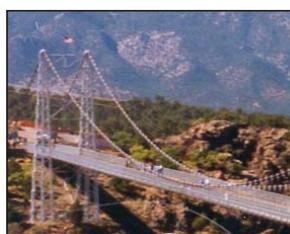
Feature



With spring in the air, opportunities to get out and get active abound.

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Happenings



The world's highest suspension bridge is just an hour away.

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Army Ball
Only 37 days until the Army Ball.
Mark your calendar now and watch for ticket information in future *Mountaineers*.

When it comes to the news ...

Americans should be more critical

Commentary by Sgt. Aaron Thacker
Profile Magazine managing editor

One day Chicken Little was walking through her living room when — kerplunk — an acorn fell on her head. Well, not really an acorn. It was something she heard on the news.

"This is Foxy Woxy with the Foxy News Network. People protest. The nerve of them. They are unpatriotic." It seemed convincing, so Chicken Little ran with it.

"Oh my goodness!" said Chicken Little in disgust, "The sky is falling! I must go tell the king." But since this is a democracy she decided to tell "the people" about this unruly lot who dared to think differently.

Think of Chicken Little as an average American who was pretty upset about her discovery of unpatriotic Americans. She wrote an emotionally-charged e-mail and sent it off as fast as she could to Cocky Locky, Henny Penny and Goosey Poosey with instructions to forward it to as many people as they knew. Before you knew it, her gospel was everywhere and the nation was divided.

You've seen these e-mails, right? I recently received one ... one of a vast string of forwards. The letter was written by an officer's wife in Germany. It was about her trip to a hospital where she visited with wounded soldiers who had been fighting in Iraq. The tales of bravery and sacrifice she told made me proud to be a defender of the Constitution: a soldier.

But like many of the heart-wrenching e-mails designed to build "support," it lost its power when it became political rhetoric. It created division in my mind rather than the support she intended. The author took the time to use the wounded soldiers' misfortunes as a platform to bash those opposed to war.

Patriotism, by definition, is a love of country. But coercive acts don't strike me as being very loving of the Constitution I swore to uphold as a soldier.

As soldiers, it is not our job to pick the wars we fight, but to fight the wars and win. If we want to voice our opinions, it is at the election booth or through civil dialogue. But when we put the uniform on, our political loyalties are put on hold. At that point, it is not our duty to decide if war is just, but that of the administration. And if the general population feels a war is just or not, it is their right to voice their opinion.

This message is not one of support for those against the war. But if you feel you are anti-protester, ask yourself, "why are others against it?" Really think it over for yourself, don't just accept the opinions of journalists on television. These are important questions to ask yourself because so much of the rhetoric surrounding this war sounds the same, and it's easy to jump on a flag-waving bandwagon and cry "the sky is falling" — just ask the Germans under Hitler.

However, there is no need for honorable intentions to go to waste. As soldiers and voters, we

should take the time to educate ourselves on issues concerning our nation. We need to use more than Foxy Woxy's newscast to build our own knowledge base. When watching TV, try something beyond commercial stations: maybe public access television. If you dare venture outside our culture, you might check out foreign newscasts. Even our proudest heroes do. In a television interview, former Chairman of the Joint Chiefs Hugh Shelton was asked his opinion about al-Jazeera, and his response was positive. Not an endorsement, but rather an admission that he sees the value in looking at a subject, such as the war, from all sides.

When in your car, check out AM stations where you can find talk radio, and I'm not talking about shock-jock radio; I'm talking about radio that engages in dialogue, talks about issues in depth, so the caller can gain understanding, not merely swallowing someone else's opinion.

My favorite sources of information are books, magazines and newspapers. Print is the greatest form of information because you can read it over and over again to hone your comprehension.

And of course, there is more information than you can weed through in a lifetime on the Internet.

All of these forms of media are valuable caches of information, but only as a whole. It takes a variety of information to create a critical mind; the type of mind required to be a responsible American. And that mind should not be filled with sound bites alone.

Commander's Corner

CG: Carson a great place to raise a family

Fort Carson is a great place to raise a family. Our youth services are among the best in the country.

The Child and Youth Services provide a variety of programs and activities for middle and high school students. The Boys and Girls Clubs of America and the 4-H clubs are among the organizations sponsored by CYS.

Most of these clubs meet at the youth center on Fort Carson. The youth center is a

first-class facility, which includes computer labs and athletic facilities, and it is a comfortable place for young adults to share experiences in a supervised environment.

Youths can participate in a number of different recreational and sports activities through the CYS. This healthy competition fosters a spirit of teamwork and comradeship — building friendships that last a lifetime. Additionally, young people can also become

involved in volunteer service projects through the Child and Youth Services. In the last four years, six Fort Carson youths have earned college scholarships from their efforts to better the community.

The Mountain Post has an activity for almost every interest that a young adult might have. Other programs here include: Scouting, church, chapel and school activities.

During these busy times

of deployments and mobilizations, one thing military families should not have to sacrifice is involvement with our children. I encourage all Fort Carson families to take advantage of the services offered on post and look forward to seeing you at upcoming events.

Bayonet!

Maj. Gen. Robert Wilson
Commanding General,
7th Infantry Division and
Fort Carson



Wilson

LETTERS TO THE EDITOR

The Mountaineer invites readers to write letters to the editor in response to stories in the *Mountaineer* or events that affect the entire Mountain Post Team.

Guidelines are set to ensure fairness to everyone. All letters must be signed and include an address or unit designation and daytime telephone number for verification. No address or telephone number will be published and name will be withheld upon request. Anonymous letters will not

be considered.

Letters should be no longer than 200 words in length. The *Mountaineer* reserves the right to appropriately edit all letters. If a letter involves an on-post situation, the text of the letter will be forwarded to the appropriate person or directorate for comment. Obscene or pornographic language or materials will not be published.

Because of legal restrictions, both in federal regulations and AR360-81, under which the *Mountaineer* is pub-

lished, no letters concerning local or national political issues will be published. Publication of any letters will also conform to all appropriate Department of Defense and U.S. Army regulations.

Letters may be sent to: Letters to the Editor, The *Mountaineer*, 1550 Specker Ave., Fort Carson, CO 80913 or dropped off at the *Mountaineer* office, building 1550, Room 2180.

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News

Footprints in the sand ...

Study needed before U.S. soldiers presence changes in Gulf



Defense Dept. photo by Helene C. Stikkel

Army Gen. Tommy Franks, commander of U.S. Central Command, speaks with reporters outside a hotel in Abu Dhabi, United Arab Emirates, April 27. Franks accompanied Defense Secretary Donald Rumsfeld during a trip to the Persian Gulf region.

by Jim Garamone
American Forces Press Service

ABU DHABI, United Arab Emirates — The footprint of U.S. forces in the Persian Gulf region will change in the coming months, but it is too soon to say how, defense leaders said following meetings with leaders of the United Arab Emirates today.

Defense Secretary Donald H. Rumsfeld and Army Gen. Tommy Franks met with Shaykh Khalifa bin Zayed Al Nahyan, the crown prince of Abu Dhabi, and Lt. Gen. Muhammed bin Zayed Al Nahyan, the chief of staff of the armed forces of the United Arab Emirates, on the first day of the secretary's visit to the region. Franks heads U.S. Central Command and has led Operation Iraqi Freedom.

Franks said that in each place the secretary and he visit, there is an

understanding with the regime of Saddam Hussein gone, "that in the days and months ahead there will likely be a rearrangement of the footprint in the region."

Forces, for example, are no longer needed for Operations Northern Watch and Southern Watch. But Franks said this does not necessarily mean U.S. forces will be reduced.

He would not speculate on the footprint but did indicate the matter needs review. "We're going to be working in Iraq and we're going to be continuing in Afghanistan for some time," he said. "The way I would characterize it is we need to study it. We need to see exactly what footprint will have the highest pay-off for us in the future."

Rumsfeld thanked the crown prince and chief of staff for their

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Footprint

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country's help in the global war on terrorism and its assistance to liberate Iraq.

The secretary stressed the United Arab Emirate's contribution to humanitarian relief in Iraq, noting it was the first country to ship relief supplies — including 700 tons of food, water and medical supplies.

The United Arab Emirates is also sponsoring six hospitals in Iraq and will refurbish and help supply them. The oil-rich country is also building a desalinization plant that will provide 250,000 gallons of water a day when finished. The federation already has some desalinization plants in Umm Qasr providing fresh, clean water to the Iraqi people.

"These humanitarian contributions are important," Rumsfeld said. "They are important to the people of Iraq, they are also important to the future of Iraq and the future of the region, because it

is enormously important that the people there see the progress that can be made in a liberated Iraq."

Rumsfeld said that they spoke of the way ahead in Iraq and Afghanistan. "We assured them the United States intends to do what is necessary with our coalition partners to see that there is a secure environment in Iraq," he said. He said that environment would allow the Iraqi people to begin the process of developing an Iraqi interim authority and then ultimately a free government.

The secretary and Franks added charges that Iran is trying to influence the future of Iraq. Franks said that from the beginning of Operation Iraqi Freedom, the coalition would not tolerate military interference.

Rumsfeld emphasized the coalition is not going to allow Iran to influence the outcomes in Iraq. "The Iraqi people will make those judgments," he said. "How it evolves remains to be seen. My impression is the Iraqi people will not want to have excessive influ-

ence from neighboring countries, that they will want to find an Iraqi solution, not an Iranian one.

"We would not want to see a government like Iran has imposed as the government of Iraq."

The secretary took time to praise Franks for his role in leading the military effort to liberate Iraq. He said the general "has done an absolutely superb job for our country, the people of Iraq and for the people of the region."

He said Franks led "wonderful, well-equipped, well-trained and courageous" troops and that the plan the general and his team put together was "even better than the outcome."

"It was even better in that it had built into it flexibility and a variety of innovative excursions that enabled his team to execute the plan in a way that a host of adverse consequences that could have occurred did not occur," Rumsfeld pointed out. The plan saved coalition and Iraqi lives because of its flexibility and innovative stance, he said.

Con

From Page 1

"A lot of the families can't get all this information," said Watts. "We'd like to get as many addresses of family members as we can." They use this information to alert other family members of the soldier's death, said Watts.

The casualty assistance officer will stay with the family of the deceased until after the funeral to ensure their needs relating to the death are met.

Anyone approached by a person claiming to have information about their deployed spouse can call the Military Police at 526-2333. A person can also report the incident to the Criminal Investigative Division at 526-3991 or the Casualty Assistance Office at 526-5614 or 526-3144.

Con artists may not be deterred by war or changed by patriotism. Such influences create opportunities for these people to take advantage of others. Being aware of what to expect in the event of a deadly battlefield tragedy can greatly reduce the chances of loved ones being duped.

Military

Summer safety campaign kicks off May 15

by Spc. Chris Smith

14th Public Affairs Detachment

Skin cancer is one of the most prevalent forms of cancer. Its primary cause is something people exposed to every day — the sun.

Yet skin cancer is only one of the hazards of summer. To help educate the Fort Carson community on safety, the post is kicking off the summer with a Safety Day May 15 and starting the 101 Days of summer safety marathon on Memorial Day.

Jenny James, a safety specialist with the Fort Carson Safety Office, said there are several areas in particular that people should use care when indulging in summer-time activities.

She said lightning can be a concern during storms and, also noted, that lightning can be more dangerous at higher altitudes since it takes less time for it to travel to the ground.

Summer storms can be fierce and come quickly, so soldiers should always check the weather before departing from their domicile.

On Safety Day, units will have the task of ensuring their soldiers are briefed on these points and more as they stand down for a day of training. Information about the day will be put out soon to the units and will consist of an informational compact disc and a letter from the commanding general stating the intent of the safety campaign, said James.

According to James, summer tends to bring different types of problems to be aware of. For example, she said that many people take summer vacations in which they drive long distances.

“When it’s hot outside, it’s easier for a person to get tired while driving,” she said. “It’s important not to push yourself while driving.”

The summer trips, James said, are why units will be conducting POV inspections on Safety Day.

Leaders will have a plethora of resources at their fingertips as well, said James. The safety office has PowerPoint presentations, videos and other information for those who will



Photo by Spc. Chris Smith

A sergeant performs a vehicle inspection on a soldier's car. Vehicle inspections will be a part of Fort Carson's Safety Day May 15, as well as other information about summer safety education.

be conducting the training.

With Safety Day a couple of weeks away and the start of 101 Days of Summer not far off, units can start

planning now to help their soldiers enjoy a safe summer. The Fort Carson Safety Office can be reached at 526-2123.

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.

New CIF Hours

Effective immediately, individuals may conduct their business at CIF (draw, turn-in, DX) during the following times:

Building 330: Mondays, Tuesdays, Wednesdays, Thursdays and Fridays from noon to 3 p.m.; Tues 0800-1100; Wed 0800-1100.

Building 309 (desert items): Mondays, Tuesdays, Wednesdays, Thursdays and Fridays, 8 to 11 a.m. and noon to 3 p.m. There may be an occasional change to the hours if there is a large unit mobilizing or demobilizing. The change will be put out through e-mail, mobilization meetings, command sergeant major channels and signs at CIF.

Turn-in of complete TA-50 (End of Time in Service, Permanent Change of Station) is done by appointment; call 526-5512.

Bulk issue or turn-in of items by supply sergeants must still be done by appointment. Through Monday those appointments will continue to be made with Maj. McKenna at 524-1167. Starting Tuesday, appointments will be made with Connie Thompson CIF at 524-2006. The CIF will be closed except for emergencies, call McKenna, through noon Monday for its annual inventory.

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 McMahan 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.

Dining Schedule

Week of May 3 to May 7

Weekday Dining Facilities

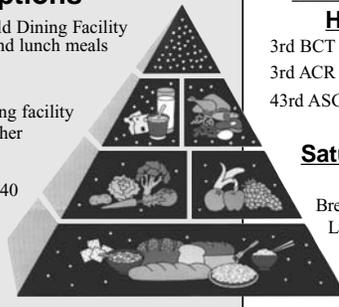
43rd ASG Cheyenne Mtn. Inn (building 1040)
3rd ACR CAV House (building 2461)
3rd ACR Butts Army Airfield (building 9612)
3rd BCT Iron Bde. (building 2061)

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.
- Bldg. 1369 and 1040 are closed May 2-4.



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.



Photo by Spc. Jon Wiley

Gone but not forgotten ...

At the family's request, Spc. Allyson Vaughan, 5025th Military Police Detachment, reads a poem in memory of her friend Sgt. 1st Class Deborah Johnsen in a memorial ceremony held for Johnsen at the Soldiers' Memorial Chapel Wednesday. Johnsen was a well-decorated soldier who served in the 984th Military Company. Another soldier who passed away, Staff Sgt. Efreem Williamson, Headquarters and Headquarters Company, U.S. Army Garrison, will be remembered at a ceremony at the chapel today at 10 a.m.

TRICARE: Injectable prescription drugs available

TriWest Healthcare Alliance

TRICARE's pharmacy benefit has always covered injectable drugs that can be safely self-administered and/or routinely administered in a home setting. This is a plus for TRICARE beneficiaries who require such medications. Some commercial pharmacy benefit plans specifically exclude self-injectable prescription drugs.

Self-injectable drugs covered by TRICARE are listed in Table 4 of the TRICARE Mail Order Pharmacy Formulary Home Page, which can be found at www.pec.ha.osd.mil/tmop/tmophome.htm. The drugs on this list are also available from the TRICARE Central Region retail network pharmacies. More than 40 self-injectable drugs are covered by TRICARE. Some of the most widely prescribed drugs — and the conditions for which the drugs are prescribed — include the following:

- Aranesp(r) (darbepoetin alfa); Epogen(r) (epoetin alfa); Procrit(r) (epoetin alfa) for the treatment of anemia
- Avonex (interferon beta-1a); Betaseron(r) (interfer-

- on beta 1b); and Copaxone(r) (glatiramer acetate); for the treatment of multiple sclerosis
- Enbrel(r) (etanercept) and Kineret(r) (anakinra) for the treatment of rheumatoid arthritis
- Growth hormones for children
- Imitrex(r) (sumatriptan) for the treatment of migraines
- Menotropins (Humegon(r), Pergonal(r), Repronex(r)) fertility agents to assist in coital reproduction
- Insulin, including Lantus(r) (glargine) the latest, long-lasting insulin for the treatment of diabetes
- Vitamin B-12 (cyanocobalamin) for the treatment of deficiency due to malabsorption syndrome as seen in pernicious anemia

TRICARE rules for all prescription medications specify that, when available, generic equivalents must be substituted for brand-name medications (unless the prescribing physician has documented that a specific brand-name drug is medically necessary). However, not as many generics are available for self-injectable drugs as for other medications.



Prescriptions for TRICARE-covered self-injectable drugs, like those for other covered medications, can be filled at no cost to you at military treatment facility pharmacies, when the necessary medications are in stock. MTF pharmacies have a very limited supply of injectable drugs in their formularies. Up to a 90-day supply of the prescribed medication can be ordered from the TMOP for a copayment of \$3 for generics or \$9 for (medically necessary) brand-name drugs. With the same copayment, you can purchase up to a 30-day supply of your medication from a civilian network pharmacy.

At a time when more people are being trained by their providers to administer their own injectable medications at home, TRICARE beneficiaries can take comfort in the fact that their pharmacy benefit covers a wide range of self-injectable prescription drugs. For more information about your TRICARE pharmacy benefits, please visit www.triwest.com or www.tricarecr.carson.army.mil or call (888) TRIWEST (874-9378).

Greenback

For spouses only

Finance extends customer service hours

by 1st Lt. Theodore Stutz
4th Finance Battalion

For deployed soldiers' family member support, finance customer service hours have been extended to 5 p.m. Mondays, Tuesdays and Wednesdays.

Customers needing assistance beyond what unit personnel offices can provide can report to building 1854 (across from Garcia Physical Fitness Center, behind Prussman Chapel, at the corner of Prussman Boulevard and Barkeley Avenue) This extended time is for spouses only, and does not replace the services that your unit rear detachment personnel office should provide you. The customer service phone number is 526-6258.

To clear up any confusion, here are the steps a deployed soldier's spouse should take to get finance problems resolved the quickest way possible.

- Call the soldier's unit rear detachment during business hours and ask to speak to the personnel offices. Describe the finance problem, ask for an appointment and what you need to bring with you.
- The personnel office, with the help of finance, should solve the problem within three working days. After three days, call the PAC to ensure the problem is fixed.
- If they tell you that they can't fix the problem, or they say that the problem is fixed, but your spouses

pay is not what you expected, call Finance Customer service at 526-6258 or go into the Finance office at the address above. Finance customer service hours are Mondays, Tuesdays and Wednesdays between 9 a.m. and 5 p.m. and Fridays 9 a.m. to 3 p.m. Finance is closed Thursdays.

If you are not a deployed soldier's spouse, finance closes at 3 p.m. on the same days. Reminder: Finance will be closed May 23 and 26 for Memorial day, as well as June 6 for an organizational day.

Information for taxpayers serving in the Armed Forces

The Internal Revenue Service reminds taxpayers serving in the military to take advantage of all tax exclusions and filing and payment extensions available to them. Detailed information about these exclusions and extensions is available from the IRS at www.irs.gov under the Armed Forces Tax Benefits section.

Deadline extensions

The IRS automatically extends the deadline for filing tax returns, paying taxes, filing claims for refund and taking other actions related to federal income tax for U.S. Armed Forces personnel serving in a combat zone. The IRS also extends the deadline for those in the U.S. Armed Forces deployed overseas away from their permanent duty station in support of operations in

a qualified hazardous duty area but outside the qualified hazardous duty area. The deadline for filing returns, making payments or taking any other action with the IRS is extended for at least 180 days after:

- The last day of qualifying combat zone service or
- The last day of any continuous qualified hospitalization for injury from service in the combat zone.

Tax exclusions

Members of the U.S. Armed Forces who serve in a combat zone or qualified hazardous duty area can exclude certain pay from income. Enlisted personnel, warrant officers and commissioned warrant officers can exclude:

- Active duty pay earned in any month served in a combat zone
- Imminent danger/hostile fire pay and military pay earned while hospitalized as a result of wounds, disease or injury incurred in the combat zone
- A re-enlistment bonus if the voluntary extension or re-enlistment occurs in a month served in combat zone.
- Pay for accrued leave earned in any month served in combat zone. (The Department of Defense must determine that the unused leave was earned during that period.)

AFAP issue:

After-hours entertainment 1 top issue here

by Nancy A. Montville

Army Family Action Plan program manager

Fort Carson held its annual Army Family Action Plan Conference in November of 2002.

There were more than 100 attendees who represented seven work groups to include housing/relocation, force support, family support/volunteers/employment, benefits/entitlements, Directorate of Community Activities/Consumer Affairs and Child, Youth and Education. The DCA/Consumer Affairs work group prioritized Morale, Welfare and Recreation after-hours entertainment as a top issue.

The scope of this issue stated there are limited amounts of after-hours activities accessible, cost efficient and available for the Fort Carson community. Providing increased entertainment opportunities will provide social interaction, increase community involvement and revenues and create a safer environment for the Fort Carson community. The work group recommended implementation of the following:

- Establish a teen club
- Provide activities in the new sports club such as pay-per-view events, theme nights, comedy nights and competitions and
- Expand community recreational opportunities to include activities such as mini-golf, batting cages and skate parks.

McDonald Kemp, DCA, responded to this issue as follows:

CYS has been working with teens and DCA on establishing a teen club. At this time there is no separate facility or funding to support such a facility. To meet the needs of Fort Carson teens, CYS management continually meets with the youth to work on ways to better utilize the Youth Center. If you would like to be a part of these discussions please contact Loren Morris, the Youth Center Director, at 526-1236.

"Xtremes" entertainment and sports bar opened Super Bowl Sunday and features more than 25 televisions, six satellites, billiard tables, top of the line

video arcade games, karaoke, nightly contests, monthly theme parties and plenty of dancing. Competitions such as pool tournaments, arm-wrestling tournaments and even video game tournaments are on going.

Xtremes décor and much of its programming focuses on sports with an emphasis on meeting the demands of the largest demographic group on post, our young soldiers. In conjunction with Xtremes, Godfather's Pizza opened a full-service restaurant featuring a weekday lunch buffet, sandwiches, wings and pizza. It is currently offering delivery service on-post.

Current plans to expand community recreational opportunities include expanding mini-golf and skate parks. DCA has a special project in place for a contractor to upgrade and operate the concession facilities in Iron Horse Park. It is anticipated the service will start late this summer (August). This new operation will feature mini-golf, batting cages, game machines, and go-cart operations. A skate park is currently listed among DCA construction projects, however, it has not been funded at this time. DCA is aware of the community need for more evening activities and more family-oriented activities. Three family programs offered are Family Skate Night at the Youth Center on Saturday evenings, Family Swim Night at the indoor pool on Thursdays and Family Night at the Bowling Center on Mondays. DCA is currently developing a plan for an entertainment program that will include live theatre productions, musical instruction, talent contests and eventually space for soldiers and families to learn new skills and have a place to practice. The old "FATZ" facility is currently being prepared to house this entertainment program. The anticipated opening of the facility with a live dinner show or musical is late June or July. A one-day Family Tennis Workshop is being planned. If it is successful, it may develop into a summer tennis program for all ages and skill levels.

Additional entertainment options being explored are sponsorship of a summer concert series featuring

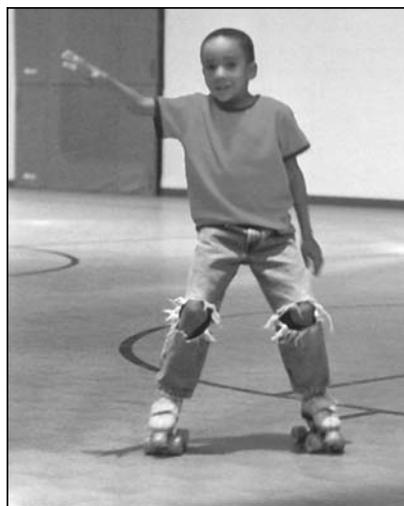


Photo by Bill Scharon

A child skates during Family Skate Night, just one of the after-hours activities already in place. The Army Family Action Plan team is reviewing the possible implementation of other activities.

about five shows with different types of music, stand up comedy acts and family night "concerts under the stars."

The McMahon Theater recently reopened and is operational seven days per week. Movies are offered at 7 p.m. nightly. Saturday and Sunday matinees focus on family entertainment and are offered at 2 p.m.

For additional information on this issue or the Army Family Action Plan Conference, contact Nancy A. Montville, the Fort Carson AFAP Coordinator, at 526-4590, or at nancy.montville@carson.army.mil.

DARE to resist drugs, vehicle registration tips

by 1st Lt. Melissa Field
Provost Marshal Office

Drug Abuse Resistance Education is a collaborative effort by DARE certified law enforcement officers, educators, students, parents and local community members to offer an educational program in the classroom to prevent or reduce drug abuse and violence among children and youths.

The emphasis is to help students recognize and resist the many direct

and subtle pressures that influence them to experiment with alcohol, tobacco, marijuana, inhalants and other drugs or to engage in violence.

DARE offers a variety of interactive, group-participation and cooperative-learning activities which are designed to encourage students to solve the important problems in their lives. An important element of DARE is the use of student leaders who do not use drugs as positive role models

to influence younger students.

In the last local lesson of DARE, the children were asked to write an essay. In this essay they were asked to make a promise to say "no," explain how they planned to keep this promise, tell the officers and audience what they learned throughout the DARE program, and what DARE meant to them. Each student read their "promise" to their class and the best essay was chosen to be read at graduation.

Vehicle registration

Tip of the week: the vehicle registration trailer at gate one is open from 9 a.m. to 4 p.m. Monday to Friday, this is the easiest place to register your vehicle. The office at the

Welcome Center is primarily for soldiers who are clearing, however we will issue decals as well. The hours at the Welcome Center are 9:30 to 11:30 a.m. and 1 to 3:30 p.m. Mondays, Wednesdays and Fridays. The Welcome Center office is closed Thursdays. The phone number is 526-8216.

Frequently asked questions

Does the Army provide the emissions test?

A. No, your personally-owned vehicle is your private property and therefore your responsibility. You can have it tested on Fort Carson at the Auto Craft Shop at your own expense.

Traffic Roll Up

In the past week there were 92 total citations:
• 19 for speeding
• 3 for failure to use seatbelts (\$15

EACH!)

- 70 for other violations (e.g.: malfunctioning equipment, lack of insurance or registration, expired plates and improper vehicle operation)

Greenback

From Page 8

- Pay received for duties as a member of the Armed Forces in clubs, messes, post and station theaters and other nonappropriated fund activities earned in a month served in a combat zone.
- Awards received for suggestions, inventions or scientific achievements because of a submission made in a month in a combat zone.

A commissioned officer (other than a commissioned warrant officer) may exclude pay according to

the rules above, but the amount of the exclusion is limited to the highest rate of enlisted pay (plus imminent danger/hostile fire pay received) for each month during any part of which he or she served in a combat zone. For 2002, this limit was \$5,532.90 and for 2003, it is \$5,882.70.

DFAS will include all of these exclusions in your pay automatically as long as the soldier sees a Finance office when they arrive in the deployed area and when they return home. However, it is a good idea to keep this list to make sure you are receiving the money you are due.

Combat Zones Defined

A combat zone is any area the president of the United States designates by Executive Order as an area in which the U.S. Armed Forces are engaging or have engaged in combat. The following is a comprehensive list of combat zones:

The following locations (and airspace above) in the Persian Gulf area were designated as a combat zone beginning Jan. 17, 1991: The Persian Gulf, the Red Sea, the Gulf of Oman, the part of the Arabian Sea that is north of 10 degrees north latitude and west of 68 degrees east longitude, the Gulf of Aden and the total land areas of Iraq, Kuwait, Saudi Arabia, Oman, Bahrain, Qatar and the United Arab Emirates.

Community

**Whether it's chewing tobacco or cigarettes
Watch your money and your health go ...**

Up In Smoke

by Spc. Jon Wiley
Mountaineer staff

If you're a smoker, chances are you already know tobacco use is the single most destructive thing you can do to your body and your health.

According to the National Cancer Institute, about 1,300 people die in the United States from illnesses caused by smoking each day — that's more deaths than those caused by Acquired Immune Deficiency Syndrome, cocaine, heroin, alcohol, fires, automobile accidents and suicides combined.

You've probably also noticed that smoking in public places has joined smokers on the endangered species list. In December, the Department of Defense phased out smoking in all of its clubs, bowling alleys and other Morale, Welfare and Recreation facilities.

Locally, the cities of Colorado Springs, Denver and Pueblo are all considering legislation to ban or severely restrict smoking in public places.

Sometimes, you may reason that you're only harming yourself by smoking, but when you're being totally honest with yourself, you probably know that's not true either.

For years, DOD officials have considered tobacco use among servicemembers a readiness issue because it costs the DOD an estimated \$584 million per year in medical care and \$346 million in lost productivity, according to a 1998 study.

By way of secondhand smoke, smokers also harm their family members, co-workers and all others they come into contact with while smoking. The NCI attributes as many as 300,000 cases of bronchitis and pneumonia among newborns to infants 18 months of age to secondhand smoke, and children of smokers are more likely to have upper respiratory infections, ear infections and problematic



Photo by Spc. Jon Wiley

According to the National Cancer Institute, smoking takes an average of 14 to 22 years of a person's life. The average life expectancy for an American is 76.9 years. You do the math.

asthmatic conditions.

More than simply being aware of these statistics, most smokers have tried to do something about it. A 2000 statewide survey conducted by the Colorado Department of Public Health and Environment found that 85 percent of Colorado smokers reported considering quitting.

Unfortunately, that's easier said than done. For a year, the national average of smokers who are successful in their attempt to quit is 15 percent, said Steven Mitchem, co-facilitator of the Mountain Post Wellness Center QuitSmart program.

Four years ago, the wellness center set up a QuitSmart program to help smokers and users of the other tobacco products in the Carson community to quit.

Currently, 47 percent of those who use the program successfully quit for a six-month period and 19 percent abstain from tobacco use for a year or more, Mitchem said.

The free one-month program is open to active duty servicemembers, retirees, family members and DOD civilians. Even teen-agers can use the program with parental supervision, said Sandra Ensman, program co-facilitator.

"Prior to coming here, clients have the option of seeing their healthcare provider to get a prescription for Zyban, a nicotine patch or some other medication for use with the program," Mitchem said.

"To go along with these medications, we offer classes that focus on stress management, good nutrition, coping skills, management of withdrawal symptoms, exercise programs — basically, all types of things to help people quit," he added.

In addition, Ensman said the pro-

gram employs a behavior medication technique to help people quit.

"We help smokers identify behaviors that trigger them to smoke. Some people smoke when they're on the phone, others when they're in the car. To quit, (they) have to be able to identify (their) triggers and be able to plug in an activity that takes the place of smoking when the trigger hits," she said.

Since behavior medication is not easy and does not happen overnight, the wellness center's program does not encourage users to quit "cold turkey."

"We do what is called nicotine fading. We identify the cigarette a person has been smoking and get them to substitute one with a lower nicotine level. They'll smoke the cigarette with the lower nicotine level until their third week," Mitchem said.

After that, tobacco users are encouraged to stop completely.

Those who are not successful the first time are welcome to sign up for the program again.

"Smokers usually don't quit the first

time they try. It takes a couple of efforts," Ensman said.

Once people do quit, the benefits to their health are immediate. After only eight hours, carbon monoxide and oxygen levels in the blood return to normal.

"Once you stop smoking, your body starts to heal itself immediately. When you have a foreign substance in your system, and you stop feeding it, your body automatically begins to get rid of it," Mitchem said.

According to the American Lung Association, after 10 years of not smoking, an ex-smoker's risk of dying from lung cancer is about half that of a current smoker. Within 15 years, risk of coronary heart disease is roughly equivalent to those who have never smoked.

Not everyone who uses tobacco products are ready to quit. For some, nothing short of the grave will stop their habit. For those who want to stop sooner than that, help is available. The QuitSmart program is offered at the Wellness Center once a month. For more information, call 526-3887.



Users of smokeless tobacco are up to 11 times more likely to develop cancer of the mouth, cheek, gums, tongue, lips and throat than nonusers.

Typical monthly expenses

	Phone - \$40
	Cigarettes - \$80 \$100
	Internet - \$20
	Cable - \$50
	Car Insurance - \$115

DEATH
LIGHTS

Smoking is hazardous for your budget, as well as your health.

Community Events

Meetings, briefings and classes

Limited access at Gate 3 — Traffic through Gate 3 is limited to commercial vehicles. All deliveries to Fort Carson must be made through Gate 3. All vehicles are subject to search before entry. Drivers must have a valid driver's license, proof of insurance and current vehicle registration or entry will be denied.

Misc.

Grass mowing — Due to budget constraints, grass mowing this season by the Directorate of Public Works, BASOPS contractor, LB&B, will be greatly reduced. The following areas will be the only areas mowed by LB&B: Nelson Boulevard from Gate 1 to Chiles Avenue; Manhart Field; Headquarters building 1430 and Pershing Field. Other building occupants will be required to mow their own grass up to and including 50 feet around their building. For additional information, contact Don Fuhrman at 526-2215.

The Regional Training Support Center, building 1230, will be closed May 13 from 8:30 a.m. to 3:30 p.m. because of a scheduled upgrade of the electrical system. Areas closed will include: RTSC Photography Studio, Graphics, Training Aids Devices, Simulator and Simulations Warehouse and MILES. For Emergencies, call 526-5111.

The U.S. Air Force Academy has a draft Environmental Assessment available for public review. This assessment concerns a multi-year replacement and/or upgrade of military family housing residences on the academy. No issues are known to preclude a Finding of No Significant Impact, and a draft FONSI is included with the Environmental Assessment.

Interested persons may review or comment on the draft and FONSI by calling 333-3224, or review documents at the Academy Community Center

Library.

Motion for Moms — Finally a program just for you, pregnant and post-partum moms. The program will be Tuesdays and Thursdays from 9 to 10 a.m. at Garcia Physical Fitness Center. To register, call 526-7030.

The Department of the Army Inspector General will visit Fort Carson Tuesday to conduct an Intelligence Oversight Inspection. IG will also conduct an IG Assistance Session from 2 to 4 p.m. Tuesday in the IG conference room, building 1659. The DAIG Assistance Session is open to all military, civilian employees, family members and retirees.

Education Center closure — The Mountain Post Training and Education Center (building 1117) will have a power shutdown Wednesday from 8:30 a.m. to 3:30 p.m. The MOS Library will be closed and there will be no BSEP classes or eArmyU Program briefing. Other services will be limited.

Carlson Wagonlit closure — Due to a required upgrade of the electrical system in building 1012, Tuesday from 8:30 a.m. to 3:30 p.m. The Carlson Wagonlit Travel Office and Passenger Movements Section will be closed for normal business that day. Arrangements to provide emergency travel services have been made and ticketing can be accomplished telephonically by the traveler by calling 576-5188. These offices will be open for normal business at 7:30 a.m. Wednesday.

Annual leave donations — Judy Cole, DPTM, is in need of annual leave donations because of a serious medical condition which has exhausted her leave days. Call Kay Poland at 524-2005 for more information.

ACAP job openings — Army Career and Alumni Program currently has the following jobs listings for interested personnel. For more information about the jobs, call 526-1002.

What: Military analyst (Army transformation) in Colorado Springs. Who: E-7/8 or O-4/5 with 10 years experience

What: Quality control specialist in Colorado Springs. Who: Anyone with five or more years experience

What: Electrical engineer in

Albuquerque, N.M. Who: anyone with a bachelor of science plus 15 years experience and current top secret clearance

What: Senior software design engineer in Colorado Springs. Who: Anyone with 12 years software development experience and a current clearance a plus.

Employment at Evans — We have the following positions open: registered nurses, licensed practical nurses, nursing assistants, medical clerks, technicians. Stop by Resource Management Division (room 2525) and see Robin Tydeck or call 526-7331.

Survey Needed — The Mountain Post Training and Education Center is conducting a needs assessment survey. The survey is automated and takes five minutes. Survey taken on May 15 in Room 160B, building 1117.

ID Card/DEERS Section — ID Card/DEERS Section has returned to normal business hours. Hours are Monday, Tuesday, Wednesday and Friday from 7:30 a.m. to 4:30 p.m. and Thursday from 8 a.m. until 2:30 p.m.

Fountain-Fort Carson Summer Learning Institute — If you are interested in extending your child's learning opportunities, Fountain-Fort Carson School District is once again offering a summer school for kindergarten through 11th graders. The elementary program will be offered at Aragon and Mountainside Elementary Schools and the middle school program will be held at Fountain-Fort Carson High School June 9 to 17 from 8 a.m. to noon. The high school program will be held June 9 to July 18 from 8 a.m. to noon.

A variety of challenging and stimulating classes are being offered to engage your child in the learning process. Whether your child needs review, enrichment or course credit, our programs will provide for your child's needs. To enroll, stop by one of our elementary schools for the elementary registration packet, a middle school or high school for the secondary registration packet, or the administration building for either packet. Plan for your children to attend this highly successful program this summer.

Car care clinic — Fort Carson Car Care Center will be conducting a Car


Army Community Service
Family Readiness Center
 526-4590
 FORT CARSON

Volunteer
 Appreciation
 Ceremony

Awards Presentation & Ceremony "Celebrate Volunteers - The Spirit of America"



May 31 Noon to 3pm
 Iron Horse Park

P & CNIC
 CHILDREN'S ACTIVITIES
 ENTERTAINMENT

Care Clinic on basics of maintenance upkeep, i.e.: Topics include: How to check oil, Tire Pressure, Other fluids, and Changing bulbs

Clinics will be held Saturday at 2 p.m. and again May 17 at 2 p.m. at the Carson Car Care Center, building 1515, corner of Chiles and Prussman Streets.

This is a free clinic to help spouses of deployed soldiers. Call Debbie Jensen or Dan Fadler at 576-6570 for more information.

Adoption Information Fair — An Adoption Information Fair will be held Tuesday from 9 to 11 a.m. at Peterson Air Force Base in the Family Support Center classroom.

The informational session discusses the following topics:

- Adopting in Colorado
- International adoption
- Adoptive parent forum

To register for the informational session, call the FSC at 556-6141.

There will be an information fair at building 350 Atrium from 11 a.m. to 1 p.m. to meet representatives from various adoption agencies.

The Fort Carson Commissary will be closed Memorial Day, and will resume normal hours May 27.

Standing tall ...

Sgt. 1st Class Brahm Dean, Military Detachment, 10th Special Forces Group, stands with his children at the Fort Carson Retirement Ceremony Friday. A postwide retirement ceremony is held for retiring soldiers every month to honor the service they rendered to their country.



Photo by Spc. Jon Wiley

Almost ready for vacationers ...

Hotel at Disney World taking reservations

by **Harriet E. Rice**
Public Affairs Office
U.S. Army Community
and Family Support Center

ORLANDO, FLA — Reservation lines are open for the new and improved Armed Forces Recreation Center hotel "Shades of Green" on Walt Disney World Resort(r).

Undergoing expansion and complete renovation since early last year, Shades of Green will reopen to welcome its first guests Dec. 15, 2003.

In addition to 299 new guest rooms, there is a new 500-space parking garage and 7,500 square feet of flexible special event space for reunions, weddings and other family-oriented social functions.

"We've already booked our first military wedding on Dec. 29 for 250 people," said general manager Jim McCrindle, who can hardly contain his enthusiasm as he describes the features of the new hotel. McCrindle has been the general manager since the first stateside AFRC hotel opened in 1994.

"The excitement starts long before you get to the front doors because when you turn into the driveway leading to the front of the hotel, the first thing you see are beautiful waterfalls," said McCrindle.

"There are five waterfalls: a tribute to each branch of service. Each service flag is positioned at the high point of its waterfall and at the highest point of all above the falls, the stars and stripes and the MIA-POW flags fly," McCrindle said.

Another very visible difference is in the layout and theme décor. Existing rooms are in one half of the hotel and the new rooms make up the other half. In the middle are the waterfalls and an expansive, new, beamed lobby done in a "Floridian Lodge" and water theme that is carried throughout all the public areas.

There are more suites. Instead of just one, there are now 11 suites. The small suites sleep six; the large suites sleep eight.

More rooms conform to the specifications of the Americans with Disabilities Act. "We had handicapped accessible rooms before, but now we will

have bona fide ADA-designed and equipped rooms with the wider bathroom doors and the roll-in showers," said McCrindle. Nine of the existing rooms were completely renovated to ADA standards.

All the rooms, existing and new, have old such as ironing boards and televisions as well as new amenities.

"The existing rooms have all had complete makeovers: new carpet, paint, curtains, mattresses and bedspreads," said McCrindle. All the rooms are exactly the same size and everything is brand new, so there won't be the situation when a guest checks in and says 'please don't put me in the 'old' part of the hotel.'"

For all that, room rates continue to be affordable for a hotel on the resort grounds. Rates are on a sliding scale based on rank. The current E1-E5 rate is \$66. That will go up \$4 to \$70 when the hotel reopens.

"Within that \$70 are all the added features, which include refrigerators and television with wireless keyboards," McCrindle explained. Guests will be able to play games and order attraction tickets online from the ticket office. Internet access to check e-mail will cost an estimated \$5.95 for 12 hours.

The existing restaurants were remodeled. There are four eateries, including a new Northern Italian-themed trattoria.

Guests will continue to enjoy two heated swimming pools, a kiddie pool, play area and tennis courts.

For golfers, the hotel is situated between two Walt Disney World Resort courses: an 18-hole championship course and a nine-hole executive course.

The gift shop has been expanded, and there is an onsite ticket and tours office where guests can purchase attraction tickets at military discounts.

The new multi-level garage is secure, well lit, and

weather-protected. Guests can access the garage and hotel entrances with their room-card key.

Free shuttle bus service transports guests to and from Disney attractions

Because of its location and affordable prices, the hotel operated at or near 100 percent occupancy from the moment its doors opened. Guests who could not be housed at Shades of Green were placed in other hotels both on and off the Disney resort. Demand was so high that officials planned the expansion to accommodate the needs of servicemembers.

Shades of Green is financially self-sustaining; no taxpayer dollars are used for operations. The hotel expansion is funded by a civilian commercial loan.

The U.S. Army Community and Family Support Center is the Department of Defense executive agent that operates AFRC Shades of Green and the three other DOD AFRCs located in Bavaria, Germany; Honolulu, (Hale Koa Hotel); and Yongsan, Korea (Dragon Hill Lodge).

AFRCs are open to DOD ID-card holders in all branches of the armed services: active duty, reserve components, DOD civilians, both military and DOD civilian retirees, and their families.

"We're accepting reservations for the new hotel right now," said McCrindle. "The best way to make a reservation is to use the Web site. That way, you're guaranteed a response in 72 hours. And give alternate dates to your first choice." The phones tend to be overloaded, he added.

To make reservations visit www.shadesofgreen.com or call toll-free (888) 593-2242.



Reservations, call toll-free (888) 593-2242 or visit the Web site.

www.shadesofgreen.com

Chaplain's Corner

Spring beauty part of God's grand design

Commentary by

Chap. (Maj.) Bill Fox

Protestant Parish Pastor

Soldiers' Memorial Chapel

We have just celebrated the greatest day in the history of the human race, Easter. I find it incredibly interesting that immediately following the celebration of the resurrection of Jesus Christ from the dead, all the flowers and trees begin to bud profusely and the beauty of God's creation exploded into color.

I find it fascinating this transformation does not really begin to happen in mass until we celebrate this event, which gives new life to all mankind. It seems to me only a few trees and flowers come out before Easter but immediately following Easter this amazing beauty just burst forth everywhere.

As I look out upon this incredible work of creation I can only desire to meet with the creator of it. And the interesting thing is that this creator's hearts desire is for us to do just that — to seek him out and get to know him. He desires that more than anything else on this

earth.

His desire is not for us to try and serve him but it is for us to seek him out and spend time with him. It is then our lives will be filled with his joy and we will truly find meaning and purpose. The stresses of our time will be removed and you will walk in peace and tranquility as you walk side by side with your creator.



In the coming days go out and take some time to look at the beauty around you and contemplate how awesome this God must be who created this. You will be amazed. But most of all you will personally see your creator wants so much to meet with you and establish a relationship with you.

I really don't think the beauty of God's creation just happens to burst forth at this time every year. I think it is by

God's grand design. Since Jesus was raised to new life at this time it stands to reason that all creation will burst forth each year at this time with bright new life. So embrace it and make the risen Jesus Christ a part of your life this Easter season.

Chapel

Prayer breakfast — The National Prayer Breakfast, which began under the Eisenhower administration and is observed annually at the White House, in many communities, and on most military installations around the world. It is a time to stress our unity under God, as Americans and believers, and to pray for the spiritual health, blessing, and protection of our nation.

We are pleased to announce that our guest speaker this year is, retired Air Force Col. Harold Johnson, who spent six years in the Hanoi Hilton as a POW. Johnson comes to us with a vivid story that strikingly touches our current world events. We are honored that he is able to take time from his busy schedule to be with us here at Fort Carson.

Along with Col. Johnson, are our own Harmony In Motion, Hannah Lee, and the "Prayer for the Nation," given by Chap. (Lt. Col.) Steve Moon, the 7th Infantry Division chaplain. Breakfast is provided by the Elkhorn Conference Center.

Tickets are limited this year, so get yours early. Tickets are available from all command sergeants majors and chaplains, a \$5 donation is suggested. For more information, contact the Command Chaplain's Office at 526-5279.

Youth of the chapel — Activities for Protestant and Catholic Middle School and High School Youth take place Tuesdays at 6 p.m. at Soldiers' Memorial Chapel. Protestant High School activities include Bible studies Sundays at 9:30 a.m. and Tuesdays at 6 p.m. at Soldiers' Memorial Chapel. Catholic youth classes meet at 10:45 a.m. Sundays at Soldiers' Memorial Chapel.



Chapel

Vacation Bible School — A “Super Cool Undersea Bible Adventure,” or SCUBA, will be our 2003 Vacation Bible School, 9 a.m. to noon, June 16 to 20. All children age 4 through 6th grade may attend. Registration will begin May 1 at Soldiers’ Memorial Chapel. Space is limited. Volunteers are need for crew leader positions. For information, call Dennis Scheck at 526-5626.

Vacation Bible School crew leader recruitment — How about being a part of SCUBA, our Super Cool Undersea Bible Adventure Team at Soldiers’ Memorial Chapel? We are looking for high school youths and adults to lead the way as SCUBA crew leaders. Crew leaders are in the center of the fun with the children. Each SCUBA crew leader has a crew of five elementary or preschool children to mentor, have fun with and lead by example. Call Dennis Scheck at 526-5626 to join in the fun. Registration for children will begin today at Soldiers’ Memorial Chapel.

Day	Time	Service	Chapel	Location	Contact Person
M-W-F	noon	Mass	Healer	Evans Army Hospital	Fr. Pat Battiato/526-5769
Tues., Wed., Thurs.	noon	Mass	Soldiers’	Nelson & Martinez	Chap. Stahl/526-5769
Saturday	5 p.m.	Mass	Soldiers’	Nelson & Martinez	Chap. Stahl/526-5769
Sunday	8 a.m.	Mass	Prussman	Barkeley & Prussman	Chap. Stahl/526-5769
Sunday	9:30 a.m.	Mass	Soldiers’	Nelson & Martinez	Chap. Stahl/526-5769
Sunday	10:45 a.m.	CCD	Soldiers’	Nelson & Martinez	Pat Treacy/526-5744
Sunday	11 a.m.	Mass	Healer	Evans Army Hospital	Chap. Stahl/526-7386
Sunday	12:15 p.m.	Mass	Provider	Barkeley & Ellis	Chap. Stahl/526-5769
PROTESTANT					
Sunday	9 a.m.	Protestant	Healer	Evans Army Hospital	Chap. Kincaid/526-7387
Sunday	9 a.m.	Protestant	Provider	Barkeley & Ellis	Chap. Jones/526-4416
Sunday	9:30 a.m.	Contemporary	Veterans’	Magrath & Titus	Chap. Ellison/526-4416
Sunday	11 a.m.	Protestant	Soldiers’	Nelson & Martinez	Chap. Fox/526-8011
Sunday	11 a.m.	Prot./Gospel	Prussman	Barkeley & Prussman	Chap. Powledge/526-4469
Sunday	9:30 a.m.	Sun. School	Soldiers’	Nelson & Martinez	Dr. Scheck/526-5626
Sunday	9:30 a.m.	Sun. School	Prussman	Barkeley & Prussman	Chap. Byrd/526-2811
Sunday	2 p.m.	LDS	Provider	Barkeley & Ellis	Chap. Jones/526-4416
Tuesday	9 a.m.	PWOC	Soldiers’	Nelson & Martinez	Chap. Fox/526-8011

Sunday	10:45 a.m.	Protestant	Provider	Barkeley & Ellis	Chap. Bauer/526-5279
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JEWISH
For information and a schedule of Jewish Sabbath services, call the U.S. Air Force Academy Cadet Chapel at 333-2636.

Tuesdays	6:30 p.m.		Family University	Barkeley & Ellis	Information: 526-8013
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WICCA
For additional information, contact the Installation Chaplain’s Office, building 1550, at 526-5209. Normally, free child-care is available during on-post worship services.

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

- Friday** — Psalms 121 & Hebrews 1-4
- Saturday** — Psalms 122 & Hebrews 5-7
- Sunday** — Psalms 123 & Hebrews 8-10
- Monday** — Psalms 124 & Hebrews 11-13
- Tuesday** — Psalms 125 & James 1-3
- Wednesday** — Psalms 126 & James 4-5
- Thursday** — Psalms 127 & 1 Peter 1-2

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 13th Corps Support Command, headquartered at Fort Hood, Texas.

Army: For the soldiers, noncommissioned officers and officers of the Engineer branch. Its regimental home is at Fort Leonard Wood, Mo.

State: For all soldiers and families from the state of Missouri. Pray also for Gov. Bob Holden, the state legislators and municipal officials of the Show-me State.

Nation: For the many judges of the circuit courts in the United States, whose judicial oversight assures that the rule of law guides our nation.

Religious: For the Roman Catholic Church, its shortage of priests, and for the Army’s shortage of Catholic chaplains. Begin praying this week for OCCH Corpwide “Consider The Call” weekend programs, November 2003. Pray that chapel congregants of all faiths will hear and respond to God’s call to serve.

SPRING INTO Summer

Carson offers variety of activities for sun-seekers

by Spc. Jon Wiley
Mountaineer Staff

Concerns about the drought aside, the last few days of golden sunshine have been a welcome sight to all — with the possible exception of a few displaced Eskimos and polar bears. Spring is finally here, and the Mountain Post is chock-full of programs and activities to help you take full advantage of it.

The Outdoor Recreational Center on post is a great first stop for those looking to venture into the great outdoors. The center rents a wide array of equipment for camping, fishing, mountain biking, skiing and other outdoor activities. From small items like backpacks and Frisbees to items such as boats and trailers, the rental center stocks just about everything that's necessary for an enjoyable outdoor experience.

Those who want to spend an evening under the stars, or perhaps simply an afternoon on a hiking trail, have several places to choose from around Fort Carson and the Colorado Springs area. One of them is the Turkey Creek Recreation Center. Just 12 miles south of Carson, the center features a picnic area, trails, a camp site and horseback riding. You can also sign up for overnight pack trips, three-day high adventure pack trips, evening hay rides, sweetheart rides and moonlight rides.

For those seeking a more fast-paced outdoors adventure, the post's Adventure Programs and Education offers many classes to develop skills for mountain climbing, mountain biking, kayaking, whitewater rafting, fly fishing and more.

"We offer programs to develop outdoor skills in just about every area short of skydiving," said Ted Brinegar, APE coordinator.

Whether it's climbing, mountain biking or rafting, APE strives to give its clients of all skill levels, from beginner to advanced, the tools they need to become more proficient, lifelong participants in their chosen outdoor sports.

For more information about upcoming trips and classes planned by APE, call 526-8353.

If more traditional sports are your thing, the Fort Carson Intramural Sports Program might be for you.

The Intramural Softball Season begins May 14, with a three-day pre-season tournament set to start on Tuesday. The sign-up deadline for units and organizations who want to participate is today, but those who miss it will still have opportunities to play ball. The 2003 Band Aid/First Responders Softball Tournament will be held on post May 16-18 and is still open to military teams. For more information, call Kenneth Doldow at 333-5325.

Lamont Spencer, Intramural Sports director, also said he is open to the idea of starting a lay league if

enough people are interested. He's also developing a coed softball league or one for all women players. Players can be family members, retirees, Department of Defense civilians and servicemembers.

For more information, contact Spencer at 526-6630.

If you're looking for something to do with the whole family, the outdoor swimming pool on post will be open Memorial Day through Labor Day. Swimming lessons, water aerobics and swim team competition are open to community members of all ages.

Youth Services will also offer programs and activities tailored for teens in grades 6 to 12 over the spring and summer months. Beginning the first Monday of June, the youth center will be open Monday to Friday noon to 8 p.m. There, teens can use the facility's pool tables, computer lab, gym, arts and crafts room and more. The center also offers a number of clubs in areas such as a fine arts, technology, garage bands, cooking and photography, to name a few.

For more information about services offered by CYS, call the youth center at 526-2680.

Whatever activities you decide to participate in, remember the warm weather won't last forever. Take advantage of it now because before you know it Jack Frost will be nipping at your nose again.



Photo by Spc. Jon Wiley

Spc. Ryan Kovatch, Headquarters and Headquarters Company, 7th Infantry Division, keeps a close eye on the ball during team practice.



Courtesy photo

Carson community members race some whitewater river rapids in a raft during a trip organized by Adventure Programs and Education on post. Throughout the spring and summer, APE will offer many opportunities for developing and practicing skills in rafting, kayaking, climbing, mountain biking, fly fishing and other outdoor sports.



Photo by Spc. Jon Wiley

Sgt. Luis Salinas, Headquarters and Headquarters Company, 7th Infantry Division, slams a ball out to his team mates during a practice for the Intramural Softball Season that begins May 14.

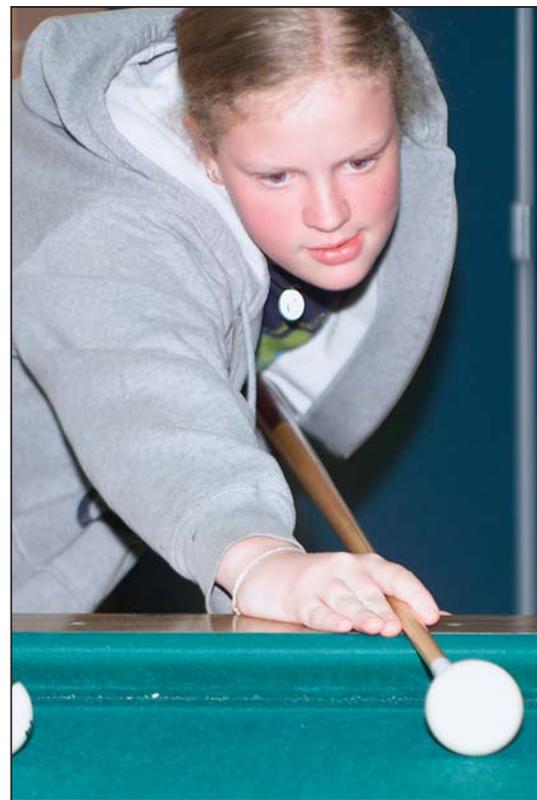


Photo by Spc. Jon Wiley

Courtney Richardson, 12, steadies her cue for a shot while playing pool at the youth center on post. Beginning the first Monday of June, youths in grades 6 to 12 can use the center's pool tables, computer lab, arts and crafts room, gym and more, Monday through Friday, noon to 8 p.m.



Photo by Spc. Jon Wiley

The Alpine Tower Facility on post opened Saturday and features a climbing wall and tower — ideal for those who want to hone their climbing skills in a safe environment before scaling the Rockies.



Out & About

2 - 9 May 03

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or information call 719-526-4629



DATE	MOVIES	RATING
2-May	XXX	PG-13
3-May	SIGNS	PG-13
4-May	ROAD TO PERDITION	R
5-May	I SPY	PG-13
6-May	MEN IN BLACK 2	PG-13
7-May	THE BANGER SISTERS	R
8-May	BLUE CRUSH	PG-13
9-May	MR. DEEDS	PG-13
10-May	REGIN OF FIRE	PG-13
11-May	K-19 THE WIDOWMAKER	PG-13
12-May	ABANDON	PG-13
13-May	RED DRAGON	R
14-May	THE RING	PG-13
15-May	HALF PAST DEAD	R
16-May	PUNCH-DRUNK LOVE	R
17-May	THE TRANSPORTER	R
18-May	SIMONE	PG-13
19-May	SERVING SARA	PG-13
20-May	THE FOUR FEATHERS	PG-13

EVERY SATURDAY FREE MOVIE MATINEE START AT 2 PM

3-May	COUNTRY BEAR	G
10-May	STUART LITTLE 2	PG
17-May	CROCODILE HUNTER	PG
24-May	TUCK EVERLASTING	PG

Armed Forces Vacation Club

For more information, visit your Fort Carson ITR Office in
Bldg. 2429 Specker Ave · 719-526-2083
or go to www.afvclub.com and click on the
Armed Forces Vacation Club logo. The Fort Carson Base code is 41

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Fort Carson Information Tickets & Registration Office
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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

JR. Golf Clinic Ages 6 - 17

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

June 23-26 · July 7-10 · August 4-7

6:00 - 7:00 p.m.
To Register Call 526-4102
or stop by and see us

Family Skate Night

FREE

Every
Saturday
at CYS Bldg 5950

Beginners Skate From 3:00pm To 5:00pm
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BRING YOUR
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There will also be a
Computer Lab, Arts and Crafts,
Fine Arts and Music, and Basketball

For More Information
please call 526-2151, 526-2680,
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Smith Woodcraft Center
Bldg. 2426 Wetzel Ave.

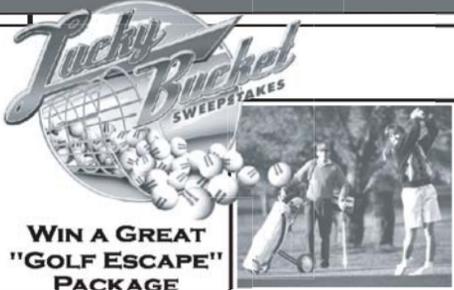
Memorial Day Prize Drawing

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



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be present to WIN!!

For more information please call
719-526-3487



WIN A GREAT
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MAY 1ST THRU JUNE 30TH

GRAND PRIZE DRAWING
JULY 31 AT CFSC HEADQUARTERS

THE MORE YOU PARTICIPATE,
THE GREATER YOUR CHANCES OF WINNING
THE PURCHASE OF EACH BUCKET OF BALLS,
IS WORTH A NEW ENTRY FORM FOR THE
GRAND PRIZE DRAWING

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Only active duty E1 - E4

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with a Cart"
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ENTER TO WIN BY FILLING OUT
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FOLLOWING LOCATIONS:
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Fort Carson
Golf Club



Fort Carson Pet Fair

Sat. 17 May 03
10 am - 2 pm

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

Military Working Dog Demonstration...
Mounted Color Guard Demonstration...
Educational Pet Booths...Petting Zoo...
Pony Rides... Face Painting...
Multiple Pet Contests & Prizes for all WINNERS....

Open to everyone who enjoys pets....

For more information please contact the
Fort Carson Veterinary Treatment Facility,
719-526-3803

Sports & Leisure



Photos by Bill Scharton

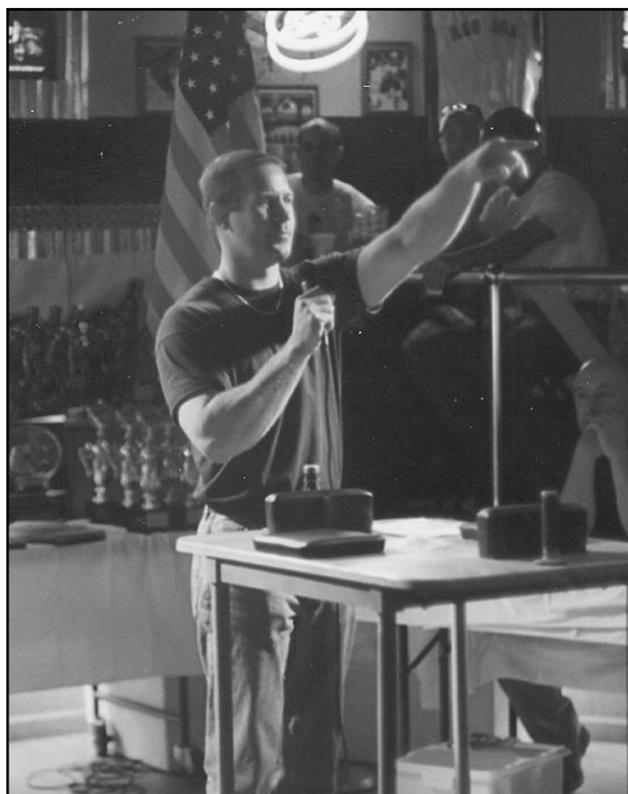
Jeff Ames, Colorado team member, grimaces as he competes in the arm-wrestling tournament Saturday at Xtremes Entertainment and Sports Bar. Ames also served as the tournament director for Colorado Armsports.

The winner hands down ...

Contestants prove their strength with arm wrestling

by Bill Scharton
Mountaineer staff

Xtremes Entertainment and Sports Bar was the host for an arm-wrestling tournament Saturday. Recent deployments limited participation by Fort Carson personnel but the event still drew 61 entries from around the region.



Colorado Armsports spokesman and tournament director Jeff Ames welcomes the crowd and participants to the arm wrestling tournament Saturday at Xtremes Entertainment and Sports Bar. Sixty-one arm wrestlers competed in the tournament.

Colorado Armsports sponsored and presented the event and the spokesman and tournament director was Jeff Ames. "The main reason we are here is to support our Armed Forces," Ames said. "We will have another tournament here when the troops get back and we will bring the house down."

Before the tournament got under way, the smell of various types of sports rubs permeated the establishment and an assortment of energy drinks lined the tables. As tourney time approached, competitors from Colorado, Wyoming, Nebraska and Utah began to get serious.

A couple of soldiers from Fort Carson, Robert Skipper and Philip Schuyler, entered and competed in their first-ever sanctioned arm-wrestling tournament. Both competitors went up against tournament veterans and were eliminated from the event in the early rounds.

"This is my first arm-wrestling tournament," Skipper said following a tough first bout of the afternoon. "I think I lost focus during my first match. It was fun though."

Utah's John Brzenk, the current men's professional world champion righthander in the 177 to 220-pound weight class, competed in the tournament. He dominated the field and this included easy wins over heavyweight world runner-up Matt Girdner (Colorado) and the event's largest competitor Mel Terry.

Brzenk is labeled the best arm wrestler in the world and recently entered the Guinness Book of World Records by defeating 102 straight opponents within a specified period of time.

Xtremes manager Greg Dutton is looking forward to having another arm-wrestling tournament when the soldiers return to Fort Carson. "This



Robert Skipper (right) gets set to take on an opponent twice his size during the arm-wrestling tournament Saturday at Xtremes Entertainment and Sports Bar.

event went very well and I would like to thank Colorado Armsports," Dutton said. "We definitely want to have another one here when the soldiers get back."

Mountaineers ready to strike out competition

by **Bill Sharton**
Mountaineer staff

The Lady Mountaineers competitive slowpitch softball team is gearing up for another season.

Player-coach Catherine Satow was drilling the team Saturday under blue skies and sunshine at the Mountain Post Sports Complex.

"We have a dedicated bunch of players," Satow said. They have been practicing in all kinds of weather. Today is ideal for a workout.

"It appears that we will have a good combination of veterans and

newcomers this year. We still have room on the roster for a few more players if anybody is interested in playing."

The current roster for the Lady Mountaineers includes Kelly Berreman (P), Janna Czernecki (OF), Jeri Gallus (1B), Naomi Gilbert (OF), Dawn McCarty (SS), Patricia McLean (OF), Kimberly Routon (INF), Connie Seise (OF), Carolyn Smith (C), Kristy Trahan (UTL), Allyson Vaughn (OF), Donna Wright (OF), Rebecca Sides (2B/OF), Linda Peavy, Pam Norris and Lenore Mosley.

The Lady Mountaineers will play in the Colorado Springs Park and Recreation League.

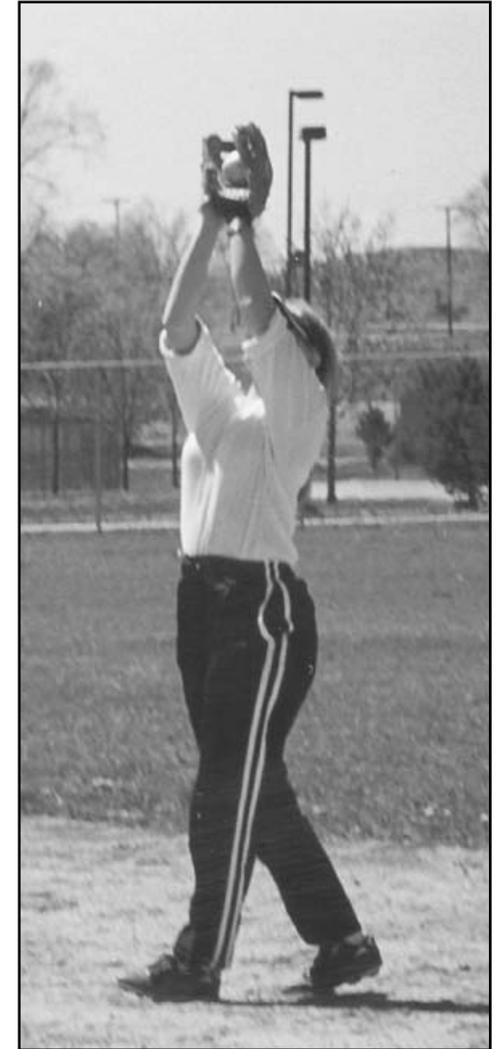
Games will be played at the Skyview Softball Complex Wednesday evenings. The first contest is May 14.

Even though the skies were blue and the sun was shining, Satow said the team was practicing under a black cloud and with a heavy heart Saturday. This was because former Lady Mountaineers' player Deborah Johnsen was killed in a recent motorcycle accident while visiting friends in Colorado Springs.



Lady Mountaineers player-coach Catherine Satow catches while Carolyn Smith takes batting practice Saturday at the Mountain Post Sports Complex. The Lady Mountaineers will play in a city league and the first game is May 14.

Photos by Bill Sharton



Rebecca Sides, second base and outfield, brings down a pop fly Saturday during a Lady Mountaineers practice at the Mountain Post Sports Complex.

WCAP at U.S. nationals

Wrestlers ready to throw down

by **Bill Scharton**
Mountaineer staff

The next big event on the schedule for the Army World Class Athlete Program wrestlers from Fort Carson will be the U.S. National Wrestling Championships.

The national tournament will take place Thursday to May 10 in Las Vegas at the Las Vegas Convention Center. National titles will be decided in women's freestyle, men's freestyle and men's Greco-Roman.

All of the Army WCAP wrestlers at Fort Carson will get to compete in the national tournament. This means a few weight classes will have more than one Army wrestler.

"It's a tough tournament," said Shon Lewis, Army WCAP head wrestling coach. "It's open to any U.S. citizen, so you don't know for sure who will be competing. Some of the wrestlers might be training in the back alleys and might turn out to be pretty tough."

The Army WCAP wrestlers who will be competing in freestyle include Eric Albarricin, Jason Kutz, Glenn Garrison, Oscar Wood, Maxwell Shingara, Charles Daniels, Franklin Lashley, Dominique Black, Iris Smith and Tina George.

Army WCAP Greco-Roman wrestlers include Michael Santos, Anthony Gibbons, Glen Nieradka, Keith Sieracki, Kenny Owens, Jason Loukides, Paul Devlin, James Johnson and Dremiel Byers.

Nieradka, Sieracki, Byers and Smith won national titles in 2002 and will be defending those championships in Las Vegas.

"Winning the first match is important," Lewis said. "If you lose that first match, you do not get to compete for championship and you might have to wrestle six to eight matches in two days just for a shot at third place."

This past week in Palatine, Ill., Army WCAP wrestler Paul Devlin won the super-heavyweight Greco-Roman weight class at the University Nationals.

"It's (the U.S. National Wrestling championships) a tough tournament. Some of the wrestlers might be training in the back alleys and might turn out to be pretty tough."

Shon Lewis
World Class Athlete
Program head wrestling
coach



Sports briefs

Intramural softball tournaments

Two pre-season intramural slowpitch softball tournaments will take place from Tuesday through May 9 at the Mountain Post Sports Complex.

One tournament will be for the men's league teams and the other tournament will be for the coed teams. According to intramural director Lamont Spencer, 16 men's and six coed teams have signed up for league play.

Regular season league play will begin May 14 and will run through July 12.

There will be Memorial Day tournaments May 24 to 26 and pre-Fourth of July Tournaments July 1 to 3.

The post-season tournaments will be July 17 to 23. Spencer also said a women's league will be formed if there is enough interest. Call 526-6630 to sign up.

Tennis

A tennis program is being formed at Fort Carson according to Becky Rudder, a recreation Specialist with the Directorate of Community Activities. If you are interested in getting involved with the sport, call Rudder at 524-1388.

Carson youth soccer schedules

by **Bill Scharton**
Mountaineer staff

The Fort Carson Youth Services Center spring soccer season begins Saturday. All games will be played at Pershing Field. Saturday will also be picture day for all soccer teams. Photos will be taken in the Youth Services Center small gym.

The Youth Services Center will conduct the Pepsi Pitch, Hit and Run contest May 10. The contest is for children 7- to 14-years-old. The contest will run from 9 a.m. to noon at Pershing Field.

3- and 4-year-old schedule

May 3

All games on Field 1

I vs. J — 9 a.m.

A vs. B — 10 a.m.

E vs. F — 11 a.m.

G vs. H — noon

C vs. D — 1 p.m.

May 5

C vs. F — 6 p.m.

(Field 1)

G vs. J — 6 p.m.

(Field 2)

May 7

E vs. H — 6 p.m.

(Field 1)

B vs. D — 6 p.m.

(Field 2)

May 9

A vs. I — 6 p.m.

(Field 1)

D vs. E — 6 p.m.

(Field 2)

May 10

B vs. E — 9 a.m.

(Field 1)

F vs. I — 9 a.m.

(Field 2)

D vs. G — 10 a.m.

(Field 1)

A vs. C — 10 a.m.

(Field 2)

H vs. J — 11 a.m.

(Field 1)

May 12

H vs. I — 6 p.m.

(Field 1)

A vs. J — 6 p.m.

(Field 2)

May 14

F vs. G — 6 p.m.

(Field 1)

B vs. C — 6 p.m.

(Field 2)

May 16

A vs. H — 6 p.m.

(Field 1)

C vs. E — 6 p.m.

(Field 2)

May 17

C vs. G — 9 a.m.

(Field 1)

D vs. J — 9 a.m.

(Field 2)

B vs. I — 10 a.m.

(Field 1)

A vs. E — 10 a.m.

(Field 2)

F vs. H — 11 a.m.

(Field 1)

May 19

B vs. G — 6 p.m.

(Field 1)

D vs. I — 6 p.m.

(Field 2)

May 20

F vs. J — 6 p.m.

(Field 1)

D vs. H — 6 p.m.

(Field 2)

May 21

B vs. J — 6 p.m.

(Field 1)

C vs. H — 6 p.m.

(Field 2)

May 22

A vs. F — 5:30 p.m.

(Field 1)

E vs. G — 5:30 p.m.

(Field 2)

C vs. I — 6:30 p.m.

(Field 1)

A vs. D — 6:30 p.m.

(Field 2)

May 23

G vs. I — 5:30 p.m.

(Field 1)

E vs. J — 5:30 p.m.

(Field 2)

B vs. F — 6:30 p.m.

(Field 1)

May 24

D vs. F — 9 a.m.

(Field 1)

A vs. G — 9 a.m.

(Field 2)

C vs. J — 10 a.m.

(Field 1)

B vs. H — 10 a.m.

(Field 2)

E vs. I — 11 a.m.

(Field 1)

5- and 6-year-old schedule:

May 3

F vs. H — 9 a.m.

B vs. C — 10 a.m.

A vs. E — 11 a.m.

D vs. G — noon

May 5

A vs. B — 6 p.m.

May 7

D vs. F — 6 p.m.

C vs. E — 6 p.m.

May 9

C vs. E — 6 p.m.

May 10

B vs. H — 9 a.m.

C vs. F — 10 a.m.

D vs. E — 11 a.m.

A vs. G — noon

May 12

G vs. H — 6 p.m.

May 14

B vs. D — 5:30 p.m.

A vs. F — 6:30 p.m.

May 15

E vs. H — 5:30 p.m.

C vs. G — 6:30 p.m.

May 16

A vs. D — 5:30 p.m.

B vs. F — 6:30 p.m.

May 17

D vs. H — 9 a.m.

A vs. C — 10 a.m.

B vs. E — 11 a.m.

F vs. G — noon

May 19

C vs. H — 5:30 p.m.

E vs. G — 6:30 p.m.

May 20

F vs. H — 5:30 p.m.

B vs. C — 6:30 p.m.

May 21

A vs. E — 5:30 p.m.

D vs. G — 6:30 p.m.

May 22

B vs. H — 5:30 p.m.

C vs. F — 6:30 p.m.

May 23

D vs. E — 5:30 p.m.

A vs. G — 6:30 p.m.

May 24

A vs. H — 9 a.m.

B vs. G — 10 a.m.

C vs. D — 11 a.m.

E vs. F — noon

7- to 9-year-old schedule:

May 3

A vs. C — 1 p.m.

B vs. D — 2 p.m.

May 8

A vs. D — 6 p.m.

May 10

A vs. D — 9 a.m.

B vs. C — 10 a.m.

May 15

B vs. C — 6 p.m.

May 17

A vs. B — 9 a.m.

C vs. D — 10 a.m.

May 19

A vs. B — 5:30 p.m.

C vs. D — 6:30 p.m.

May 20

A vs. C — 5:30 p.m.

B vs. D — 6:30 p.m.

May 21

A vs. D — 5:30 p.m.

B vs. C — 6:30 p.m.

May 22

A vs. B — 5:30 p.m.

C vs. D — 6:30 p.m.

May 23

A vs. C — 5:30 p.m.

B vs. D — 6:30 p.m.

May 24

A vs. C — 9 a.m.

B vs. D — 10 a.m.

10- to 12-year-old schedule:

May 3

A vs. B — 2 p.m.

C vs. D — 2 p.m. (Peterson)

May 6

A vs. D — 6 p.m.

B vs. C — 6 p.m. (Peterson)

May 8

A vs. B — 6 p.m.

C vs. D — 6 p.m. (Peterson)

May 10

A vs. D — 11 a.m.

B vs. C — noon

May 13

A vs. C — 6 p.m. (Peterson)

B vs. D — 6 p.m.

May 15

A vs. C — 6 p.m. (Peterson)

B vs. D — 6 p.m.

May 17

A vs. C — p.m. (Peterson)

B vs. D — 3 p.m. (Peterson)

May 20

A vs. B — 6 p.m.

C vs. D — 6 p.m. (Peterson)

May 22

A vs. D — 6 p.m.

B vs. C — 6 p.m. (Peterson)

May 24

A vs. B — 11 a.m.

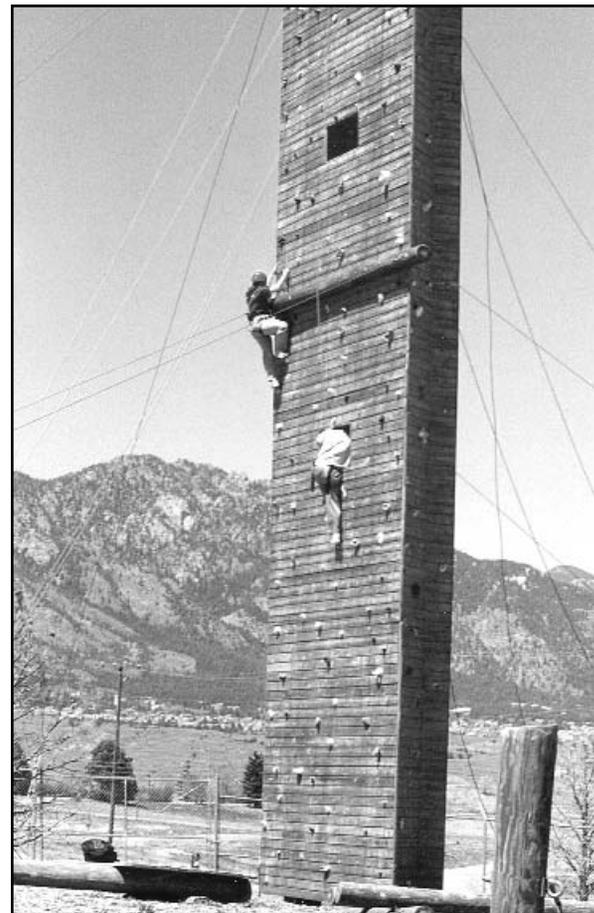
C vs. D — 2 p.m. (Peterson)



Photos by Bill Scharton

Alpine Tower season under way

A Fort Carson climber nears the top of the Alpine Tower Saturday. The sunny day brought out several people for climbing and rappelling at the facility. The upcoming seasons will feature several programs including, leadership development training, team building, climbing and rappelling. For more information about Alpine Tower programs, call 526-5176.



Royal Gorge

From Page 25

mid 1970s. The ride takes about five minutes, either way. The railway's tracks go almost straight down the side of the gorge to the bottom, where passengers disembark. Many of the passengers walk to the river's edge, wave at white-water rafters passing by or passengers on the train. The unique "hanging bridge," which anchors the railroad track to the canyon walls in the one place the river bed was too narrow to accommodate the rails, can be seen from the river bank.

Passengers then board the next railway car headed for the top.

The aerial tramway docking site is at the rear of the gift shop. If the line of passengers is short, you might want to cross the gorge through the air the first time. It's the longest single span aerial tram in the world. It crosses the gorge at just over 11 miles an hour, 1,178 feet above the river. The tram holds a maximum of 35 passengers. Once on the other side of the gorge, riders have two choices: board the next tramway for the return trip or take a lengthy hike from the south-side docking station to the attractions on the south rim, then walk or ride the trolley across the bridge.

Attractions on the south rim include the Plaza Theatre, where a 12-minute presentation tells the history of the railway, the railroad wars and construction photos of the bridge.

The railroads played an important part in the development of Colorado and the West and railroads were especially significant to the mining industry, carrying supplies in and silver- or gold-bearing ore out.

When silver was discovered near Leadville,

two railroad companies wanted to be the first to lay tracks to Leadville, and the closest route was through the Royal Gorge. Gen. William Palmer, Colorado Springs' founder and owner of the D&RG railroad, squared off against the Santa Fe Railroad. Crews were quickly laying rails at either end of the gorge. Threats and bullets flew, vandals tore up just-laid tracks, and suits and countersuits were filed in what became known as the "Railroad Wars."

The courts ruled in favor of the D&RG, and the tracks running beside the Arkansas River are the original D&RG tracks. Ironically, the Royal Gorge Route train, which currently runs through the gorge, leaves from the historic Santa Fe station in Cañon City.

Juniper Junction is a gathering place for groups, weddings or special events. The petting zoo and mountain-man encampment are on the south rim and there's a food court and gift shop.

When you're ready to cross the bridge, there are several ways to do it. You can walk, drive your car over, or take the trolley. Cars are allowed to use the bridge, just return to the parking lot and show your admission ticket to access the bridge. A lot of people opt for the walk, but remember, it is a suspended bridge and you'll feel it move. Many people cross the bridge clinging to the side. And people who are afraid of heights won't want to look down.

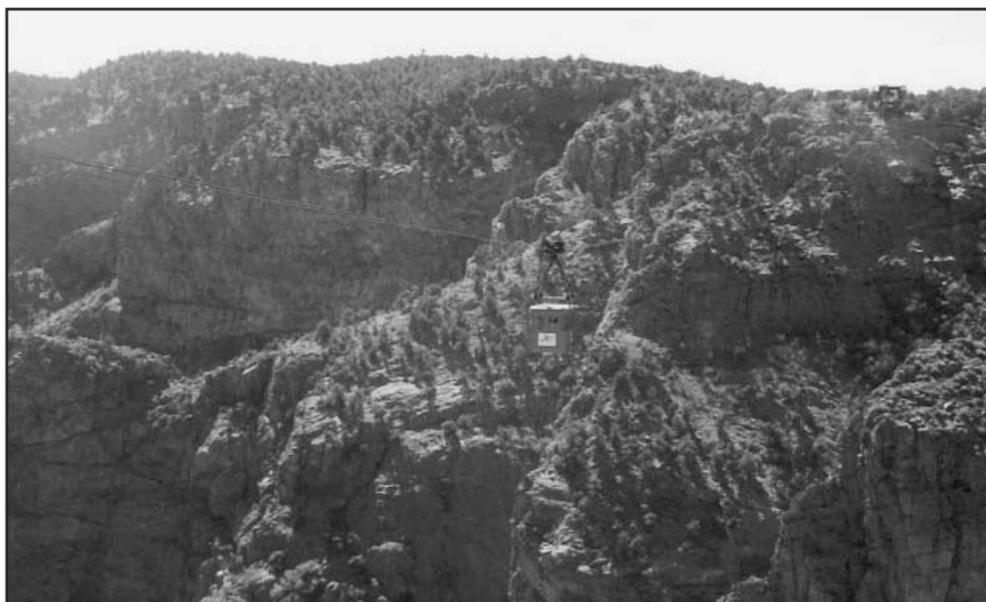
If you want to avoid driving or walking on the suspended bridge, there's a free trolley to take passengers across.

Regular admission price is \$18 for adults and \$14 for children 4 to 11. Children under 3 years of age are admitted for free. During the month of May, servicemembers and families are admitted to the bridge and park for half price when showing an ID card.

The bridge is open from 9:30 a.m. till 6:30 p.m. until Memorial Day, when the park will close at 7 p.m.

There's a wide variety of sandwiches and snacks available for purchase on either side of the bridge, or bring along your own picnic lunch.

Cañon City's annual Music and Blossom Festival runs through Sunday. Saturday events begin at 8 a.m., with a parade at 1 p.m. You could take in the parade or rodeo. Anticipate a few minutes delay for parade or festival traffic this weekend while driving through Cañon



Passengers ride the aerial tramway across the Royal Gorge chasm.



Special events are held at the Royal Gorge Bridge and Park throughout the year. An oompah band entertains during German weekend.

City.

If time permits, there are other attractions in Cañon City, such as the Dinosaur Depot, Prison Museum and Cañon City Museum.

The Royal Gorge Route train leaves from the depot in Cañon City at noon on weekends.

On the way to the bridge you'll pass Buckskin Joe, a western-themed amusement park which opened Thursday. There's also a miniature railway ride adjacent to Buckskin Joe.

The Royal Gorge Bridge is about 12 miles west of Cañon City, on Highway 50. From Fort Carson, take Highway 115 to Penrose, then take U. S. 50 west through Cañon City, continuing for about 12 miles. Signs mark the way to the bridge, which is a few miles south of Highway 50.

There are rafting and helicopter companies and a few tourist attractions near the road lead-



A carousel is available for rides by young and old at the entrance to Royal Gorge Bridge and Park.



One of three waterclocks in the world is in front of the visitor center at Royal Gorge Bridge and Park.

Just the Facts

- **Travel time** one hour
 - **For ages** Families
 - **Type** Suspension bridge, park
 - **Fun factor** ★★★★★ (Out of 5 stars)
 - **Wallet damage** \$\$ plus food
 - \$ = Less than \$20
 - \$\$ = \$21 to \$40
 - \$\$\$ = \$41 to \$80
- (Based on a family of four)

Happenings

Get Out!

Blossom Fest

The annual Music and Blossom Fest is today through Sunday in Cañon City. In addition to music competitions, there's a parade, barbecue, craft fair and pancake breakfast. If that's not enough, check out the rodeo, which has been an annual event since 1872. It all takes place in Cañon City, just about 40 miles south. Take Highway 115 south to Florence, then Highway 50 west to Cañon City.

Vintage aircraft show

The annual "In Their Honor Airshow" is at former Colorado Springs Airport May 17 and 18. Vintage aircraft will be on display and perform airshows and flybys. The cost is \$10 for adults, \$8 for military and \$3 for children. For information, call 635-8803. Take Fountain Boulevard east of Powers to the old airport. Parking is available for \$3. Refreshments will be sold.

Mother's Day

JoyRides lets Moms enjoy the rides and golf for free Mother's Day weekend, May 10 and 11, when accompanied by her family. Joyrides, a family fun center, is at 5150 Edison Ave. Call 573-5500 for information. JoyRides is open from noon until midnight Saturdays and noon to 7 p.m. Sundays.

Headless Chicken Festival

The annual "Mike the Headless Chicken" festival is in Fruita May 16 and 17. The fest celebrates a chicken with his head cut off who continued to live for 18 months. Fruita is near Grand Junction on the western slope.

Blue's Clues, Live

Blue's Clues Live! is in the Pikes Peak Center June 6 to 8. Tickets are available at Ticketmaster, 520-9090.

Armed Forces Day Concert

The Air Force Band of the Rockies, along with the Colorado Springs Chorale, present a concert honoring the Armed Forces at the Air Force Academy's Arnold Hall, 7 p.m. May 15. Tickets are required and are free at Ticketmaster, 520-9090. Parking is free but limited.

Pikes Peak Philharmonic

The Pikes Peak Philharmonic presents its season finale May 18, at 3 p.m. in Benet Hill Center, 2577 N. Chelton Rd.. Admission is \$6 for adults and \$3 for children. There's a family admission ticket of \$12 for a family. Tickets are available at the door.

Armed Forces Weekend at JoyRides

Servicemembers receive free admission May 17 and 18 as JoyRides honors active duty, reserve and retired soldiers. Pick up tickets at Fort Carson Information, Tickets and Registration. JoyRides Family Fun Center is on East Platte, near the Flea Market.

Denver Theater

"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 or call (303) 893-4000.

The Blue Man Group is in the Pepsi Center in Denver May 25, at 7:30 p.m. Call Ticketmaster, 520-9090 for tickets, which start at \$30.

Theater

"Damn Yankees" is presented by the Fine Arts Center Repertory Theatre Company today through May 18, Fridays and Saturdays at 8 p.m. and Sundays at 2 p.m. Tickets are \$25 at the box office, 634-5583. The theater is at 30 W. Dale St.

"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 Ave. through September. Dinner and show cost \$23.50 at 685-5104. Dinner is at 6 p.m., with the show at 8 p.m. Broadway road shows

Pikes Peak Center's Broadway series next show is "Lord of the Dance," May 28 and 29 in the Pikes Peak Center. Call Ticketmaster at 520-9090.

World Arena lineup

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

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.

"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.

Denver events

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.

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 on the campus, 5675 S. Academy Blvd. Call 540-7418; tickets start at \$5.

Hummingbird Festival

The 10th annual Hummingbird Festival is at Starsmore Discovery Center, 2120 S. Cheyenne Canon Road May 10, from 10 a.m. to 4 p.m. and features activities for children and adults related to the hummingbirds. Call 578-6146 for information.

Cinco de Mayo

Denver: The annual Cinco de Mayo Festival in Denver is the largest such event in the nation. There's lots of live entertainment food and exhibits in Denver Civic Center Park, Saturday and Sunday, from 10 a.m. until 10 p.m. Call (303) 534-8342 for information.

Colorado Springs: The annual fiesta is held in Memorial Park Sunday. Activities include a car show, dancers and food vendors. It takes place in the southwest corner of Memorial Park, from 9:30 a.m. to 5:30 p.m. Call 520-2416 or 450-0863.

Mother's Day activities.

The annual Mother's Day Brunch, hosted by the Armed Services YMCA, honors military families. The brunch is May 10 at 10 a.m., and includes food and door prizes. Call 622-3564 by Thursday. The downtown, Briargate, Garden Ranch and Southeast YMCAs are hosting a brunch.

The Flying W Ranch is hosting a free Mother's Day dinner and show for the first 1,200 families of deployed servicemembers to make reservations. Families should arrive by 5 p.m. to visit the western town and dinner starts at 6 p.m., followed by the show. Make reservations at 598-4000. The Flying W Ranch is at 330 Chuckwagon Road, north of the Garden of the Gods.

Happenings



Courtesy photo

In their honor ...

Vintage aircraft are part of the airshow honoring veterans and servicemembers at the "In Their Honor Airshow" May 17 and 18. The annual show is at the former Colorado Springs airport, on Fountain Boulevard just east of Powers. For more information see page 27.



Program Schedule for Fort Carson cable Channel 10, today to May 9.

Army Newswatch: includes stories on rescued American POW, Kiowas in Kuwait and Central Command war update (repeat). Airs at 7:30 a.m., 12:30 p.m., 7:30 p.m. and 12:30 a.m.

Navy/Marine Corps News: includes stories on the USS Boise, the USS Mason and the Sea, Air and Space Exposition. Airs at 8 a.m., 1 p.m., 8 p.m. and 1 a.m.

Air Force News: includes stories on securing northern Iraq, weather forecasters and A-10 maintainers. Airs at 8:30 a.m., 1:30 p.m., 8:30 p.m. and 1:30 a.m.

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

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

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

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

For additions to the Community Calendar, please submit an e-mail or 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.